

Related book

A Day in the Life of a Police Officer by Eric Arnold

■ Suzanne Maxymuk, Cherry Hill, NJ

3+

Wash Off Those Germs

Science skills

Children learn about germs with this interesting experiment.

Materials

2 slices white bread

2 resealable plastic bags, one labeled “dirty hands” and the other labeled “clean hands”

Permanent marker

What to do

1. At circle time, talk about how we all have germs on our hands.
2. Ask children to look at their hands and see if they can see any germs.
3. Explain that when the children come in from the playground, everyone needs to touch the bread in the bag labeled “dirty hands.” Then put the piece of bread in the bag and leave it in the science center.
4. Next, have everyone wash their hands and touch the other piece of bread, then put it in the resealable plastic bag and leave it in the science center.
5. Observe over the next few weeks and compare the mold on both pieces.
6. Show children how to wash their hands and, if they are interested, repeat the experiment.

■ Holly Dzierzanowski, Austin, TX

4+

Those Icky, Sticky Germs

Science skills

With this demonstration of the germ theory, children make observations and inferences.

Materials

2-3 cups (500 ml to 750 ml) moist, cooked rice

Newspaper or plastic to cover floor

Marker

Plastic bag or bowl

Large piece of paper

Health & Safety

What to do

1. Explain to the children that germs are very, very tiny organisms that can enter our bodies and make us sick. Germs are so small that you need a microscope to see them. Most of the time, the special germ fighters in our bodies stop the germs before we get sick, but sometimes we get colds and flu anyway.
2. Place the cooked rice in the plastic bag or bowl. Explain that the rice is the pretend germs.
3. Ask three to four children to stand side by side in a line. For easier clean-up, cover the floor where they will be standing with plastic or newspaper.
4. Let the first child in line dip her hand in the bag or bowl, squeeze the rice and release any loose rice in her hand.
5. This child shakes hands with the next child in line, that child shakes hands with the next, etc. All the children will have some rice on their hands.
6. Point out how easily the “germs” were spread from person to person.
7. Discuss with the children the fact that one way we can stop germs from spreading is to wash our hands. Ask the children when they think people should wash their hands to prevent the spread of germs. Record answers on large paper.

More to do

Art: With a white bar of soap, let the children make drawings on white construction paper. Brush over the soap drawing with watercolor paints. The paint will not stick to the soaped areas.

Cooking: Mix together 2 cups (500 ml) Ivory Snow Flakes and $\frac{1}{2}$ cup (125 ml) water tinted with food coloring and form into balls. To make shaped soaps, press the mixture into candy molds. These soaps make great gifts, and the activity extends the germ/hand washing lesson to the home.

More science: Explain again that we can't see germs, but that they can be anywhere! Out of view of the children, spread a thin layer of petroleum jelly on doorknobs, faucet handles, tabletops or any item that is easily cleaned and that the petroleum jelly will not harm. Tell the children that as they play, they may find some “germ areas.” If they touch something “greasy,” they should immediately wash their hands so they don't spread the “germs.” At the end of the day, ask the children where they found the “germs.”

Original song

Those Icky Germs Are Always Around (sing to the tune of “Santa Claus Is Coming to Town”)

*You better use soap,
And wipe your hands dry.
It's important to do,
I'm telling you why—*

Those icky germs are always around!

*They're very sneaky,
And very quick.
Wash your hands well,
So you don't get sick—*

Those icky germs are always around!

They're around when we are sleeping.
They're around when we're awake.
They're around on everything we touch,
So wash for goodness sake.

Oh...

You better use soap,
And wipe your hands dry.
It's important to do,
I'm telling you why—

Those icky germs are always around!

Related books

Body Battles by Rita Golden Gelman

Those Mean Nasty, Dirty Downright Disgusting But...Invisible Germs by Judith Rice

■ Kathy A. Lone, Sioux Falls, SD

4+

Safe or Not Safe

Science skills

Children practice classification and observation skills.

Materials

Pictures cut from magazines

Laminating machine or clear contact paper

Smiley faces and sad faces cut from cardboard

What to do

1. Cut out and laminate pictures showing things that are safe and things that are not safe (for example, child falling off a bike, mother cooking in the kitchen, baby riding in a car seat). Place the happy and sad faces on a table, along with a pile of the laminated pictures.
2. Talk to the children about safety and about things to do and to remember in order to keep ourselves safe.
3. Let the children choose pictures and take turns placing them under the right face, safe ones under the happy face, unsafe ones under the sad face.
4. This is a good time to review general safety rules, as well as to teach the children about dialing 911 in case of a true emergency.

More to do

Art: The children can illustrate their own ideas of safe and unsafe activities and situations.

■ Sandra Hutchins Lucas, Cox's Creek, KY