

Educator Workbook

CAPS-aligned

Life Skills

Grade R-7

Growing tomorrow's
leaders through
learning about
hand hygiene



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Section A

Introduction

Foreword

As a teacher, you will know that some illnesses can be prevented by washing our hands regularly. Of the range of hygiene behaviours considered important for health, handwashing with soap is a top priority in all settings. Diarrhoea is a leading killer of children, accounting for approximately 8 percent of all deaths among children under age 5 worldwide in 2016. This translates to over 1,200 young children dying each day, or about 450,000 children a year, despite the availability of simple effective treatment. One of the best ways to stop the spread of germs is through good hygiene. It is imperative, therefore, that you, the teacher, play an active role in ensuring that learners are aware of the many ways in which they can protect themselves from ill health.

For over 80 years, Dettol has been protecting the health of families. They work in communities across the globe with partners to deliver hygiene education to keep families healthy. Dettol visits schools every year to teach learners the importance of correct hygiene practices and habits to keep healthy.

Dettol has created this user-friendly, fun and factual Educators' Workbook to help teach important health messages to learners relating to hygiene. By completing the activities together with your learners, you will teach them lessons that they will remember for life. The activities, which are aligned to the CAPS curriculum, cover the Life Skills/Life Orientation curriculum standards and have been designed to ensure that learners have fun while learning.

You can assist your learners by:

- Ensuring that they wash their hands before they eat, after playing in the playground, visiting the toilet, after coughing or sneezing or touching pets
- Showing them that it is not enough just to wash their hands with water only
- Placing reminders up in your classroom of the Dettol 6-steps of handwashing
- Teaching them that, although germs cannot be seen with the naked eye, they are all around us and can make us sick
- Demonstrating that washing their hands is one of the best ways to stop germs from spreading

Dettol, be 100% sure.

Here is a quick overview of the CAPS-aligned content that you will find in this educational pack:

Grade R

Life Skills – Good basic hygiene practices

Grade 1

Life Skills – Healthy habits

Grade 2

Life Skills – Healthy living

Grade 3

Life Skills – Health protection: Basic health and hygiene

Grade 4

Life Skills – Health and environmental responsibility

Grade 5

Life Skills – Health and environmental responsibility

Grade 6

Life Skills – Health and environmental responsibility

Grade 7

Life Orientation – Health, social and environmental responsibility: Common diseases



Background and Context

Pick n Pay School Club is celebrating its 15th year of providing much-needed educational material, which now reaches 105,875 teachers and 2.26 million learners across South Africa. The Dettol learning programme is aligned to the CAPS curriculum, which adheres to the standards set by the Department of Education.

The material is designed to facilitate the learning process and culminates in the assessment of competency levels according to the standards set for each specific grade. The educator is supported by way of research and learning content that is presented clearly and is easy to implement in the classroom.

Acronyms:

CAPS: Curriculum and Assessment Policy Statement

GET: General Education and Training



Section B

Foundation Phase

Grade 1

Name of Learner Activities Learner Activity 1: How germs are spread Learner Activity 2: How should we wash our hands?		Time: 2 Hours
Grade 1		Subject Life Skills Term 1
Curriculum Standards (CAPS): Life Skills Term 1 <ul style="list-style-type: none"> • Healthy habits 		
Objectives		
The learners will be able to: <ul style="list-style-type: none"> • Explain what germs are and where they can be found • Understand the need for handwashing and that it prevents the spread of germs; demonstrate proper handwashing techniques 		
Content	Skills	Values
Learner Activity 1: How germs are spread Learners draw a picture to show how to stop the spreading of germs.	Learner Activity 1: How germs are spread All participate in group discussion; critical thinking; answers questions.	Learner Activity 1: How germs are spread Handwashing is one of the best ways to stop germs spreading and making us sick.
Learner Activity 2: How should we wash our hands? Learners number sentences in the correct order to show the correct way to wash their hands.	Learner Activity 2: How should we wash our hands? All participate in group discussion; critical thinking; answers questions.	Learner Activity 2: How should we wash our hands? Understands the importance of handwashing to prevent the spreading of germs.
Resources needed		
Learner Activity 1: How germs are spread Access to the Internet to play the videos: goo.gl/e4XXqV and goo.gl/rsEMr8 and goo.gl/iCcFrF ; glitter; Vaseline; Dettol soap and water; bowl with water; paper towels; printed copies of the Learner Activity worksheet.		
Learner Activity 2: How should we wash our hands? Access to the Internet to play the video: goo.gl/gshw8R ; black pepper; plastic bowl; water; paper towels; Dettol soap; The Dettol 6-steps of handwashing poster; printed copies of the Learner Activity worksheet.		
Teacher preparation before starting		
Study the lesson plans prior to the lessons and ensure you have all the resources required for the lessons. Familiarise yourself with content for the two lessons before the lesson starts. Watch the YouTube videos mentioned in the 'Resources needed' section of this Educator Guide and decide which of them to incorporate into your lesson. Print sufficient Learner Activity worksheets.		
Teaching the Learner Activities		
Learner Activity 1: How germs are spread Germs are so tiny that they cannot be seen without the help of a microscope. There are many germs inside the human body which may not cause disease. There are even some germs which help parts of the body to work properly. There are also germs which can make people sick if they enter their bodies. Germs can get into the body through the mouth, nose, breaks in the skin and eyes. Once disease-causing germs are inside the body, they reproduce/multiply quickly.		



Section B

Foundation Phase

Grade 1

Educator Guide

Ask the class why it is important to clean our hands. Discuss learners' ideas. Explain how cleaning our hands reduces the number of germs on them. Establish how germs can cause disease and make us sick and if we don't clean our hands we spread the germs to everything and everyone we touch.

Introduce the lesson

- a) Play the video: goo.gl/e4XXqV
- b) After the video, ask the class:
 - i. Why is it important to clean surfaces? Answer: Germs could be hiding on surfaces.
 - ii. Give an example of surfaces that need cleaning? Answer: Cell phones; door handles; counter tops and pets.
 - iii. What does handwashing do? Answer: Stops the spreading of germs.
- c) Begin a discussion about germs and how they are all around us and how we cannot see them.

Experiment:

- a) Get the learners together and explain to them that they are going to do an experiment to show how they can transfer germs to one another through touch.
- b) Get learners into groups of seven or eight. Put some Vaseline onto one learner's palm in each group and then place some glitter onto each group member's hands. Now ask the group members to shake/'high five' with each person in their group. What was the result? Ask how many people now have glitter on their hands. Explain that this is how germs are transferred.
- c) Then get some members in each group to wash their hands using water only and the balance of the group members to use soap, like Dettol, and water. This exercise will demonstrate how soap gets rid of the glitter (germs) better than water alone.
- d) Play the video: goo.gl/rsEMr8

Complete the Learner Activity

- a) Allow learners to complete the Learner Activity worksheet. (Learners should draw a picture depicting a handwashing scene to illustrate understanding of lesson).

Learner Activity 2: How should we wash our hands?

Good handwashing is the first line of defence against the spread of many illnesses. Learners should learn that to stop the spread of germs means making regular handwashing a rule especially:

- Before eating and cooking
- After using the toilet
- After playing in the playground
- After touching animals, including pets
- Before and after visiting any sick friends or relatives
- After blowing one's nose, coughing or sneezing

Introduce the lesson

- a) Introduce the lesson by recapping the importance of washing hands.
- b) Ask learners what dirt looks like. Write ideas on the board allowing all learners to contribute to the class discussion. Anything can be considered dirty by the collective group. Explain that germs cannot be seen with the naked eye and discuss how germs are spread. Ask learners to look at their own hands, including fingernails and wrists, and decide whether they are clean or dirty.
- c) Germs can spread many ways, including:
 - Touching dirty hands
 - Changing dirty diapers



Section B Foundation Phase Grade 1

- Through contaminated water and food
- Through droplets in the air released during a cough or sneeze
- On contaminated surfaces
- Through contact with a sick person's body fluids

d) Explain that handwashing is one of the best defences against many kinds of germs that cause infection.

Experiment:

- a) Tell learners that they are going to watch an experiment that shows how washing hands gets rid of germs.
- Shake black pepper into a bowl of water (be generous)
 - Tell class to pretend that the pepper is germs
 - Then ask one or two learners to put their finger in the middle of the bowl and then pull it out
 - Ask what they notice about the germs? Do they go away? (The learners should say no because the pepper will stick to their finger)
 - Ask learner volunteers to wipe off the pepper with a paper towel
 - Now get learner volunteer to put Dettol soap on their hand and then place their finger in the bowl of pepper
 - Ask what they notice. (The pepper will repel)
 - You will have a great reaction from learners
 - Ask the question – so what should we use to clean our hands?
 - The answer should be unanimous!
- b) Now show the class how to clean their hands using the Dettol 6-steps of handwashing. Write the steps on the board as learners will need this to complete their activity by numbering the handwashing sequences in the right order.
- c) Play the Dettol handwashing song: goo.gl/gshw8R

Complete the Learner Activity

- a) Let the learners complete their Learner Activity.

Assessment

Refer to the Resource Section for the Assessment Rubric.

Teacher reflection

Is there anything you would do differently if you taught this unit again?



How germs are spread

Name:..... Date:.....



Germs can spread easily without you even knowing. They can get onto your hands if you touch something that has germs on it. When these germs get onto your hands and are not washed off, they can be passed from person to person and make people sick. Washing hands with soap like Dettol and clean water is one the best ways to stop germs spreading!

1. Look at the pictures below to see how Nandi is spreading germs without knowing it.
2. Colour-in the pictures.



Learner Activity 1



Section B

Foundation Phase

Grade 1

How should we wash our hands?

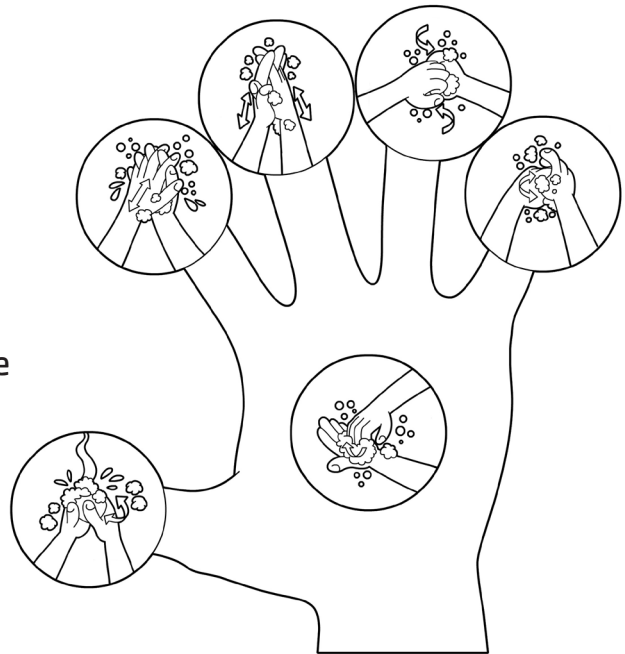
Name:..... Date:.....



Germs can spread to our hands by sneezing, coughing, or rubbing our eyes. Washing our hands the right way can help prevent people from getting sick.

Look at the Dettol 6-steps of handwashing which have been muddled. Now look at the Dettol 6-steps of handwashing poster. Number the sentences in the correct order to show the correct way to wash your hands.

- ☐ Rub your thumbs in your palms.
- ☐ Rub your nails and palms.
- ☐ Rub your palms together.
- ☐ Rub your fingers and palms and the space in between them.
- ☐ Rub your fingers in your palms.
- ☐ Rub your fingers and thumbs.



Assessment Rubric:

Assessment	
Rating code	Description of competence
7	Outstanding achievement
6	Meritorious achievement
5	Substantial achievement
4	Adequate achievement
3	Moderate achievement
2	Elementary achievement
1	Not achieved



Notes

Notes

Lined area for writing notes.



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