



# Lesson Plan

-Allah Made My Clean Hands -

**Level: 1 Theme:** Allah Made Everything – Allah Made Me

**Topic:** Allah Made My Clean Hands

**Context:** neurotypical preschooler, or special needs student who may be pre-K age or may be older

**Duration:** 1 hour, will vary depending on student/class **Prior Knowledge:** None required

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## Materials:

- 1 Social Story for teacher to read to students; and 1+ Reader for each student, from [al-m.ca/SpecEd](http://al-m.ca/SpecEd); each printed single-sided, inserted in perforated sheet protectors, in fastener folder reinforced at corners with packing tape
- 1 Flashcards set, printed according to desired size (e.g. 2 pages per sheet, 4 pages per sheet), cut-out and (opt.) laminated
- 1+ Activity Card for each student, with laminated hands picture
- Sponges
- Dry erase markers, preferably low-odour
- Scissors (so teacher can cut up sponges according to shape before hand)
- Optional: soap and paper towels if classroom has sink access, to practice handwashing; can try a variety of soaps, bar, fruit or candy scented, foaming, etc.; alternatively use hand sanitizer, preferably with a child-friendly scent
- Child-friendly objects based upon the sensitivities of the student

**Language Skills Addressed:** Initial sounds include “w” for wash, water, “h” for hands, or full words, and introduction to “sh” sound at end of “wash”

**Skills and Strategy Focus:** Recognition of body parts to include hands, nose, mouth, eyes

## Selected Level 1 Outcomes and Specific Objectives:

**Listening:** Student will listen for verbal command of washing hands

**Reading:** Student may begin to recognize words “I,” “the” “made” “wash” “hands”

**Speaking/Signing:** Student shall attempt to say “wash” and sign the motion of washing hands

**Fine Motor/Gross Motor:** Student(s) will practice handwashing routine, in sequence, and wiping motion with activity card, using grip on sponge to wipe away marks on laminated hand craft

**Assessment:** Student should be able to identify body parts with the respective image.



### **Procedure Outline:**

1. Teacher will read the Social Story to the students. The teacher will repeat the word and sign for “wash,” “hand.” Teacher will encourage student to say the word “earth”, beginning letter sound “w” “h” or sign language.
2. Teacher will present flashcard. Repeat with each student until goal is achieved. Hand over hand or body map may be used to help the student.
3. Movement Break: Teacher will have students move around room while pretending to rub soap on hands, saying “wash, wash, wash” ---can change to “sh sh sh” or “wa wa wa” depending on ability and child’s engagement; alternatively, if child is familiar with the Happy Birthday song, then they can hum that **twice** while doing hand washing motion. “If You’re Happy and You Know It” with the words “wash your hands” sung twice also suffices – teacher should sing/play the rhyme while students hum along, not forcing them to say words. The ABC chant sung once also fits as a timer. Any chosen nursery rhyme should be used as the duration of how long the child should wash. Otherwise, rubbing soap around hands for simple count to 20 seconds can be used, if child is able to count up to 20, out loud or in mind.
4. Activity: Teacher will present Activity Card and model the activity, assisting students as needed (see card itself for directions).
5. Teacher should explain that one should sneeze or cough into a tissue or into one’s bent arm at the inner elbow, rather than using hands (see page in Reader for relevant image explaining). Also explain that we need to avoid touching our eyes, nose and mouth with our hands when in public.
6. Optional sensory break: If time allows, teacher will allow students to smell different soaps at the classroom sink, and actually wash their hands, with teacher counting to 20 or using the Happy Birthday or ABC song as timer. Other students may observe, or study Reader booklets in the meantime.

**Follow-up:** Reader booklet, flash cards should be studied at home in conjunction with regular handwashing routine. Any game app and relevant videos about handwashing should be used at home. Parents should be provided detailed report indicating the success markers of the student and areas that need work. Parent and teacher should a co-op model to help the student reach the goals as determined by the parent and coordinator.

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