



## **In Good Hands: Flu Prevention Lesson Plan II**

### **Rub Those Hands!**

**Time: about 10 minutes**

**Activities: Singing, Q&A, practice rubbing "soap" on our hands**

#### **I. Teach Wash Your Hands Song**

During circle time, squirt a small amount of lotion into each child's hand. Tell them to pretend the lotion is soap and instruct them to make sure they get the lotion all over their hands (front, back, and in between the fingers). Ask the children to sing this song to the tune of "Twinkle, Twinkle Little Star" while rubbing the lotion all over their hands.

**Twinkle, twinkle little star,  
Look how clean my two hands are,  
Soap and water, wash and scrub,  
Get those germs off rub-a dub,  
Twinkle, twinkle little star,  
Look how clean my two hands are.**

#### **II. Hygiene Lesson**

Ask the children:

Question: Why is it important to use soap and running water when you wash your hands?

Answer: To make sure the dirt and germs go away.

Question: Why is it important to get the germs off your hands? Answer: So you don't get sick and you don't get others around you sick.

Question: When should you rinse the soap off your hands?

Answer: After you make sure that you rubbed it in all over.