

Resources for teaching about hygiene to help prevent the spread of germs, gathered and shared from Doclink.



While it's important to teach our kids about basic hygiene, keep in mind some kids can become easily overburdened. In general, adults should have a relaxed, matter-of-fact attitude towards germs and cleanliness.

Pre-K-2nd

Sing to Row, Row, Row Your Boat (x2 for a good amount of time to wash hands).

Wash, wash, wash my hands / Make them nice and clean. Rub the bottoms, and the tops / And fingers in between

Activity: Glitter Germs (Source: Texas AgriLife Extension Service)

You need: Shaker of glitter, soap and water, sink or bowl, and towels.

1. Put a small amount of glitter on children's hands.
2. Put children into 2 groups: group 1 washes their hands with soap and group 2 without soap.
3. Show how soap gets rid of the glitter (germs) better than water alone.
4. Next, put glitter in your hand and then touch the children's hands, shoulders, hair, etc. to show them how the glitter was transferred. Explain how germs are also transferred in this way. *(Alternatively you can demonstrate this with flour.)*

<https://www.scrubclub.org/activities-kids/> Worksheets like dot-to-dot, coloring sheets, wordsearch, fill in the blanks. Handwashing song. Printable handwashing steps.

Books for Read-Aloud:

Buddy Bear's Hand Washing Trouble - Marjorie T. Cooke Wash Your Hands! - Tony Ross Germs Make Me Sick - Melvin Berger The Ten Potato Scrub - Marjorie T. Cooke Your Skin and Mine - Paul Showers Germs on Their Fingers (also in Spanish) - Wendy Wakefield Ferrin Those Mean Nasty Dirty Downright Disgusting... But Invisible Germs - Judith Anne Rice

Lessons with discussion questions about handwashing and germs spreading through cough and sneezes, ages 3-7, pages 5 and 15

<https://www.cdc.gov/flu/pdf/freeresources/updated/teachingchildrenflu.pdf>

Video clip about cold germs from Sid the Science Kid, 3 min.

<https://www.youtube.com/watch?v=ghLkwSIWSXw>

Elementary

Activity: Use flour to show how germs can hide.

Sprinkle flour on child's hands. Notice how it gets in the cracks of the skin and in between fingers. Germs can do the same thing, which is why proper hand washing is always important. Wash properly with soap and water.

Activity: Show how a sneeze travels.

Put some colored water in a spray bottle. Just use some water and food coloring. Spray the bottle onto a piece of white paper to show how the sneeze spreads. Notice how far the colored droplets can go. Teach Vampire technique: When your child has to sneeze, they can shield germs using their arm which is better than the hand. Have them cross their arm over their mouth so their face is on the inside of their elbow. It sort of looks like a vampire covering his face with a cape.

Activity: Grow your own mold on bread.

Show how dirty hands are by growing your own mold. After an hour of play, have children press a piece of bread in their hands. Place the bread in a bag and store it in a dark place. In a few days, the germs will grow into mold. It is a wonderful visual reminder for kids that just because they can't see the germs they are still there.

Lesson with discussion questions about spreading germs ages 8-10 beginning on page 21 of this resource from the CDC:

<https://www.cdc.gov/flu/pdf/freeresources/updated/teachingchildrenflu.pdf>

Youth Tip:

Best way to clean cell phones and tablets:

Mix a 1:1 ratio of rubbing alcohol and distilled water into a spray bottle and spritz it onto a microfiber cloth (not directly on the screen). This solution is less abrasive to your mobile devices than an antibacterial wipe, which can damage your phone and corrode the protective coating on the screen. This should be done once a week. (From Children's Healthcare of Atlanta)

For more information, explore the resources where this material was gathered:

<https://www.care.com/c/stories/4211/teaching-about-germs-for-kids-making-it-fun/>

https://premeditatedleftovers.com/naturally-frugal-mom/10-ways-to-teach-kids-about-germs/#_a5y_p=4245464

https://www.columbus.gov/uploadedfiles/Public_Health/Content_Editors/Resources_For/Educators/Teaching%20young%20children%20handwashing.pdf

<https://www.choa.org/medical-services/wellness-and-preventive-care/parent-resources/all/5-surprising-places-kids-pick-up-germs>