

Grade 1-3 Lesson Plan: Hand Hygiene

Resources/Materials:

- PPT- MedBridge Handwashing Session (G1-3)
- Glo Germ Fluorescent Gel (amount as needed)
- UV Flashlight (amount as needed)
- Stickers (amount as needed)

1. What Are Germs and Dirt? (2 min)

Start with simple language: "Germs are tiny bugs we can't see that can make us sick. Dirt is the yucky stuff on our hands from touching things."

Ask: "Have you ever seen dirt on your hands after playing?"

2. How Do Our Hands Get Dirty? (2 min)

Interactive discussion: "When do your hands get dirty? After playing outside? Touching pets? Using the bathroom?"

Let students share examples from their day.

Optional: Demonstrate by touching door handle (with secret glo germ gel) and show hands under UV light.

3. Why Does It Matter? (2 min)

Explain: "Dirty hands can make us and our friends sick. Clean hands keep us healthy and strong!"

Ask: "Do you want to stay healthy so you can play and have fun?"

4. Handwashing Technique + Song Video (5 min)

Optional: Play a fun handwashing song video (e.g., "Wash Your Hands Song").

Demonstrate each step as on PowerPoint slides

5. Group Demo (3 min)

Divide into groups of 3-5 students.

Each group practices the handwashing steps together (without water, just motions).

6. Glo Germ Application (2 min)

Divide into 2 lines. Apply fluorescent gel to students' hands.

Explain: "This special gel shows us where germs hide!"

7. Wash Hands Practical Test (5 min)

Students go to the bathroom in groups to wash their hands properly.

8. UV Light Check + Stickers (5 min)

Check each student's hands with UV light as they exit.

No residue = sticker and praise! Residue = "Let's try again!" and re-wash.

Everyone gets sticker in the end.

9. Ask for Feedback and Questions (3 min)

Taobao Links (China) for Materials Purchase (for about 200 students):

Item	Qty	Unit Price	Purchase link	Total
'Glo Germ' Fluorescent Reagent + UV Flashlight (cheaper as a set)	X	¥289	https://e.tb.cn/h.S2hV0bSyUcTDGsN?tk=PD5J4uESuxm	¥578
Total Cost:				¥578