

Henry the Hand School Presentation

- 1) Stand in the front of the room with the educational tools displayed so everyone can see them. Use a display table or hang the items up on the chalkboard/whiteboard!
- 2) Introduce yourselves as Champion Handwashers. Ask the kids if they are Champion Handwashers too and if not do they want to learn how to be! (Be upbeat and animated)
- 3) Show them the Henry the Hand Classroom Visit DVD (3.5 minutes).
- 4) Next is **Respiratory Etiquette Demonstration**: Using the respiratory atomizer (spray bottle) with water in it, go around the room simulating a cough or sneeze by spraying (misting) the water droplets. Emphasize how these are the micro-droplets coming out of the nose and mouth that are responsible for spreading germs when one has an upper respiratory infection (URI).
- 5) Ask them if they remember Henry's 4 Principles from the video. Then remind them by going through Henry's 4 principles of Hand Awareness and while doing so, **SHOW** the poster of Henry going through his Four Principles of Hand Awareness and don't hesitate to **ACT THEM OUT!**
- 6) Make sure you **EMPHASIZE** Henry's 4th principle: **DO NOT TOUCH** your T-ZONE (eyes, nose and mouth). Explain to them how the T-ZONE is the main portal of entry for all respiratory and gastro-intestinal illnesses (Flu & Flu-like illnesses). Teach them to **NEVER** put a finger in their eyes, nose or mouth again because every surface you touch has germs and it is how we get ourselves sick. For the pickers in the crowd, talk about nose picking and thumb sucking and reinforce the importance of breaking this bad habit.
- 7) Go through the steps of Handwashing (show sink reminders) to demonstrate to the kids how to truly be a Champion Handwasher. **EMPHASIZE** how soap and water is the #1 way to get your hands clean.
- 8) Ask the kids if they want to see a demonstration of how to determine if you are a Champion Hand washer??!!
- 9) **Glo Germ Presentation**: Take out the glow germ lotion and the black light from the tool kit. Ask 2 kids to come up to the front of the room. Put a little bit of the lotion on

their hands and have them rub them together. Dim the lights in the room, have the kids face everyone else and turn the blacklight flashlight on so everyone can see the GERMS ON THEIR HANDS!!

** If you do not want to use the kids, ask a volunteer to be in the demonstration

- 10) Afterwards, tell both of them to go wash their hands HOWEVER don't forget to tell them that they need to "wash all surfaces of the hand" (refer to the large Handwashing Instruction poster for a visual reinforcement). To give them some "length of time" reference they can sing Happy Birthday or repeat the ABC's or count to 20 slowly to help get those hands clean!
- 11) When they come back, dim the lights again, have them face the audience and turn the blacklight on and see who did a better job! You also should explain there are "good bacteria" on your hands to help protect the integrity of the skin barrier, so you will not get ALL the bacteria wiped off.
- 12) At the end you can play the Henry the Hand "Doin' the handwash" song on the CD, try and have the kids sing along while Henry enters the room. This way the kids will remember the song and be reminded of the importance of Henry's 4 Principles.
- 13) Afterwards ask if anyone has any questions and if not then ask a few basic questions. At the end, hand out a sticker to EVERYONE in the room! (IMPORTANT: You should be wearing a sticker the WHOLE time or the Champion Handwasher T-shirt!)
- 14) If you do not find time either in the end of the presentation to pass the stickers out, we recommend trying at the end of the day before the kids go home. We also recommend downloading our FREE posters off of the website to hand out to the kids so they can take them home and share them with their families. This is a way to reinforce the Hand Awareness behavior change!