

Lesson Overview

Students create soap sculptures (using soap flakes and water) and then take their masterpiece home to practice healthy hand washing techniques.

Skills & Objectives

- Knows proper hand washing techniques
- Experiments with a variety of shapes in art
- Understands importance of washing hands to help keep germs away
- Creates three-dimensional structures
- Experiments with a variety of textures in art

Healthy Habits Lesson

Hand-made Soap Sculptures

Materials

Soap flakes
Water
Paper plates
Old pencils, pens or other dull carving tools
Tissue paper
Ribbon

Lesson Extension

Practice the steps of proper hand washing with students:

1. Wet your hands with water.
2. Add soap.
3. Rub hands together to make bubbles.
4. Scrub between fingers and under fingernails.
5. Wash for 20 seconds.
6. Rinse your hands well.
7. Dry with a paper towel or air dryer.



In Advance:

- Explain to children that washing their hands with soap and water can help them stay healthy by removing germs that can make them sick.
- Review the steps of proper hand washing with students:
 1. Wet your hands with water
 2. Add soap
 3. Rub hands together to make bubbles
 4. Scrub between fingers and under fingernails
 5. Wash for 20 seconds
 6. Rinse your hands well
 7. Dry with a paper towel or air dryer.
- Next, tell children that they will be able to practice washing their hands using their own soap creations. Even if you can't do the soap activity, be sure to review the important steps to hand washing with your students.

Directions:

1 In a bowl, mix soap flakes with enough water to make it the consistency of dough. Separate the ball of dough so that each student receives a portion about the size of a tennis ball.

2 Encourage students to create very basic shapes or simple sculptures the same way they might mold clay. Students can also create traditional soap bar rectangles and then carve their initials or names on the bars once they have hardened.

3 While students are working, talk about how washing with soap and water helps kill germs that can make you sick. Explain that students will be able to use their soap sculptures to help keep them healthy.



4 Help students write their names on a paper plate and set their sculptures on the plates to harden overnight.

5 Give students an opportunity to carve details into their hardened sculptures with dull pencils or pens that have run out of ink. Be careful not to get soap shavings on the floor, which can make it slippery.

Wrap-Up

Help students wrap their finished soap sculptures in tissue paper and tie them with a ribbon to take home and practice good hand washing with their hand-made soaps.

Visit www.healthyhabitsmission.com.au for more healthy habits lesson plans, as well as games and quizzes your students can play!

Consider sending the following note home with each student's sculpture:

HOME Connection

Our class has been learning about healthy habits and practicing good hand washing skills at school. Please enjoy your child's hand-made soap sculpture and use it to reinforce good hand washing techniques at home. Teaching children about the importance of hand washing is a great way to help keep your family healthy.