

# The Two Friendly Hands



**Professions:** A variety of health professions.

**Grade Level:** K-2

*All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.*

**Purpose:** By listening and participating in a story, children will recognize potential germ transmission between its characters, two friendly hands. When one hand becomes covered with sneeze germs, the children are called upon to help solve a problem: how can the sick hand play with his friend without spreading germs? Children will learn to identify ways germs are transmitted from one person's hands to another's, recognize appropriate times to get rid of germs by washing or sanitizing their hands, and name ways to reduce the number of germs on their hands (and bodies).

**Materials needed:** "Two Friendly Hands" story (Before reading to the class, read through and practice gestures until you are comfortable performing it.)

**Duration:** 20 minutes

## Instructions:

- Gather children in a place that they will be comfortable while you tell them a story. Check to be sure that they can all see you clearly.
- Discuss Words to Share
  1. Germ transmission
  2. Hand hygiene
  3. Hand sanitizer
  4. Mano
  5. Sanitize
  6. Hand hygiene
- Explain that you will be telling a story about two friendly hands. Review the concept of germ transmission, if necessary. Discuss the things hands allow us to do [point, count, clap, snap, wave, shake, hold], and what we know about how hands help spread germs.
- Encourage the children to participate in the story. Practice the following hand gestures with them: pointing, waving, snapping, counting, clapping and high-fiving. Tell them to imitate these movements as you do them throughout the story.
- Perform the story, "The Two Friendly Hands."
- Ask children what they can do when playing with a friend to keep from sharing germs? [*Wash your hands and/or use hand sanitizer: before and after play, before and after eating, after sneezing and wiping your nose. Sneeze into elbows, shoulders or a tissue instead of a bare hand.*]
- Ask children to remember Hand's and Mano's story when playing with others.

## Story

# The Two Friendly Hands

### Text

Once upon a time there was a happy Hand. This hand led a simple life. He kept himself physically fit by exercising everyday.

His favorite activity was aerobics.

*[Lead class in finger aerobics]*

Whew! This kind of exercise was not easy. OK. Just five more. One... two... three... four... five.

Oh. I forgot to mention, our Hand could also count to five, using his fingers.

While counting one afternoon, Hand discovered he could do something else. He could use his number one finger to point!

He pointed to the door.

He pointed to the window.

He pointed to some artwork.

Hand just loved to point. He pointed all day and all night, until something fabulous happened.

He snapped! Hear that? Now, this cool hand could really make some noise.

Hand really wanted to share the fun with his best friend, Mano, who lived across the street. So, he waved toward Mano's house.

After a lot of waving, Mano finally came outside.

Happy to see his friend, Mano waved back.

### Corresponding Hand Gestures

*Hold up your right hand and encourage children to follow suit.*

*Make a fist with the hand you have held up. Using your pointer finger, do finger aerobics while humming an energizing little tune. Children should exercise too.*

*[Lead class in finger aerobics]*

*Stop finger aerobics.*

*Count to five again, holding up one finger at a time.*

*Point to the audience.*

*Point to the door.*

*Point to the window.*

*Point to student work.*

*Continually point around the room.*

*Snap.*

*Snap several times.*

*Wave.*

*Hold up your left hand.*

*Both hands facing each other, wave.*

## Text

The two hands were best buddies and liked to do the same things. They liked to exercise.

They counted together in two languages. One, *Uno*... Two, *Dos*... Three, *Tres*... Four, *Quatro*... Five, *Cinco*.

Proud of how they could count together, Hand and Mano gave each other a high-five.

They even played pointing games. Hand would point to something and Mano would guess what it was.

The two hands also made music, and applauded their efforts.

Aaaa-chooooo!

Uh-oh. Hand was sick.

Now both Hand and Mano were very sad. They had a big problem. What do you think their problem was?

*[Elicit the following student response: Hand had sneeze germs on him.]*

That's right! And what would have happened if Hand touched Mano? Mano would have gotten the germs and could have gotten sick. Hand and Mano could not clap or high-five because Hand was covered with germs. How do you think they solved this problem?

*[Work toward the following student responses: Hand should have sneezed into his shoulder or elbow and not his hand. Hand should have washed his hands and used hand sanitizer to get rid of the germs so he could have continued playing with Mano.]*

The good news is that Hand did wash and he did use hand sanitizer, and Mano and he played happily ever after.

## Lesson 1.7

## Corresponding Hand Gestures

*Making a fist with both hands, do finger aerobics with both pointer fingers.*

*Count alternately on both hands.*

*Swing both arms up to about eye-level and slap both hands together. High-five two more times.*

*Point to something with your right hand and mimic with your left.*

*Snap with both hands. Clap several times. Continue clapping.*

*Cover your mouth and nose with your right hand to catch the fake sneeze.*

*Hold a limp right hand up, indicating that Hand doesn't feel well.*

*Pretend to wash and to sanitize hands.*

*Start high-fiving, pointing and snapping with both hands.*

*Clap.*

A **children's doctor** or a **pediatrician** is a doctor who helps kids and babies feel better when they are sick. They give them check-ups to make sure that they are healthy. They can also give kids medicine to help them feel better.



Who has been to the doctor or pediatrician lately?



What did the doctor do?



Where does a doctor work? (*hospital, clinic*)



Who helps the doctor? (*nurse, pharmacist, lab tech....*)



### **Sample Hygiene Questions**

1. How long should you brush your teeth? 3-5 minutes
2. How often should you brush your teeth? At least twice a day
3. How long should you wash your hands? At least 20 seconds
4. Should hands be washed in cold or warm water? Warm water
5. What should you use to dry your hands after you wash them? Clean, dry towel
6. What bad habit can cause bad breath? Smoking
7. How often should you bathe? Once a day
8. What can you do to keep your nails looking healthy? Clip them and keep them groomed
9. What can you use to keep clothes clean? Washing machine
10. What will keep your hair clean? Shampoo
11. What will doctors wear to keep you and them from spreading germs? Gloves
12. What can you use to clean your hands when there is no soap available? Hand Sanitizer