

Cinnamon magic

CLASSROOM LESSON PLAN

Objective

To teach kids how to wash their hands properly.

Ages

4 and up

Time

5 minutes

Materials

- Vegetable oil
- Cinnamon
- Soap and warm water

Instructions

- 1 Rub a little vegetable oil on the child's hands, then sprinkle with cinnamon to symbolize germs. Explain that real germs are too small to see. Be sure to tell kids not to touch their noses or eyes while cinnamon is on their hands.
- 2 Have the child wash his or her hands without soap. The "germs" won't come off.
- 3 Add soap and watch those "germs" disappear!
- 4 While they're washing, explain that they should wash their hands with soap and warm water for 20 seconds — the time it takes to sing the "Happy Birthday!" song twice.
- 5 Teach kids to wash their hands frequently, especially before and after they eat.

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Notes



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