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)*

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.)

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.

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.

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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.

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?

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.

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