

## Lesson Two - Washing your hands often can help prevent lead poisoning!

**Objectives:** At the end of this lesson, students will be able to:

- Identify lead as a poison
- Demonstrate at least two behaviors which will help prevent lead poisoning

### Suggested Materials:

- 2 plastic Zip lock bags. One filled with flour, the other filled with dirt.
- Soap and paper towels to wash hands with
- Coloring sheet of hand washing
- Crayons

**Activity 1** - Discuss poisons and lead as a poison and how to help prevent lead poisoning.

**Time:** 15-20 minutes

**Procedure:** Sit Children in a circle for discussion

1. Have children give examples of things that are poisonous and should not go in the mouth.
2. Ask the children what poisons do to their body (give examples that children can relate to). Emphasize that poisons can make you very sick and hurt your body.
3. Identify lead as a poison that can make you sick and make it difficult to learn new things.
4. Review sources of lead- paint chips, dust, and soil.

### Demonstration:

1. Lead Paint dust: Show children the plastic bag with the flour in the plastic bag so that children can see how the dust sticks to the inside of the bag like it would their hands- NOTE: The adults should be the only one to handle the bag.
2. Lead in Soil: Show the children the plastic bag with the dirt and explain that it sticks to your hands just like the dust. Playing in dirt around the house can be a problem. NOTE Adult should be the only one to handle the bag.
3. To prevent lead poisoning:
  - wash hands after touching dust and dirt that may have lead
  - wash toys that have dust on them
  - do not eat paint chips or touch them. **Show an adult where the paint chips are so they can safely clean them up.** Temporarily reducing Lead Paint Hazards by Cleaning can be downloaded at [www.mass.gov/dph/clppp](http://www.mass.gov/dph/clppp)

**Activity 2:** Hand washing activity.

**Time:** 20 minutes-40 minutes (if optional activity is included)

**Procedure:** Review with children when it is important to wash hands- after blowing nose, before eating, after using the bathroom, after playing outside or on the floor and why-to keep from getting sick and prevent lead poisoning.

Demonstrate proper hand washing and have children practice:

1. Rinse hands under warm running water
2. Lather hands with soap to loosen dirt and germs.
3. Rub hands together vigorously.
4. Rub soap between fingers and under nails.
5. Rinse off all dirt and soap under running water. Keep hands lower than elbows to prevent dirty water from running up the arms.
6. Dry well with paper towel and throw away.
7. For hands to be washed well-it should take 20 seconds-long enough to sing a verse of Row your Boat or recite the Alphabet!

**OPTIONAL ACTIVITY:** If time allows, consider setting up a messy art activity using finger paint, clay, or glue. Ask the children to look at their hands before and after washing them. Remind them why they should wash their hands.

**Activity 3:** Evaluation

**Time:** 5 minutes

**Procedure:** Facilitator will review materials with a question and answer period.

**Questions:** What is a poison?

Answer: Any substance that when swallowed or put in your mouth makes you sick.

**Questions:** Why is lead a poison?

Answer: Because when ingested it makes you sick.

**Questions:** How can we prevent becoming lead poisoned?

Answer: Have your house tested for lead, avoid chipping and peeling surfaces, wash hands often, and eat nutritious food.

## **Parent Sample Letter**

Dear Parent/Caregiver:

Today we discussed lead as a poison and how to prevent lead poisoning. We stressed the importance of not putting non-food items in your mouth and frequent hand washing.

Ask your child to tell you about the lessons and activity/games that he/she participated in.

We are sending home a packet of information of resources and programs in your community that might be of benefit to you and your family. This might be a good time to review possibly poisonous items in your home (cleaners, medication, plants etc.) to make sure they are out of the reach of children.

Sincerely,

## **Suggested Handouts**

- Poison Control in Massachusetts and Rhode Island, CALL 1-800-222-1222. <http://www.maripoisoncenter.com/>

