

Lesson 2:

Germs Can Make Us Sick

Objective: Learners will recognize that germs are tiny organisms that can make a person sick and will practice how and when to wash their hands to get rid of germs.

Materials:

- Book: *Germs Make Me Sick!* by Melvin Berger
- Glitter
- Hand lotion
- Hand soap
- Water



* Lesson 2:

Circle Time Activity

(Large Group)

Materials: *Germs Make Me Sick!* by Melvin Berger

Activity:

1. Read *Germs Make Me Sick!* to the group.
2. Review the story by asking students:
 - “Has anyone been sick recently?”
 - “How do you feel when you are sick?”
 - “What do you do to help yourself feel better?”
3. Discuss what it is like to be sick, and what it is like to feel healthy.
4. Show the students the pictures of germs from the book.
5. Explain that germs are tiny and hard to see, and when they enter our bodies they can make us sick. Explain to the students that germs can enter through our noses, mouths and open cuts.



* Lesson 2:

Cognitive Activity

(Large Group)

Materials: None

Activity:

1. Explain to students that when they put something in their mouths like a toy, their hands or a fork, they leave germs on that item. The next person who touches that item will then get your germs on their hands. This is how illnesses are spread.
2. Have students look at their hands and ask, “How do your hands get dirty? Why is it important to wash your hands? When do you need to wash your hands? What do you need to correctly wash your hands?”
3. Review the correct way to wash hands. Identify steps (wet hands, make bubbles with soap for 15 seconds, rub soap on front and back of hands, between fingers, rinse off soap and dry hands thoroughly).
4. Assist students in generating a list of when they should wash their hands.
5. Have students set goals to wash their hands at the appropriate times.
6. Review students’ progress and remind them to work toward achieving their goals.

Lesson 2: Cognitive Activity

(Large Group)

Materials: Glitter, hand lotion, hand soap and water

Activity:

1. Give students a small amount of hand lotion to rub on their hands.
2. Demonstrate how germs spread by sprinkling glitter into one student's hand and have him/her shake hands with the student in the next seat. Have the second student shake the hand of the person next to them and so on until glitter is stuck on every student's hand.
3. When all the students' hands have been contaminated with glitter (germs), have them use soap and water to wash those germs away.
4. Point out how long and how well students must wash hands to wash off all the glitter.
5. Teach students the following song to sing as they lather their hands. When they finish singing the song, students can rinse and dry their hands on a clean towel.

*Wash, wash, wash your hands,
wash the germs away.
Rub and scrub, scrub and rub,
germs go down the drain.*

