

Kindergarten

Health Objective 2.01

Predict situations that should include hand washing and demonstrate correct hand washing technique.

Language Arts 2.04

Formulate questions that a text might answer before beginning to read.

Materials Needed:

Germs Make Me Sick! (Let's-Read-and-Find-Out Science 2) by Melvin Berger, Marilyn Hafner
Glitter
Paper towels
Hand lotion

Focus:

- The teacher should place a small amount of glitter onto his/her hands
- As students enter the room, welcome several of the students by shaking their hands.
- As the lesson begins, ask students to look at their hands and see if anyone has glitter on their hands.
- Tell the students that the glitter represents germs.
- Ask, How did the glitter (germs) get on their hands?
- Discuss how germs are spread and how to prevent illnesses caused by these germs.

Teacher Input:

Show students *Germs Make Me Sick!* Ask students to think of questions that this book might answer. Record the student responses. Read *Germs Make Me Sick* and discuss how germs can make us sick. Have the students predict situations that might require hand washing (e.g., after going to the bathroom, before eating or touching food, after blowing or wiping nose, after coughing or sneezing, when you get home from school, when arriving at school, after petting animals, and when coming in from outside).

- Explain how each time we wash our hands with warm soapy water we wash away germs and if we do not wash our hands we risk getting sick.
- To wash your hands turn on warm water.
- Wet your hands all over.
- Use soap and rub hands together to lather it up between fingers, under nails, on your palms, and the back of your hands.
- Do this for as long as it takes to sing
Happy Birthday to you!
Happy Birthday to you!
Happy Birthday to you!
Happy Birthday to you!
- But don't forget to sing it at a normal pace, not too fast.

It should take you at least 10 seconds. You can just count 1,2,3,4,5,6,7,8,9,10. Ask the students to practice while counting to 10 together.

Practice & Assessment:

Activity 1

Be sure that students are not allergic to hand lotion. If there are students with allergies use petroleum jelly.

1. Put a small amount of hand lotion in each student's hand. Have them rub it in all over their hands.
2. Sprinkle, over a bucket, a small amount of glitter into each student's hands. Have them rub their hands to spread the glitter out evenly.
3. Have a few students try to get the glitter off with a dry paper towel.
4. Have a few students try to get the glitter off with only cold water.
5. Have the remainder of the students use warm water and soap, as described above, while singing or counting to get the glitter germs off.
6. Let everyone see each group's hands.
7. Let everyone wash his or her hands in warm water with soap.
8. Ask students,
Will a dry paper towel get rid of germs?
Will cold water get rid of germs?
Will warm water and soap and scrubbing get rid of germs?

Activity 2

Teach students the Wash Your Hands Song (sung to the tune of Happy Birthday)

*Wash Your Hands and Get Them Clean
Move Them All Around
Wash Your Hands and Get Them Clean
And Keep Them Germ-free*

*Dry Your Hands With A Towel
Rub It All Around
Dry Your Hands With A Towel
And Throw It Away
In The Trash Can*

Ask students to demonstrate how they wash their hands while they sing the song. Practice actually using the sink and soap. Finally remind the students that we should wash our hand after using the bathroom, before eating, and when coming into the class from home and the playground. Also remind students to always use a clean towel to dry their hands.