

# Amazing Science — Handwashing (Classroom Version)

## ACTIVITY #2: Drill Handwashing Steps, Slow to Fast

Approximate time: 5-10 minutes. This activity may be done indoors or outdoors.

### EQUIPMENT, SUPPLIES, PREPARATION NEEDED



#### TEACHER

- 1 Copy of NHS or WHO handwashing steps (from “printables” file)
- Timer, or stop-watch, or clock with a second-hand
- Practice calling cues for Activity Round steps/sub-steps on each interval

#### STUDENTS

- Optional: 1 Copy for each student

### PRINTABLE MATERIALS (Download and Print)

Diagram of NHS or WHO Steps for Handwashing (pdf; 250kb) -- Contains:

- Numbered steps and diagram of NHS or WHO hand-washing process

### INSTRUCTIONS

SET-UP: None

#### ORIENTATION:

1. Teacher informs students: we are going to play a game, where we walk through the steps of good handwashing, faster and faster, and see if we can all keep up!
  - a. We'll “pantomime” the steps — meaning that we'll just act them out.
  - b. Each time, I'll call out the step, and you just have to follow along.
2. On the very last time, we'll see if we can do it by memory.
3. We'll pretend to get our hands wet, and then get a little soap, then we'll start the timer, and start the step!

#### [OPTIONAL]: WARM-UP:

1. We'll do each motion three times — we can count it like this (pantomime rubbing palms together): “1” (hands move in one direction), “and” (reverse motion), “2” (original direction), “and” (reverse), “three” (original direction), “and” (reverse) — and then we go straight to the next step!
2. Repeat, as needed.

## REVIEW THE STEPS (NHS):

1. WET HANDS WITH WATER
2. SOAP DISPENSER

### START TIMER!

(The “Call” — the steps)

3. “LATHER!” — PALMS TOGETHER (TO MAKE LATHER) (“1-and 2-and 3-and”)
4. “BACK” — BACKS OF HANDS WITH OPPOSITE PALMS
  - a. RIGHT PALM ON LEFT BACK — Interlace fingers (EITHER IS FINE) (“1-and 2-and 3-and”)
  - b. LEFT PALM ON RIGHT BACK — Interlace fingers (“SWITCH!”) (“)
5. “PALMS!” — PALMS TOGETHER — Interlace fingers (“)
6. “KNUCKLES!”
  - a. LOCK KNUCKLES, RIGHT HAND ON TOP (EITHER IS FINE) (“)
  - b. LOCK KNUCKLES, LEFT HAND ON TOP (“SWITCH!”) (“)
7. “THUMBS!”
  - a. GRAB LEFT THUMB WITH RIGHT HAND (EITHER IS FINE) (“)
  - b. GRAB RIGHT THUMB WITH LEFT HAND (“SWITCH!”) (“)
8. “FINGER-TIPS!”
  - a. RIGHT FINGER-TIPS ON LEFT PALM (EITHER IS FINE) (“)
  - b. LEFT FINGER-TIPS ON RIGHT PALM (“SWITCH!”) (“)
9. “WRISTS!”
  - a. GRAB LEFT WRIST WITH RIGHT HAND (EITHER IS FINE) (“)
  - b. GRAB RIGHT WRIST WITH LEFT HAND (“SWITCH!”) (“)

### STOP TIMER!

10. RINSE HANDS WITH WATER
11. TURN OFF FAUCET (WITH ELBOW IF POSSIBLE)
12. DRY HANDS (WITH PAPER TOWEL, THEN THROW AWAY)

## ACTIVITY ROUNDS

Use “Call!” terms to cue next step on interval  
Use “and switch” for next sub-step on interval

### 2-MINUTES

Step/Sub-Step Interval: 10 seconds

### 1-MINUTE

Step/Sub-Step Interval: 5 seconds

### 48-SECONDS

Step/Sub-Step Interval: 4 seconds

### 30-SECONDS

Step/Sub-Step Interval: 2.5 seconds

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### 30-SECONDS FROM MEMORY — REPEAT AS CLASS WISHES OR AS NEEDED

Step/Sub-Step Interval: 2.5 seconds  
Call “switch” on interval (no cues)