



Connects

Grades K-2

The Invisible Icky Germ

1. Read the following poem to the students.

The Germ Poem

Dirty hands have germs you know.

Even though they do not show.

For germs on a hand are so very small,

You cannot see those germs at all.

BUT...

The dirt and germs will wash off if you scrub

With soapy bubbles rub-a-dub-dub.

Front and back and in between,

Washing makes your hands so clean.

Then rinse with water, the germs are gone.

And so is the dirt the germs were on.

2. Ask students:

- Can you see germs? (*No, germs are so small that they are invisible.*)

Purpose

Students will learn that germs are invisible and can make them sick. They will learn proper hand-washing techniques to remove germs.

Supplies needed

- One piece of white paper or card stock for each student
- Ink pads
- Pencils and/or crayons

Class time

30 to 40 minutes

Grade Level Expectations

Health/PE

HE1AK

HE1A1

HE2DK

HE2D1

RA1AK

RA1BK

RA1B1

Food Power Connection

Hand station

- Why do we want to wash germs off of our hands? (*Because germs can make us sick.*)

3. Demonstrate proper hand washing to students by miming the actions:

- Turn on warm water and get your hands wet.
- Put soap on your hands. Scrub the front and back of your hands, your wrist and in between your fingers for 20 seconds — as long as it takes to sing the ABC song.
- Rinse the soap off of your hands.
- Use a paper towel to shut off the water.
- Dry your hands with a paper towel and throw it away in the trash can.

4. Read the Germ Poem a second time.

Have students act out the proper hand-washing technique along with the rhyme. Have students join in reciting the poem if they can remember it.

5. Give each student a sheet of white paper or card stock.

Instruct students to:

- Trace their right and left hands side-by-side on the paper. Model this activity for students and assist them as needed.
- Write “WASH YOUR HANDS” in the space between their hand prints.
- Use an ink pad to make thumb prints on the hand prints.
- Use pencils and/or crayons to make their thumb prints into germ characters.
- Write their name and age on the page.

6. Ask students

- When should you wash your hands? (*Students may answer before eating, after using the restroom.*)

7. Tell students

You should wash your hands before eating, after using the restroom, after touching an animal, after you sneeze or cough into your hands and after playing outside.

8. Ask students

What would you tell your classmates about washing their hands? (*Students may answer: hand washing removes germs that could make us sick, how to wash their hands properly, when to wash their hands.*)

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