Lesson 6: Hands Up

WE ARE LEARNING THAT: We can love ourselves and others by stopping the spread of bacteria.

BORIS ASKS: Can the children suggest ways bacteria spreads?
Can the children create a rhyme/song or rap to remind others of the importance of hand washing in loving themselves and others?

RESOURCES: Slide; Youtube clip - HTTPS://WWW.YOUTUBE.COM/WATCH?V=YBGsoimPXZq&t=12s

Show the children the following Youtube clip about germs from Cincinnati Children’s:
https://www.youtube.com/watch?v=YBGsoimPXZq&t=12s

Ask the children to recap three ways to help prevent bacteria (germs) from spreading. Talk about how hand washing helps prevent spread of germs. Ask the children when they should wash their hands to help prevent the spread of bacteria.

Show the children the slide with the guidelines for hand-washing on. Talk them through the steps.

Put the children in small groups and ask them to create a catchy rhyme, song or rap to remind others of the steps and about the importance of washing hands to stop bacteria spreading.

Explain that being HeartSmart means loving ourselves and others enough to protect against the spread of bacteria whenever possible.

HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

R&HE

HPS, about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

PSHE

H12. that bacteria and viruses can affect health and that following simple routines can reduce their spread

SMSC

The moral development of pupils is shown by their:

* understanding of the consequences of their behaviour and actions

© HEARTSMART, Hilltop Media Ltd, 2019. Please do not use without a valid licence.