

## Clean Hands Challenge

*Have students perform everyday tasks without using their hands!*

### Goal(s) Addressed

- Student will increase bodily awareness by learning and identifying body parts
- Students will become aware of how often they touch things with their hands.

### Materials Needed (Including Song if applicable)

1. **Teddy bears**
2. **Household items**

### Layout

*How should the room look? Where are the student's placed? When will this be taught?*



- This activity will be after the students move their carpet squares against the mirror.
- Students will start with a teddy bear on the floor.
- They have to try to pick up the teddy bear without using their hands and drop it in the container a teacher will be walking by with.

### Activity

*Describe each step in detail. Include key vocabulary.*

1. **Instruct students to try picking up/moving everyday items without their hands for 30 seconds-1 minute.**
2. **During class, try to pick up a teddy bear without using hands and put it in the basket the teacher is carrying.**

## **Accommodations/Modifications/Adaptations**

*How can this lesson be adapted by kids with special needs?*

- **Note:** For performing the activity at home, without using hands, try to turn off the lights, try to turn on and off the sink, try to cough/sneeze into the elbows, try to open and close doors, etc.
- Use visual cues to prompt students to remember not to use their hands. See examples below:



*Post a picture or video of your students completing the activity and don't forget to tag u*

