

# Toilet Tag

## Learning Objectives

- I can practice flushing the toilet and washing my hands.

K.2 The student will identify healthy decisions.

### Disease Prevention/Health Promotion

- G) Explain how hand washing helps remove bacteria and viruses that can make people sick and describe situations where it is important to wash hands.

## Teacher Notes

- Post a visual of the proper way to wash your hands with soap and water for 20 seconds.
- Singing the “Happy Birthday” song 2 times in a row is approximately 20 seconds.

## Lesson Steps

### *Step 1 (Engage learners/access prior knowledge)*

- Q and A (1 minute) Who can tell the class what you should do after you use the bathroom? What does washing your hands prevent?

### *Step 2 (New information – direct instruction/teacher-facilitated learning)*

- When you use the bathroom, you discard waste from your body. That waste contains bacteria and viruses also known as germs. Germs can make people sick. Flushing the toilet gets rid of that waste and helps prevent the spread of germs. Also, it’s smelly. Washing your hands with soap and water for 20 seconds after you use the bathroom keeps your hands clean and helps prevent the spread of germs. Which keeps people from getting sick.

### *Step 3 (Application – how student will apply/practice new learning)*

- Toilet Tag
  - Students will spread out in the playing area. On the “go” signal, 3 or 4 taggers holding pool noodles will chase and attempt to tag as many students as they can. Taggers cannot tag other taggers. If tagged, freeze on one knee in the form of a toilet with one hand up. In order to rescue a teammate, you must push down on the frozen student’s hand to flush the toilet. After flushing, you must pretend to wash your hands. Play 1 to 2-minute rounds. Change the locomotor movement (walk, skip, hop, jump, gallop, etc.), and taggers each round. Perform a quick exercise before starting the next round (10 jumping jacks, 5 pushups, etc.).

## Assessments

- Quick questions (show a thumbs up for “yes” or thumbs down for “no”)
- 1.) Should you wash your hands for only 10 seconds? Answer: No, at least 20
- 2.) It’s a good idea to wash your hands after you go to the bathroom? Answer: Yes
- 3.) Can germs make people sick? Answer: Yes



### **Extensions/Connections**

- What other times during the day should you wash your hands?
  - Before you eat, before cooking, after you play outside, etc.

### **Resources/References**

- <https://elementarypegames.weebly.com/toilet-tag.html>
- Adapted from presenters at the JMU HPAI Institute