

**Lesson Plan 14: Hygiene****70 minutes total****Lesson Description**

Define the different type of hygiene, explore the importance of domestic hygiene and what needs to be considered in a hygienic household, the importance of personal hygiene and activities and the frequency of each activity to be done.

**Learning Outcomes**

At the end of this session participants will be able to:

1. Explain hygiene and its different types.
2. Recognize importance of personal and domestic hygiene.
3. List activities of personal and domestic hygiene and their frequency.
4. Demonstrate proper hand washing technique
5. Identify critical times for hand washing.

**Materials**

- Markers
- Flipcharts
- White board
- Eraser
- Soap, water can and waste water can

**Preparation**

1. Prepare photos of different water sources
2. Three bottle of water with different appearance
3. Write the definition of hygiene on flipchart paper: Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. (WHO)
4. Prepare outcome flipchart

**Introduction****10 minutes**

1. Ask for a volunteer. Secretly give the volunteer each of the of the following actions to perform to the large group:
  - Brushing teeth
  - Washing dishes
  - Bathing
  - Washing clothes
  - Washing hands

- Sweeping
2. Ask the volunteers to act out their action at the same time. ATP who are watching to name the actions.
  3. **LINK:** ATP what is common with all of these actions? They are all related to hygiene.
  4. Present the learning expectations.

**Topic 1: Hygiene types, activities, their importance, and frequency****25 minutes**

1. Ask the participants to discuss with partners what is meant by hygiene?
2. Ask the participations to share their understanding of hygiene with whole group.
3. Display the flipchart of the definition of hygiene.

*Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. (WHO)*

4. Explain to participants that there are 2 types of hygiene: domestic and personal.
5. Ask the participants: what is the difference between two terms: domestic and personal hygiene? *Domestic hygiene is related to the cleanliness of the household, and personal is the cleanliness of the person.*
6. Give each group a flipchart paper and ask them to divide the flipchart in to two columns, one for domestic and another one for personal hygiene.
7. Ask the participants to list activities related to domestic and personal hygiene.
8. Ask each group to also write down how often that activity is to be done.
9. Ask each group to share one activity and its frequency until all the activities have been discussed.

**Critical times for Handwashing****15 minutes**

1. Ask the participants: when should people wash their hands throughout the day? Make a list on flipchart paper.
2. Explain to participants that 1 person cannot always remember all these times and we need to choose only a smaller number.
3. Ask the participants to look at the list and determine the 3 best key times to wash their hands to prevent sickness from feces. Circle the three key times.
  - *Before cooking or preparing food*
  - *Before eating or before feeding children*
  - *After defecating and after changing or cleaning babies*

**Demonstrate proper hand washing****15 minutes**

1. Explain to participant that knowing when to wash your hands is important, but knowing how to wash them can be even more important.

2. Ask for a volunteer to come to the front and demonstrate proper hand washing techniques.
3. Ask one more volunteer to come to the front and help by pouring the water for the demonstrator.
4. Explain the steps of proper hand washing (see hand washing poster below), while the volunteers perform the steps with props.
5. Ask the other volunteers to mime the steps and copy the volunteer that is washing their hands.

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**Review****5 minutes**

1. ATP to share with a partner: two things that they could do to improve hygiene in their own lives.

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**Reflections on Lesson**

# How to wash hands thoroughly

Hands should be washed with soap and under water for at least 20 seconds. Special attention needs to be paid to germs that may be trapped under nails and in crevices. The red arrows in the pictures below show the direction of movement of the hands.



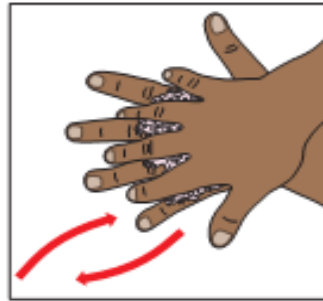
1. Wet hands with water



2. Apply soap to cover all surfaces of the hands



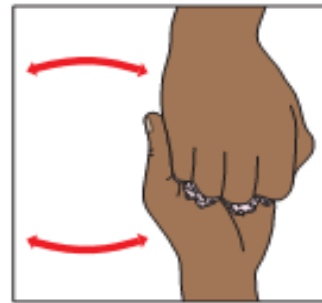
3. Rub hands palm to palm



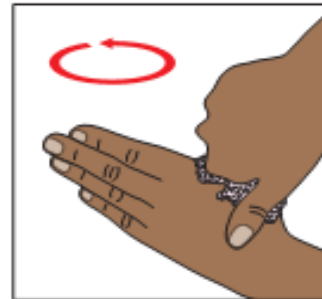
4. Rub each palm over the back of the other hand



5. Rub palm to palm with fingers interlaced



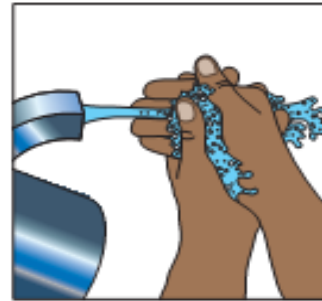
6. Rub backs of fingers to opposing palms with fingers interlocked



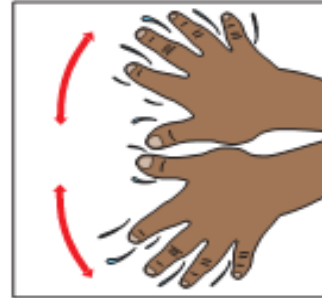
7. Rub each thumb clasped in opposing palm



8. Clasp fingers and circular rub opposing palm



9. Rinse well with water



10. Allow hands to dry completely before touching anything else