

# Early Childhood Programs

## Lesson Plan For Teaching Bathroom Expectations

Circle Time – Talk with children about bathroom rules.

1. Show and discuss “Bathroom Basics”.
2. Discuss hand washing in greater detail.
  - **Read the story, *Those Mean Nasty Dirty Downright Disgusting but.....Invisible Germs.***
  - **“Dry Practice” at circle time – follow the four-step chart.**
  - **Optional station activity is for the children to do the sequence hand washing.**
3. Practice and check for understanding by asking questions. Reinforce proper behavior using matrix words: safe and healthy, respectful, and responsible.
4. Optional – sticker as a reinforcer.
5. Send home the parent piece, which is the note to parents stapled to “Bathroom Basics.”

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## **Glow Germ Optional Lesson Plan For Teaching Bathroom Expectations**

Sprinkle "mascot" (stuffed animal) with Glow powder

Introduce mascot and tell the children that s/he would like to get to know everyone.

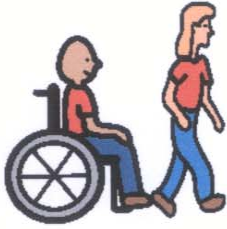
Pass mascot around to every child encouraging them to touch, hug feel (in order to ensure that every child gets some powder on their hands).

Talk about how germs are passed to others.

Turn out lights in the classroom and turn on the black light. Show children how the germs were passed on to them.

Reassure the children that the germs in this activity are "pretend" but that is why hand washing is so important.

# Bathroom Basics



Walk to bathroom.



Wait your turn.



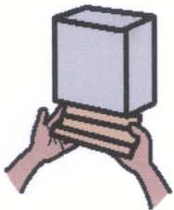
Go to bathroom.  
Flush the toilet.  
Walk out.



Wait for sink.



Wash hands.



Take 1 or 2 paper towels.



Walk to trash can.  
Wipe hands.  
Throw towels away.  
Keep area clean.



Line up quietly.

## BATHROOM:

Dear Parents,

We learned about rules to follow at bathroom time. We know how to walk to the bathroom with our hands to our side and quiet voices. We wash our hands every time after we go to the bathroom. Please review the Bathroom Basics sheet with your child and remind them to follow the same rules at home and when you are other places. We will be learning about hand washing before eating or cooking and after sneezing, coughing, blowing their noses – or any time their hands are dirty. Say NO to Germs! Stay Healthy.

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