

Learning about Germs



With the cold and flu season right around the corner, the middle of September seemed like the perfect time to teach children about germs. I visited classrooms to emphasize the proper way to wash hands and the importance of covering one's cough or sneeze with the elbow. I used a spray bottle filled with water to demonstrate how far a sneeze can travel. Students also learned special rhymes like "Cough in your elbow if you please, do the same thing when you sneeze." We also discussed the importance of keeping the fingers out of the mouth, nose, and eyes.

To show how germs can stay on the hands and transfer to other objects or people, students participated in an activity where they put lotion on their hands and then placed one hand in uncooked rice. The rice signified the germs. Students then pressed their own hands together or shook the hand of a friend to see how the rice (germs) transferred to another location. After doing this, students went to the sink to wash the germs off their hands with soap. They know to wash their hands for 20-30 seconds and sing a fun song like "Happy Birthday" or the "ABC" song while washing and rinsing.

Students also played some fun games in Physical Education that stressed the importance of washing hands to avoid germs that might make them sick.

Many teachers and students helped make an important bulletin board that emphasizes the importance of hand washing and covering the nose and mouth with the elbow when sneezing or coughing. It is located by the early childhood restrooms. We hope you will take a look at it.



Students learned how to wash their hands on the top, bottom, between the fingers, under the fingernails and up to the wrist. Using a spray bottle with water helped make a point about covering a cough or sneeze with the elbow.

(More pictures below)



Placing a hand in rice and then pressing it to the other hand allowed students to visualize the transfer of germs.



This bulletin board reminded students to cough and sneeze correctly and wash their hands often to stay healthy.



We held a germ relay where more and more germs added on to a hula hoop. We also played a game called "Sink Those Germs" where children had to quickly find a hula hoop (sink) when the music stopped playing. If they were left without a sink they were given a germ card that denoted an illness like cold or flu. They could return the card if they got a sink after the next round of music. (No students were eliminated from this game.) They moved quickly to get a sink so they would not get a germ card. It was fun!

This year we plan to be GERM FIGHTERS!



Students strike a pose against germs!



Watch out germs! We're out to get you!