

Be a Healthy Hero!

Healthy Habits in the Classroom

A Lesson Plan

Grade level: Kindergarten – 3rd Grade

Duration: Approximately 60 minutes

Materials:

- Spray bottle
- Cleaning cloth/cleaning wipe
- Paint (recommendation: green)
- Desk
- Images of germs and “Good for Sharing”/“Not for Sharing” items (see attached images)
- Signs to introduce vocabulary (Good for Sharing, Not for Sharing, Germs)

Preparation:

Dilute paint with water in spray bottle.

Lesson:

A. Introduction: What are Germs? (10 minutes)

1. Introduce the topic of today’s class: how to stop germs from making us sick. Ask students to share what they know about germs. Record answers on board.
2. Define germs as tiny little living things called micro-organisms, or bacteria, that are all around us. Show pictures. Explain that germs are so small they can not be seen by the human eye but can be seen with a microscope. Explain that some germs are actually good germs, such as germs that are meant to live inside people and help their stomachs (intestines) work. Many germs, though, are bad germs that like to get into people’s bodies and make them feel sick.
3. Explain that, in order to be Healthy Heroes and stop the bad guys (bad germs), we have to know a lot about them. First, list the places where germs might live (e.g. countertops, hands, dirt, telephones, doorknobs- any surface). Then,

Sample language

“Germs are tiny little living things called micro-organisms that are all around us. If they’re always around us, why don’t we see them floating everywhere?” (Take answers.)

“You already know a lot, but there’s one thing that might surprise you- not all germs are bad. We know that some germs are bad because they make us sick, like the germs for the chicken pox, common cold, and the flu. These are the most famous bad germs. But, some germs are good!”

“Good germs can help us fight off disease and sickness. Did you know that there are germs, or bacteria, that live inside your body to keep your body working? That’s right- those are germs that we need!”

ask students how germs like to spread, or get around, to make people sick (e.g. travels to a new person when an infected person touches, eats, drinks, breaths, gets bitten).

4. Once students understand basic germs facts, tell them that they are ready to learn how to fight them with a few simple healthy habits that they can do anywhere.

B. Healthy Habit Activity: Wash Your Hands Often!
(10 minutes)



1. Explain to students that one of the best things they can do to stay healthy is also one of the easiest – it is washing your hands. However, for hand washing to remove germs it must be done correctly.
2. Tell students that knowing when to wash your hands is the first step to staying healthy. Ask students for times when they think it is important to wash their hands. Review their recommendations and add any from the list below that they may not have covered.

Clean your hands before and after:

- Using the bathroom or changing diapers
- Eating
- Cooking or serving food
- Treating a cut or wound
- Contact with a sick person

Clean your hands after:

- Coughing, sneezing, or blowing your nose
- Touching another person's hands
- Touching an animal or pet
- Handling garbage
- Touching frequently touched areas (doorknobs) or dirty items (laundry or dishes).

Remind student that if they aren't sure if they need to wash their hands it is always safest to just wash them.

3. Now that students know when to wash their hands, ask them if they know how. For hand washing to kill germs it must be done correctly. Ask students what they think important hand washing steps may be. Ask students how long they think they must wash their hands for it to be effective.

Tell students that for hand washing to remove germs it must be done for 20 seconds – that's the time it takes to sing Happy Birthday twice! Then review the following important hand washing steps with the class:

1. Wet hands
 2. Apply soap (either bar soap or liquid soap)
 3. Scrub all areas of your hands for 20 seconds (the time it takes to sing Happy Birthday twice)
 4. Dry hands with a clean cloth or paper towel.
4. Now it's time to test the student's ability to wash their hands correctly. Because germs are invisible we can't always tell if they have come off. However, for this activity we are going to pretend that the green paint is germs. Place one small dab of paint in each student's hands. Have each student wash their hands at a classroom sink using the proper steps (including singing Happy Birthday twice). If you do not have a sink in your classroom, consider taking a walk to the bathroom to use sinks.

C. Healthy Habit Activity: Clean shared surfaces regularly (10 minutes)



1. Define the terms clean (“germ free”) and unclean (“dirty”, or “home for germs”). Show desk that has been reserved for lesson. Turn to show top and ask students if it is clean or dirty (Clean- We do not see anything on top or feel anything sticky). Assure students that this most likely means the surface is safe for us to work on. It is germ free.

Sample language

“Some surfaces are clean, which means that there are no germs on them. People use soap and water to keep things clean. Some surfaces are unclean, or dirty. Germs like to live in dirty places. I want to see if you can tell the difference between something that is clean and something that is dirty just by using your eyes and your fingertips.”

2. Pretend to sneeze on the desk while using spray bottle of paint to dirty the surface. Ask students if the desk is clean or dirty now (Dirty- We can see things on it. It feels funny or sticky). Explain that the desk is now home to germs that can stick to friends and make them sick. Wipe desk with your fingers and show them how the paint, or germs, transferred to your hand.
3. Extend activity by asking students how these problems can be fixed. Take suggestions. First, demonstrate thorough hand cleaning to remove germs from your hands. Wash hands with soap and water for 20 seconds (the time it take to sing happy birthday twice). Then, wipe the desk with dampened cleaning cloth or cleaning wipe until the desk both looks and feels clean. Remind the students that it is always good to let the teacher know when something is dirty. Teachers have special cleaners that adults can use to make sure all germs are gone.

D. Healthy Habit Activity: To Share or Not to Share (10 minutes)



1. It feels good to share. Ask students what they like to share with their classmates. Discuss whether those items are generally clean or unclean, reinforcing language from first Healthy Habit activity.

Introduce new terms with written signage (*see attached signs.*): clean, or germ-free things, or “Good for Sharing With Your Community” and dirty items are “Not for Sharing: For Only You.” Post signs on a wall or corkboard.

- Sort images of classroom items such as tissue, crayon, scissor, Chapstick, according to the new signage. (*See attached images for suggested items.*) Present each item/image individually. Place images under proper sign once children determine in what group they belong. Discuss their sorting decisions throughout the activity.

Good for Sharing

Crayons
Scissors
Books

Not for Sharing

Dirty or used tissues
Chapstick and Lip Balm
Drinking straws

- Extend activity by asking students what would happen if a student sneezed on the scissors, or another item in the “Good to Share” group (It would be a home for germs. It would not be good to share anymore). Encourage students to come up with ways to make it safe to share the item again (Give it to a teacher to clean).

**E. Healthy Habit Activity: Cough and Sneeze into Your Sleeve!
(10 minutes)**

- Explain that germs love sneezes, because sneezes are one of the best ways for them to get out into the community and make other people sick. Use the spray bottle again to remind students how germs spread from a sneeze.
- Ask students what happens if they cough and sneeze into their hands. Remind students that even though germs are invisible they might have spread bad germs on their hands. Ask students:
 - Would you like to shake hands with someone who just sneezed into their hands?
 - Would you like to touch the door knob after someone who coughed into their hands?
 - Would you like to eat a cookie that was given to you by someone who just sneezed into their hands?

Remind students that because our hands touch so many things they can easily share bad germs. That’s why we don’t want to use our hands to cough or sneeze.

Sample language

“Some things in our classroom are meant to be shared and others are meant to be private, or not shared. Do you think clean or dirty things are good ones to share? (Clean!). Good. It feels great when you have something you can share. Who can name something you share safely in your classroom?” (Take suggestions.)

“I brought in a sorting challenge for you. I will show you pictures of classroom items and you can help me figure out where they belong. Is it something that is good to share? (Point to posted sign). Or is it something that is personal and only for you?” (Point to other posted sign.)



3. Demonstrate the Sleeve Sneeze as a great way to stop the spread of germs and be a Healthy Hero to your friends. Use the spray bottle again, but show how when you “sneeze” into your sleeve or tissue, the germs are stopped! You can use your arm or tissue as a shield to keep your friends safe from germs.
4. Invite students to individually demonstrate Sleeve Sneezes for the class. Have their classmates grade their Sleeve Sneezes with a thumbs up or a thumbs down.
5. Extend activity by playing one or more of the Cough and Sneeze into Your Sleeve songs for the class. See if the class can sing-along. (*Songs and lyrics can be downloaded at: www.sfc-dcp.com/songcompetition.html*)

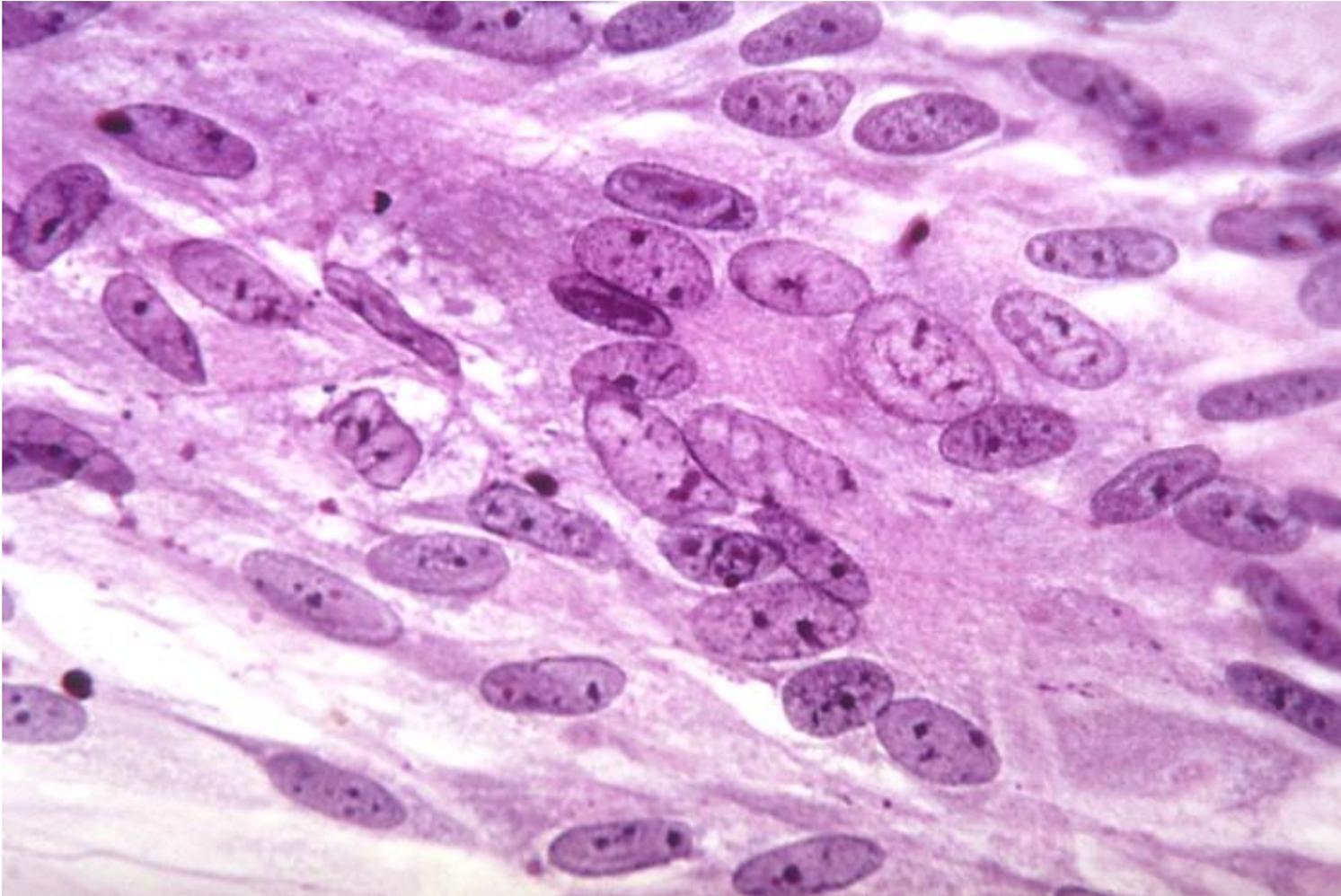
F. Close: You Can Be the Teacher Now! (5 minutes)

Remind students that, even though germs can be anywhere, they now know how to fight them and stay healthy and germ-free. Encourage students to share these lessons with their families and friends so they can help keep everyone safe from germs. Ask students to model how they would teach The Sleeve Sneeze to someone at home.

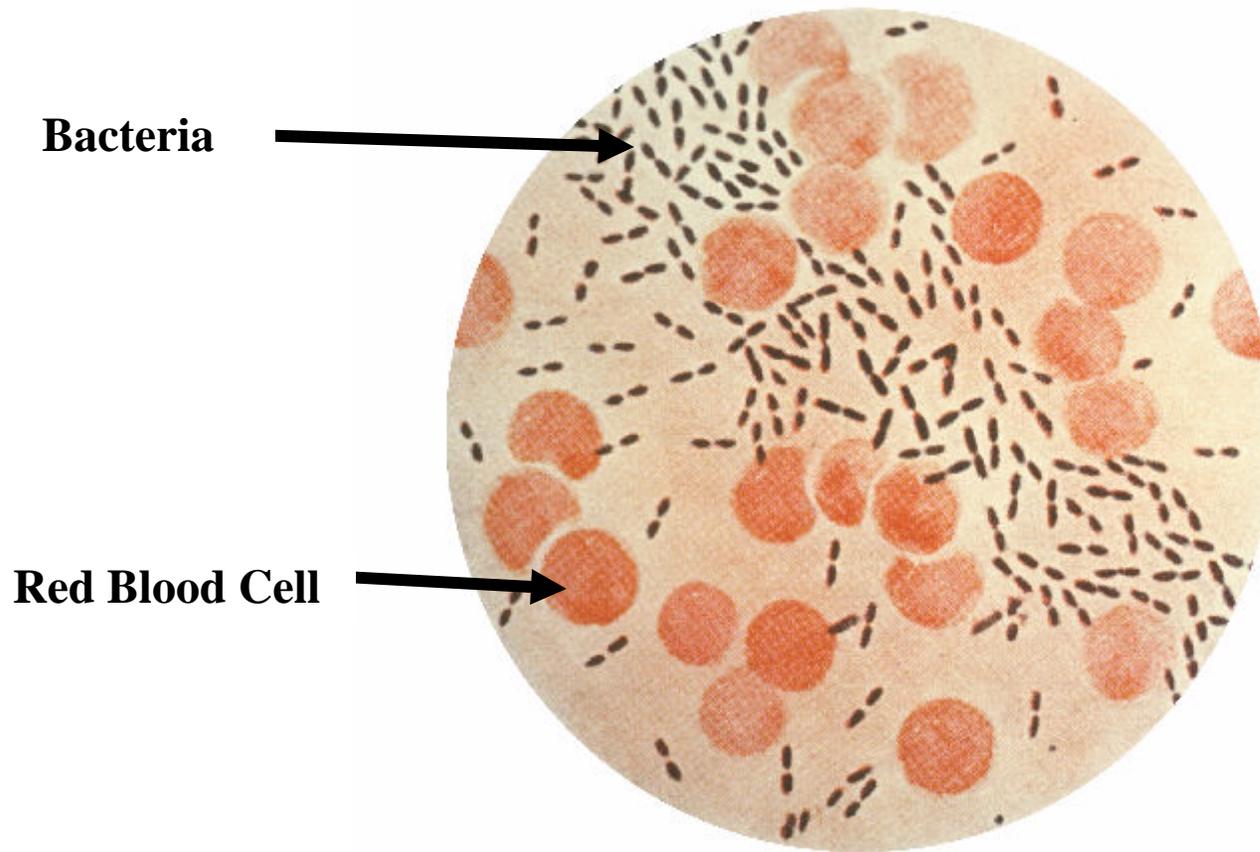
Ordering Materials for the home and classroom:

The San Francisco Health Department has a variety of free materials for parents and teachers. flyers, brochures, and other materials can be ordered.

Online ordering: www.sfc-dcp.com/materials_request.html
Telephone: (415) 554-2818, Communicable Disease Control and Prevention



Chicken Pox Virus – Bad Germs



Bacteria

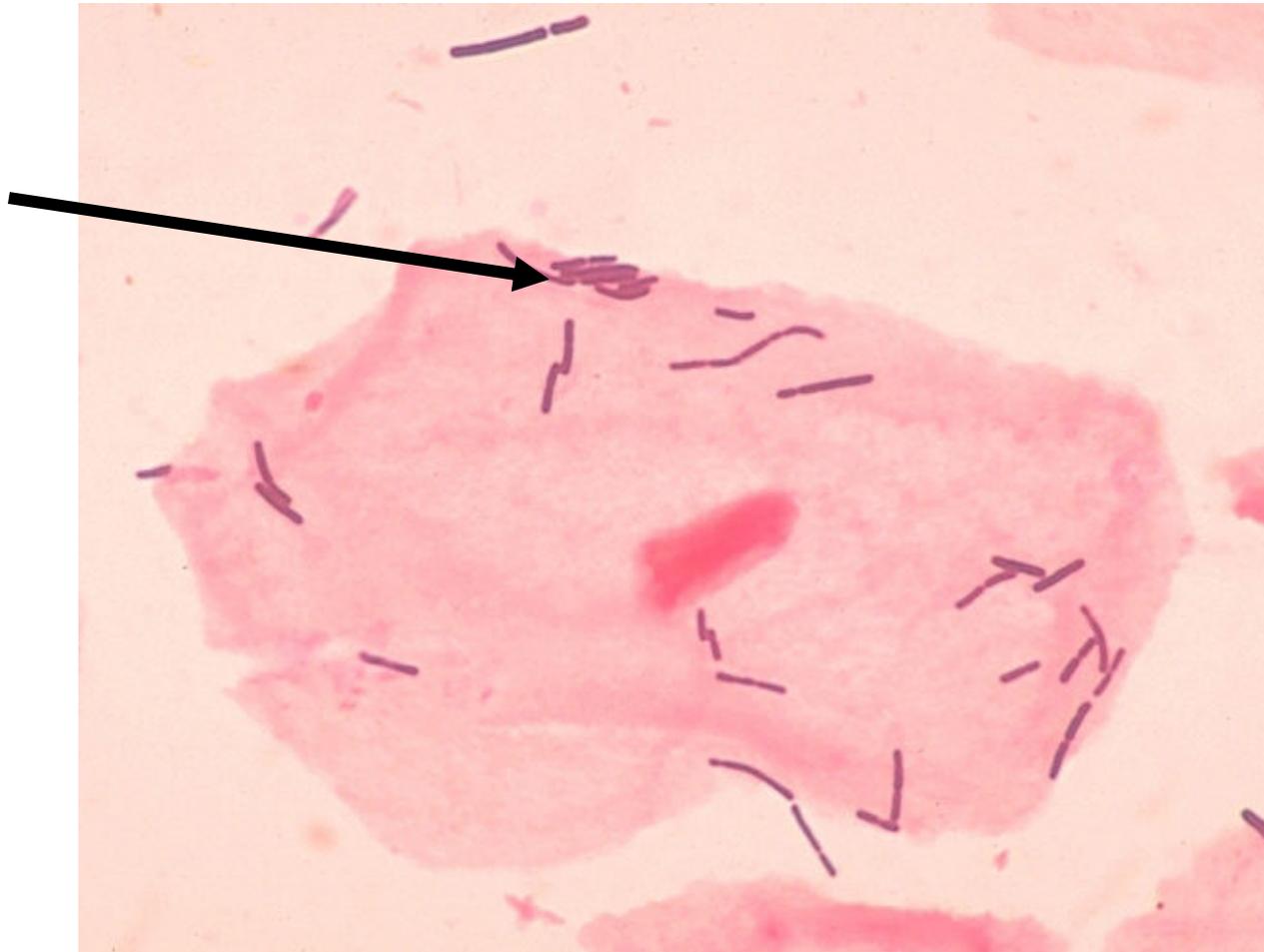
Red Blood Cell

Strep Throat Germ – Bad Germs



**Cartoon of Germs on a Dirty Hand as seen through a Magnifying Glass –
Bad Germs**

Bacteria



Yogurt Germs that Help Digestion – Good Germs

Clean

Germ-Free

Dirty

A Home for Germs

Good for Sharing

For Your Community!

Not for Sharing

For Only You!



Dirty Tissue



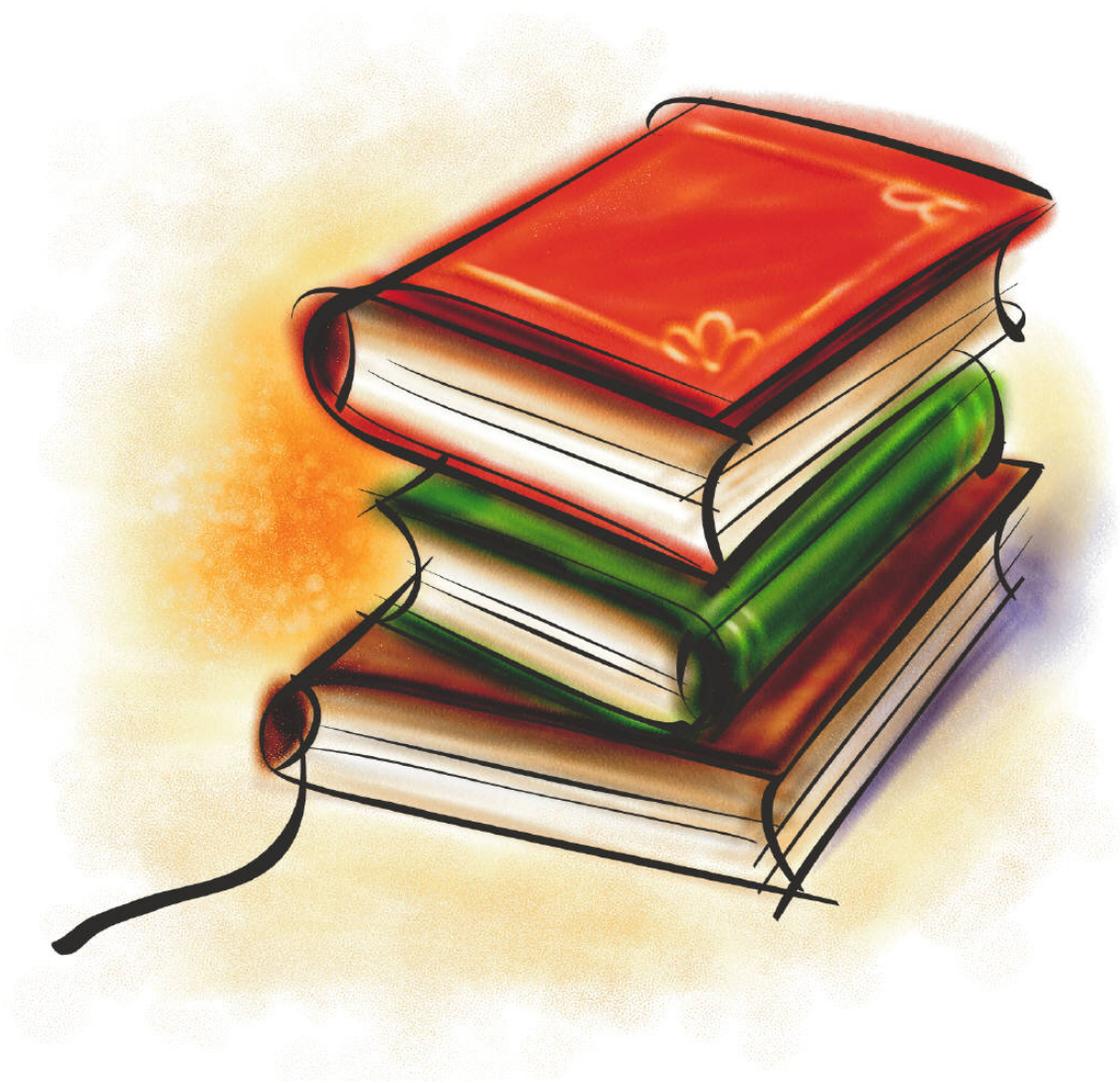
Crayons



Scissors



ChapStick & Lip Balm



Books



Drinking Straws