

TEACHING WASH IN SCHOOLS

Preschool
guide





This guide for preschool teachers and parents of preschool children in Kiribati has been adapted from the “Teaching WASH in Schools – Teaches Supplementary Notes Years 1-2” (found here <https://livelearn.org/resources/kiribati-wash-in-schools-toolkit/>) developed in 2016 for the Government of Kiribati by Live & Learn Environmental Education, UNICEF and New Zealand Ministry of Foreign Affairs and Trade. Additional content has been incorporated where appropriate from Live & Learn’s “Hands up for Hygiene” guide (available here: <https://livelearn.org/resources/hands-up-for-hygiene/>)

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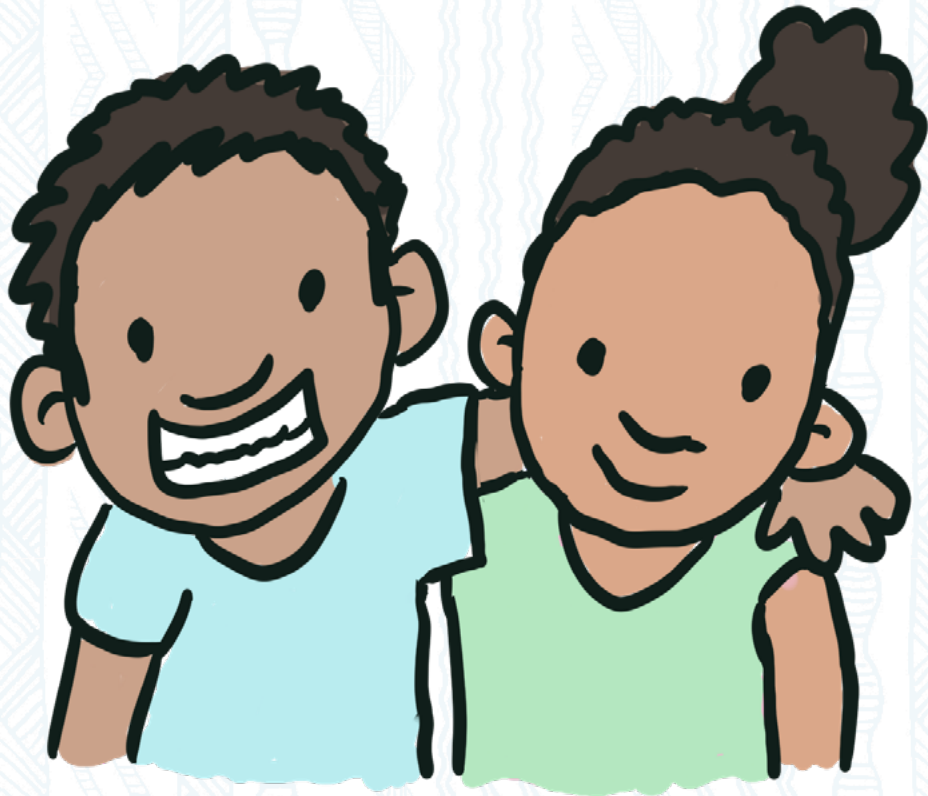
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Preschool Guide



**TEACHING
WASH IN SCHOOLS**

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Introduction

This guide is designed to support preschool teachers in Kiribati deliver water, sanitation and hygiene (WASH) education for preschool students. WASH in Schools safeguards the health of children, supports and promotes the provision of safe drinking water and improves sanitation and hygiene facilities and practice.

Why teach WASH to preschool students?

The under-five mortality rate refers to the probability a newborn will die before reaching exactly 5 years of age, expressed per 1,000 live births. The current infant mortality rate for Kiribati in 2023 is 36 deaths per 1000 live births (in comparison Vanuatu is 19 deaths per 1000 live births, and Fiji is 18 deaths per 1000 live births).¹ Globally, infectious diseases, including pneumonia, diarrhoea and malaria, remain a leading cause of under-five deaths.² Young children are especially vulnerable when they lack access to clean water, adequate sanitation, and appropriate hygiene.

Young children have a remarkable facility for learning because the brain develops most rapidly during the first years of life. Early childhood represents an unparalleled opportunity to promote knowledge, positive attitudes, and habitual behaviours, such as handwashing at important times and how to go to the toilet safely.

During the early childhood years, children's personal hygiene needs change dramatically from something their caregivers do for them to something they can do for themselves. From toddlerhood to school-entry age, young children enjoy showing that they can be independent ("I can do it myself!").

Learning by doing through hands-on experience is the centrepiece of high-quality preschool education. In addition, preschools typically have predictable daily schedules and routines that will promote hygienic habits and increase the likelihood that they will continue in the future. Preschools can also take advantage of children's growing independence to promote hygienic self-care practices, including handwashing (Martinez et al. 2012). Habits are strengthened when children repeat desired behaviours, like handwashing, often and in the same environment.³

Kiribati WASH in Schools (KWinS)

WASH stands for Water, Sanitation and Hygiene.

WASH in Schools safeguards the health of children, supports the provision of safe drinking water, improves sanitation and hygiene facilities, enables children to be agents of change and promotes lifelong health for children and their families. WASH in schools enables all children in Kiribati classrooms to learn the right to:

1. Safe and affordable drinking water
2. Basic sanitation facilities/services
3. Improved hygiene practices
4. Survive, develop and grow.

1 <https://www.macrotrends.net/countries/KIR/kiribati/infant-mortality-rate#:~:text=The%20current%20infant%20mortality%20rate,a%203.1%25%20decline%20from%202021>

2 <https://data.unicef.org/topic/child-survival/under-five-mortality/>

3 <http://www.washplus.org/sites/default/files/unc2014-neal.pdf>

How to teach WASH concepts effectively

WASH should be taught through storytelling, songs, free and teacher-guided play, art activities and modelling of good WASH behaviour by older children and adults (both teachers and adult family members). These recommendations are consistent with broadly accepted views in early childhood theory and practice that preschool children learn best when they are engaged in hands-on activities that capitalise on their curiosity and sense of wonder, their ability to learn through conversation with adults and peers, their interest in solving real problems, their creativity, and their love of play.¹

Child-centred fun activities include:

- Songs, poems and rhymes
- Role play
- Games
- Dances
- Stories
- Practical demonstration
- Hands-on activities

Language of instruction

The WASH concepts must be taught, learned, and assessed in I-Kiribati. Children learn effectively through the language they know. Any classroom WASH displays should also be in I-Kiribati. All teachers should learn the WASH songs, poems, and rhymes first; then recite and sing them to students so they can hear them coming from you.

How to use this resource

This guide has been broken down into the following modules:

- Module 1 - Washing your hands
- Module 2 - Using a toilet
- Module 3 - Keeping bodies clean
- Module 4 - Water

Each module has the following structure:

1. Key habits/behaviours to be modelled by teachers and adult family members
2. Preschool activities for teachers
3. Useful Information
4. Information sheet for parents to support learning at home

It is recommended that teachers use any WASH songs/poems/stories they have available alongside this resource.

¹ Wagner, Judith & Samuelsson, Ingrid. (2019). WASH from the START: Water, Sanitation and Hygiene Education in Preschool. *International Journal of Early Childhood*. 51. 10.1007/s13158-019-00236-5.



Washing your hands

Key habits/behaviours

Key habits to be practised by preschool children and modelled by teachers and adult family members

1. Have a handwashing station with water and soap available near toilet and near where food is prepared and eaten.
2. Always wash hands with soap and water:

FOOD: Before, during and after preparing food. Before eating food.

TOUCH: After going to the toilet; After blowing your nose, coughing, or sneezing; after touching animal or animal waste; after touching garbage.

CARING: Before and after caring for someone who is sick; After changing diapers or cleaning up a child who has used the toilet.

Handwashing Preschool Activities - For Teachers

These activities can be completed in any order, and should be done frequently to establish the habit of washing hands with soap and water.

Activity - How do you wash your hands?

Every preschool should have a handwashing station. This may be a sink with tap and running water, or tippy taps, or handwashing bucket with soap, whatever is setup for your preschool.

Children should also wash hands with soap every day at preschool at the following times:

When they arrive

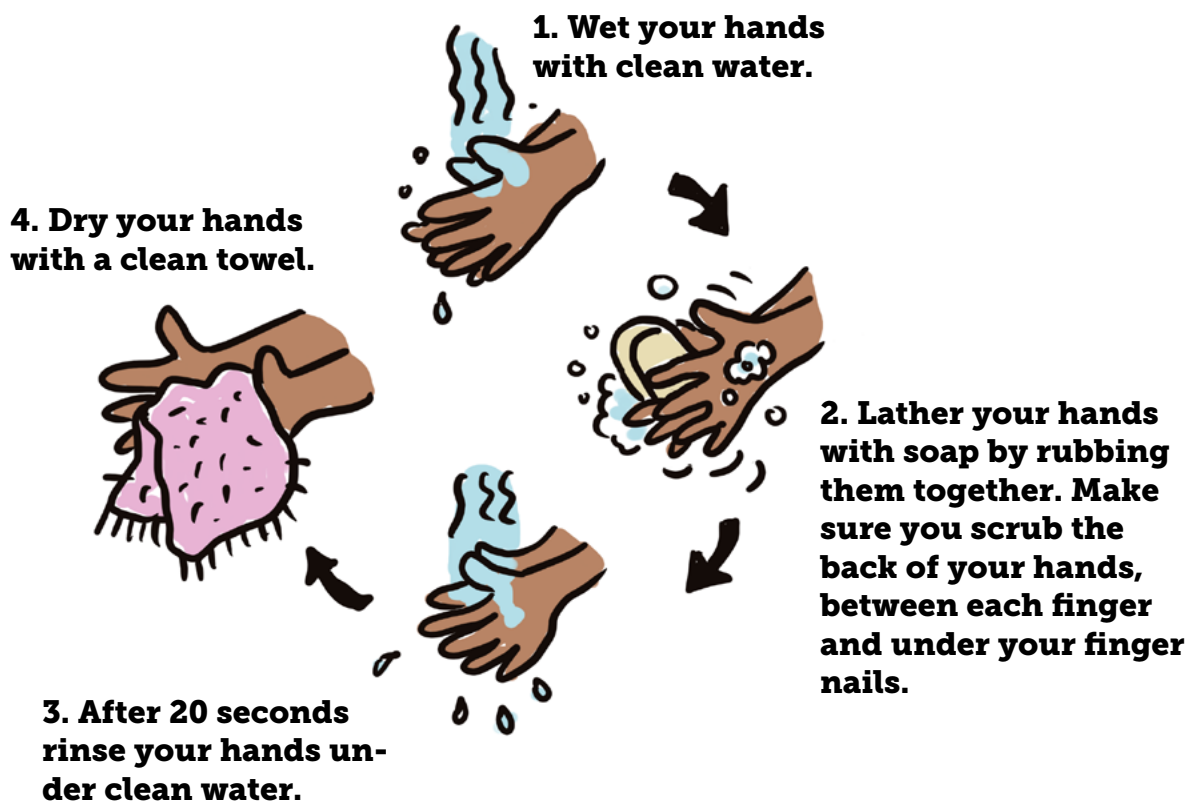
Before they eat

After they go to the toilet

Making handwashing a part of preschool activity routine is essential for the children to form a lifelong habit of washing their hands with soap.

Take children to the preschool handwashing station and demonstrate how to wash hands. Follow the instructions below and sing the handwashing song.

Remind children to look at their fingernails and that it is very important to take time when washing hands with soap to clean under the fingernails because that is where germs like to hide.



Encourage the students to wash their hands just like you have shown them. Do this every day the children are at preschool at the important times. Making handwashing a part of preschool activity routine is essential for the children to form a lifelong habit of washing their hands with soap.

A bell or whistle could be used by teachers to inform children that it is time to wash their hands.

Song: Why wash your hands

(to the tune of This Old Man)

Wash your hands, wash your hands.
Wash your hands with soap or sand.
It's the way to keep your body clean,
Wash your hands, its good hygiene.

Use the soap, use the soap.
Teach the germs they have no hope.
It's the way to keep your body clean,
Use the soap its good hygiene.

Water wins, water wins.
Water with soap cleans our skins.
It's the way to keep your body clean,
Water with soap is good hygiene.

Teboka baim, Teboka baim,
Teboka baim ma te toobu ke te tano
Bon te kawai ibukin teimatoan itiakin rabwatam
Teboka baim, e Tamaroa ibukin te kakaitiaki.

Kabongana te toobu, Kabongana te toobu,
Reireinii manin Aoraki bwa akea wareia
Bon te kawai ibukin teimatoan itiakin rabwatam,
Kabongana te toobu, e Tamaroa ibukin te kakaitiaki.

E tokanikai te ran, E tokanikai te ran,
Te ran ma te toobu e kaitiaka te kun
Bon te kawai ibukin teimatoan itiakin rabwatam
Te ran ma te toobu e Tamaroa ibukin te kakaitiaki.



Song: Handwashing Five Steps

(to the tune of Row, Row, Row your Boat)

Wet, wet, wet your hands, wet with water clean
Wash them, wash them, wash your hands, to keep them always clean.

Put, put, put some soap, rub it in your palm
Use the soap, use the soap, to make your hands all clean.

Rub, rub, rub your hands, with soap and water too
Scrub them, scrub them, scrub between your fingers all the ten.

Rinse, rinse, rinse your hands well with water again
Clean them, clean them, clean them well, germs go down the drain.

Dry, dry, dry your hands, dry them really well
On a fresh and clean cloth, such a lovely smell!

Kamwaimwaa, Kamwaimwaa, Kamwaimwaa baim ma te ran ae itiaki
Tebokia , Tebokia, Teboka baim bwa e na teimatoa ni itiaki n taainako.

Katokaa, Katokaa, Katokaa te toobu iaon baim, ireirea nanon baim
Kabongana te toobu, Kabongana te toobu, ni kaitiakii baim.

Ireireia, Ireireia, ireirea baim ma te toobu ao te ran
Kaitiakii, Kaitiakii, Kaitiakii marenan tabonibaim ake 10

Tebokia, Tebokia, Teboka baim ma te ran
Kaitiakii, Kaitiakii, Kaitiakii ni kabane tabonibaim bwa ana nako manin Aoraki.

Kamwaua, Kamwaua, Kamwaua baim, Kamwaua raoi
N te kunikai ae Tamaroa ao man itiaki, Bwa e na anganiko te boi ae kamaeu.



Anene iaon taai ae kona teboki iai baim.

Iai nimaua te kawai ibukin teboki baim
Ao an ongora karekei tibwangam.
Imwain amwarakem,
imwiin te takakaro,
imwin kabonganaan te kainnakotaari,
Imwain katauraosan te amwarake
Imwiin tautauaia maan.

Song: When to wash your hands.

There are five times for washing your hands.
Listen and learn from it.
Before eating,
After playing,
After going to the toilet,
Before preparing foods
After touching animals.



Activity – Why we use soap to wash our hands

Do this game with students to encourage them to always use soap when they wash hands:

1. Spread glitter (Substitute: cooking oil or butter/margarine if glitter is not available) on a quarter or half the students' palms.
2. Tell those who have glitter on their hands to shake hands with others who do not have oil on their hands. What happens?
3. The glitter spreads to both people. The glitter is similar to invisible germs that spread to other people we shake hands with.
4. Explain that the germs may have come from not washing hands after going to the toilet or after playing with animals.
5. Now wash hands without soap. What happens? The glitter remains on their hands.
6. Now wash hands using soap. What happens? The glitter is easily removed.
7. Tell the class that soap effectively removes dirt, germs or glitter.
8. Explain that we do not mean to spread germs BUT if we do not wash our hands with soap and clean water, then we will spread germs.

Always wash hands with soap and water:

FOOD: Before, during and after preparing food. Before eating food

TOUCH: After going to the toilet; After blowing your nose, coughing, or sneezing; after touching and animal or animal waste; after touching garbage

CARING: Before and after caring for someone who is sick; After changing diapers or cleaning up a child who has used the toilet



Show students the Handwashing poster for this discussion (page 11).

What do we use our hands for? Eating, playing, writing...

Our hands can pick up germs from things we touch. When we touch other those germs spread.

Washing our hands with soap and clean water kills those germs and stops ourselves and others from getting sick.

Water and soap remove germs we cannot see – just like the invisible germs in dirty water, there are germs on our hands that we can not see.

Anene iaon taai ae kona teboki iai baim.

lai nimaua te kawai ibukin teboki baim
Ao an ongora karekei tibwangam.
Imwain amwarakem,
imwiin te takakaro,
imwin kabonganaan te kainnakotaari,
Imwain katauraoran te amwarake
Imwiin tautauaia maan.

Song: When to wash your hands

There are five times for washing your hands.
Listen and learn from it.
Before eating,
After playing,
After going to the toilet,
Before preparing foods
After touching animals.



When should we wash our hands?



**Before eating
food**



**After using the
toilet**



After playing



**When your hands
look dirty**



**After touching
animals**



**After blowing your
nose, coughing or
sneezing**



After touching rubbish

Useful Information

How do you encourage students to wash their hands?¹

- Lead by example! Children are always watching you, so will follow your example.
- Place handwashing reminders, such as posters, at eye level by the toilets and water points to remind students to wash their hands.
- Find ways for students to be rewarded for good handwashing practice – both at school and a home. Suitable rewards can be stickers, coconut candy or a point system with a healthy prize for most points at end of week or month.
- Put coloured footsteps from the toilet place to the handwashing station – and encourage the children to always follow these footsteps.



¹ Scientific basis for these suggestions summarised in this paper: <http://www.washplus.org/sites/default/files/unc2014-neal.pdf>

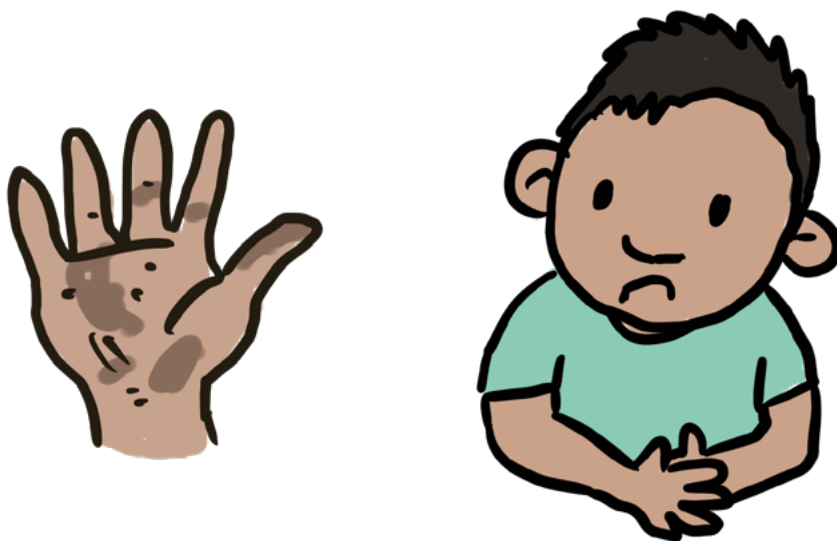
- Make sure there is soap available at handwashing stations.
- Make sure the sink or tippy taps are the right height for students to use and that they know how to use them.
- If available you could try water-based ink stamps to help guide children on how long to wash their hands. Once they've washed, they get a brand new stamp on their hand. When they next wash their hands, they use the stamp to measure how clean they are. If you can still see the stamp, you still need to scrub.
- Repeat, repeat, repeat! Daily group handwashing practice while singing the songs is essential for habit formation.
- Remind parents that children are watching them, so they also should wash their hands at the important times
- Use a bell or whistle at critical times to remind kids to wash their hands.
- Singing songs, reading poems or telling stories about handwashing will help children to remember why it's important while having fun.
- Creating a morning quiz to reinforce key handwashing information and reminders.

Why do we wash our hands with soap?

It is very important to scrub hands with soap. Soap removes the germs that stick to our skin. If we wash hands without soap, the germs remain on our hands.

Handwashing with soap can stop you getting sick and keep you healthy. If we forget to wash hands with soap after going to the toilet, our hands may contain germs. If our hands are full of germs when we eat, they can get into our stomach and make us sick.

Handwashing with soap and clean water is considered the single most effective intervention for reducing diarrhoea!

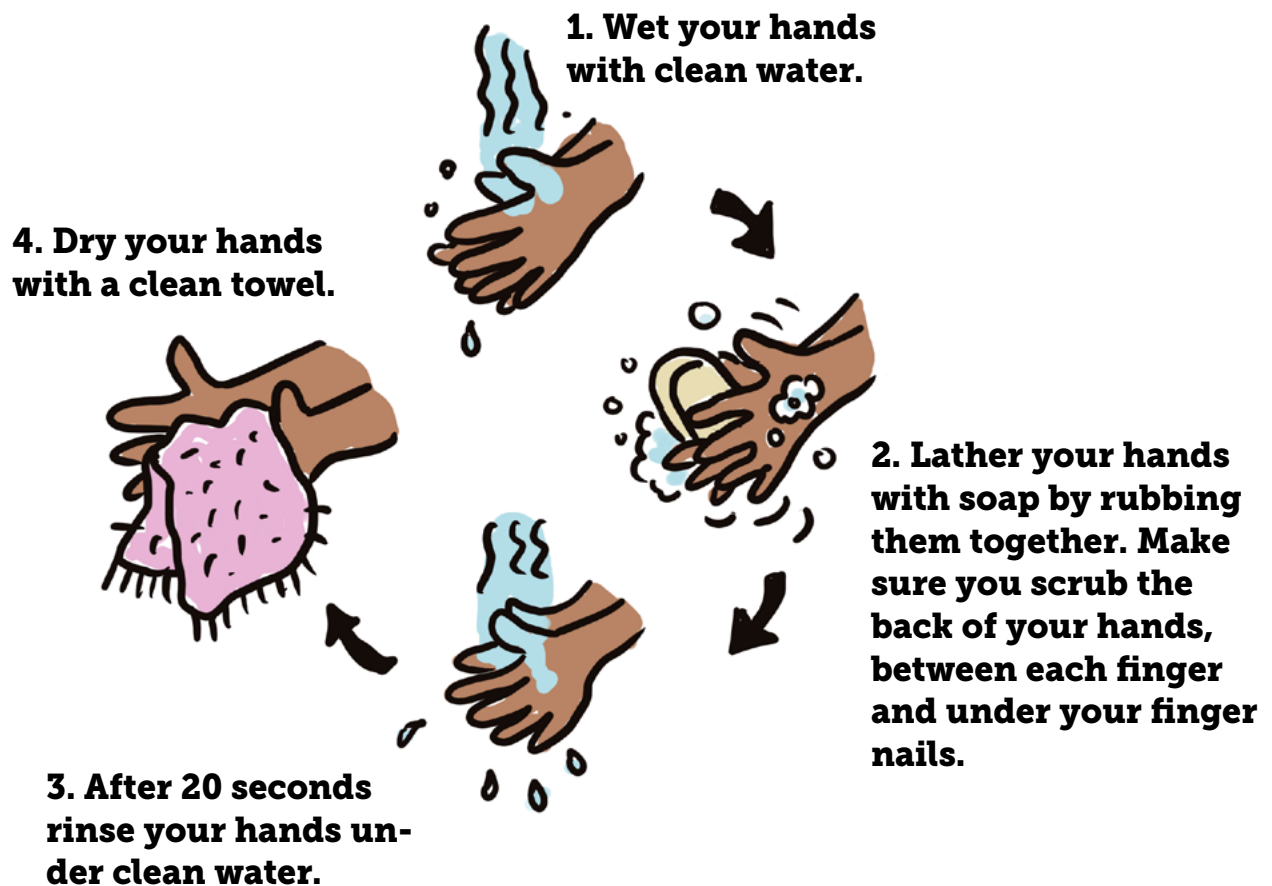


Handwashing Information Sheet - For Parents

Do this:

Wash your hands with soap and water at the important times, making sure that your preschool child sees you do this. Talk to them while you wash your hands to tell them why you do it.

How:



Why wash our hands with soap?

Cleaning our bodies (our hands, teeth, hair and skin) prevents germs and stops us getting sick. There are times we are more likely to pick up germs on our hands. This is why it's important to wash your hands with soap and water at key times.

It is important for parents to wash their hands at the critical times below, so children can model that behaviour. Encourage your children to wash their hands at any of the below times that are relevant for them.

When should we wash our hands?



Before, during and after preparing food



Before eating food



After using the toilet



After changing diapers or cleaning up after a child who has used the toilet



After blowing your nose, coughing or sneezing



When your hands look dirty



Before and after treating a cut or wound



After touching an animal, animal feed or animal waste



After playing



After touching rubbish



Before and after caring for someone who is sick



**MODULE
2**

Using a Toilet

Key habits/behaviours

Key habits to be practised by preschool children and modelled by teachers and adult family members:

Doing wee and poo safely (clean toilet practice) and washing hands with soap and water afterwards - for different situations such as when a toilet is available and when it is not)

Toilet Preschool Activities - For Teachers



Activity – Take the Euew! out of poo

A quick and fun 'brainstorming' game to desensitise the class to the word 'poo' by encouraging the students to come up with their own word.

1. Using a blackboard or piece of paper, draw a person having a poo, or show the children any relevant pictures in this resource.
2. Encourage a discussion about what the person is doing.
3. Ask the children to come up with as many names as they can for the word poo.
4. Encourage the children to come up with their own words (perhaps based on sounds).
5. Write all the words on the board or piece of paper and encourage the children to vote on which one they think should be used or to suggest other words.
6. In your future teaching, encourage children to use this word, and ensure that you use this word in your teaching.

Activity – Practice using the school toilet

Start with daily practice, then encourage children to be able to do this on their own every time they attend preschool. Show the children how to safely do wee and poo at preschool – based on the type of toilet used at the preschool.

Explain clearly how to sit properly on the toilet and why toilet bowls need to be kept clean and covered. Ensure everyone has a chance to demonstrate how to use the toilet properly.

Make sure all students wash their hands with soap and water after using the toilet.

Activity - Role Play

Get children to role play or talk about how they go to the toilet at school or at home. After the role play talk about if what they do at home or at school follows the "Good Toilet Rules."

Once the activity is done you can print or copy the poster on the following page and post it at the notilets. Put it in a spot where everyone can see it, like on the door.



Good Toilet Rules

These are the rules that apply to school toilets



1. We should always go to the toilet in the proper place.



2. Sit properly on the toilet bowl so you will not make a mess outside the toilet bowl. Don't squat on the toilet bowl. If you make a mess you clean it.



3. You must only ever clean yourself with toilet paper. Never put cardboard, exercise book paper, stones, leaves, rags or kimbies down the toilet.



4. Only flush the toilet after everything is finished.



5. Check the toilet to see if it needs to be cleaned. If it needs cleaning use the brush that is in the toilet.



6. Don't play with water in the toilet.



7. Leave the door open when you go out so other people can see the toilet is available and to let in sunlight.



8. Always wash your hands with soap



9. Never use the beach or bushes if there is a toilet you can use.



10. Encourage your friends to keep these rules.

Useful Information

What is sanitation (aron tararuaan ma kaitiakan te nakotaari)?

Sanitation is the management of human waste. Infectious bacteria that cause conditions like diarrhoea can be spread through contact with human waste.

Kiribati WASH in Schools Standards - Sanitation

Information below is from the national Kiribati WASH in Schools Standards

11(a) Legal Requirement – The link between poor sanitation and poor health is well recognised. Improving sanitation facilities and hygienic practices throughout Kiribati is a Government of Kiribati priority and under the National Sanitation Policy and the Kiribati NBC it is a legal requirement that all schools are provided with safe and appropriate toilet and hand washing facilities. The following toilet / person ratios have been deemed appropriate for Kiribati conditions:

- 1 x toilet : 40 girls;
- 1 x toilet : 60 boys;
- 1 x urinal : 60 boys in urban schools with access to piped water only;
- 1 x toilet : 25 teachers in urban schools only (it is assumed that teachers in all other schools will have access to toilets at their quarters);
- Separate hand washing facilities should be provided for girls and boys.

11(b) Appropriate Toilet Facilities – The installation of toilet facilities is encouraged at all schools in accordance with the National Sanitation Policy and the following guidelines;

- Rural Schools and Urban Schools without access to piped water - are encouraged to provide water sealed pit latrines in the ratios given in 11(a). Appropriate hand washing facilities should be located in close proximity to these toilets;
- Urban Schools with access to piped water - should be encouraged to provide flushing or water seal toilets and urinals in the ratios given in 11(a) connected to sewer (if available) or septic tanks. Hand washing facilities should be incorporated with these toilets;
- The location and installation of all toilets should be carried out in accordance with the requirements of the NBC, in particular Specification DFS 1 – Latrines for areas where there is no piped water supply.

11(c) Condition – All toilets and hand washing facilities are to be maintained in a safe, healthy and good working condition.

Make toilets attractive to the students (and teachers!)

Students are more likely to access and use the provided latrines/toilets if they are clean, safe and suitable for their use. Some considerations for the school latrines/toilets may include the following:

- **Access.** Consider the access to the toilets, both inside and outside and whether the students can sit on the toilet easily and comfortably. Also consider any special needs that exist in the school (students living with disabilities, illness). Ensure the toilet is child-friendly e.g. appropriate height and size with hand rails.
- **Privacy.** Ensure that the latrines/toilets are private, so the students feel comfortable using them.
- **Cleanliness.** Students are more likely to use a latrine/toilet if it is a pleasant experience. This can be coordinated through the teachers and students to ensure that the toilets are kept at a reasonable standard. This will encourage continued and regular use.
- **Handwashing points with soap.** It is critical to also ensure that there is a handwashing point with soap close to the toilet.
- **Reminders.** Information on handwashing and toilet use can be displayed above handwashing stations and inside the toilet (on doors and walls) as reminders.
- **Location.** It is important that sanitation systems stay separate from water supplies. Houses and toilets should be built at least 30 metres from the shoreline/water's edge. The horizontal distance to drinking water bores or wells should be at least 15 metres. It is also critical to keep animals away from your community's water source.
- **Safety and security.** Ensure the toilets are in a safe and secure location, close to the school. This is particularly important for girls and women.



Toilet Information Sheet - For Parents

Do this:

Show your children how to safely do wee and poo at home – based on the type of toilet you use. Show them by telling them and also by practicing correct toilet behaviour yourself.



How:

There are three types of toilets in Kiribati: septic toilet, pour flushtolet and Kamkamka (compost toilet). A toilet with a septic tank is a popular toilet in Kiribati – these toilets protect water underground from being contaminated by human waste.

Open defecation (doing poo not in a toilet) is not safe, but sometimes there is no option. So, each home that doesn't have a toilet needs to have home rules for open defecation:

1. Always go to the right place (never close to a water source).
2. Clean yourself properly.
3. Always cover your waste.
4. Always wash your hands with soap.

Why use a toilet?

Toilets keep human waste separate, so we don't get sick. Using a toilet stops diseases from spreading and keeps us healthy. Preschool children are very vulnerable to getting sick from the germs in poo.





Keeping Bodies Clean

Key habits/behaviours

Key habits to be practiced by preschool children and modelled by teachers and adult family members

- Brushing teeth – twice a day after eating (morning and evening)
- Showering/washing body with body soap – once a day
- Sneeze and cough safely by using a tissue or your elbow

Keeping Bodies Clean Preschool Activities - For Teachers

Activity – Brushing teeth together

1. Tell children to bring their toothbrush to school. The teacher will need to prepare toothpaste to spread on each toothbrush. One pea-sized amount of toothpaste is enough. Any brand of toothpaste is suitable.
2. Teach children how to brush by following the instructions on the factsheet.
3. Encourage children to talk at home about the problems of having a toothache.
4. Ask the class, what would they say if their family experienced the pain of a toothache?
5. Ask the class, how could they encourage their younger siblings to brush their teeth to avoid tooth decay



Activity - Bucket Buddy

Washing the entire body can be a challenge for some preschoolers. Talking about the importance of thoughtful washing is easier done with a plastic baby doll. Bring a small tub or bucket, washcloth and soap to the front of the class and demonstrate proper bathing technique on the plastic baby.

Offer each child a small, plastic item - like a doll or rubber duck - and allow them to try to wash the buddy for themselves.

Talk about the importance of keeping their bodies clean and healthy.

Activity - Seizing your sneezes

Sneezes are a powerful event. A single 'achoo' can spread 100,000 germs at up to 160 kilometres per hour. But, though fast, a sneeze is easy to stop in its tracks

Everybody sneezes – find ways to demonstrate sneezing safely. Try over-exaggerating a sneeze coming on, then loudly pretend to sneeze into your elbow. You can also have your child's favourite toys practise 'sneezing' into their elbows or a tissue.

Enjoy a little humour: a big toy might have a tiny 'squeak' sneeze, while a small toy might shock them with a loud, long sneeze.

Do some sneezy science – try this simple flour sneeze experiment:

1. Head outside with your child and have them hold their hands out and open.
2. Sprinkle some flour (or another type of powder) in their hands.
3. Tell them to fake cough or sneeze or blow into their hands (standing a safe distance away from others).
4. Take a moment to talk about how far the powder went. This is how far germs can travel, too – we just can't see them



Activity - Capture those coughs

A cough can sound bad, but they aren't always dangerous. Whether it's a bark, a sputter or a wheeze, coughs are a protective reflex designed to clear our airways. But, like sneezes, coughs can send germs into the air at great speed. We need to catch them before they get away from us.

- Target practice – encourage your children to put a sticker or drawing on the inside of their elbow. This is their target – every time they need to cough or sneeze, they have to shoot it into their target.
- Sneeze-snaffling friend – Similar to above, but from a more nurturing perspective. The sticker or drawing is a little friend who loves to eat sneezes and coughs. The children need to feed their friend by coughing/sneezing into their elbow.

Ideas for making a cough target or sneeze friend:

1. Cut a piece of arm sleeve from an old top and get the children to draw a target or face on it. The children wear this on their elbow for their coughs or sneezes.



2. Cut a piece of paper towel and get the children to draw a target or face on it. Then use some tape to put the paper towel around the children's elbows to catch their coughs or sneezes.



Song: Coughs and Sneezes

(to the tune of Mary Had a Little Lamb)

When you have to cough and sneeze, cough and sneeze, cough and sneeze,
When you have to cough and sneeze, cover your mouth, please.

When you have to cough and sneeze, cough and sneeze, cough and sneeze,
When you have to cough and sneeze, do it in your sleeve.

Ngkana ko bekobeko, ao ni mwatie, Ngkana ko bekobeko ao ni mwatie, bekobeko ao ni mwatie,

Ngkana ko bekobeko ao ni mwatie, Rabuna raoi wiim taitaoka.

Ngkana ko bekobeko ao ni mwatie, Bekobeko ao ni mwatie, Bekobeko ao ni mwatie

Ngkana ko bekobeko ao ni mwatie, karaoia ni kamwanokun baim.

Activity - Body Check

Preschool children may be overwhelmed by the number of hygiene-related tasks that they need to do. Simply remembering to brush their hair, brush their teeth, bathe and wash their hands can be difficult.

Create a small cut-out of a body with hair and teeth clearly visible.



Give one to each child (you can laminate the doll if you have laminating tools accessible). The child can use a pencil (or whiteboard marker if the doll is laminated) to place a check mark on each of the areas of hygiene they accomplished throughout the day.

The aim is to have a complete body check for complete hygiene.

Poem: Te Nango

Te nango, te nango, te nango.
 Ai buakakara ngkoe
 Ko uouota te manin aoraki
 Te nango, te nango, te nango
 Tai kiba man tikura kanau
 Kibanako te nango iribaiko
 Te nango, te nango, te nango

Fly, fly, fly
 You are very bad
 You carry diseases
 Fly, fly, fly
 Don't fly and stay on my food
 Fly away fly, i hate you
 Fly, fly, fly

**Toilet song**

E tabu te beka i taari
 E tabu te beka n aki akaka
 Ti kaawa n aoraki iai
 Te mumuta, te bekanako
 Ti kakawa iai
 Kabongana te beebea, te ran ao te toobu

No pooping on the beach
 Do not poop everywhere
 We don't want to get sick
 Diarrhea and vomit
 We are weak and helpless
 Use toilet paper, soap and clean water.

Kakaitiaki song (By kuc eita pre school)

|| Imwain nakou n te reirei
 Uti, tebotebo, amwarake, buratina wiim ||
 Karina am kaboraoi are itiaki
 || Roko iaon te tai n te reirei
 (Ti te tai)||

Before going to school
 Wake up, shower, breakfast, brush your teeth
 Put on your clean uniform
 Come to school on time
 Just time



Anua ni mai ibukin kakaitiaki

1 Bwaina te tebotebo
1. Shower every day

2 Bwaina oneam ae e itiaki
2. Wear clean clothes

3 Komiia iram
3. Comb your hair

4 Kaitiaka ukin baim
4. Clean your finger nails

5 Uota am kawere
5. Bring your handkerchief

6 Kabongana te kau
6. Wear shoes



Technical Definitions and Other Information

What is hygiene (te aaitiin)? Personal health and hygiene are the things we do every day to keep clean and healthy. Hygiene practices can refer to body hygiene like washing your hands, brushing your teeth or washing and bathing.

What are germs? Germs are tiny organisms that we can't see with our own eyes, which can cause illnesses like diarrhoea. Germs can spread through contaminated water or pass from your hands to your stomach.

Germs can spread from one person to another through:

- Touch, coughing or sneezing.
- Waste or poo that contains germs.

Did you know? Washing your hair can reduce the likelihood of having nits and lice in your hair. If you do not have shampoo, you can use soap and coconut cream.

Sharing is not always good! Do not share your comb with anyone, not even your best friend or family member. This is how nits and lice can spread.

Keeping your body clean is important. We should use a gentle soap and a soft cloth to wash our body, concentrating on those parts that need most attention: face, hair and neck, under your arms, your groin and bottom and feet.

If washing your body makes your skin sore, red, or itchy - try changing the type of soap you use or use less of it.

How to form habits

Everyone should brush their teeth in the morning (after breakfast) and in the evening (before going to bed). By making this a routine at home it will be harder for kids to forget. Parents can brush their teeth alongside their children to reinforce the habit.

Children should wash their entire body at least once a week. Picking a specific time or day to do this will help form healthy habits.

Brushing Teeth Information Sheet – For Parents

Do this:

Brushing teeth – twice a day after eating (morning and evening).

How:



1. Put a small bit of toothpaste (the size of a pea) on your toothbrush



2. Brush the inside of your teeth, one or two at a time, using a soft circular motion.



3. Next clean the outside of the teeth, one or two at a time. Be sure to brush your gums as well.



4. Rinse out your mouth with water once you have finished and spit out the toothpaste.

Looking after a toothbrush

It is not good to leave a toothbrush and toothpaste lying in a dark wet place. Our toothbrushes need to be rinsed and left standing up where they can get some air and sun. Do not use a toothbrush belonging to others.

Change your toothbrush when the bristles are worn out – they look worn out when they start to bend out towards the sides and no longer hold their shape. The brush might start to look flat.

Leave your toothbrush in an area where you will be reminded to use it, such as by the water source you use for bathing, and in an area where it won't get dirty.

Why brush our teeth?

Our mouth is full of bacteria. All the food that goes in our mouth helps these bacteria to grow. Some bacteria are good but a lot are bad. Bad bacteria can make your teeth yellow, cause bad breath or infections in the mouth. That's why we brush our teeth and tongue – to get rid of them. When we don't clean our teeth properly our teeth can start to decay. We want our teeth to be healthy and strong.

Did you know? You can purchase toothbrushes for children. These toothbrushes are designed to be smaller with softer bristles for children's smaller teeth and softer gums.



Water

Key habits/behaviours

Key habits to be practiced by preschool children and modelled by teachers and adult family members

Every day we need to drink enough clean water to stay happy and healthy. Preschool children (aged 1-3) need roughly 1 to 4 cups of water per day. This increases for slightly older children (4-8) and can include between 5 to 8 cups.

Water Preschool Activities - For Teachers

Activity – Promoting drinking water during preschool

One of the things that children (and adults) forget to do is drink enough water during the day. It is important that children have access to drinking water at preschool, and that there are regular times they have a drink.

Option 1 Take a Sip

You can sit or stand in a circle, and one leader says, "Take a sip if _____" If the person has the item, action, or does a specific activity then they must take a sip of water.

Examples:

- 'Take a sip if you are wearing blue.'
- 'Take a sip if you if you have a pet at home.'
- 'Take a sip if you like to sing songs.'

Option 2 - Simon Says

This is played like the traditional Simon Says but with water bottles. You can make it as interactive or as calm as you want.

Example:

- 'Simon says touch your toes.'
- 'Simon says take a drink.'
- 'Jump up and down.'
- 'Simon says jump up and down.'
- 'Simon says drink for a count of 3.'



Activity – Explore and draw

Explain to children that the class is going for a walk to observe the types of water used by different families in the community, and the way water is important for life. This walk can be around the boundaries of the school or within the school itself if easier.

1. Make sure you instruct the students to discuss and remember what they see. They should notice different types of water used by different households (or the school), such as well, PUB or rainwater. Is there a rainwater tank? Is there a cover for the well? Are the PUB taps inside or outside the house?
2. Back in the class tell students to sit in their small groups and discuss what they saw.
3. What was most interesting for them? What did they notice?
4. Ask students to draw a picture of how water is important in their family and at preschool.

Song: Importance of water

Te ran te ran, Te ran te ran, te ran te ran e bongana ibukira.
Te ran te ran, Te ran te ran, Te ran te ran e bongana ibukira .
Ko kona ni uati, Ko kona n tebotebo, Ko kona ni kuuka, Ko kona ni burati, Ko kona ni
mooi man te raaaaan.

Water, water, water, water, water, water, is one of our needs.
Water, water, water, water, water, water, is one of our needs.
You can wash, you can bath, you can cook, you can brush, you can drink from water



Useful Information

Did you know?

- Dietary preferences are established in early childhood.
- Drinking water can help children feel more alert and energized.
- Children get fewer cavities when they drink water. Water contains fluoride which protects teeth and prevents cavities.
- Water makes up 60% of childrens' bodies, so it is important to keep them hydrated.
- Active kids need to drink 1/2 to 2 cups of water for every 15 to 20 minutes of physical activity.
- The World Health Organisation (Be Smart, Drink Water guide, 2016) recommends that adults drink at least 2 litres of water a day. However, if you have a more physical job, live in a hot climate or are exercising more may be needed (up to 4 litres or more).
- Preschool children (aged 1-3) need roughly 1 to 4 cups of water per day. This increases for slightly older children (4-8) and can include between 5 to 8 cups. It's nearly impossible to drink too much water! 20 to 28 litres is considered too much water but it is unlikely you will reach that amount in a day.



What is dehydration (e bwatakataka, akea ranna)? When you don't drink enough water your body can feel sick and tired. Dehydration is the loss of too much body water and natural body salts in our body through diarrhoea and vomiting. We can die if that water is not replaced quickly.

How much water should I drink? Our bodies need water to survive. Drinking safe water is the best choice for children to stay hydrated throughout the day. Kiribati is very hot and when you sweat a lot your body releases water – this water needs to be replaced by water that you drink.

Water doesn't have to look dirty to be dirty. Water that is clear can be full of germs that our eyes cannot see. If you drink water that is not clean you can feel sick and get stomach pains. You might feel very tired and unwell. This is why it is important your water is safe to drink – You can make your water safe to drink by boiling it or buying water that has been cleaned first.

What is contamination (e on te mannaoraki, e baareka)? Contamination happens when germs get into the water. Germs can come from waste and can make you very sick. To kill germs water can be boiled, so that you don't get sick. Does your family boil water?

- **Rainwater is not safe to drink.** We need to boil it before drinking.
- **Well water is not safe to drink.** E-coli bacteria is rich in wells and must be boiled or disinfected (using the SODIS methods) before drinking.
- **PUB Water is not safe to drink.** There may be a leak along the pipe that can contaminate water. We need to boil PUB water before drinking.
- Drinking contaminated water or eating food that has been washed by untreated water can contain bacteria that will infect people. We need to boil water when preparing food.



Water Information Sheet – For Parents

Do this:

Make sure that you and your family are able to drink enough safe drinking water. Model to your preschool child how to keep drinking water safe

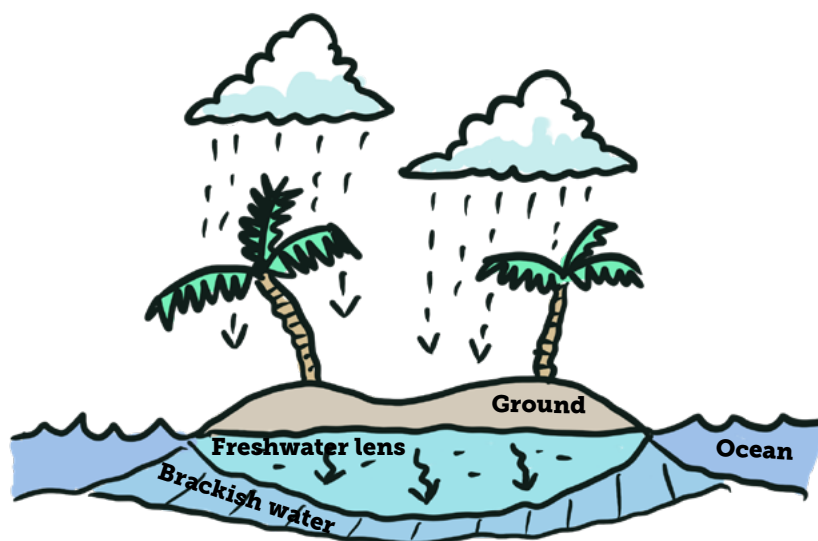
How:

Kiribati has many water sources. How many does your family use?

Well water



Well water is the main source of water in Kiribati. Wells take the water from the lens beneath the ground. The surrounding area of a well should be kept clean. The well should be covered and far away from anything that could contaminate it – pigs, toilets, rubbish or a bwabwai pits. On South Tarawa, these water lenses are often contaminated. Contamination happens because germs get into the water.



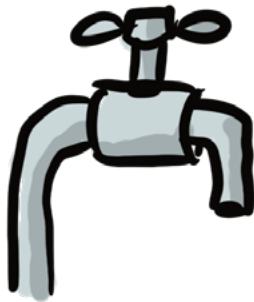
Make your well water safe before boiling by:

- Covering the well every day. Do not leave it open. Well water left open can attract bacteria or germs. Rubbish, food or contaminants can easily be dropped into the well.
- Improve your well water with a Tamana or Marakei pump.
- You can also use the SODIS process for purifying unsafe water.



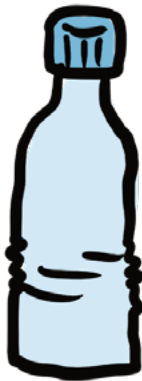
Rainwater

Rainwater is the safest to drink in Kiribati but it is still recommended to boil this water or purify it by the SODIS method. When it rains water can be collected in containers or water tanks to drink later. Once rainwater is collected containers should be kept closed to stop germs.



PUB water

PUB water comes from the government. It is underground water that gets collected for us to use. The PUB treats this underground water with chlorine then distributes to all households in the government quarters as well as some private homes. Families pay water bills every month. PUB water should still be boiled or disinfected.



Bottled water

Bottled water sold in shops is clean and safe to drink. This water also costs money.



Desalinated water

People in some areas of Kiribati (some families, office workers or students in boarding schools) drink sea water that has been treated through desalination. Desalination is the process of removing salts and minerals from sea water to produce water safe to drink. Desalination provides an alternative water source for Banaba Island.

Why do we need to drink water?

Drinking enough water keeps us healthy and happy. We should all drink water that is clean and safe because it stops us getting sick.

Water or 'moimoto' is a healthy drink that helps our body to:

- Circulate air to our lungs for healthy breathing.
- Digest food.
- Circulate blood to all parts of our bodies easily.
- Lubricate the joints in our bodies.
- Stay healthy every day.

Remember, coloured or sweet drinks do not help the body do its work properly.

Uses for water:

- Health: Our bodies need water to stay strong and give us energy.
- To keep clean: We use water for bathing, handwashing, and brushing teeth.
- Cooking: We use water to clean and boil food, like fish and breadfruit, before eating it.
- Growing food: To grow food for ourselves we need to water our plants, like cabbage and bwabwai that needs to grow in wet pits.
- Cleaning: We use water to wash floors, surfaces, clothes and dishes.

Why is it important to drink safe water?

- Unsafe water leads to a high risk of water-borne diseases such as diarrhoea. Kiribati has one of the highest rate of deaths of children under five from diarrhoea in the Pacific region.
- Childhood death from diarrhoea is more common in Kiribati than in other Pacific Island countries. Health officials report an average of three outbreaks of acute diarrheal disease in South Tarawa every year.
- If water becomes contaminated, it is not safe and can be harmful to one's health. Drinking water that has been contaminated by bacteria in faeces can cause diarrhoea. Even clear water can be very contaminated.



Water doesn't have to look dirty to be dirty. Water that is clear can be full of germs that our eyes cannot see. If you drink water that is not clean you can feel sick and get stomach pains. You might feel very tired and unwell. This is why it is important your water is safe to drink – you can make your water safe to drink by boiling it or buying water that has been cleaned first.

Reducing the health risks of drinking unsafe water

- Rainwater is not safe to drink. We need to boil it before drinking.
- Well water is not safe to drink. E-coli bacteria is rich in wells and must be boiled or disinfected (using the SODIS method) before drinking.
- PUB Water is not safe to drink. There may be a leak along the pipe that can contaminate water. We need to boil PUB water before drinking.
- Drinking contaminated water or eating food that has been washed by untreated water can contain bacteria that will infect people. We need to boil water when preparing food.

How to make our drinking water safe?

Heat water to a rolling boil then leave it for two minutes on a rolling boil to kill the germs. Remember not to simmer the water. Simmering water does not kill germs and is not safe to drink.

What is a rolling boil?

A rolling boil is when liquid is heated up and then boiled rapidly with lots of bubbles. A rolling boil will kill germs. Simmering water will not kill or break up germs.



SODIS (Solar Disinfection) is a simple, low-cost solution for preparing drinking water at the household level. SODIS uses both sunlight and the heat of the sun to kill 99.9% of germs in water. Rainwater, well water and PUB water can be treated through the SODIS process.

SODIS trials in Kiribati have shown its effectiveness and potential for widespread use across this region. Kiribati has perfect environmental conditions for SODIS, and it can be applied at school and at home.

SODIS guidelines



Step 1

Use clean PET bottles only



Step 2

Start SODIS in the morning before 10am. Fill the bottle two thirds full of water.



Step 3

Shake it for ten seconds and then fill the bottle to the top.

Why? Shaking increases the creation of reactive oxygen species (ROS), which improve the disinfection process.



Step 4

Put the bottle on an elevated surface (e.g. table or roof) which is ideally reflective (e.g. corrugated iron or aluminium foil).

Why? This keeps the reactor away from faecal contamination by animals. Reflective materials increase the reception of solar energy in the bottles.

Ensure that there is no shade (e.g. from surrounding trees) on the SODIS spot all day.

Why? Shade decreases the disinfection process by reducing the received solar energy.



Step 5

Finish SODIS in the evening after 5 pm. Remember the cloud cover conditions from this day. If the sky was clear or a little cloudy, the water is safe to drink and should be directly consumed out of the bottle.

Why? Consuming the water directly out of the bottle reduces the risk of recontamination through dirty containers.

If the sky was very cloudy, the water should not be consumed today. Start with step 4 tomorrow.

Why? There is a risk that there are still pathogens in the water due to an insufficient dose of solar radiation.



Step 6

If the bottle was not opened before consumption, properly treated SODIS water can be stored in a dark place but only for up to three days.

Why? If there are any bacteria still in the bottle, they could reproduce and reach a health-risk concentration.



Step 7

Once the bottle has been opened, the water should be drunk soon after to prevent secondary contamination.

When followed correctly, SODIS kills 99.9% of harmful germs found in water.



**WASH in Schools
Preschool Guide**
