

てあら 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.



キッチンペーパーマスク

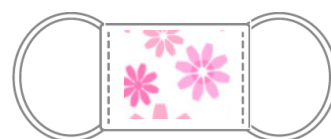
https://www.youtube.com/watch?v=c7-oE_xBDSA

- What materials do you need? _____
- What is the first thing you need to do? _____
- What is the second thing you need to do? _____
- 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 ^{ganbarou}がんばろう! (Let's do our best!) Once you finish drawing or writing your message, watch the video again and make your own mask. Once it's done, wear it and show it to your family, teachers, and friends. You can make masks for your family

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/goods/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). <small>みず</small> お水をかけましょう <small>りょうて</small> 両手にしっかりと
	Wash your thumbs. <small>おやゆび</small> 親指 キュッキュキュー
	Wash the tips of your fingers. <small>ゆびさき</small> 指先 ゴシゴシ
	Rinse the lather off with running water (and turn off the tap). <small>みず</small> お水で <small>なが</small> しっかり 流しましょう
	Wash between your fingers. <small>ゆび</small> 指のあいだも わすれずに
	Using soap to lather up your hands. <small>せっけん</small> 石けん使って <small>つか</small> あわあわ <small>あわだ</small> ブクブク 泡立てよう
	Wash your palms and the back of your hands. <small>て</small> 手のひら ゴシゴシ <small>て</small> 手の甲 ゴシゴシ
	Wash your wrists. <small>てくび</small> 手首を クルクル よくあらおう
9	Dry your hands with a clean handkerchief. <small>て</small> 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.

<small>て</small> 手		<small>おやゆび</small> 親指	
<small>て</small> 手のひら		<small>ゆびさき</small> 指先	
<small>て</small> <small>こう</small> 手の甲		<small>て</small> 手くび	
<small>ゆび</small> 指		<small>みず</small> (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->

