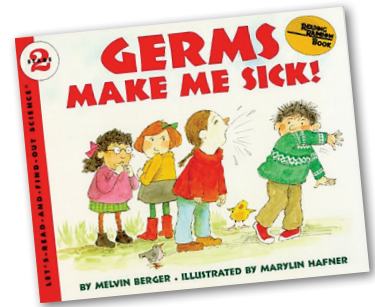


FIX IT SAFE

Germs Make Me Sick



LEARNING GOAL

Read a book about bacteria (germs) and learn about proper hand-washing techniques.

LEARNING OBJECTIVE

Children will be able to describe how bacteria are spread and demonstrate proper hand-washing techniques.

LEARNING QUESTION

What is the best way to wash our hands?

Preparation

YOU WILL NEED

Your Center Provides

- Access to soap/hand-washing facilities

Found in Your Kit

- Book: *Germs Make Me Sick* by Melvin Berger
- 1 spray bottle
- 2 cups of oatmeal
- Blender
- Gallon-size resealable food storage bag
- Paper plate (1 per child)
- Black construction paper (1 per child)
- Jump with Jill CD

NEW WORDS

Bacteria (bak-'tir-ē-ə): Single-celled organisms, also known as germs, that inhabit virtually all environments including soil, water, organic matter and the bodies of multi-cellular animals (e.g. mammals like humans). Bacteria have a spherical, rod-like or spiral shape.

Spanish Translation: *bacteria*

Preschool Translation: Organisms that are too small to see with our eyes. They live everywhere, including on our bodies!

BEFORE YOU BEGIN

Read the book and script to familiarize your-self with the content. With younger preschool children, you may need to shorten the length of the story by skipping more detailed pages. Prepare the oat flour. (See instructions on left.)

BOOK SCRIPT

Ask the following questions on the appropriate pages as you read through the book.

Page 5: What does the boy look like? Sleepy? Sad? Hurting?

Page 8: Even the food we buy in the grocery store can be dirty with germs. After we buy food, what should we do with it?

Page 10: What happens when you are sick? Your nose gets stuffy and clogged? Why do you think this happens?

Page 12: What are this boy and girl doing? What could be wrong with sharing food and drink?

Page 13: What happened to this girl? What should she do to her knee?

Page 16: These little bacteria are what you'd see under a microscope.

Page 31: Review the health tips on this page.

Prepare the oat flour

for the activity by pouring 2 cups of raw oatmeal into a blender or food processor. Blend on high for 1-2 minutes until the oats have turned into a powdery substance, like flour. Store oat flour in a tightly sealed and labeled Ziplock bag until you are ready to complete the activity in your classroom. Oat flour is used instead of all-purpose flour in this activity because traditional all-purpose flour has not been heat treated and handling it raw may make children sick. Oat flour is a safe alternative!

Exploration

WHAT TO DO

1. Use photographic examples of bacteria to support your discussion.
2. **Say:** Today we are going to learn about bacteria. Some bacteria can be good for us and some can be bad for us. It's important to make sure we keep clean, because everywhere we go we there are bacteria. Do you know what bacteria are? Bacteria are organisms that are too small to see with our eyes. They live everywhere including on our bodies! We can get sick from bacteria, but as long as we practice good habits we won't get sick. How can we make sure to stay clean? Right, wash our hands!
3. **Say:** What are some other ways to keep the bad bacteria away? By cleaning the things around us and by covering mouths or noses while coughing or sneezing. If we aren't feeling well, whom should we tell? Should we go to the doctor? How should we take care of ourselves when we're sick? We should get plenty of rest so our bodies can fight the infection and we should eat healthy, vitamin rich foods, like orange juice, and plenty of vegetables.
4. **Say:** Did you know we can spread bacteria?
5. Spray the spray bottle in the air. Allow the children to feel the small particles.
6. **Say:** This is an example if someone sneezed. Feel that moisture. When someone sneezes and does not cover their nose, they are spreading bacteria. Bacteria live all around us. They are even in the air we breathe.
7. Pass out paper plates, oat flour, and construction paper to each child. Instruct children to rub the oat flour on their hands. Make sure they keep their hands to themselves.
8. **Say:** Pretend each little spec of oat flour is bacteria. Whatever we touch, we will spread them. Don't put them in your mouth, in your nose, or in your eyes. You'll spread germs!
9. Tell children to place their hands on the construction paper. Children should be able to observe the spread of the "bacteria" on their paper. Discuss with the children other common surfaces in the classroom that may also have bacteria. Ask them to tell you the things they touch the most



every day (e.g. door knob, cubbies, materials in learning centers, toys).

10. Once you have finished discussing how bacteria are spread, lead children to the bathroom or closest sink.
11. Instruct proper hand-washing techniques for the children.
12. **Say:** We want to make sure to wash not just the palms of our hands, but our fingers and wrists too! These places have bacteria too; our fingers are often dirtier than the rest of our hands.
13. **Say and Demonstrate:** Rub your hands back and forth. Interweave your fingers together. Scrub between your fingers. Grab your thumb and rotate around it. Do the same with the rest of your fingers. Rinse off!
14. Encourage children to sing the Happy Birthday song as they wash their hands to ensure they wash their hands for the proper length of time (24 seconds).
15. After children have finished washing their hands, tell them to clear their space and wait for further instruction.
16. End the activity by playing track 2 of your Jump with Jill CD "Energy". Remind children that we wash our hands so we can be healthy and have energy!

QUESTIONS YOU CAN ASK

Q: Why is it important to stay clean?

A: Because bacteria is everywhere. Washing our hands and bodies helps keep us healthy.