

HYGIENE QUEST



Hygiene & Me Teacher Handbook



Brought to you
by Dettol

HANDBOOK
Years F-Y2
Ages 5-8

WHAT IS HYGIENE QUEST?

Hygiene Quest is an engaging, story-driven teaching curriculum that helps to embed strong, lasting hygiene practices in children aged six to eight. Hygiene Quest teaches children how to prevent the spread of germs through good personal hygiene habits and behaviours.

This curriculum engages students through a combination of animations, educational games and classroom lessons.

This handbook will guide you through how to use the resources and teaching materials we have created to get the maximum benefit from the curriculum and achieve great results.

OUR QUEST

Good hygiene practices, particularly handwashing with soap, helps prevent the spread of germs.. Here at Dettol, we are on a quest to support children in developing strong hygiene habits for life. Being unwell is one of the leading causes of pupil absence globally in schools, so forming good habits early is key to keeping students happy, healthy and attending school.

Your role in delivering the Hygiene Quest curriculum is vital in helping your students to develop these habits. By delivering this curriculum to a high standard, you will help to provide students with a strong foundation on their journey to a happy and healthy future.

THE STORY

The overarching story follows four young adventurers – Bruno, Chara, Li and Skye – who are transported to the microscopic fantasy world of the Hidden Reach. There, they meet the Protector, a wise sage who tasks the adventurers with a series of quests. Through these quests, the adventurers (and your students) learn important lessons about good hygiene which they can apply to their daily lives.



CHARACTERS

All of Hygiene Quest's teaching resources feature the Hidden Reach and its characters, we suggest referring to them regularly in your own teaching examples to help illustrate and reinforce key messages from the story. To help you to do so, here is a summary of the main characters.

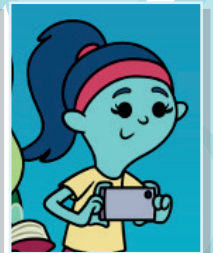
Bruno | 6 years old

Bruno is the youngest of the group. He is always the one getting stuck in, and getting in trouble! He's energetic and lovable, but has a lot to learn about hygiene.



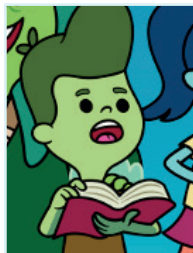
Chara | 11 years old

Chara is the tech-loving 'big sister' of the adventurers. She looks out for the others and likes to give advice, always with her customised phone to hand.



Li | 8 years old

Li is a gentle-hearted budding naturalist. He has an encyclopaedic knowledge of plants and animals, and is always prepared for whatever they might face.



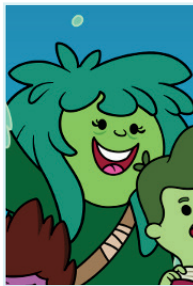
Skye | 7 years old

Skye is a curious and enthusiastic explorer, who always has a million questions. She's an all-action girl, ready to see and do new things.



The Protector

The Protector is the Hidden Reach's kindly and quirky ancient guardian, who brings the adventurers to her world, sets them quests and advises them.



Deto

Deto is the Protector's faithful companion. A lovable and enthusiastic sidekick, she is always willing to lend a hand, but sometimes causes more problems than she solves!



FOUR MODULES, ONE STORY

The learning journey is made up of four modules, each focussing on a different key aspect of hygiene. Each module sees the adventurers embark on new quests to help rid different parts of the Hidden Reach of germs. The stories for each module's quests are told through the animation – available in both digital animations and hard copy comic book formats – and the teaching materials for the module refer back to that narrative.



This handbook is for the first module in the programme, 'Hygiene and Me'. This module focuses on how good personal hygiene practices can help prevent the spread of germs. The cartoon for this module, available in both animated and printable comic book formats, is titled 'A Real Handful!' and takes place in 'The Forest of Hands' in the Hidden Reach.

The classroom module is split into two topics, each of which are based around the lessons explored in the module's cartoon, but which reflect on the learning points of the story in different ways.

PLOT SUMMARY: 'A REAL HANDFUL!'

In the cartoon for this module, we see Skye choosing not to wash after getting muddy playing sport. She consequently finds herself being sucked through a portal into 'The Forest of Hands' alongside Bruno, Chara and Li. The adventurers are met by the Protector and are introduced to the microscopic world of the Hidden Reach. The Protector shows them the unwell looking Finger Tree, which, as Li reads, is covered in germs. They attempt first to wash the germs off with water, but Chara's app shows them that there are still lots of germs on the tree, which are not visible to the naked eye. They learn that, in order to get rid of the germs, they must wash the tree with water and soap for at least 20 seconds. After Skye cleans the tree properly, the germs are gone and the tree yields a harvest of healthy fruit. The adventurers return home having learned better handwashing habits.

TOPIC OVERVIEW

TOPIC 1 - THE UNSEEN WORLD

LESSON 1 - WHAT ARE MICROBES AND GERMS?

Learning objectives

This lesson will help students to understand that:

- » There is an 'unseen world' of tiny microbes
- » Microbes can be either good or bad, and we often describe the bad ones as germs
- » Germs can make you unwell

Link to animation

Highlight to your students that:

- » Chara needed a special app that she invented to be able to see the microscopic germs, as germs are too tiny to see with the naked eye
- » The germs made the Finger Tree unwell

LESSON 2 - WHERE ARE GERMS FOUND AND HOW DO THEY SPREAD?

Learning objectives

This lesson will help students to understand:

- » How germs spread from one person to another
- » Where germs can be found and where we might come into contact with them

Link to animation

If the students ask how the adventurers could touch the germs on the Finger Tree and not get unwell, you can explain that not all germs affect humans: the germs in the cartoon only affected trees.

LESSON 3 - HOW CAN YOU PROTECT YOURSELVES FROM GERMS?

Learning objectives

By the end of this lesson, students should be able to:

- » List the ways to combat germs
- » Identify what items are useful for good hygiene practice

Link to animation

Remind your students that the adventurers had to wash the Finger Tree with soap and water for at least 20. Soap is an important item in our toolkit to protect ourselves from germs.

TOPIC 2 - THE POWER OF CLEAN HANDS

LESSON 1 - WHY DO YOU NEED TO WASH YOUR HANDS?

Learning objectives

This lesson will help students to understand:

- » Why it is important to wash and dry their hands properly
- » The importance of soap in removing germs

Link to animation

Remind your students that the germs on the Finger Tree were too small to see, but they were still there. The adventurers had to wash the hand-shaped Finger Tree with soap and water – water alone wasn't enough.

LESSON 2 - HOW SHOULD YOU WASH YOUR HANDS?

Learning objectives

This lesson will help students to:

- › Demonstrate the correct handwashing procedure
- › Identify what they need to wash their hands effectively
- › Track the correct amount of time to spend washing their hands

Link to animation

Remind your students that the Finger Tree needed to be washed with soap and water for at least 20 seconds and that Skye had to carefully wash each part of the Finger Tree, such as between the fingers.

LESSON 3 - WHEN SHOULD YOU WASH YOUR HANDS?

Learning objectives

This lesson will help students to:

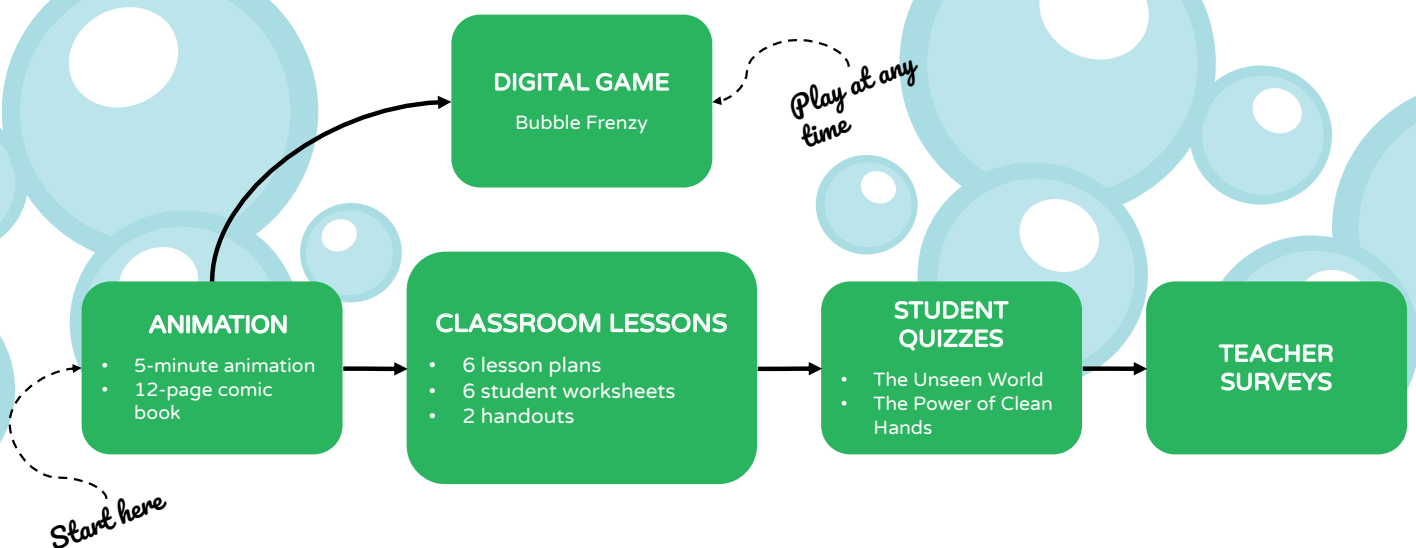
- › When they should wash their hands
- › How to build handwashing when necessary into their daily routines

Link to animation

- › The Finger Tree was still covered in germs after being washed with water, even though it looked clean
- › We should always wash our hands after doing some things – Skye should have washed her hands after playing football

RESOURCES

The following resources are available to support you in delivering this module. These resources are designed to be flexible, so you can use them in whatever way you think will have the most impact for your students. You might want to deliver some of these resources as home-based activities, or you might prefer to deliver all of them in the classroom.



Remember: the more of these resources you use, the greater the chances that your students will develop good hygiene habits and the bigger the impact the curriculum will have.

ANIMATION

This module is accompanied by the first instalment of Hygiene Quest, titled '**A Real Handful!**', which can be accessed either as a five-minute **animated cartoon** or as a 12-page **comic book**. These stories teach the students with the basic ideas of the module in an engaging and entertaining format and form a springboard for the lessons and other resources. It is important to share the cartoon with students **before** teaching the classroom lessons, or at the very beginning of the first lesson.

CLASSROOM LESSON RESOURCES

The classroom lessons are the backbone of the program and are the main element that you as a teacher will need to deliver. The 'Hygiene and Me' module contains six lessons (three per topic), each lasting 40 minutes.

To support you in delivering these lessons, you are provided with lesson plans, student worksheets and some standalone handouts. For advice on how to use these lesson plans, please refer to the guide at the back of this handbook.

All of the lessons are easily adaptable. It is crucial that the lessons resonate with the children in your class – you are the expert! Don't be afraid to adapt the lessons to suit your students and teaching style.



STUDENT QUIZZES

Each topic has a student quiz in both printable and digital interactive PDF formats. **See Topic Quiz 1 and Topic Quiz 2.** The correct answers to the quizzes are available below. You should use these quizzes to check your students' understanding and address any misconceptions.

When you deliver the quiz is flexible: you could give it to the students at the end of the last lesson for the topic or set it as a home activity. You can also repeat the quiz at the beginning and end of the topic to measure progress and compare student performance before and after delivering the lessons.

Topic Quiz 1: The Unseen World			Topic Quiz 2: The Power of Clean Hands	
1	You should only clean your hands when they look dirty	False	All you need to wash your hands is water	False
2	Drinking dirty water can make you sick	True	You should wash your hands for at least 20 seconds	True
3	Band-aids can't keep germs away from cuts	False	Wet hands spread more germs than dry hands	True
4	Germs can get into the air when you sneeze and cough	True	You can't catch germs from touching animals	False
5	You don't need to wash your hands before eating	False	You should wash your hands before and after preparing food	True

BUBBLE FRENZY GAME



Bubble Frenzy is a digital game which reinforces the need to wash hands with soap for at least 20 seconds.

The player has 20 seconds to pop as many soap bubbles in the sink as possible, allowing the students to engage more actively with good handwashing practices.

TEACHER SURVEYS

You should be provided with two teacher surveys to complete (one per topic). Please complete these once you have finished delivering each topic. The purpose of the surveys is to help us to understand how impactful you found the curriculum. This will help us to improve our future resources and to measure the real impact it is having on children. We greatly appreciate your feedback as it will support us to continue on our quest to transform children's lives through good hygiene habits.