

Lesson Plan #12: Clean Tag

(Used with permission of GOJO Industries Inc., creators of PURELL Instant Hand Sanitizer, gojo.com)

Learning Objectives:

- Students will recognize that germs can be spread easily from one person to another.
- Students will recognize that the spread of germs can be reduced by proper hand cleaning.

Materials:

- Open area
- Three different coloured tee shirts, pinneys, or badges to help differentiate which children are 'germs', which are 'soap and water', and which are 'hand sanitizers'.

Key Messages:

- Germs are spread easily from one person to another.
- Proper hand cleaning reduces the spread of germs.

Method:

Review the steps and the purpose of proper hand cleaning (by washing hands and/or by sanitizing hands). Explain that they will be playing "Clean Tag". Select four students to play special roles: two students will be disease-causing germs, a third will be hand washer (soap & water), a fourth will be hand sanitizer. Tell the remaining students to run away from the germs. If one of the germs happens to tag them, they must immediately freeze and stand with their legs far enough apart to make a tunnel through which someone can crawl. The hand sanitizer and hand washer are the only ones who can unfreeze (clean) the frozen (germy) students - by crawling through the tunnel between their legs. "Cleaned" students are then free to run around again. Have the students trade roles at various points during the game.

Students will:

1. Play different roles of germs and hand cleaners during a game of "Clean Tag".
2. Explain what happened when they were tagged by the germs. What happens in real life? (They can make you sick.)
3. Explain what happened when they were 'cleaned' by the hand cleaners? What would happen if there were no hand cleaners in the game? What would happen if there were no hand cleaners in real life?
4. Explain what would happen in the game if there were one germ and four hand cleaners?

Activity:

Discuss with students what these findings mean in their personal life. How does this change their hand cleaning habits?

Lesson Plan #13: Germs are Spread Easily

(Adapted with permission from the Salt Lake Valley Health Department,
www.slvhealth.org)

Learning Objectives:

- Students will recognize that germs can be spread easily.
- Students will explain the importance of cleanliness to their own health.

Materials:

- Spray bottle filled with clean water
- Picture 'Don't Hand Those Germs To Me!' (attached)
- Hand Cleaning Game Cards (attached)

Key Messages:

- Germs are everywhere.
- Germs are so small that you cannot see them.
- Germs can make you sick.
- Germs can spread from one person to another through coughing and sneezing.
- Germs can live on objects and surfaces.
- Germs can hitch a ride from an object or surface to your hands, then to your mouth, eyes, nose, cut or scrape, then make you sick!
- You can get rid of germs by cleaning your hands properly.
- Proper handwashing pulls the dirt and germs free from the skin, and washes them down the drain.
- Hand sanitizers kill germs.

Method:

Spray water on each student's hands using the spray bottle. Explain that the water on their hands represents germs which come out of their mouth and nose when they cough and sneeze. Now have the students touch an object. Ask them what happens to the object they touched (it becomes damp.) Explain that this is what happens when we sneeze into our hands and then touch an object (the germs on our hands get on the object). Discuss what might happen if one of their friends touches the object while it is moist (they might pick up the germs). It is important to explain that if these germs spread from hands to eyes, nose, mouth, or food going into mouth, then we can get sick.

Students will:

1. State what happens to an object when it is sprayed.
2. Explain what happens when we sneeze into our hands and touch an object.
3. Explain what happens when a friend touches this damp object and then touches their eyes, nose, mouth or food going into mouth.
4. Explain what happens to germs on your hands when you clean your hands, by handwashing and/or using hand sanitizers.

Activity:

Hand Cleaning Game

- Review the picture 'Don't Hand Those Germs To Me!' with the students.
- Using the sheet 'Hand Cleaning Game Cards' (attached), photocopy these pictures, cut out, and create cards for the students. For each class, it is suggested that the teacher create three 'germ cards', two 'handwashing cards', two 'hand sanitizer cards' and numerous 'blank cards'.
- Randomly hand one card, face down, to each student. Students are not to look at their cards until directed to do so.
- Ask students to shake hands with two other students in the class, and to remember the people they shook hands with.
- Have students return to their places and turn over their cards.
- Ask the students with 'germ cards' to stand up. Explain that for this game, these students are the ones who have germs and could be sick.
- Ask any student(s) who shook hands with the students with the 'germs cards' to stand. Explain that these people could get sick too, since they shook hands with someone who had germs.
- Next have the students with the 'handwashing cards', followed by those with the 'hand sanitizer cards', sit down.
- Explain how each of these methods (handwashing and using a hand sanitizer) is a good way of preventing the spread of germs from one person to another.
- Point out the connection between good hand cleaning practices and the number of students who were not affected by the germs.
- Explain that having a 'blank card' means you did not use any of the good hand cleaning practices, and you could get sick from the germs.

Don't Hand Those Germs To Me!

(Used with permission from Healthy Schools, Healthy People,
It's a SNAP!, www.itsasnap.org)

Don't Hand Those Germs to ME!

Hey Students! How Gross Are You?

Did you know that you could be handing germs to friends, family, neighbors, and even strangers? Here's how it might work:

You have a quiz today!
You borrow a pencil
from your friend who
sneezes just before
handing it to you.



You don't clean your hands.
You hurry to your babysitting
job right after school, stopping
to pet a neighbor's dog along
the way. As soon as you arrive,
you serve a snack to
the 4-year-old
neighbor you are
caring for.



That evening, the 4-year-old visits
his grandmother in the nursing home,
where 120 people live and/or work.
He visits during dinner, shaking hands
with many friends.



The next morning the child
attends day care with 15
other 4-year-olds, playing
and sharing toys.



Meanwhile, his parents
go to work with 50
other people.



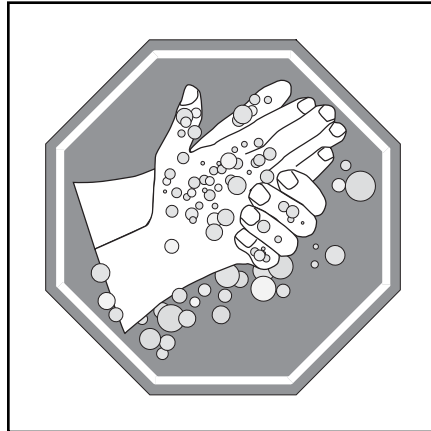
**You + Your Unwashed Hands = Over 180 Possible Illnesses ...
and Counting! Yuck!**

I promise to clean my hands properly in order to be a Germ Stopper!

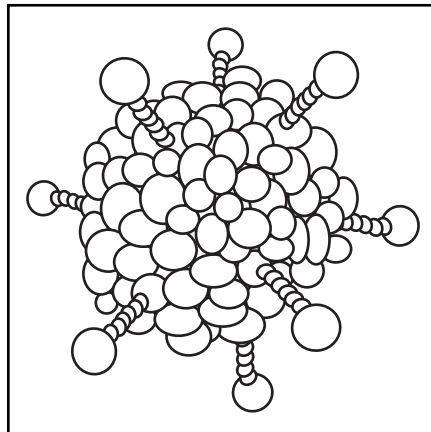
Name: _____

Hand Cleaning Game Cards

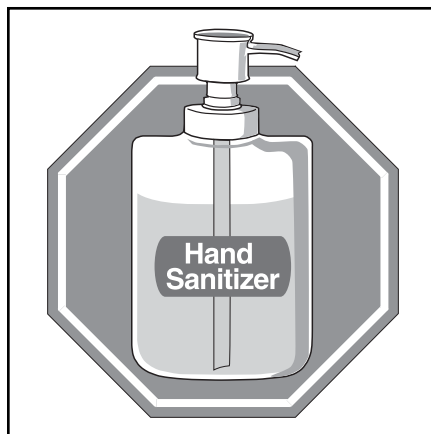
Photocopy the following pictures, cut them out, and make them into cards for use in the Hand Cleaning Game:



Handwashing



Germ



Hand Sanitizer

Lesson Plan #14: When Do I Clean My Hands?

Learning Objectives:

- Students will identify when to clean their hands.
- Students will identify when it is appropriate to wash hands with soap and water and when it is appropriate to use an alcohol-based hand sanitizer.

Materials:

- Crayons, coloured pencils or markers
- Paper
- "Colour Me", "Let's Make a Puzzle", "Wash Your Hands!", "Connect the Dots", or "Healthy Hand Hygiene Word Search" activity sheets (attached).

Key Messages:

- Clean your hands often by washing hands with soap and water or by using an alcohol-based hand sanitizer.
- Handwashing with soap and water is always appropriate for removing germs that cause illness, and it is essential after using the washroom or when there is visible dirt on the hands.
- Alcohol-based hand sanitizers are effective for killing germs on hands, especially before eating or after coughing, sneezing, blowing you nose or touching animals.
- Cough or sneeze into a tissue, throw tissue away, and clean hands immediately. If you don't have a tissue, use your upper arm, not your hands!
- Keep your hands away from your face! Germs can live on surfaces such as tables, doorknobs and keyboards, and get picked up by your hands, travel to your nose, mouth or eyes, and make you sick!

Method:

Explain the importance of getting rid of germs. Begin open discussion of places where germs might hide. On a large piece of paper, have students draw pictures of places in the school where germs might hide. Post and reflect on all the different hiding places. Ask students to think "When would I come in contact with these germs?" (after getting hands dirty, after using the washroom, after playing with animals, after coughing, sneezing or blowing their nose). Brainstorm with the students by making a list of the important times to clean hands. Discuss when it is appropriate to wash hands and when it is appropriate to use an alcohol-based hand sanitizer. Post a list of when to clean hands in a visible position in the classroom.

Students will:

1. Draw pictures (on a large piece of paper) of places in the school where germs might hide.
2. Identify the important times for hand cleaning.
3. Identify when it is appropriate to wash hands and when it is appropriate to use an alcohol-based hand sanitizer.

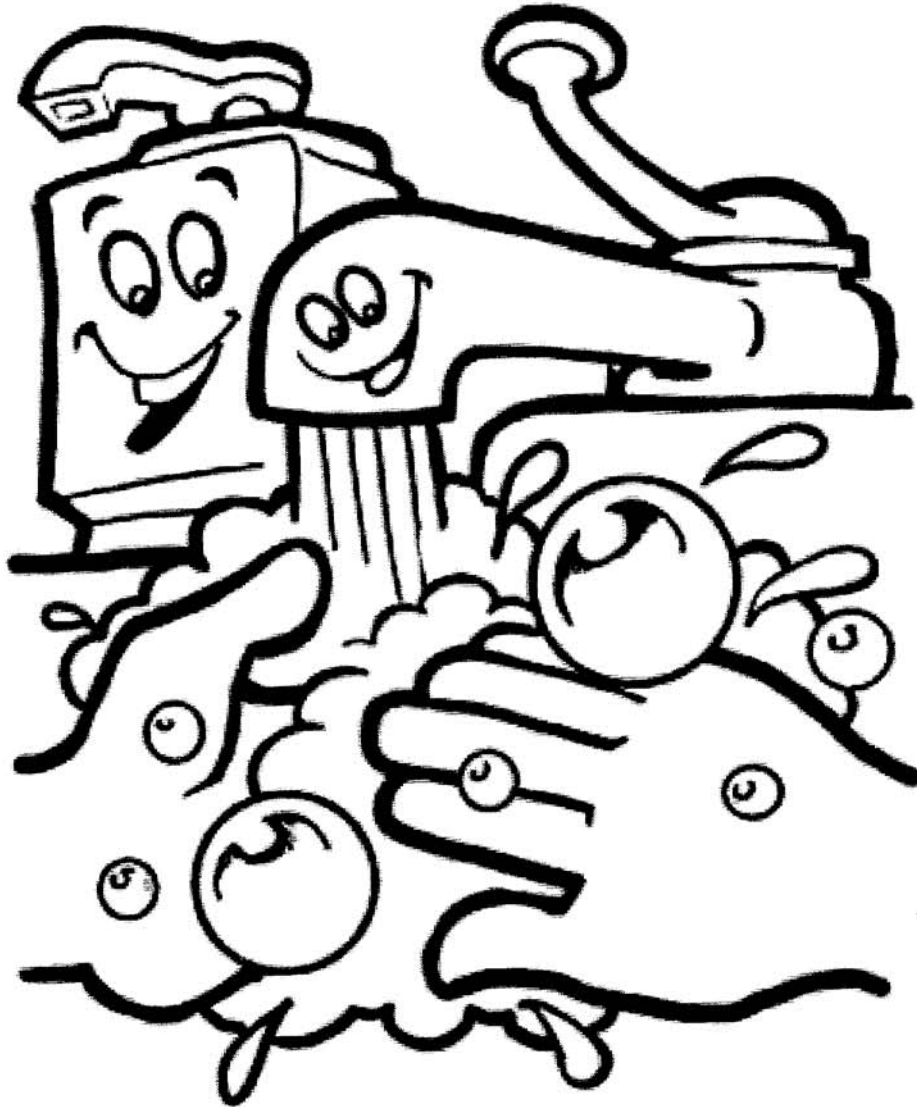
Activity:

Discuss how these findings may change classroom routines.

Have students complete the attached activities in class or take them home to complete.

Wash your hands!

Have the children colour this picture of handwashing

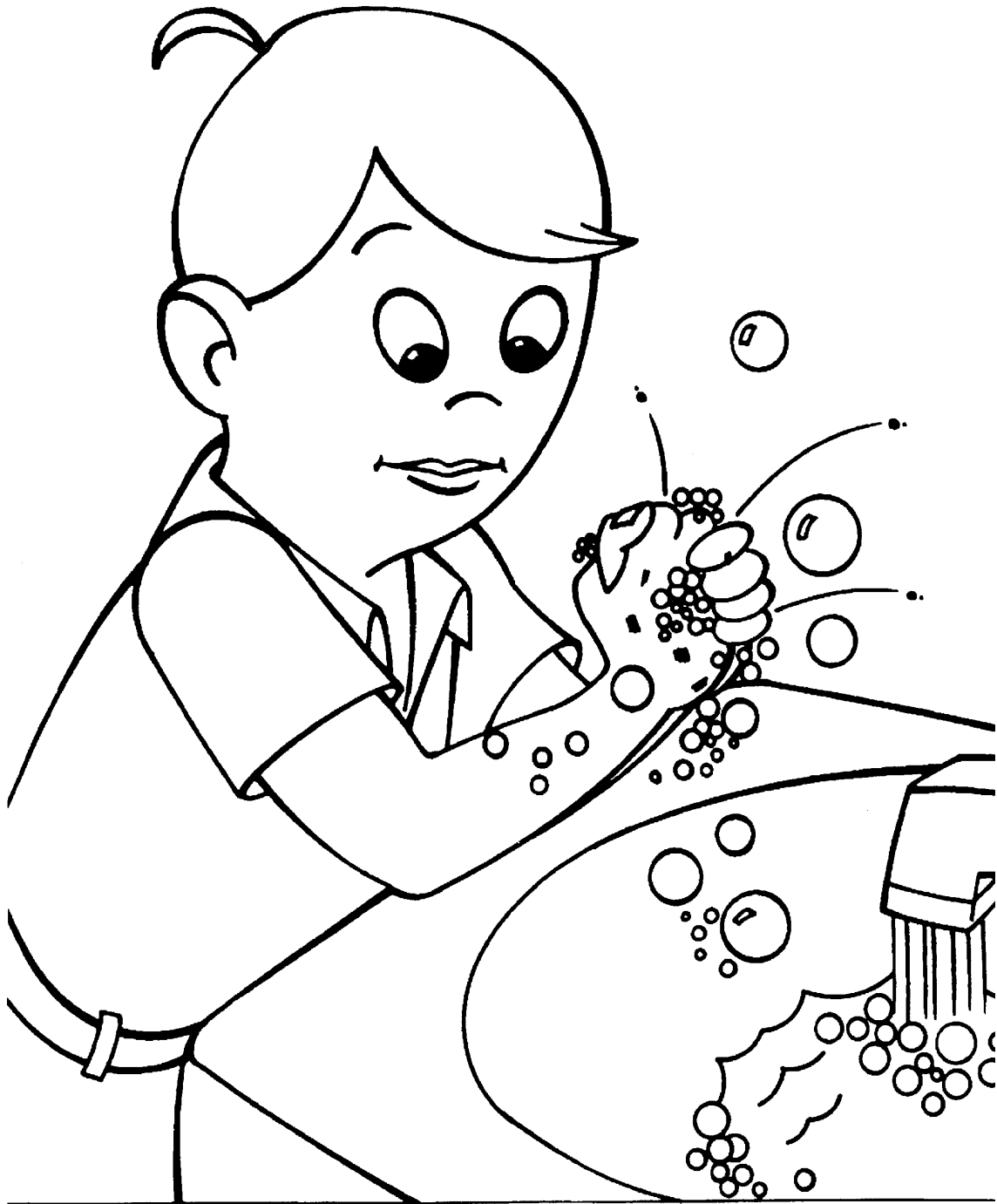


I promise to clean my hands properly in order to be a Germ Stopper!

Name: _____

(Used with permission from the Canadian Partnership for Consumer Food Safety Education, www.canfightbac.org)

Colour Me



I promise to clean my hands properly in order to be a *Germ Stopper!*

Name: _____

(Adapted with permission from the *GloGerm* Company, www.glogerm.com)

Let's Make A Puzzle



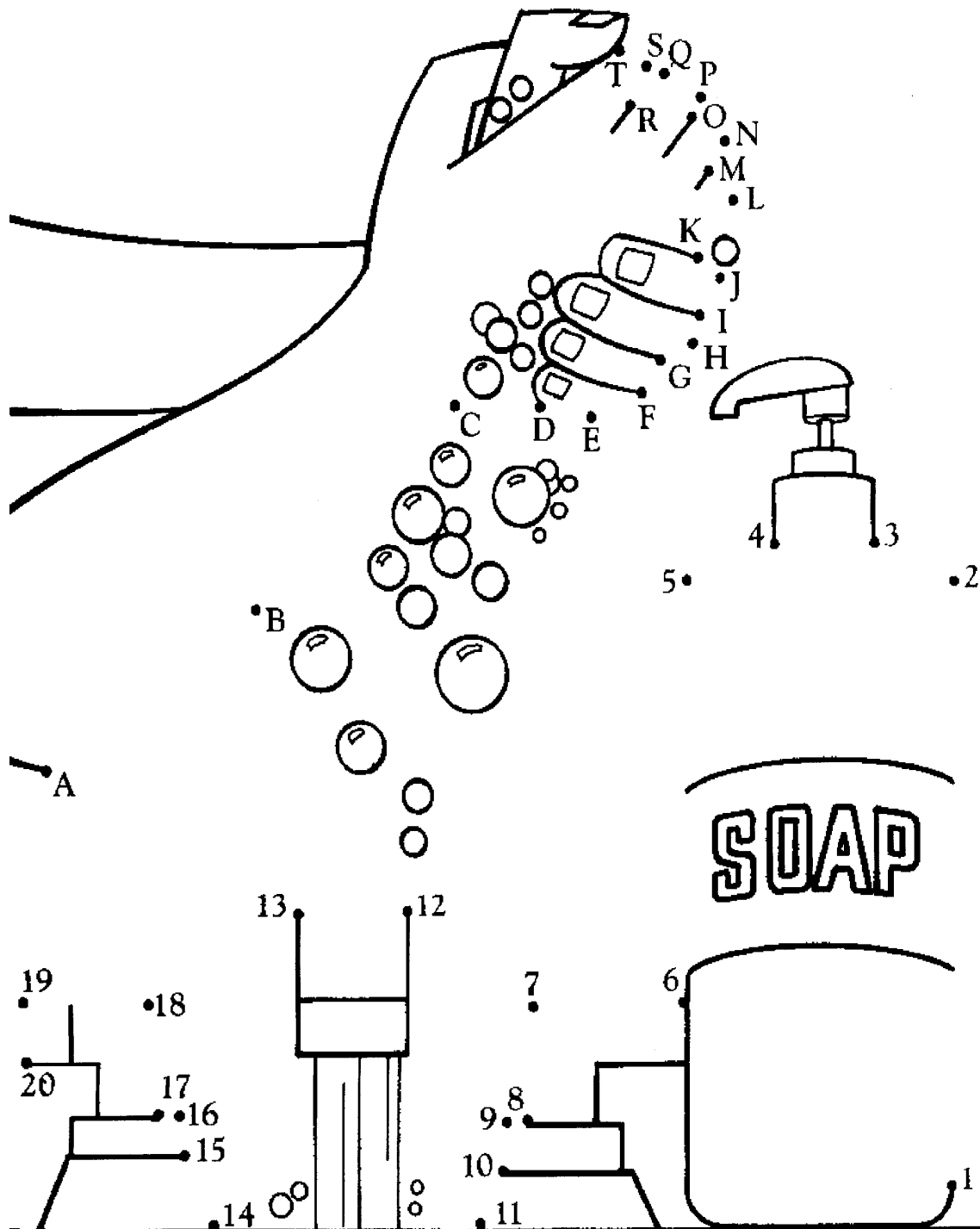
Colour me,
then cut out to
make a puzzle.

I promise to clean my hands properly in order to be a *Germ Stopper!*

Name: _____

(Adapted with permission from the *GloGerm* Company, www.glogerm.com)

Connect the Dots



I promise to clean my hands properly in order to be a Germ Stopper!

Name: _____

(Adapted with permission from the GloGerm Company, www.glogerm.com)

Be A Germ Stopper!

Healthy Hand Hygiene Word Search

Find and circle the eight words in the puzzle below:

GERMS

DISEASE

SOAP

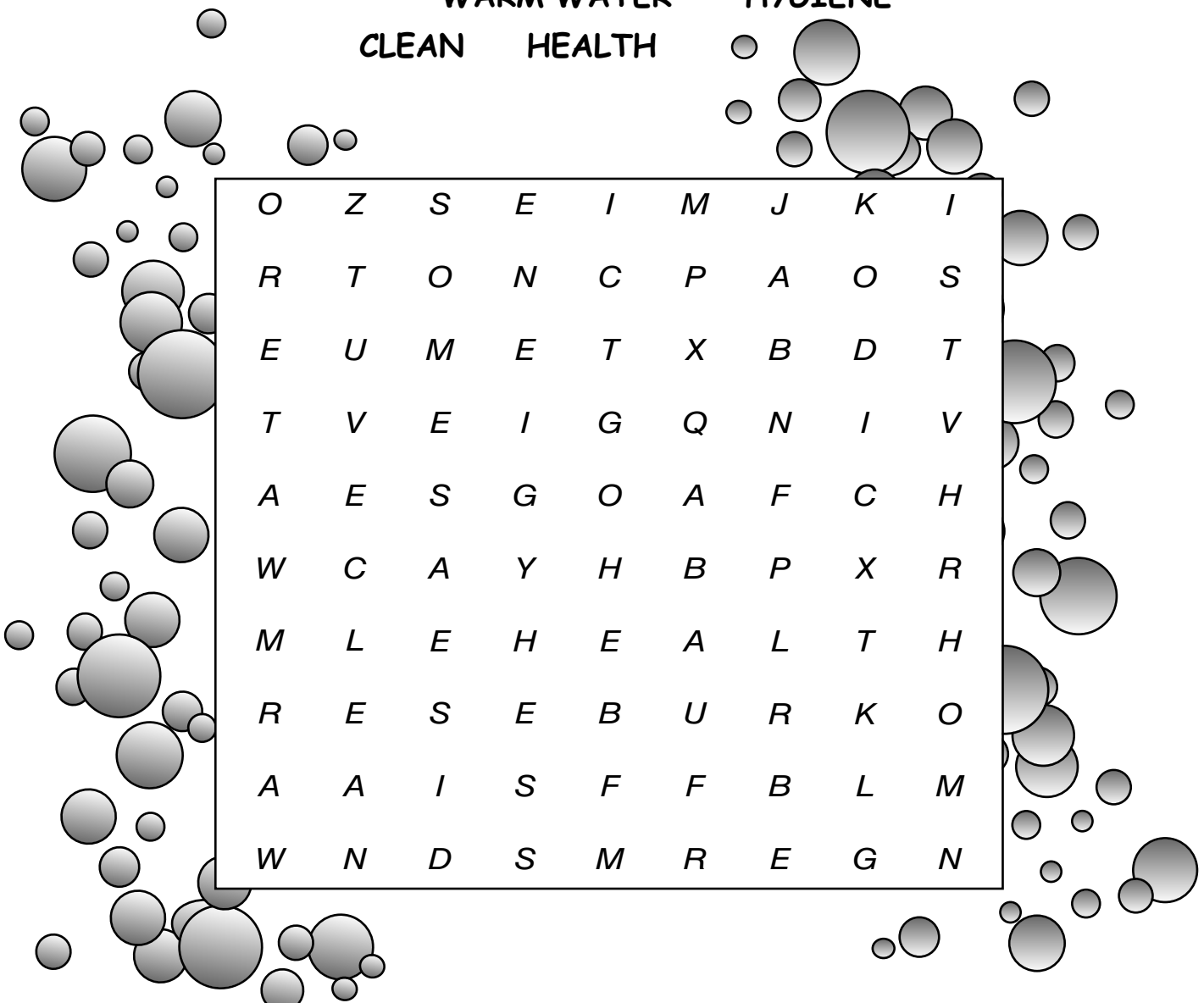
WASH HANDS

WARM WATER

HYGIENE

CLEAN

HEALTH



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| O | Z | S | E | I | M | J | K | I |
| R | T | O | N | C | P | A | O | S |
| E | U | M | E | T | X | B | D | T |
| T | V | E | I | G | Q | N | I | V |
| A | E | S | G | O | A | F | C | H |
| W | C | A | Y | H | B | P | X | R |
| M | L | E | H | E | A | L | T | H |
| R | E | S | E | B | U | R | K | O |
| A | A | I | S | F | F | B | L | M |
| W | N | D | S | M | R | E | G | N |

I promise to clean my hands properly in order to be a Germ Stopper!

Name: _____

(Adapted with permission from the GloGerm Company, www.glogerm.com)

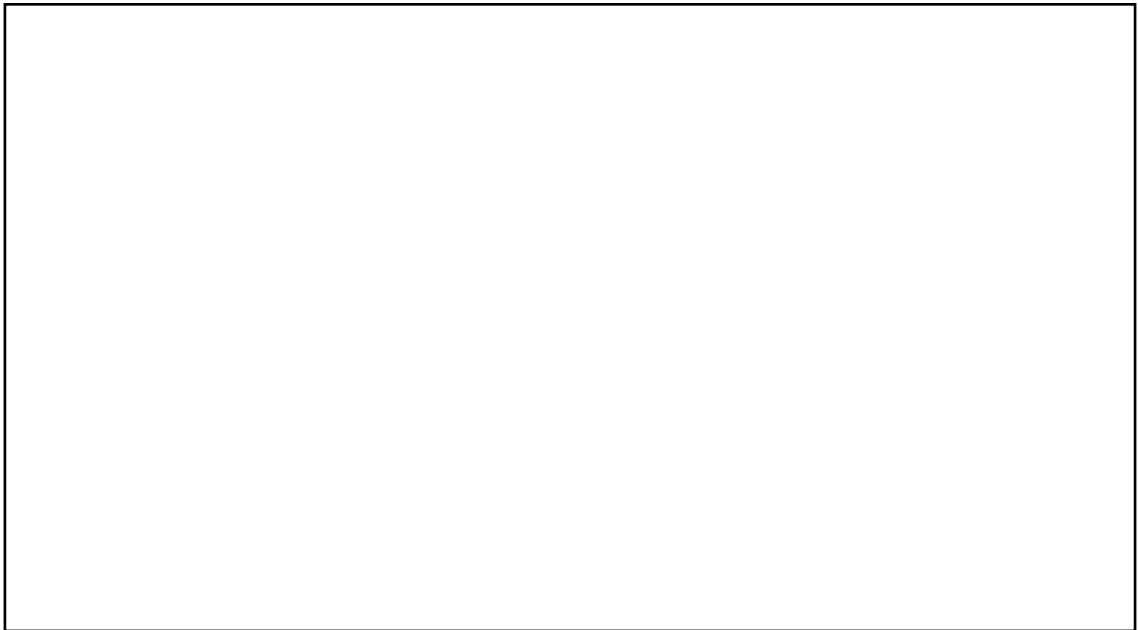
Assessment #1: Are You A Germ Stopper?

Teachers may choose to complete A and B verbally with children

- A. Fill in the blanks, using the words provided: (Answers)
- 1. Germs are found _____ fifteen (15)
 - 2. Germs can make you _____ Hand sanitizers
 - 3. Clean your hands for at least _____seconds. promise
 - 4. I _____ to clean my hands often. sick
 - 5. _____ kill germs. everywhere

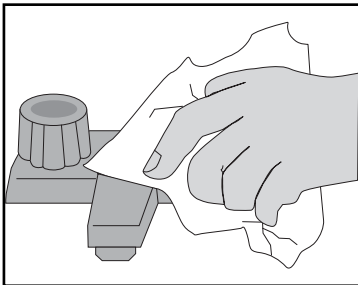
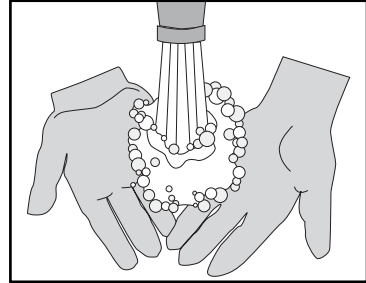
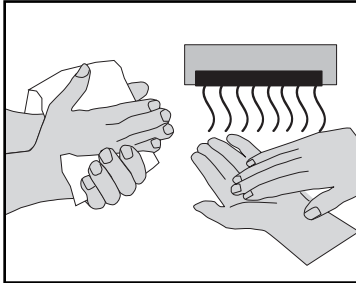
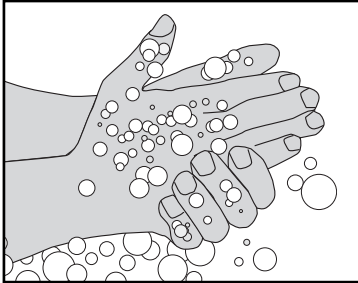
B. I should clean my hands often because _____

C. This is a picture of me cleaning my hands.

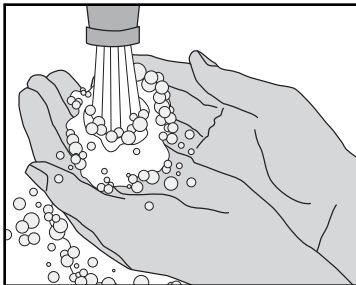


Assessment #1: Are You A Germ Stopper? (cont'd)

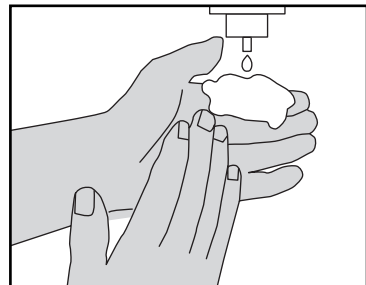
D. Cut out the following 6 pictures and glue them below in the correct order for proper handwashing.



1



2



3

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4

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| | | |

5

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6

Assessment #2: How Much Do Your Students Know?

This can be completed by the teacher to compare student knowledge before/after classroom instruction.

Circle a number from 1 to 5 to indicate your opinion of your students' knowledge.

In your opinion, most of your students:

| | Low | | | High | |
|--|-----|---|---|------|---|
| 1. Can identify the symptoms of a respiratory infection. | 1 | 2 | 3 | 4 | 5 |
| 2. Can identify how a respiratory infection affects them and others (tiredness, missing school, at risk of spreading germs to others, etc.). | 1 | 2 | 3 | 4 | 5 |
| 3. Can identify what causes a respiratory infection. | 1 | 2 | 3 | 4 | 5 |
| 4. Can explain how germs are spread. | 1 | 2 | 3 | 4 | 5 |
| 5. Can state the best way to prevent germs from spreading. | 1 | 2 | 3 | 4 | 5 |
| 6. Can recall the 6 steps of healthy handwashing. | 1 | 2 | 3 | 4 | 5 |
| 7. Can simulate proper handwashing techniques. | 1 | 2 | 3 | 4 | 5 |
| 8. Can identify <u>when</u> to wash hands. | 1 | 2 | 3 | 4 | 5 |
| 9. Can recall the 2 steps of using hand sanitizer. | 1 | 2 | 3 | 4 | 5 |
| 10. Can tell the difference between the need for handwashing and for using hand sanitizer. | 1 | 2 | 3 | 4 | 5 |