

Lesson Plan #3: What Are Germs?

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

Learning Objectives:

- Children will recognize that germs are tiny living things (micro-organisms).
- Children will learn that germs (bacteria and viruses) can make us sick.

Materials:

- Crayons, coloured pencils or markers
- Paper
- "What Are Germs?" colouring sheet (attached)
- Microscope and "What Helps Me See Germs?" picture (attached)

Key Messages:

- Germs are tiny living things that can make you sick.
- Two types of germs are viruses and bacteria.

Method:

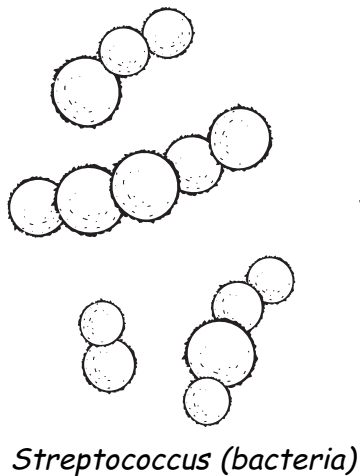
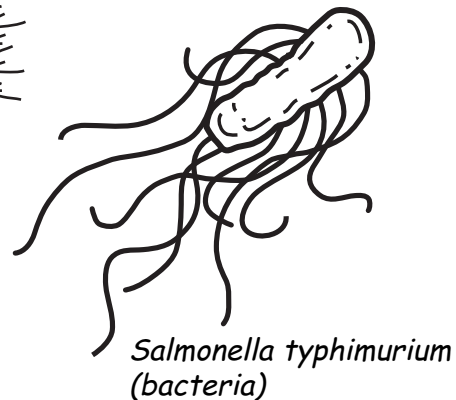
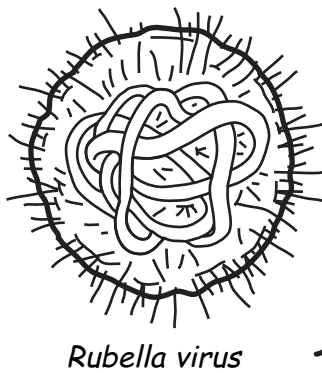
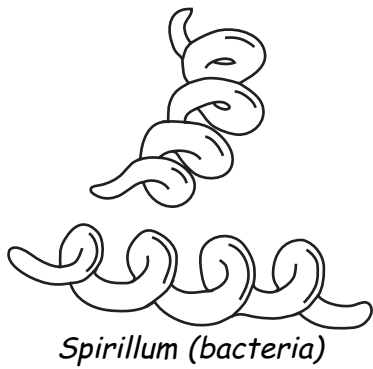
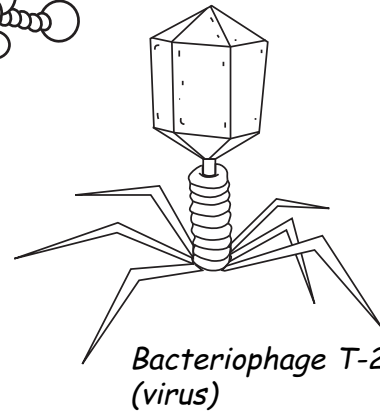
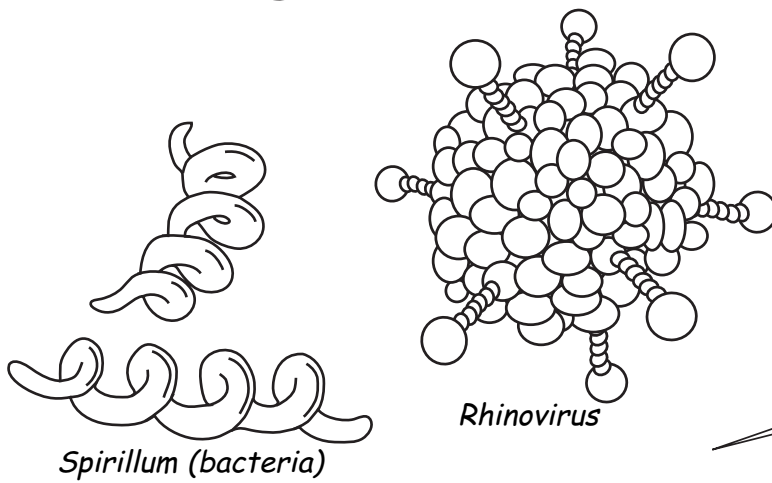
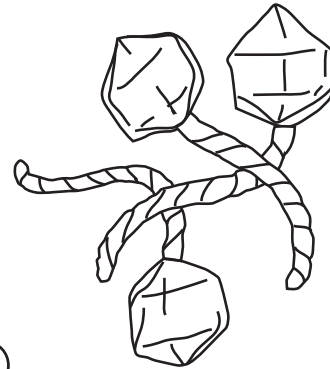
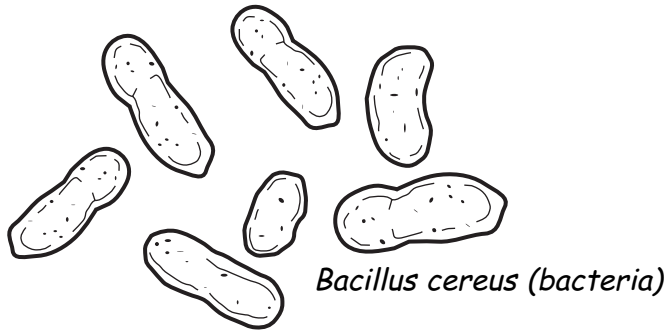
Tell children that germs are tiny living things called micro-organisms. They can't be seen with our eyes alone and they can make us sick. Explain that in order to see germs, we need a microscope which is like a giant magnifying glass. Hold up a microscope or the "What Helps Me See Germs?" picture. Explain that there are many types of germs: some are viruses and some are bacteria. Photocopy the "What Are Germs?" colouring sheet and distribute to children.

Activity:

1. Have children colour the germs on the colouring sheet.
2. Have children discuss the shapes of these germs.
3. Give children an extra paper to draw a germ of their own and give it a name.
4. Build a model germ with classroom materials or recyclable materials from home.

"What Are Germs?" Colouring Sheet

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



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

Name: _____

What Helps Me See Germs?

*Use this picture to explain to children what a microscope looks like.
Explain that this is what we use to see germs.*

Microscope



Lesson Plan #4: How Clean Are Your Hands?

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

Learning Objectives:

- Children will recall that germs can be on their hands although they cannot be seen.
- Children will recognize that proper handwashing can remove germs from hands.

Materials:

- Glo Germ UV light unit (available from Region of Peel—Public Health)
- Glo Germ Potion (available from Region of Peel—Public Health)
NOTE: A Material Safety Data Sheet for Glo Germ Potion is included in this resource kit (p. 102)
- Handwashing facilities
- Liquid soap
- Paper towels or air dryer

Key Message:

- Proper handwashing can remove germs on hands, even when germs are not visible.

Method:

Place a small amount of *Glo Germ* Potion onto each child's hand. A pea sized drop should be enough for small hands. Have children rub the potion all over their hands. Explain that, like the potion, germs are on their hands although they cannot see them. Have children place their hands under the UV light (you may have to dim the lights in the room). The areas where there is *Glo Germ* Potion will glow white under the light. Explain to children that the white glow shows where "pretend" germs are on their hands. Have children wash their hands using the proper technique and then look at their hands under the UV light again. There should be a significant reduction in the areas that glow white.

Have children discuss areas on their hands that are sometimes missed during handwashing, (i.e. where the *Glo Germ* Potion continued to glow under the light). These are usually the thumbs, between the fingers and around the fingernails. Encourage children to pay extra attention to these areas whenever handwashing. Explain that, like the germs, the potion can be washed off through proper handwashing.

Children will:

1. Rub *Glo Germ* Potion all over their hands.
2. Place hands under the UV light.
3. Identify areas on their hands that glowed BEFORE and AFTER handwashing.

Activity:

Discuss what personal changes need to be made in their handwashing routine to improve their hygiene by reducing the number of germs on their hands.

Variations:

- Divide the children into two groups. Have one group wash their hands with water only, and the second group wash with soap and water. After examining their hands under the *Glo Germ* light, discuss the results.
- Put *Glo Germ* Potion onto the hands of one child and ask that child to shake hands with five classmates. Examine the hands of the children involved in the handshakes under the UV light. Discuss how the *Glo Germ* Potion has been transferred from the hands of the original child to the hands of others. This is representative of how germs can be transmitted from one person to another through direct contact.

Lesson Plan #5: Can You Sing for 15 seconds?

(This lesson plan is sponsored by the Canadian Consumer Specialty Products Association (CCSPA) and the 15-Second Challenge as an unrestricted educational grant, www.healthycleaning101.org)

Learning Objective:

- Children will demonstrate the steps of proper hand cleaning for a minimum of 15 seconds.

Materials:

- The "Happy Birthday Song" or one of the songs or chants included below

Key Message:

- Hand cleaning must take a minimum of 15 seconds

Method:

Review the steps of proper hand cleaning. Teach the songs or chants listed below. While children are simulating hand cleaning techniques, everyone sings or chants the same tune, ("Happy Birthday Song" or one of the songs listed below) for a minimum of 15 seconds.

Children will:

1. Review the steps of proper hand cleaning
2. Simulate hand cleaning techniques
3. Sing or chant one of the tunes below while rubbing hands together for a minimum of 15 seconds

Songs:

Wash Your Hands (tune: Row, Row, Row Your Boat)

(Used with permission from CHICA-Canada, www.chica.org)

Wash, wash, wash, your hands
Wash them day and night
Soap and water does the trick
It keeps them clean and bright!

Wash, wash, wash, your hands
Many times a day
Scrub and rub and rinse and dry
Germs will go away

Scrub- A- Dub (tune: The Farmer in the Dell)

(Used with permission from Wellington-Dufferin-Guelph-Health Unit,
www.wdghu.org)

Turn the faucet on; make sure the water's warm.
Put the soap right on your hands, and make a soapy storm.
Scrub-a-dub each hand, each finger, thumb, and wrist.
Scrub-a-dub all over them, so not a spot is missed!

Soap and Water (tune: Twinkle, Twinkle)

(Used with permission from Wellington-Dufferin-Guelph-Health Unit,
www.wdghu.org)

Soap and water, that's the way,
You can wash the germs away.
Keep on washing - when you do,
You'll get rid of germs, it's true.
Now your hands are clean, here's why:
Germs are down the drain. Goodbye!

If You're Happy and You Know It

(Used with permission from CHICA-Canada, www.chica.org)

If you're happy and you know it wash your hands!
If you're happy and you know it wash your hands!
If you're happy and you know it and you really want to show it,
If you're happy and you know it wash your hands!

If you're happy and you know it scrub your nails...
Wash your fingers...
Rinse your hands...
Dry your hands...etc.

"Clean Rap" by Sue Miall, retired OCDSB teacher
(Use a rap rhythm to recite the following song)

When you can't breathe well and you need to sneeze
Just grab a tissue or use your sleeve

When your hands are dirty don't touch a friend
Use soap and water for the dirt to end

Germs can cause so many woes
Like coughing, sneezing, runny nose

Germs from coughs and colds and flu
Can be stopped from spreading by washing too

At home or school know what to do
Clean your hands because you're cool!

This Is The Way We Wash Our Hands (tune: Mulberry Bush)

This is the way we wash our hands, wash our hands, wash our hands,
This is the way we wash our hands, so germs will go away!

This is the way we wet our hands...
This is the way we squirt the soap...
This is the way we lather and rub...
This is the way we rinse our hands...
This is the way we dry our hands...
This is the way we turn off the tap...

This is the way we wash our hands, wash our hands, wash our hands,
This is the way we wash our hands, to keep the germs away!

The Sneeze Song (tune: The Farmer In The Dell)

I think I have to sneeze...Achooo!
I think I have to sneeze...Achooo!
Cover your sneeze with a tissue please....
Or use your upper arm too!

I need to wash my hands...rub! rub!
I need to wash my hands...scrub! scrub!
I need to wash the germs right off,
So rub and scrub and rub!

Wash Your Little Hands (tune: Twinkle, Twinkle)

(Child's name, child's name) if you can,
Go and wash your little hands,
Use some soap and water too,
Germs will wash right off of you,
You'll stay healthy, won't get sick,
Nice clean hands, now that's the trick!

Sick Child (tune: Mary Had A Little Lamb)

(Original author unknown)

Mary had a little lamb, little lamb, little lamb,
Mary had a little lamb, she also had the flu!

And when she left her friends at school, friends at school, friends at school,
And when she left her friends at school, the others had it too!

So any time your child is sick, your child is sick, your child is sick,
So any time your child is sick, please keep them home with you!

And then the children here at school, here at school, here at school,
And then the children here at school, will be happy and healthy too!

Lesson Plan #6: Felt Board - Handwashing Steps

Learning Objective:

- Children will learn the proper steps of handwashing.

Materials:

- "Handwashing Steps" pictures (Use the attached pictures to create your own felt board pieces)
- Felt board
- "William, Won't You Wash Your Hands?" storybook (available on loan from Region of Peel—Public Health)

Key Messages:

- Handwashing must be done properly in order to get rid of germs.
- There are six basic step to wash hands.
- It is important not to miss any steps and to do them in the correct order.
- You must wash your hands often.

Method:

If you choose to make your own felt board pieces, cut out and laminate the 6 handwashing steps and place velcro at the back of each piece. Create your own felt board or purchase a ready-made one on which you can stick the laminated pieces.

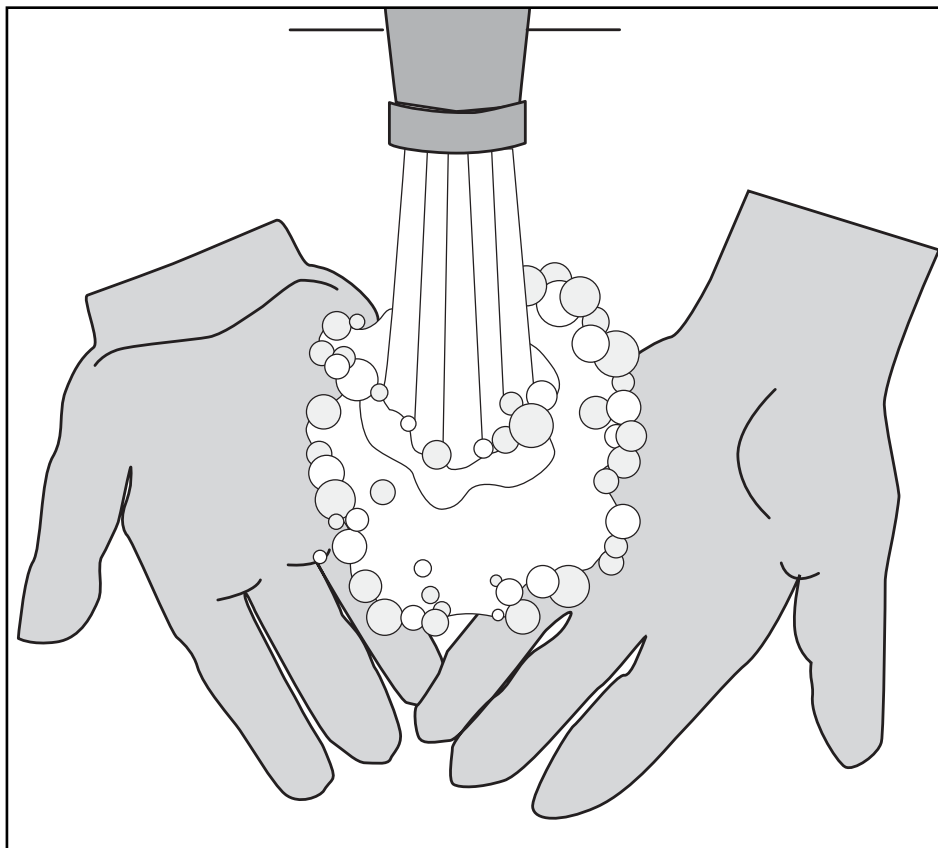
Gather children in a place so that they will be comfortable and will be able to see the felt board. Discuss the importance of washing hands to get rid of germs. Review the steps of proper handwashing, simulating each step as you go. Be sure to count to fifteen seconds (or sing the 'Happy Birthday Song' twice) when practicing lathering and rubbing hands together. Have children place the laminated pictures on the felt board in the proper order for handwashing. Once completed, read "William, Won't You Wash Your Hands?" storybook to them to emphasize the importance of handwashing.

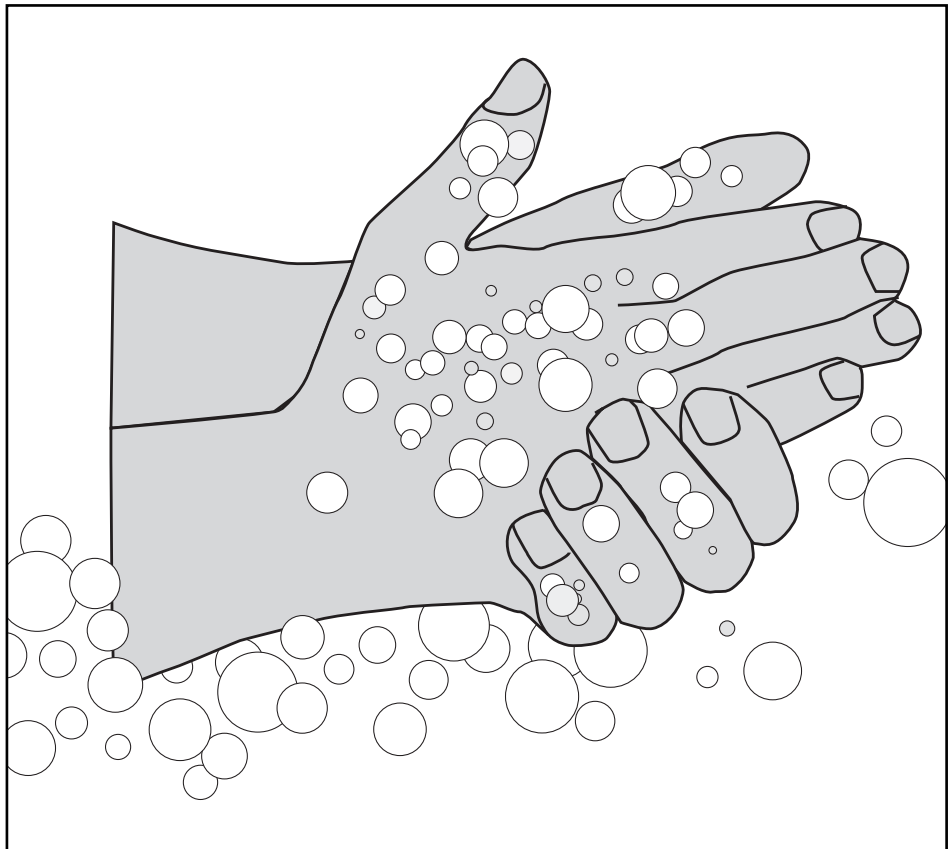
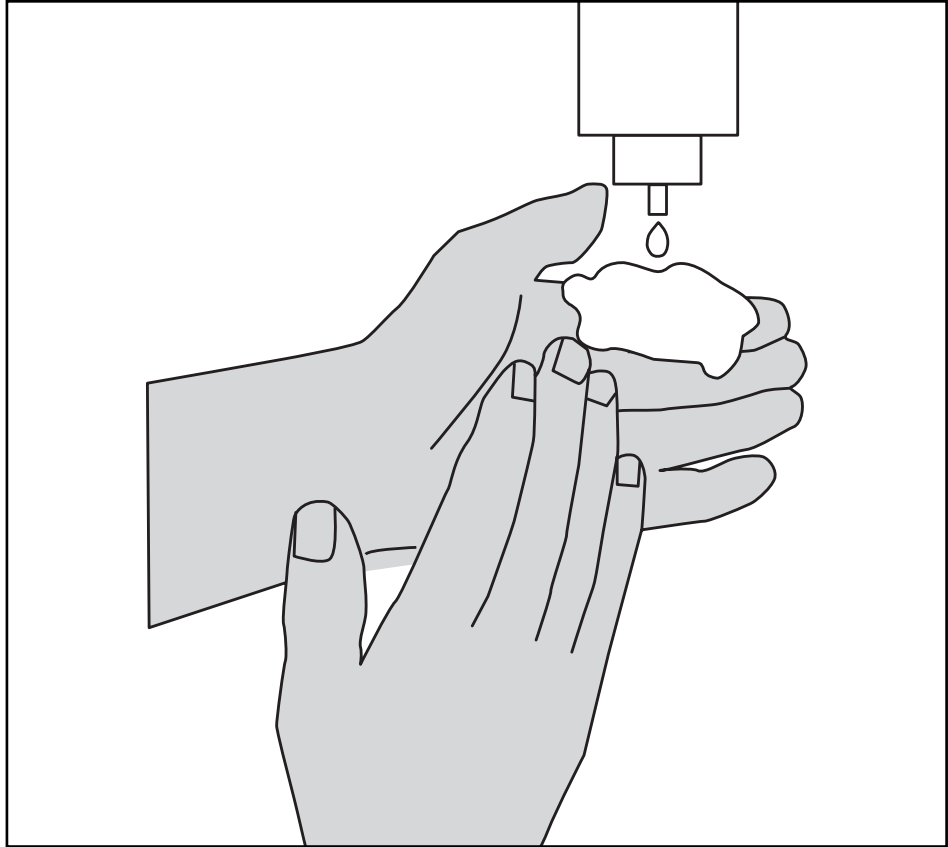
Activity:

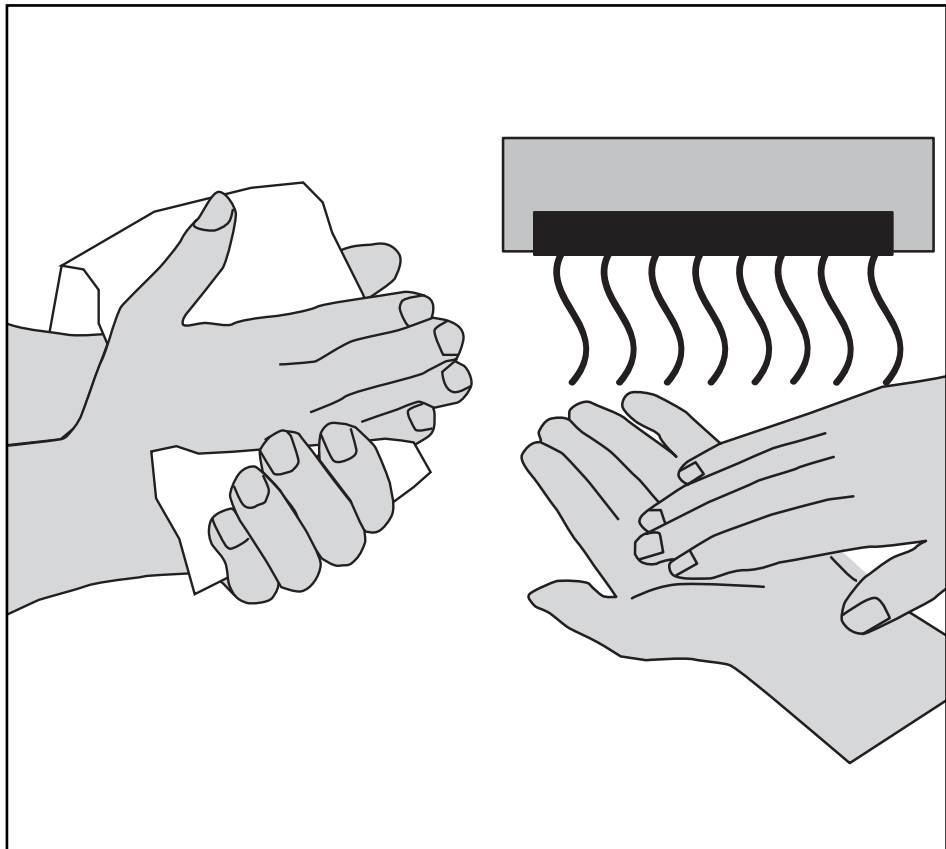
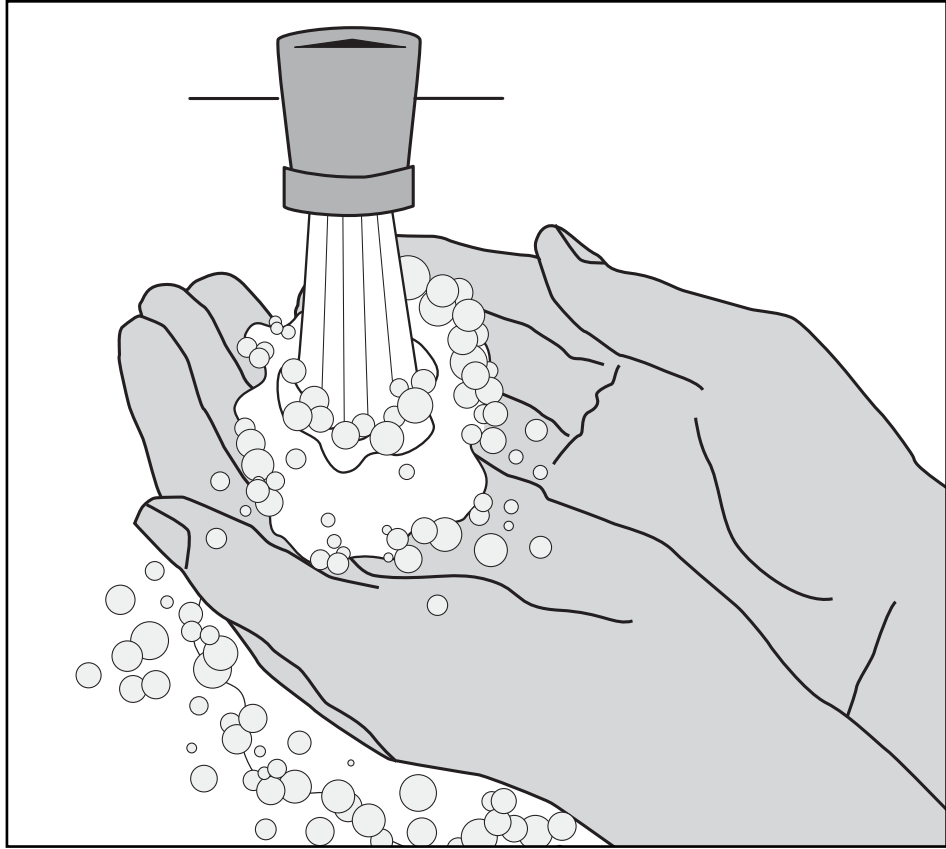
1. Review handwashing procedure with children, simulating each step as you go.
2. Have children place the laminated pictures on the felt board in the proper order for handwashing.
3. Read the storybook "William, Won't You Wash Your Hands?" to the children in order to emphasize the importance of handwashing.

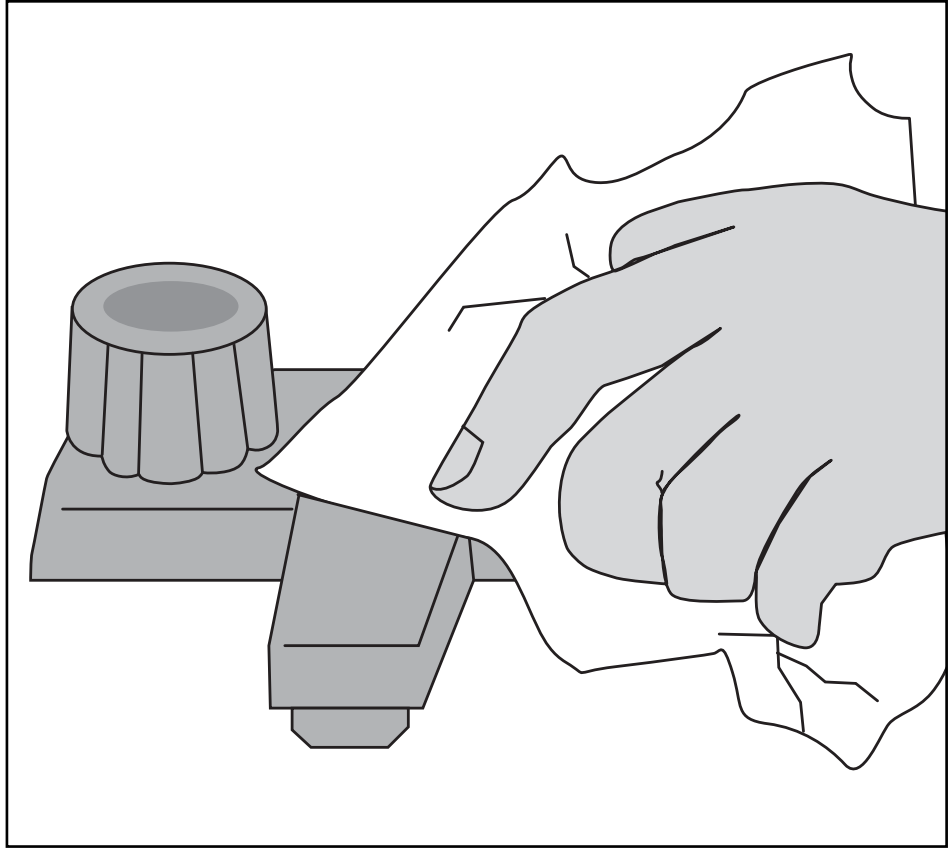
Handwashing Steps

Use these pictures to create felt board pieces: cut out, laminate and place adhesive velcro on the back of each piece.



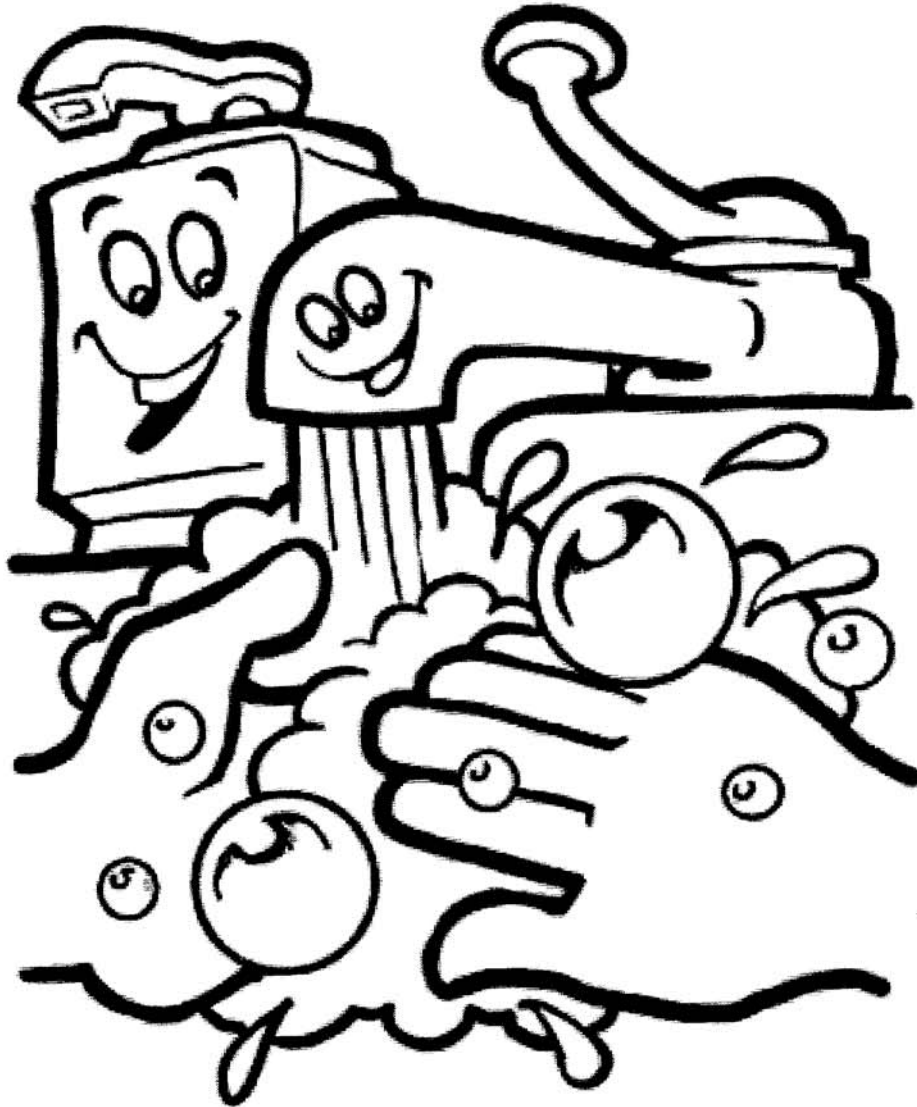






Wash your hands!

Have the children colour this picture of handwashing

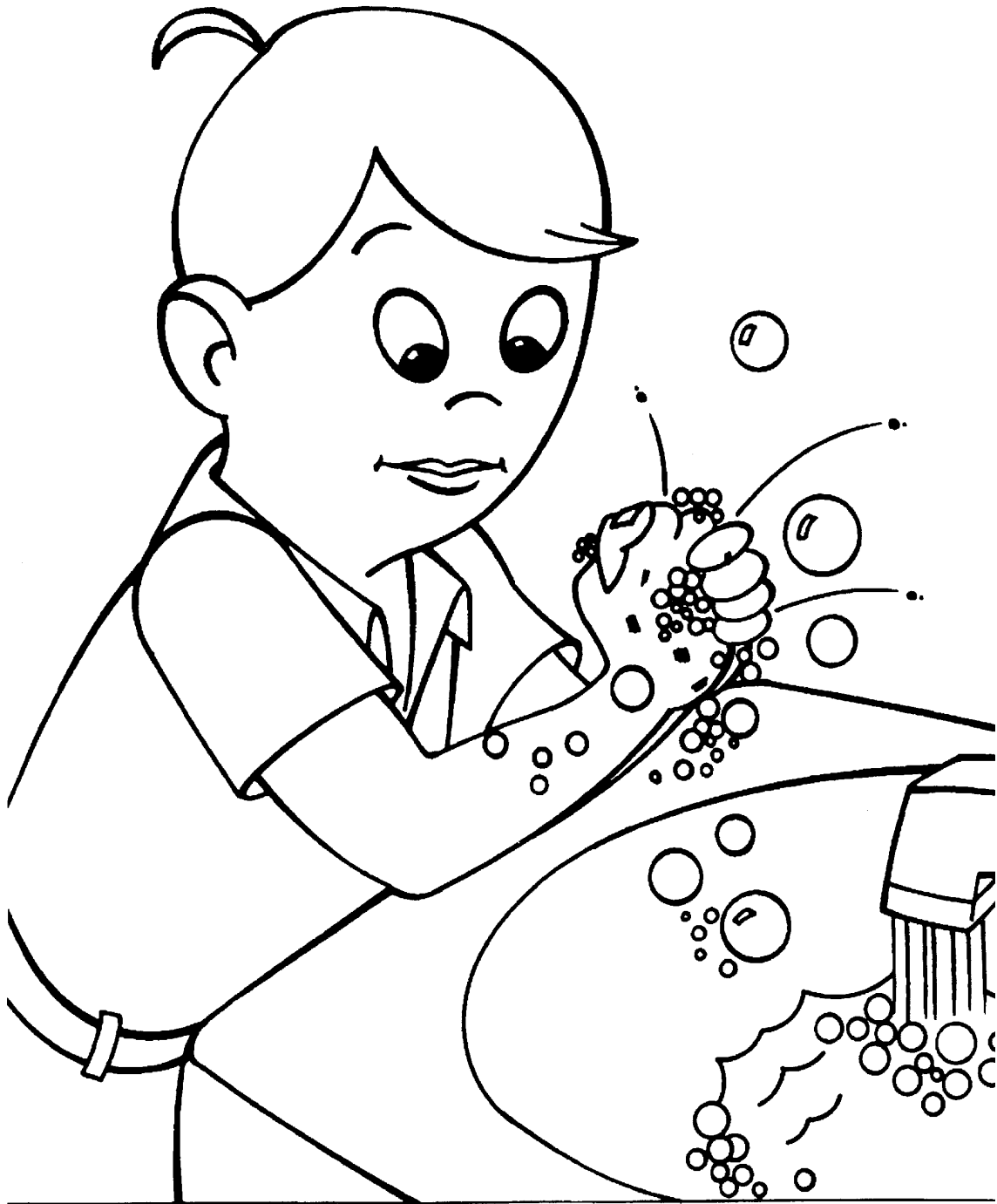


I promise to clean my hands properly in order to be a Germ Stopper!

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)