

# 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 15<sup>th</sup> 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 R

<b>Name of Learner Activities</b> Learner Activity 1: Find the hidden germs Learner Activity 2: Good hygiene habits		<b>Time:</b> 2 Hours
<b>Grade R</b>		<b>Subject</b> Life Skills Term 1
<b>Curriculum Standards (CAPS):</b> <b>Life Skills Term 1</b> <ul style="list-style-type: none"> <li>Good basic hygiene practices</li> </ul>		
<b>Objectives</b>		
<b>The learners will be able to:</b> <ul style="list-style-type: none"> <li>Understand knowledge of germs and how germs can make people sick</li> <li>Demonstrate proper handwashing techniques and know the importance of washing hands; know when to wash hands; know the Dettol 6-steps of handwashing</li> </ul>		
<b>Content</b>	<b>Skills</b>	<b>Values</b>
<b>Learner Activity 1: Find the hidden germs</b> Learners find the hidden germs in the picture and colour them in.	<b>Learner Activity 1: Find the hidden germs</b> Experience the process of how germs are spread and learn about germ prevention.	<b>Learner Activity 1: Find the hidden germs</b> Learners understand that they can get sick from their environment and other people. Understand that handwashing prevents the spreading of germs.
<b>Learner Activity 2: Good hygiene habits</b> Learners colour-in the Dettol 6-steps of handwashing.	<b>Learner Activity 2: Good hygiene habits</b> Identifies and uses positive hygiene habits e.g. handwashing.	<b>Learner Activity 2: Good hygiene habits</b> Understands that keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others and knows when to wash hands.
<b>Resources needed</b>		
<b>Learner Activity 1: Find the hidden germs</b> Access to the Internet to play the video: <a href="http://goo.gl/269cTj">goo.gl/269cTj</a> ; introduce this video about washing hands and germs first then play this video: <a href="http://goo.gl/Y8W3hB">goo.gl/Y8W3hB</a> ; printed copies of the Learner Activity worksheet; colouring in pencils; spray bottle with water and green colouring; 5 white A4 paper sheets to spread around the classroom for the germ game; Dettol soap and paper towel; pictures of food items like cheese, bread, carrots etc.		
<b>Learner Activity 2: Good hygiene habits</b> Captain Dettol picture which can be found in the Resource Section of this Educator Workbook; prepare some 'when to wash hands' laminated flash cards (before eating or touching food, after blowing your nose, after using the toilet, after touching animals/pets, after playing outside, after handling rubbish etc.) The Dettol 6-steps of handwashing flash cards; Dettol handwashing song: <a href="http://goo.gl/t4S3b2">goo.gl/t4S3b2</a> ; microscope picture and the Dettol handwashing steps video: <a href="http://goo.gl/A1cxts">goo.gl/A1cxts</a> ; printed copies of the Learner Activity worksheet; colouring in pencils; the Dettol 6-steps of handwashing poster.		



# Section B

## Foundation Phase

### Grade R

#### 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: Find the hidden germs

Small children are often near one another allowing germs to spread easily among them (<http://www.health.state.mn.us/handhygiene/why/5ways.html>). It is important that learners are taught what germs are, how germs can make them sick and what they can do to stop the spreading of germs. Children should be taught proper handwashing techniques and the importance of covering their mouths and noses when coughing or sneezing.

Introduce the lesson

- a) Prepare the spray bottle with the water mixed with green colouring before the lesson for the germ game. Ask the learners what they think a germ is before you start the lesson. Laminate the germ picture found in the Resource Section of this Educators Workbook and explain that germs are tiny living things that cannot be seen with our eyes.
- b) Play the video: [goo.gl/269cTj](http://goo.gl/269cTj) to introduce how germs are spread. After the video and to recap their understanding, ask the learners:
  - i. What are germs? Answer: Tiny living beings that can make you sick.
  - ii. Can we see germs with just our eyes? Answer: No, they are so tiny that they can only be seen through a microscope.
  - iii. Where can we find germs? Answer: Everywhere!
  - iv. How do germs spread? Answer: Through touch; through the air.
  - v. What do germs do to us? Answer: Make us sick.
  - vi. How can we prevent the spreading of germs? Answer: Covering our coughs/sneezes; cleaning up after ourselves; washing our hands!
- c) Tell learners they are going to play a germ game. Spread A4 pieces of paper on desks around the classroom. Ask 10 learners to stand in a line and spray green water on their hands with the spray bottle. Explain that they're going to pretend the green water on their hands are germs from coughing/sneezing. Then ask five learners to put their hands on the white paper to make a hand print and the other five learners should shake hands with some classmates. Ask them what happens when they touch the paper? (Leaves a green, wet hand print)
- d) Discuss how the paper gets wet which represents how germs from our hands get on to objects we touch.
- e) Ask the learners: "What happens when you shake hands?" Answer: The green water was transferred to the other person's hand. Tell learners that this is how germs are spread.
- f) Ask the learners to wash their hands with Dettol soap and dry with a clean paper towel and then sit in a circle. Show them some food pictures and ask, "If germs are on our hands, what happens when we touch food and eat it?" Answer: The germs will enter our bodies.
- g) Now ask: "What's the best way to get rid of the germs on our hands?" Allow for some learners' answers.
- h) Then play the second video: [goo.gl/Y8W3hB](http://goo.gl/Y8W3hB)
- i) Ask learners why Sid never got sick from his Dad's germs.

Complete the Learner Activity

- a) Hand out the Learner Activity worksheets and let learners colour-in the hidden germs in the pictures.



## Section B Foundation Phase Grade R

### Learner Activity 2: Good hygiene habits

Most common infections can be spread by the hands. Hands can pick up germs from other people or from objects that are touched by others, such as door knobs, light switches and even from playing in the playground. When the hands meet the nose, mouth or eyes, germs can enter the body and make people sick. The hands transfer germs from the environment to the body. That is why handwashing is so important. Handwashing is one of the best way to stop the spreading of germs. Children need to learn the steps of proper handwashing because poor handwashing does not remove germs.

The Dettol 6-steps of handwashing are:

Wet hands under warm running water and apply soap.

1. Rub your palms together.
2. Rub your fingers and palms and the space in between them.
3. Rub your fingers and thumbs.
4. Rub your nails and palms.
5. Rub your thumbs in your palms.
6. Rub your fingers in your palms.

Dry your hands thoroughly with a paper towel or clean towel.

Children also need to know the most important times to wash their hands, so handwashing becomes routine. These include: Before eating or preparing food, after using the toilet, after playing outside, after blowing their nose, after touching animals or pets and after touching/handling rubbish/garbage. Learners should be taught to cough and sneeze into their elbow and use a tissue afterwards and then wash their hands.

Introduce the lesson

- a) Introduce the lesson by introducing Captain Dettol to the class. Explain that Captain Dettol will help them learn about handwashing.
- b) Play the video: [goo.gl/t453b2](http://goo.gl/t453b2)
- c) Explain that they will be learning about ways to stop the spreading of germs and will discuss what they can do to stay healthy.
- d) Ask the class:
  - i. Do you know what germs are? Can you see them? Answer: Germs are tiny living things that can make you sick. Germs are so small that they can't be seen, except under a microscope.
  - ii. Ask learners if they know what a microscope is (show the picture and explain that a microscope is an instrument that allows us to see things we normally cannot because it is magnified a few hundred times).
  - iii. Ask: "How do you think germs are spread?" Allow for answers - coughing and sneezing, by the hands. Ask learners to name some infections like colds and flu and sore throats etc. These are illnesses that are caused by germs. Ask, "What are some of the things you can do to stay healthy?" Prompt with the following: Brushing your teeth; eating healthy food; exercising; washing your hands with soap like Dettol and water.
- e) Explain that handwashing washes away germs from the hands. Lead learners in a discussion of when they think it is important to wash their hands. Ask them to think of times when they might have germs on their hands that could get into their body to make them sick.
- f) Show the "when to wash hands" flash cards and encourage them to come up with additional answers. Flash cards show the most important times to wash your hands: Before eating or preparing food because this is a time when germs from hands can get on food that goes into their mouth; after going to the toilet, after playing in the playground, after blowing the nose, after touching animals or pets and after touching/handling garbage. Explain that handwashing keeps you healthy because it gets rid of germs that can make you sick or that you might spread to other people.



# Section B Foundation Phase Grade R

## Educator Guide

- g) Show learners the steps of handwashing flash cards and let them know that they are now going to see a handwashing video that shows them the proper way to wash their hands.
- h) Tell them that you are going to ask questions about the video, so it's important for them to watch carefully. Play the video: [goo.gl/A1cxts](https://goo.gl/A1cxts)
- i) After playing the video, ask learners if they can remember the Dettol 6-steps of handwashing.
- j) Show the Dettol 6-steps of handwashing sequence and ask learners to help you get them in the right order. Ask learners what parts of the hands need to be washed first, second, third etc. Show the video again if it helps. Prompt the students to name: Palms; between the fingers; backs of hands; thumbs; fingertips and nails.

Complete the Learner Activity

- a) Hand out the Learner Activity worksheets and ask learners to colour-in the handwashing images.
- b) Establish routines so that handwashing becomes a habit. For example, let learners always wash their hands before lunch and after coming inside from break.

### 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?





# Section B Foundation Phase Grade R

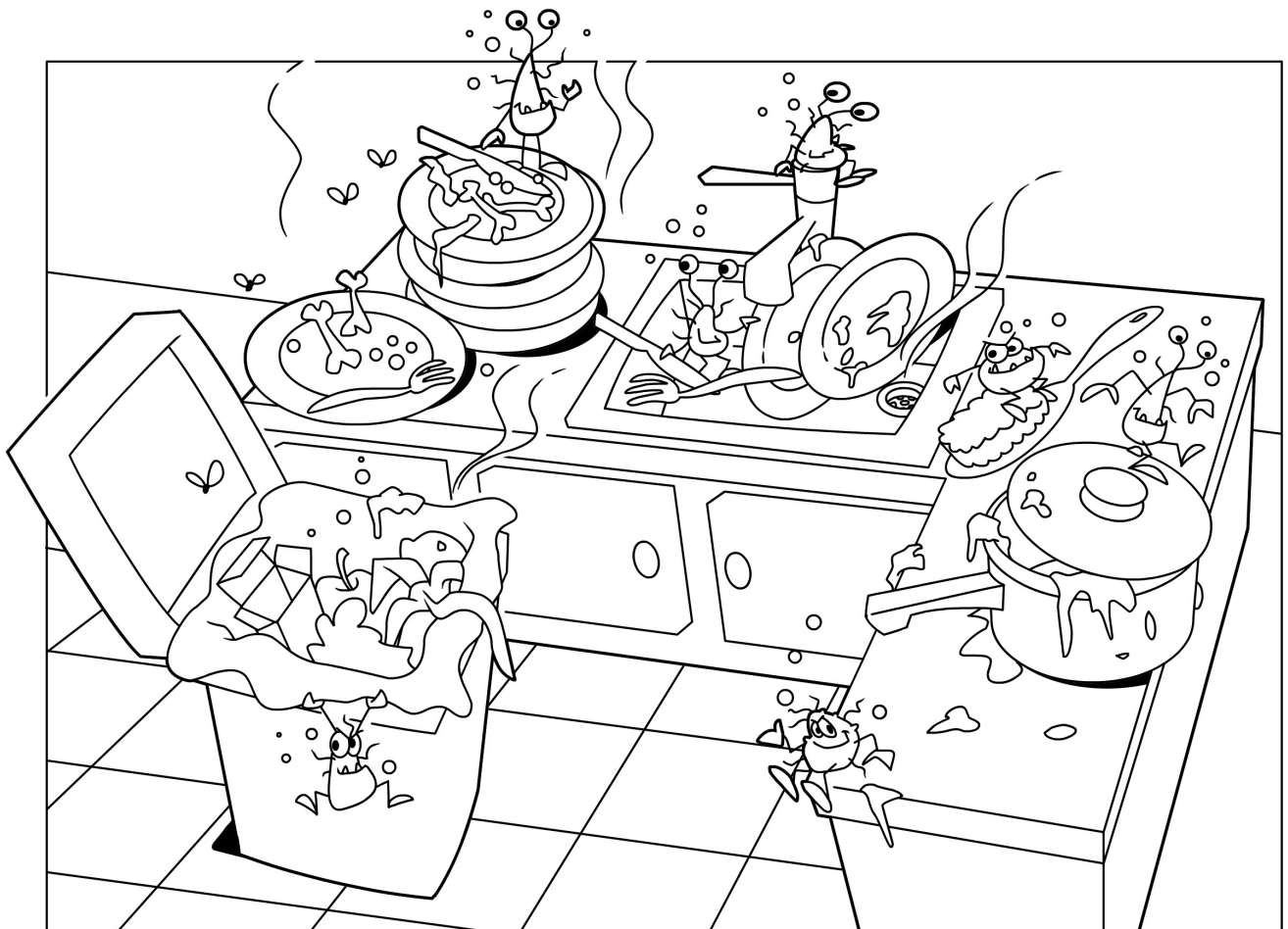
## Find the hidden germs

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



Germs are found everywhere, like in toilets, in the kitchen, on the playground, on door handles and even television remotes! They can also make you very sick. But, if you wash your hands with soap like Dettol and clean water, you can prevent germs from spreading.

1. Find the hidden germs in the picture and colour them in.



# Good hygiene habits

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



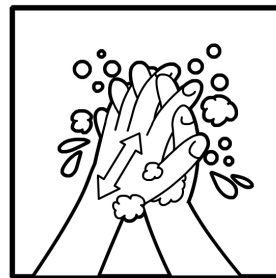
Remember to wash your hands and follow the Dettol 6-steps of handwashing. If you keep your hands clean, you can stop spreading germs to other people.

1. Colour-in the Dettol 6-steps of handwashing.

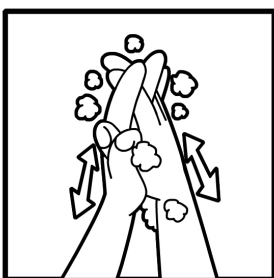
1



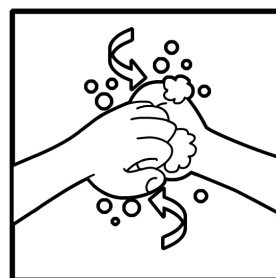
2



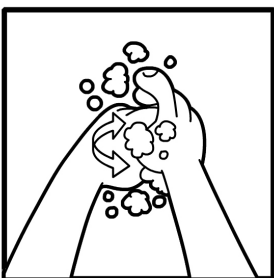
3



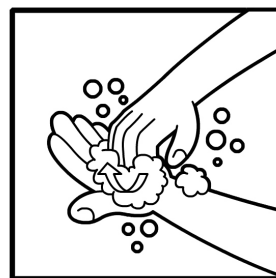
4



5



6



## Learner Activity 2

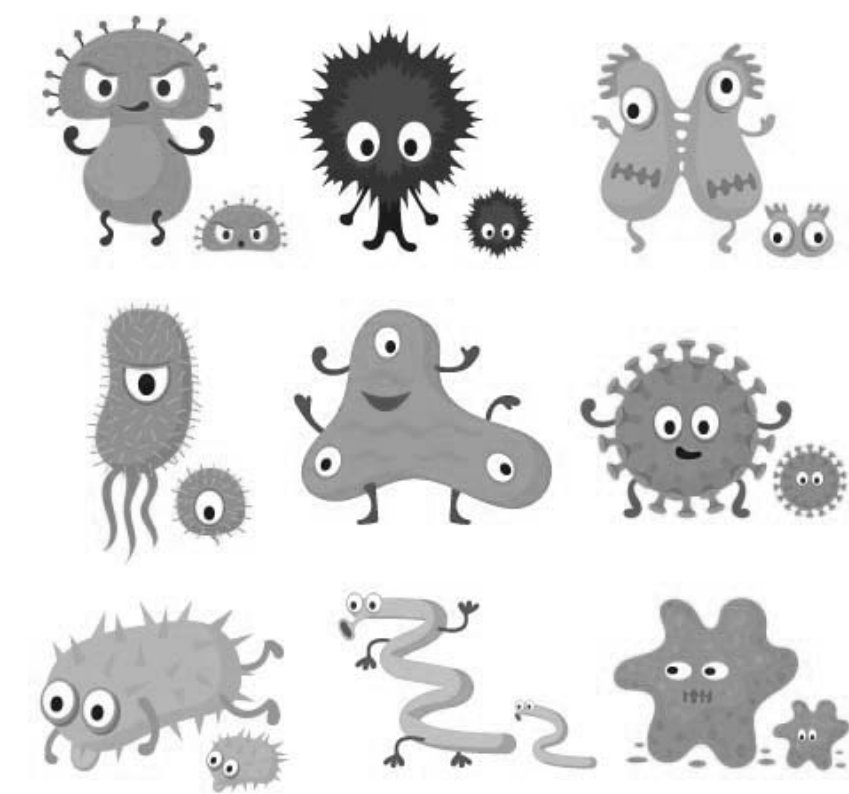


Assessment Rubric:

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

Grade R  
Learner Activity 1: Find the hidden germs

Resource Section



<http://freedesignfile.com/173202-funny-cartoon-bacteria-and-virus-vector-10/>



Notes

Notes

Handwriting practice lines consisting of 30 horizontal rows. Each row is composed of three lines: a solid top line, a dashed middle line, and a solid bottom line.



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