



Facilitator's Guide for Teaching Handwashing Techniques

Activity Overview

This activity will help you as an educator to teach proper hand hygiene practices and handwashing techniques. This activity can be done in a classroom setting and is suitable for a variety of ages.

What you'll need

- Flax seed and vegetable oil. You can use a Glo Germ kit* for the activity instead if you have one.
- Access to a sink and plain liquid soap
- WECHU's handwashing poster
 - o [Younger audiences](#)
 - o [Older audiences](#)
- Handwashing video:
 - o Younger audiences: <https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing-heroes.html>
 - o Older audiences: <https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing.html>

*Contact us as csh@wechu.org to borrow a glo germ kit.

Activity Format

STEP ONE: Discuss with students why proper hand hygiene practices are important:

- Can help prevent the spread of germs and keep us and other people healthy
- You should always wash your hands before and after you touch food (e.g., eating, cooking), after you use the bathroom, after touching tissues you've used to cover your cough or sneeze, after going outside to play, after playing with a pet, etc. You should also aim to wash your hand throughout the day.

STEP TWO: Review proper handwashing techniques:

- Show handwashing video
- Review WECHU's handwashing poster

STEP THREE: Complete handwashing activity.

- Put a teaspoon of vegetable oil on student's hands and a sprinkle on flax seeds ("germs"). Have them rub their hands together to spread the mixture all over their hands. Ask students to inspect their



hands to see where the “germs” are, take a special look at in-between their fingers and behind their hands.

- Ask students to wash their hands just using water (no soap). Ask them how clean their hands look and feel? Hint: probably some flaxseed has been washed off but the hands are still oily.
- Now ask students to wash their hands using soap and water. Following the proper technique outlined in the videos and posters. Ask students how their hands feel compared to just washing using water (and no soap). Remind students to wash the commonly neglected areas like in between their fingers, behind their hands, their fingernails, and their thumbs.