

Wash Your Hands

Materials

Worksheet 2, pictures or drawings (see Preparation), Kala & Friends stick puppets, crayons or colored pencils, scissors, butterfly clips (1 per student)

Preparation

Make photocopies of *Worksheet 2* (1 per student). Get pictures or drawings of:
 1) a healthy person
 2) a child doing exercise
 3) a child washing his/her hands
 4) a child eating healthy food (vegetables and/or fruit).

Before

Show the picture of a healthy person to the class and say *Look at this person. Is she/he healthy? (Yes, she/he is.) What about you? Are you healthy? What do you do to stay healthy?* Mimic some activities so that students can answer (*I drink water. I eat fruit. I take a bath. I brush my teeth.*) Say *To stay healthy, one important habit is* (show the picture of the child doing exercise) *to do exercise.* Encourage students to mime the action. *Another important habit is* (show the picture of healthy food) *to eat healthy food, like fruits and vegetables.* Encourage students to mime the action. *Another important habit is* (show the picture of the child washing his/her hands) *to wash your hands.* Encourage students to mime the action. Say *Washing our hands is an*

important and healthy habit. Invite students to watch the video and say *What happens when you don't wash your hands before you eat? Let's see.* Leave the pictures on the board.

While

Show the stick puppets and say *One of our friends doesn't have healthy habits.* Distribute Chewie, Axel and Kala stick puppets to each student. Play the video. Ask students to raise the puppet of the character who does not wash his hands. Play the video again and let students see Kala and Chewie doing exercise and playing with the ball. Pause it and ask *What do they do to stay healthy? (They do exercise.)* Continue playing the video and pause it when Kala refuses to wash his hands. Point to each character and ask *Does Chewie wash her hands? (Yes, she does.) Does Kala wash his hands? (No, he doesn't.)* Continue playing the video and pause it when Kala and Chewie are eating. Ask *What are they doing? (They're eating lunch.)* Point to Kala's hands and ask *Are Kala's hands clean or dirty? (They're dirty.) Is it right or wrong to eat with dirty hands? (It's wrong.) Let's see what happens.* Continue playing the video and pause it when the characters are leaving the classroom. Point to Kala and ask *What's the matter with Kala? (He's sick. He has a stomachache.)* Point to the corresponding picture on the board and say *To have a healthy body, do exercise and eat healthy food, but first wash your hands or you can get sick.*

After

Distribute *Worksheet 2*, crayons or colored pencils, scissors and butterfly clips. Point to each card and say *What is she/he doing? (He's playing with his toy cars. She's playing in the park. She's eating. He's playing with his dog.) What's this? (It's a bathroom. It's a playground.)* Have students color and cut out all the elements. Help them attach the circle and the arrow together with a butterfly clip. Leave the arrow loose enough to spin. Show students how to play. Ask them to play in pairs or threes. Use two sets of cards (or three if you want the game to last longer) and shuffle them. Place them on the table, face down in a pile. Player 1 takes the card on top of the pile, flips it and says something related to the card, for example *I play in the park...* Player 1 spins the arrow; the arrow points to the girl washing her hands. Player 1 finishes the phrase... *and I wash my hands. I'm healthy.* Player 1 can keep the card. Then it is Player 2's turn to take the next card on top of the pile, say something about it, like *I play with my dog*, and spin the arrow. When the arrow points to the boy with the dirty hands, Player 2 has to finish the phrase saying... *and I don't wash my hands. I get sick.* Player 2 then leaves the card on top of the pile for the next player. Players can only keep the card if they "wash their hands." The game is over when all the cards are taken. The player with the most cards at the end of the game wins.

