

Wash Your Hands Song

Learn how to wash your hands with a fun song and dance!

Goal(s) Addressed

Student will be able to imitate poses demonstrated by teacher or peers
Student will work on crossing midline of his/her body

Materials Needed (Including Song if applicable)

1. **Wash Your Hands Song (The Kiboomers):**
https://www.youtube.com/watch?v=LaePayB_pC4&feature=emb_title

Layout

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

- This will be taught as a warm-ups activity
- Students will be standing in a circle
 - *You can use carpet squares or other floor markets to help with placement*



Activity

Describe each step in detail. Include key vocabulary.

1. **Teacher will provide a brief description of the activity**
 - a. "We will learn about how to wash our hands and stay healthy."
2. **Teacher will model moves for students to imitate**
 - a. Sneeze: Pretend to sneeze and cover nose with both hands
 - b. Runny nose: Pretend to wipe nose with a tissue using both hands
 - c. Cough: Cover mouth with left elbow, cover mouth with right elbow
 - d. Wash hands: Rub hands together
3. **After modelling and practice, the teacher will play the song. Model the move corresponding to each lyric.**
 - a. "Achoo!"
 - Pretend to sneeze and cover nose with both hands
 - b. "Germs can cause a runny nose"
 - Pretend to wipe nose with a tissue using both hands

- c. *"Germs from coughs and colds and flus"*
 - Cover mouth with left elbow
 - Cover mouth with right elbow
- d. *"Don't spread germs at home and school"*
 - Shake index finger OR shake head no
- e. *"Wash your hands that's what you do"*
 - Rub hands together
- f. *"That's right. Plenty of soap and plenty of water"*
 - Rub hands together while turning in a circle
- g. *"Wash, wash, wash your hands. Make them nice and clean"*
 - Rub hands together to the left
 - Rub hands together to the right
- h. *"Wash them on top. Wash them below. Wash fingers in between."*
 - Rub top of left hand with right hand. Rub top of right hand with left hand
 - Rub left palm with left hand. Rub right palm with left hand
 - Interweave fingers

Accommodations/Modifications/Adaptations

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

- Use hand-over-hand prompts to help student perform desired move if unable to do so physically
- Prime the students' listening skills. Play song at the beginning of the activity before modelling moves and prompt students to only listen to the song.
- Moves can be completed sitting down
- After practicing the song with moves, have a discussion about the important lessons or words from the song. For example, highlight:
 - Wiping your nose with a tissue
 - Coughing into your elbow
 - Washing the tops of your hands
 - Washing in between your fingers.

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