

HEALTH

LEARNING OUTCOMES

Having completed this badge members will:

- Demonstrate correct hand washing to ensure germs are removed;
- Explain how to prevent a cold from spreading;
- Demonstrate how to treat a simple flesh wound;
- Demonstrate how to clean their teeth;
- Record their health activities for one week.

BADGE REQUIREMENTS

1. Know how to properly wash hands and when to wash hands.
2. Know how to stop a cold from spreading.
3. Show how to treat a cut.
4. Show how to properly clean your teeth.
5. Keep a health chart for one week.

EXPLORERS
MOONBEAMS

health



TIME FRAME

Three - Four
weeks

AIM

To teach
members
some simple
rules to stay
healthy.





Teaching ideas

1. Know how to properly wash hands and when to wash hands.

Warm water and soap should be used to clean hands. A minimum of 10 -15 seconds should be taken to thoroughly wash hands. The *Child Care Health Guide* recommends singing *Happy Birthday* twice or a favourite nursery rhyme as a guide to the length of time required to properly wash hands.

Hands should be washed after having petted an animal, going to the toilet, playing outside. Dirty nails have germs living under them which can enter the body when fingers are placed in or near the mouth.

Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today - from the telephone to the toilet. Maybe you blew your nose in a tissue and then went outside to dig around the dirt. Whatever you did today, you came into contact with germs. It's easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands.

You can't wear rubber gloves all day long, but you can wash your hands so those germs don't get a chance to make you or someone else sick. When germs go down the drain, they can't make anyone sick.

How to wash hands:

- Use warm water (not cold or hot) when you wash your hands.
- Use whatever soap you like, but whatever you use be sure to scrub. Antibacterial soaps are OK to use but regular soap works fine.
- Work up some lather on both sides of your hands, your wrists, and between your fingers. Remember to wash around nails because germs like to hide there. Wash for about 10 to 15 seconds.
- Rinse and dry well with a clean towel.

2. Know how to stop a cold from spreading.

Always cover the mouth with a handkerchief or tissue when coughing or sneezing. This prevents germs from spreading.

3. Show how to treat a cut.

Always wash a cut with clean water and cover with a band-aid or bandage to keep germs out.

4. Show how to properly clean your teeth.

A soft toothbrush and fluoride toothpaste should be used to clean teeth. The brush is used to massage gums to make them strong and healthy as well as clean the teeth. Consider inviting a dentist to visit the group to talk about dental hygiene.

5. Keep a health chart for one week.

Create a health chart for members to take home and complete. An example is provided.

Teaching ideas

Day	How many times did you brush your teeth today?	Did you brush your hair today?	Did you have a bath or shower today?	How much sleep did you get?
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				



TEACHING
IDEAS