マスクと手洗い

1 Wearing a mask

Since the coronavirus pandemic began, many people around the world have started to wear face masks. In some countries, it's almost expected to wear a mask as a matter of courtesy and safety. Do you have to wear a mask when you go outside?

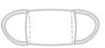


In Japan, the general public are used to wearing masks, especially in the last 20 years. Japan has been producing masks to protect people from inhaling dust and becoming infected with viruses for over 100 years. Recently, a wide variety of masks have become available. For example, there are close-fitting masks, scented masks, masks designed for summer, and other types.





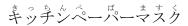






2 Make a mask with everyday materials

Have you ever made origami paper crafts? You can make a mask in the same way. Watch the video and answer the following questions.



https://www.youtube.com/watch?v=c7-oE xBDSA



a)	What materials do you need?	
b)	What is the first thing you need to do?	
c)	What is the second thing you need to do?	
d)	What is the last thing you need to do?	



e) Now, let's make a mask. Make sure your hands and desk are clean. First, draw a picture or write a message on the paper towel you are using. What kind of message would you like to write? How about a positive word or expression, like share it is a like to write? How about a positive word or expression, like share it is is it is is it is is it is is in the write it is in the write

members, too! Note: Wearing a handmade mask does not completely protect us from dust and viruses, but it helps to prevent the spread of infection. https://sonaeru.jp/qoods/handiwork/groceries/q-11/







3 Wash hands effectively



Along with wearing a mask, washing your hands is another important step to stop infections from spreading. But how should we wash our hands? First, let's watch the video. http://www.pref.tochigi.lg.jp/c05/tib/5ch/kenko/024.html

a) Number the actions in the correct order as seen in the video. The first one and the last one have been done for you. You can watch the video again if you like.

1	Wet both hands (and turn off the tap). お水をかけましょう 両手にしっかりと				
	Wash your thumbs. 親指 キュッキュキュー				
	Wash the tips of your fingers. 指先 ゴシゴシ				
	Rinse the lather off with running water (and turn off the tap).				
	^{なが} お水で しっかり 流しましょう				
	Wash between your fingers. 指のあいだも わすれずに				
	Using soap to lather up your hands. 右けん使って あわあわ ブクブク 泡立てよう				
	Wash your palms and the back of your hands. 手のひら ゴシゴシ 手の甲 ゴシゴシ				
	Wash your wrists. 手首を クルクル よくあらおう				
9	Dry your hands with a clean handkerchief. きれいな ハンカチで 手をふこう				

b) How is this different from the usual way you wash your hands?



c) Write the meaning of each after watching the video.

て 手	^{おやゆび} 親指	
手のひら	ゆびさき 指先	
てです。手の甲	1日ル て 手くび	
サの中 特	みず	
指	(お)水	

d) This time, write the correct word for each part of the hand in Japanese. You can use hiragana.



For an online quiz, go to https://www.studystack.com/studyslide-

e) Watch the video again. Did you hear the following words in the song? Match each word to the correct action, and write the answer below each word.

1	2	3	4	5
ざぶざぶ	あわあわブクブク	ゴシゴシ	キュッキュッ	クルクル

Lathering up the soap	Washing the wrists with a turning motion	Wetting the hands with	Scrubbing hands and fingers	Washing the thumbs until
		water		squeaky clean

For an online quiz, go to https://www.studystack.com/quiz-3230554

- f) These words are called onomatopoeias, and they are used to imitate sounds. Japanese onomatopoeias are also used for things or actions that don't normally make any noise.
 - What have you noticed about these Japanese onomatopoeias?
 - Have you seen other Japanese onomatopoeias before?
- g) Using the words and expressions you learned above, make a bilingual poster about hand washing. You may refer to the examples below if you like.



Put the poster up in a place where you wash your hands so that it reminds you and your family how to do it in an effective way.

Let's watch Arashi, a popular Japanese idol group, dance and show the proper way to wash your hands. https://www.youtube.com/watch?v=jSM0h8VPSZk



Illustrations: http://gahag.net/?s=%E3%83%9E%E3%82%B9%E3%82%AF