Matrix Location: Bathroom
Core Value: Be Safe
Behavior Expectations: Wash hands

<table>
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<th>Teaching Example</th>
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<tr>
<td>Identify concept: How does washing our hands keep us safe? We wash our hands after we use the bathroom to prevent spreading germs, and getting sick.</td>
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<td>Use prior knowledge:</td>
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<td>1. Read and discuss: Germ Make Me Sick! By Melvin Berger</td>
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<td>2. Ask students to tell you times they have been told to wash their hands: after sneezing, coughing, touching their nose or eyes, (most cold are spread that way) petting their dogs, cats, after using the toilet.</td>
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<td>3. Explain to the students how they can become ill by not washing their hands. Give examples: “Think about all of the things that you have touched today. Maybe you blew your nose and played with your dog. Whatever you did, you came into contact with germs. So it’s easy for germs on your hand to end up in your mouth.” (maybe when you ate a handful of popcorn with your friends after school). By frequently washing your hands the right way, you’ll wash away germs- the things that make you sick.</td>
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<td>4. Read and discuss: Wash Your Hands by Tony Ross and/or Germs by Judy Oetting- “Wash your hands, scrub them clean”</td>
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5. Review steps to proper hand washing: (also use picture icons)
   - Use warm water (not cold or hot)
   - Use whatever soap you like, regular soap works just fine.
   - Rub your hands together vigorously and scrub all surfaces:
     Lather up on both sides of your hands, your wrists, between your fingers, and around your nails. Wash for 15 seconds—about how long it takes to sing/hum “Happy Birthday”.
   - Rinse well under warm running water and pat dry with a clean towel.
   - In public restrooms, retrieve paper towel before lathering up. Use a paper towel to shut the water off after you finish drying your hands.

Role Play Examples

Modeling: Lesson taught at bathroom setting

Take students to the bathroom. Demonstrate to the students how to wash their hands using the previously discussed hand washing technique.

Role Play: Have each student take a turn washing their hands using the proper technique. Use picture icons if necessary to provide appropriate sequence visually.

Positive Reinforcement 4 to 1 Rule:

“Good job using warm water and soap!”
“I like the way you are humming the Birthday song.”
“Nice job scrubbing both sides of your hands, wrists and between your fingers.”
“Those germs can’t hide from you!”