



Think ahead.

Max's hand washing school is part of Essity's ambition of supporting primary schools to teach their pupils about the importance of hand washing and to create awareness of why hand hygiene is important. Good habits start early in life.



Think ahead.

Max's hand washing school Teacher manual

Hand hygiene



Making hand washing unforgettable

Max's hand washing school is an easy way to encourage children to wash and dry their hands properly. They'll perform hand hygiene experiments, solve problems, and learn helpful tricks, all with Max's help.

The pupil textbook and pupil activities that accompany this manual have been created to be suitable for children aged between 6-10. Each pupil workbook contains a set of pupil activity cards, which refer to specific activities outlined later in this manual. A set of pupil activities is included as part of this manual, for your reference.

You can download the activities, the pupil workbook and this teacher manual by visiting (add link to Max online page where downloads are available). Use the activities within lessons, or even set them as homework tasks. They're best when colour printed, but can work in black and white too.

A set of posters is also available, which can be hung up around classrooms, in washrooms, or outside canteen areas to reinforce the importance of hand hygiene.



Inspiring better hand hygiene

Our hands are the most important points of contact with the outside world, and are the main carriers of many microbes, which can carry diseases and cause illnesses.

Microbes can spread quickly, particularly in places where many people come together, including schools. They can be transmitted when a person is speaking, sneezing, or coughing, but also through touching objects that have come into contact with infected hands. Learning how to wash and dry hands properly is an important step for any child.

Most children know how to wash and dry their hands properly, as well as the reasons why, but don't fully understand when it's most important to do so.

Welcome to Max

Hi, I'm Max! I'm 9 years old and live with my parents, my younger sister Ella, and our dog, Charlie.

I love being outdoors and playing with my friends, especially climbing trees and running. I also enjoy learning new things, especially science and biology. They're my favourite subjects, and I like to do experiments to learn new and exciting things.

I've recently been learning about washing my hands, so I thought I'd share what I've discovered so far. In this book you can read about how, when and why you should wash your hands.

You'll learn all about microbes and how you can protect yourself, your friends, and your family from getting ill. Do you know how fast a sneeze is? Continue reading to find out!

I hope you enjoy learning about this as much as I did!

Max

Hi, I'm Max!
Welcome to
my hand
washing school...



1. When should you wash your hands?

Objective

To help children to understand how important it is for them to wash their hands regularly, particularly after activities that they do throughout the day.

Activity

Using the activity worksheets, children tick the activities that they think should be followed by hand washing. You could also encourage them to think of other examples and discuss as a class.

Answers

Each of the activities on the worksheet should be ticked. On why it's important to wash your hands, acceptable answers could include; to get rid of bad microbes, to stop microbes from spreading, to keep us healthy, and to maintain good hygiene levels.

What you'll need:

- Activity 1 worksheet for each child
- A whiteboard to write down other suggestions for discussion



2. Are Max and his friends doing the right thing?

Objective

Children will learn behaviors that cause microbes to spread, and why they should avoid doing them.

Activity

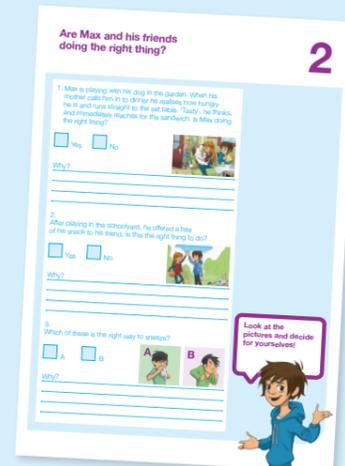
Ask children to fill in the activity card individually, and then discuss answers as a class. Make sure children are focused on why the actions were wrong and ask what they should've done instead to help reinforce the message.

Answers

1. No – Max should've washed his hands before eating his dinner.
2. No – Both should've washed their hands before sharing food.
3. A – You should cover your mouth when sneezing to stop bad microbes from spreading.

What you'll need:

- Activity 2 worksheet for each child
- A whiteboard to write down other suggestions for discussion



3. What is good hygiene?

Objective

Children should be aware that hygiene means more than simply being clean.

Activity

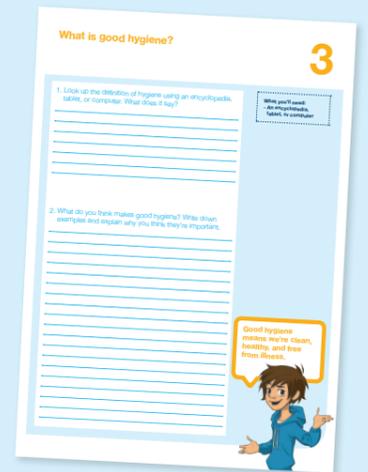
Ask children to complete the card. Encourage them to ask any questions or to work in pairs if they wish. They should look up 'hygiene' in an encyclopedia or search on the internet and write down the full definition. Discuss as a class.

Answers

1. An example definition of hygiene: Hygiene is the things that you do to keep yourself and your surroundings clean in order to maintain good health.
2. Washing hands after playing outside, before and after eating, and after using the toilet to stop microbes spreading.
Covering your mouth when coughing or sneezing to stop microbes spreading.

What you'll need:

- Activity 3 worksheet for each child
- Encyclopedias, tablets or computers for children to search definition



4. Why should you dry your hands?

Objective

This activity should make it clear that microbes could still be on hands that have been washed correctly but have not been dried.

Activity

In this activity, children should follow the instructions set out in the card. The activity uses sand to replicate where microbes could be on their hands if they're not dried correctly. Encourage them to write down their observations and to share what they've seen in small groups after. Ask the groups to share their observations with the class.

Answers

The sand should not stick to children's hands when they are dry. The sand should stick to children's hands when they are a little wet. Drying hands properly stops bad microbes from spreading and can protect us from getting ill.

What you'll need:

- Activity 4 worksheet for each child
- Each child will need a shallow bowl containing a small amount of sand, and a paper towel



5. What are microbes?

Objective

Using their workbooks, children will learn what microbes are, and understand how they spread.

Activity

Children should find a classmate to work with for the task. They should then read the section titled in their workbooks. Each child then fills in the activity card by thinking of four questions to ask their classmate based on the text they've just read through. They then swap cards and fill in the answers. Encourage them to score each other, and then to present their questions and answers back to the class together.

What you'll need:

- Activity 5 worksheet for each child
- Each child will need their own textbook, opened at the section titled 'Our world is filled with microbes!'



6. Washing hands properly

Objective

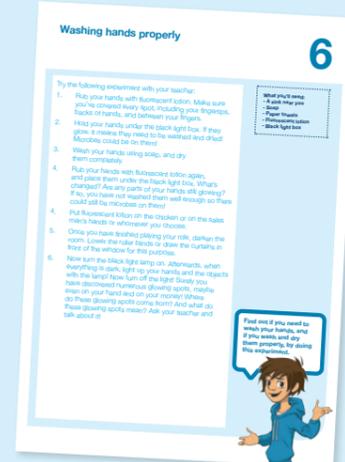
Suitable for classrooms that have a black light box and florescent lotions, this fun experiment demonstrates that microbes can still be on your hands after you've washed them quickly. It aims to encourage children to wash them for longer and using the correct method.

Activity

Set the black light box up in a suitable place, so children can form a queue to use it. Alternatively, split children into groups and move the black light box between groups so they can each have a turn using it. Ask children to read the card through so they understand the task ahead. Hand out the florescent lotion and ask children to rub their hands together, as it says on the card. Children should then look at their hands whilst using the black light box. Explain that if any parts of their hands are glowing, then it indicates that they should wash and dry their hands. Ask all children to wash and dry their hands, using the information in their workbook, and repeat the process again. This time there shouldn't be any glowing spots!

What you'll need:

- Activity 6 worksheet for each child
- Black light box
- Fluorescent lotion
- Soap, paper towels and a sink with running water



7. Hand hygiene poster

Objective

To bring everything the class has learned about hand hygiene, and how they should wash and dry their hands, together in a fun and engaging way.

Activity

Separate the class into pairs or threes. Explain that their task is to design a poster on the subject of 'hand hygiene' that should remind their class members to regularly wash their hands and how they should do it. Encourage the class to get creative, to draw pictures and create collages using the materials provided. Point out that the posters should include all of the messages listed on the card. Once the activity is completed, put the posters on the classrooms walls or in corridors throughout the school.

What you'll need:

- Activity 7 worksheet for each child
- Large sheets of white paper (A3 works well)
- Art materials such as colored paper, tissue paper, foils, paints, glue etc.
- Colored pencils or felt tip pens

