



**GLOBAL GAME CHANGERS**  
STUDENT EMPOWERMENT PROGRAM



LESSON TYPE(S)	GRADE(S)	DESCRIPTION
Arts & Crafts, Service	K, 1st, 2nd, 3rd, 4th, 5th	Learn how to wash your hands, then come up with fun ways to spend the full 20 seconds doing it!
<b>MATERIALS</b>	<b>PREP</b>	<b>GGC HEART BADGES</b>
Soap, Water, Paper, Writing utensil, Internet access	N/A	Health

## 20 SECOND MIRACLE

### INTRODUCE

**EXPLAIN:** COVID-19 virus might seem a little scary. The world has turned topsy turvy to keep people from getting this disease. But everything we are doing is to keep you and your family safe. And you can help keep yourself and your family safe, too.

**INSTRUCT:** Let’s imagine COVID-19 as the villain in a superhero movie. And you’re the superhero, of course!

**ASK:** What’s the one thing that can stop the virus in its tracks?

**EXPLAIN:** Washing your hands for 20 seconds!

**EXPLAIN:** Washing your hands might seem boring, but it’s your biggest weapon in the fight against coronavirus. And we’re going to explore some ways to make your handwashing even better and more fun.

### EXPLORE

**EXPLAIN:** First, we’re going to think of what to do when we wash our hands.

**INSTRUCT:**

1. Check out some of the videos here:
  - <https://www.cdc.gov/handwashing/videos.html>
  - <https://twitter.com/i/status/1240686550939136003>
2. With a parent’s permission, you could even try this with some washable paint.
3. Next, create instructions for your own home. You can be creative and name each move!
4. Post your instructions at a sink in your house so your family knows the proper procedure.
5. (Optional) Make a video of your proper handwashing technique to show your family and friends!
6. Practice practice practice!



**EXPLAIN:** Great job! Now we've got the technique down, let's make handwashing more fun in the moment.

**INSTRUCT:**

1. Explore some ideas to make sure you go for 20 seconds:
2. Count to 20 in different languages: <http://www.marijn.org/everything-is-4/counting-0-to-100>
3. Check out some playlists for 20 second riffs: <http://www.today.com/health/songs-sing-while-washing-hands-coronavirus-hand-washing-songs-t175755>
4. Create your own list of things to do while handwashing to make those 20 second go faster.

## CONNECT

**DISCUSS:** How can you make other coronavirus precautions more fun to do?

*Global Game Changers Student Empowerment Program is an innovative evidence-based curriculum that uses service-learning to develop the whole child by building core social-emotional competencies, character, and leadership skills in elementary students. Using our Superpower Equation: MY TALENT+MY HEART=MY SUPERPOWER!®, they learn to IGNITE GOOD!® and be successful and engaged citizens. GGC's program is privately funded and available at no cost to educators and parents through our online Educator Portal. Visit [globalgamechangers.org](http://globalgamechangers.org) for more information and email questions to [info@globalgamechangers.org](mailto:info@globalgamechangers.org). Copyright © 2020 Global Game Changers. All Rights Reserved.*