

Handy Tips.



To make your life easier, here are some suggestions of ways to integrate hand washing into the normal school day. These ideas are intended to help raise children's awareness of hand washing.

We've included some of the key activities that'll involve washing hands and you'll also find some new ideas that are specifically related to hand washing. Please do remember though, that this pack is for a range of different age groups and abilities (from Nursery through to Primary 2). As a result, not all of the activities may be suitable for all children.



Baking

Hand washing is important before any food preparation and baking is always a useful activity. If you'd like to bake some Handy biscuits, hand-shaped cutter guides are widely available (you can buy these at most kitchenware shops).



Hand printing

Using dough or clay, children could compare their fingerprints or the lines on their hands.



A-tissue, a-tissue

Along with hand washing, catching a sneeze in a tissue is an important way to help prevent colds and flu spreading. To get children into the habit, the best thing is to show them what you do when you sneeze or cough. Just remember to cover your mouth and nose with a tissue. Then simply put the tissue in the bin and wash your hands.



Handy puppets

Children could make their very own Handy glove puppets using old gloves.



Examining hands

Using a magnifying glass, the children could take a closer look at their own hands and nails.



Plays and rhymes

There are some plays and rhymes that specifically involve hands and fingers. For example 'Tommy Thumb' and 'This Little Finger'.



Touching

This could include things like sorting different materials into hard or soft, rough or smooth and so on. Alternatively, children could put their hands inside a 'Feelie bag' and try to describe the contents to other children.



Outdoor activities

Looking after plants and flowers, and going on nature trails, can be useful because these things involve a lot of visible dirt on hands.



Dancing

Why don't you and the children come up with your own Handy dance routine? This could be anything that involves a lot of hand movements (particularly rubbing or clapping hands together).



Making soap

What about making your own soap? To get things started, here's a basic recipe.

What you need – Soap flakes, liquid food colouring, water, vegetable oil, a bowl and some string (for soap on a rope).

What you do – Pour about 3 cups of soap flakes into the bowl. Add 1 to 1½ cups of water along with a few drops of food coloring. Mix the contents of the bowl with your hands until it has the consistency of play dough. Then rub a small amount of vegetable oil between the palm of your hands, to shape the soap any way you want. To make a soap on a rope, cut a piece of string and tie the ends together. Push the knotted end gently into the finished shape. Let the completed soap stand to set overnight.



A Handy image

On our website you'll find a downloadable image of Handy. This can be printed out at any size you want, so it can be used in lots of different ways. For example, you could use this to make your own reward chart. Or, you could print out a large Handy and put him onto cardboard to act as hand-washing monitor.



A Handy show

Older children could paint their own Handy posters or even perform a short show (about the importance of hand washing) to the rest of the school.

Of course, these are just some suggestions of the kind of activities that could involve hand washing. We're sure that you'll have plenty of ideas of your own too. In fact, you can even share your suggestions with other staff. Just post your activity ideas on the discussion forum of the Learning and Teaching Scotland's Early Years website (www.ltscotland.org.uk/earlyyears).

Germs.
Wash your hands of them.



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