

Day 1: How Germs Can Spread

Goal: To help children understand that although germs are too small to see, they can still spread from person to person, and can make friends and family sick.

Supplies:

Song—*I Share (But Sometimes I Don't)*

Book—*Germs Are Not for Sharing*

Activity—*Glitter Germ* (Need Glitter
Germ kits and paper towels,
soap and water for cleanup)

A. Music—*I Share (But Sometimes I Don't)*

1. Pre-listening discussion—

- What are germs?
- What is sharing? Is it good to share?

2. Listen—*I Share (But Sometimes I Don't)*

C. Storytime—*Germs Are Not for Sharing*

Discuss:

- You cannot see germs, but they can still be hiding on hands and toys.
- Even when your hands, toys, or cup look clean, they can be covered with germs that can make you or your friends sick.

B. Activity—*Glitter Germ*

Assemble *Glitter Germ* kits and paper towels to remove glitter/petroleum jelly from children's hands before they go into the washroom.

(See next page for details.)



D. Sing—*I Share (But Sometimes I Don't)*

Discussion: What kinds of things should you never share?

E. Review with children what they learned from this lesson.

- Even when you can't see tiny things, such as germs, they still exist.
- We should not share germs.
- Washing hands is an important way to keep from sharing germs.

Remember the Everyday Songs!

- *Because I Care Lullaby* to start nap time.
- *Clean Up the Room* to signal clean up time.

Activity 1: *Glitter Germ*

1. Children line up, about five children to a line.
2. Help children practice passing along a handshake or a "Low Five." Best results come from a slow firm slide of the palms to maximize transfer of *Glitter Germ*.
3. Ask: "If the first people in each line had germs on their hands, how far down the line do you think they will spread? Would the *Glitter Germ* reach the very last person?"
4. Encourage speculation. Ask: "Do you think the *Glitter Germ* traveled to the end of the line? Why or why not?" Do not provide an answer; just encourage curiosity.
5. Place an almond-sized mound of *Glitter Germ* (cosmetic glitter and petroleum jelly) on the first child's palm. Spread liberally with a craft stick.
6. Children shake hands or rub palms down the line.
7. Students examine their hands to see how far the *Glitter Germ* moved down the line. Ask: "Is it on the last person's hand?"
8. Encourage a discussion of what the children learned about how germs can spread to all the things you touch.



Glitter Germ Recipe: Mix 1 part cosmetic glitter into 3 parts petroleum jelly. Cosmetic glitter works better than standard craft glitter.



Spread Glitter Germ liberally with a craft stick.

Possible discussion questions:

- Were you surprised that the *Glitter Germ* spread to so many people?
- Do you know germs also spread in this same way to objects, such as door knobs and toys?
- Who or what do you touch each day that might spread germs to your friends?
- How can you try to stop spreading germs with your hand?



Children shake hands or rub palms down the line.

Takeaway Lesson: Tiny things, such as germs, can be passed from person to person.