

Grade 2**Health Objective 2.03**

Summarize appropriate measures to prevent contact with the body fluids of others.

Language Arts Objective 2.06

Summarize main ideas from written or spoken texts.

Materials Needed:

Poster paper

Markers or crayons

Hand lotion

Glitter

Hand soap

Warm water

Any children's book about germs, such as: Germs Make Me Sick, Melvin Berger

Impatient Pamela Learns about Germs, Sarah Overland, Aaron Conway

Germs Are Not for Sharing, Elizabeth Verdick, Marietta Heinlen

Focus:

Start the lesson with a discussion about germs-what are they, what do they do and where do they live. After they have told you what they know, read one of the books suggested above and discuss.

Ask students to name as many places as they can think of where germs live. Some ideas: hands, toothbrushes, sponges, mouth, nose, a cut or scrape on your finger or knee, etc. *Germs are everywhere and on everybody. Today's lesson is to teach you how to prevent contact with other people's germs.*

Let's try an experiment. I am going to ask one person in the room to shake hands with two people. Then each of those two students to shake hands with two people, and so on until everybody has shaken hands with someone. It will all start with _____. (Select a student who has a strong self-concept.) Before the student shakes hands, take them into the hallway and give him/her some hand lotion to rub all over both hands. Then sprinkle some glitter on the inside of the student's hands and ask him/her to rub it all over both hands. Now start the handshake tree. When everyone is finished ask everyone to look at his or her hands. How many people have glitter on their hands?

The glitter represents germs and how quickly they are spread. Only one person started out with the glitter, but look how many hands have glitter now!

Teacher Input/ Practice and Assessment:

Be sure to thank the first student for helping you with the experiment. The timing is perfect now to teach one of the best ways of preventing contact with bodily fluids-hand washing.

Use a hand washing song from one of the following websites or one that you know.

Students will need access to warm water and soap. It takes as long to get hands clean as it does to sing the song.

<http://www.henrythehand.com/>

<http://www.scrubclub.org/home.aspx>

http://www.theideabox.com/Hand_Washing_Song.html

<http://www.preschooleducation.com/shealth.shtml>

After hand washing is complete, ask students other ways they can stay germ free. Recall details from one of the books you read earlier.

Write each idea on a piece of poster paper. Give the poster paper to small groups of students to illustrate. You will have a collage of posters for a bulletin board.

The list should include:

- WASH your hands before eating, after going to the bathroom, after playing with pets, and playing outside.
- Use a tissue when you sneeze or cough or sneeze into your elbow. Throw away your own tissues.
- Do not share items that have been in someone's mouth like drink cans, water bottles, straws, utensils, pencils, Chapstick, and toothbrushes.
- Keep all your cuts, scrapes and wounds covered. Throw away your own band-aids. If you or a friend gets hurt on the playground, get a teacher. If the teacher doesn't have gloves, you need to learn to put on your own band-aids.
- If you or a friend gets a nosebleed, tip head forward and pinch nose with a tissue. Put an ice chip under top lip or an ice pack on the back of the neck.
- Do not ever pick up trash without gloves. Don't pick up glass or sharp objects or put those in a regular trash bag. Someone could be cut.