



Mundo Sano

HAND WASHING

This material is intended for teachers and/or parents, neighbourhood organizations, social organizations that will coordinate the activity.

Time: the whole event will take about 3 hours
The activities are aimed at children aged 6 to 12 years

WELCOME

Time: 30 minutes

To start the event, as children arrive, they are assigned a colour so as to separate them into groups of equal number. The number of groups as well as the number of stations that should be prepared for rotating games during the event will depend on the number of participants.

For every colour there will be a Guide who will accompany this group in the rotation to different games during the event.

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OPENING

To kick off the event, the coordinator welcomes all participants

Activity: Brief talk to explain:

- The purpose of the meeting: to learn how to wash our hands properly and the importance of hand washing to prevent diseases
- The activities that will be conducted on that day
- The coexistence rules during the event

Time: 15 minutes

CIRCUIT

Activity Outline:

- Participants are separated into 3 groups of equal number of children according to the assigned colour.
- Each group will be assigned to a station
- The 3 stations will be previously set up for conducting the games in the space available for the event.
- Ideally, for group activities to work, each group should be made up of a maximum of 20 children.
- After 20 minutes, every group will rotate to the activity on the right, and so on until all the stations have been completed.
- The groups will be participating in the different games at the same time.

Activities: Children will rotate among the following stations:

1) WHAT SHOULD WE USE TO WASH OUR HANDS?

The aim of this station is that children learn about the elements they need to wash their hands.

For this purpose, they will use a Tippy Tap with the aid of adults. The coordinator of this station will explain the steps to build a Tippy Tap and will distribute the tasks (tying the bottles, collecting water, hanging the bottles, etc.):

- The structures will be previously set up (see leaflet for construction)
- Some children will thread the soap and tie the string to the stick
- Other children will tie the base of the bottle

- Other children will fill the bottles with water
- Other children will hang the bottles from the Tippy Tap
- Once the setting up of the Tippy tap is completed, every children will wash their hands following the correct steps for proper hand washing (see leaflet with step-by-step indications)

Messages to reflect with children:

Once the game is over, the importance of the necessary elements and how they can be replaced in case they are scarce is discussed with children. It is important to talk with children about the use of soap, what it is for, the importance of using clean water, the different steps for washing hands, etc.

To correctly wash our hands, we need a small amount of water, but above all, we need soap. Soap can be replaced with other types of soap, such as dish soap, shampoo, and liquid laundry detergent; in some places, even ashes are used. Washing hands only with water does not completely remove the dirt from the hands; for this reason, soap is important since it helps to remove grease and germs. It is crucial that we use running water and not, for example, standing water in a basin. We can dry our hands with anything that is clean, such as toilet paper, or waive our hands in the air until they dry out; if we dry our hands with our clothes, they become dirty again.

Elements: Empty plastic bottles, scissors, thread, stick, previously set-up structure, a bar of soap with a hole.

2) WHEN AND HOW SHOULD WE WASH OUR HANDS?

The purpose of this station is that children understand the need to wash their hands, especially after using the toilet or before eating; and that they know the reasons for the importance of hand washing.

For this purpose, the game coordinator will start the activity by asking the children if they usually wash their hands and when they do it; the coordinator will talk about why it is so important to do it.



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Then he/she will explain the rules of the game..

Sack race

The group splits into 2 teams of 10 children; each team stands in a row at the start line. The race course should be the longest possible.

The coordinator of this station explains the game rules:

- The aim of this game is to take the kitchen and bathroom utensils from the full basket to the empty basket.
- To do so, the first child in the row (near the basket) takes an object and carries it to the empty basket by hopping in the sack.
- The child will put both legs in the sack and hop forward with both feet: the element will be carried in the sack or held between the legs (since the hands will be holding the sack). The elements cannot be taken in the mouth under any circumstance –it is dangerous.
- When the child gets to the finish line, he/she will leave the element in the empty basket and will hop back in the sack to the start point.
- There, the child will give the sack to the next player (who will take a new element in the sack) and will go to the end of the row.

The team that carried the kitchen or bathroom utensils (whichever they were assigned) faster is the winner. The elements not belonging to one of these categories will not be counted, i.e.; children that take an element not related to the kitchen or bathroom will have to hop backwards, leave that element and take the correct one).

When the race is over, the coordinator makes children reflect about the reasons why we should wash our hands (germs are transmitted, although we do not notice, they are spread from one hand to another, etc.) and about the most important moments when we should wash our hands (before eating, after using the toilet). Then the coordinator will bring the baskets with the elements used in the sack race and will use them to guide the discussion about when we definitely must wash our hands (e.g. Here we have some soap, can we wash our hands without soap? How can we replace soap? Here we have a spoon, do we have to wash our hands before using it? etc.)

Elements: Before the event, two baskets/boxes should be prepared: one containing elements

usually found in the kitchen (plate, glass, spoon, bread basket, napkins, tea towels, etc. all made of plastic) and the other containing elements usually found in the toilet (toilet paper, towel, soap, teeth brush, comb, etc.).

There should be at least 25 elements in each basket/box, and each should have the same number of elements. In each basket, some other elements not related to the kitchen or toilet should be added (e.g., socks, toys, etc.). In addition, there should be an empty basket/box at the race end line for each group. Large hessian bags for each team are needed.

Moreover, corn flour or glitter may be scattered in the boxes to mimic the germs/bacteria. Thus, at the end of the game, the children will have some residues of corn flour or glitter in their hands; this will allow them to reflect on the fact of having the hands dirty and the need to properly wash their hands and the necessary steps to do so.

Tip:

If you do not have a sack to carry out the sack race, or if the terrain where the activity will be conducted is not suitable, the activity can be modified as follows:

- The aim is that, at the end of the game, all the team members are holding hands, forming a "train".
- For this purpose, the following steps will be taken: the first child in the row runs to the basket/box.
- He/she takes the element from the basket/box.
- He/she should run back, leave the element in the empty box and, with his/her dirty hand, grab the hand of the second child in the row
- Both children run hand in hand, and the second child puts the free hand in the basket/box (they do not have to let go of the teammate's hand).
- Together they run in search of the third child, grab his/her hand and repeat the procedure.
- Finally, all the children will be holding hands, the last one will introduce his/her hand in the basket/box and, hand in hand, they will all go back to the starting point and sit in line.
- The group that finishes first is the winner.



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3) HOW SHOULD WE WASH OUR HANDS?

The aim of this station is that children understand how to correctly wash their hands, identifying the steps to be followed and how long they should last. For this purpose, we will go on a **treasure hunt**.

- The group will be divided into several teams that will compete among them.
- Each team will search for 5 envelopes that were previously hidden by the coordinator of this station. Each envelope has a picture (hands being soaked, hands being soaped, hands under the water being washed for 20 seconds, hands being rinsed, and paper/towel) and an indication to find the next envelope.
- At the end of the game, each team will glue the pictures on a poster in the correct order, and one representative will explain the steps for washing hands following the pictures stuck on the poster to the rest of the group.
- Together they reflect on the steps for correct hand washing and duration of each step.

Elements: envelopes with the pictures of the hand washing steps and keys to search for the next clue; 1 poster per team; glue or adhesive tape.

Extra game:

GERM TAG: In case that a group finishes a game before the moment of rotating games, or that any of the games fails (e.g., someone removes the clues of the treasure hunt), there is an extra game, a tag game. A child will start by playing the role of a bacterium (he/she will take in the hand a sponge with a bacterium painted on it) and will run after the other children until he/she can tag one of them with the sponge. When tagged, a child will take the sponge in the hand until he/she "spreads the bacterium" to another child, and so on. Another option is a chain tag; in this game, the children that are tagged hold hands forming a "chain" that chases the other children to incorporate them to the chain.

Elements: bacterium-shaped sponge

CLOSING ACTIVITY

- All the participants gather together again
- The event organizer congratulates the participants for the task and goes over the main learned concepts