



In Good Hands: Flu Prevention Lesson Plan

Jingle: Wash Your Hands

Time: about 15 minutes

Activities: Singing, Q&A, practice hand washing with soap, covering cough

I. Teach Wash Your Hands Song

Ask the children to sing this song to the tune of "Row, Row, Row Your Boat" while washing their hands or during circle time. If children wash their hands with soap under running water during the time it takes to sing this song, they will have thoroughly cleaned them.

**Wash, wash, wash your hands
Play our handy game.**

**Rub and scrub, and scrub and rub.
Germs go down the drain. HEY!**

**Wash, wash, wash your hands
Play our hand game.**

**Rub and scrub, and scrub and rub.
Dirt goes down the drain. HEY!**

**Cover, cover, cover your cough
Cough into your elbow.**

**Cough and sneeze, and sneeze and cough.
Germs don't spread around. HEY!**

II. Hygiene Lesson

1. Ask questions to the group:

- **Question: What should you do if you have to cough or sneeze?**
- **Answer: Use a tissue to cover your mouth and nose. You can also cough into your sleeve or elbow.**

- **Question: What's a good way to be careful so you don't get sick?**
- **Answer: Wash you hands so you won't get germs from touching things or other people!**

- **Question: If you already have a cold, should you wash your hands?**
- **Answer: Yes! It's important to wash your hands often so you don't give your germs to somebody else.**

2. Have children line up to practice washing hands with soap and water.