

PBIS Lesson Plan – Hand Washing

Materials Needed:

- Space where individuals can sit in a circle with *at least* arm's length distance between them (more distance between individuals if space allows).
- Hand Washing Poster

Open:

1. Transition individuals into the activity by saying "It's time for group" and direct individuals to sit in a circle with *at least* an arm's length distance between each person
2. Gain the group's attention (e.g., say "1-2-3 eyes on me")
3. [Say] "Let's review the expectations for group."
 - "It is important to be safe, responsible, and respectful during group."
 - "We can be safe by keeping our hands and feet to ourselves and staying in our assigned seat."
 - "We can be responsible by following directions, participating in the activity, and asking for help if frustrated."
 - "We can be respectful by listening while others are speaking, raising our hand to participate, and using positive comments and gestures."
4. [Say]
 - "Today, we are going to talk about effective hand washing routines."
 - "Hand washing is when we clean our hands with soap and water or hand sanitizer."
 - "Using effective hand washing routines helps to keep you and everyone around you healthy and safe."

Conduct:

5. [Say]
 - "You may have heard that there is a virus going around right now called the Coronavirus or COVID-19."
 - "The Coronavirus is like having a cold or the flu virus – people have a fever and cough."
 - "The Coronavirus can be spread by people not washing their hands."
 - "We can all work together to stay healthy by using effective hand washing routines."
 - "Let's talk about why you should wash your hands."
 - "There are two reasons why we wash our hands. The first, is to remove the things we can see with our eyes off of our hands like dirt, marker, and food. The second, is to remove things we cannot see with our eyes such as germs and bacteria."
 - "Now let's talk about how you should wash your hands."
 - "Whenever possible we should wash our hands with soap and water. If soap and water is unavailable, use hand sanitizer."
 - *Show individuals the poster*
 - "There are 5 steps to the effective hand washing routine."
 - "Step 1: Wet your hands with clean, and running water."
 - "Step 2: Apply soap to the front and back of your hands, in-between your fingers, and under your fingernails."

- “Step 3: Scrub your hands together for 20 seconds which is the same amount of time it takes to sing Happy Birthday to You twice.”
 - Optional: “Some other songs you can sing are “Twinkle, Twinkle Little Star,” “Row, Row, Row Your Boat,” or the “Alphabet Song.” “Can anyone think of any other appropriate songs you can sign for 20 seconds?”
- “Step 4: Rinse both of your hands under clean, running water.”
- “Step 5: Dry your hands with a clean paper towel and then throw the paper towel away in the trash can.”
- “When I give the direction, we will be lining up arms-length apart to transition to the bathroom/kitchen to practice our hand washing routine.”
 - “Remember to be safe when transitioning by keeping your hands and feet to yourself.”
 - “Remember to be responsible when transitioning by following directions, practicing the hand washing routine, and asking for help if needed.”
 - “Remember to be respectful when transitioning by waiting your turn, using positive comments and gestures, and placing the paper towel in the trash.”
 - *Transition group to bathroom/kitchen to practice hand washing routine*
 - *Provide prompts for individuals to follow each step. Provide praise to individuals who are following directions and waiting patiently. Provide corrective feedback as needed.*
 - *Transition group back to the meeting location and direct individuals to sit in a circle with at least an arm’s length distance between each person*
- “Finally, we are going to talk about when you should wash your hands.”
 - *Show individuals the poster*
 - “It is important to wash your hands...”
 - “Before we eat.”
 - “After craft projects.”
 - “After we use the bathroom.”
 - “After sneezing, blowing nose with tissue, or coughing.”
 - “After playing outside.”
 - “After using the gym.”
 - “To help prevent the spread of the Coronavirus, we are going to be washing our hands several times throughout the day.”

Close:

6. [Say]
 - “Today we talked about using effective hand washing routines to prevent the spread of the Coronavirus.”
 - “We can keep ourselves and everyone around us healthy and safe by washing our hands throughout the day.”
7. Conduct activity/location transition
 - Give a transition reminder (1-5 minutes before transition to new activity)
 - If it’s the end of the block, process individual’s point cards.
 - Give directions for transition.
 - Actively supervise individuals during the transition by moving, scanning, and interacting.
 - Review expectations / give directions for next activity / location.

**STAY HEALTHY!
WASH YOUR HANDS!**



**20
Seconds**

Hand Washing Steps

Wet



Get Soap



Scrub



Rinse



Dry



**STAY HEALTHY!
WASH YOUR HANDS!**



**20
Seconds**

WHEN TO WASH YOUR HANDS

Before we Eat



After Craft Projects



**After we use the
Bathroom**



**After Sneezing, Blowing
Nose with Tissue,
Coughing**



After Playing Outside



After Using the Gym

