

# Germs Can Make You Sick

(1<sup>st</sup> – 2<sup>nd</sup> Grade Lesson)

**Introduce yourself:** Hi. I'm (your name - from the Children's Hospital at Bronson)  
I'm here today to talk about a very easy way that you can keep yourself healthy.

**Ask Question:** Can you think of some things that are around you everyday, but you can't see them, or taste them, you can't touch them and you can't smell them? You don't even know they are there!

**Give Clue:** These things are everywhere. They're on you backpack, your friend's backpack, and they're in your house, on your telephone, on the doorknob, on the remote controls. They're at your school, on your desk, your pencil; they're all over the place.

They like to find places to hide - like on hands and food.

There's no reason to be afraid of them, because YOU have the power to get rid of them.

**Ask for a guess:** Can anyone guess what they are?  
What could be in all these places?

**Give Hint:** The name for these things rhymes with the word "worms".

**Allow kids to guess:** You are right - GERMS!!!

A germ is so tiny; you can't even see it with your eyes! – They can only be seen with a powerful microscope. A special instrument that makes things look bigger.

**Ask Question:** Do you think that all germs are bad?

**Explain:** Actually, Some germs do good things like:  
Some medicines that the doctor may give you have germs that fight other germs.  
Germs help to turn milk into yogurt  
Or – helping your body to use the vitamins and minerals from the food you eat.

The germs we think most often about are those that are bad.

**Ask Question:** Why are germs bad?

Explain: If they get into your body, they can make you sick.

Introduce beanbag germs:

Sprinkle Glo powder on each bean before the presentation.

I have some bean bags- I've given them names – they are named after common germs that cause us to get sick:

Show each germ, identify it by name & tell the sickness that it causes.

Explain: Germs can cause many different illnesses:  
“Rocky” Rotavirus – causes headache, chills, runny nose  
“Suzy” Streptococcus – causes sore throats  
“Rudy” Rhinovirus – Causes diarrhea, vomiting, fever and stomach aches  
“Sammy” Salmonella – causes stomach aches  
“Sally” Staphylococcus – causes infected cuts and scratches or pink eye.  
“Billy” Bacillus – causes stomach aches

Hand beanbag to child in front row.

Encourage students to pass the beanbag around the room.

Give them a few minutes to look at the germ/bean bag then collect them before moving on.

While children are passing beanbags – give each child 2 paper towels. Ask them to keep them on their desks.

Germs like to get around!

They travel from person to person – and before you know it, they cause an illness.

Ask: How do you think germs can travel from one person to another?

Allow kids to answer – presenter can demonstrate:

- Coughing
- Sneezing
- Putting things in your mouth: Chewing a pencil
- Passing food that has been put in the mouth
- Sharing utensils, cups or glasses with people
- Touching the spout on the water fountain with the mouth

Explain: Those germs that were passed around –had special powder on them. Kind of like when someone has touched a germ.

Touching things that someone else touched is a common way for germs to travel.

Experiment: By putting your hand under the light, you can see if there are any germs on your hands.

Turn lights off and Use black light to show glo powder (representing germs) on each child's hands who touched the bean bags.

Explain: It is important to kill the bad germs before they travel to someone else to make them sick.

Ask: Does anyone know one of the BEST ways to kill a germ?

Explain: Washing our hands can help to get rid of germs and keep us healthy. "Don't Get Sick – Wash Up Quick"!

I would guess your parents, brothers, sisters and other grown ups remind you to wash your hands.

We probably need to wash our hands more often than we do!

Ask: When do you think would be a good time to wash your hands?

Allow kids to answer:

- After using the bathroom
- Before and after eating
- Before and after making/preparing food
- After blowing your nose
- After coughing or sneezing into your hands
- Whenever dirty
- After shaking hands!

Explain: To remove germs – it's important to:

- Wash your hands with soap and water.
- Scrub them for about 20 seconds- long enough to sing a song.

Explain: Sometimes we can't get to a sink & wash your hands with soap & water. It's OK to use a soap gel or wipe. They will help to kill germs but washing good with soap and water will do a better job.

Today, we are going to use hand sanitizer to see how washing can kill germs before they spread.

Distribute: one squirt on Hand Clense on each child's hand.

Demonstrate & have children do it with you:

Encourage children to sing the ABC's, Happy Birthday or seasonal song ex. Jingle bells-- as a guide for how long they should wash to get all the germs off of their hands.

- We need to rub our hands together, wash the backs of hands, between the fingers, under fingernails, and wrists (demonstrate)
- Rinse well
- Dry hands with a paper towel
- Turn off the water using the paper towel instead of bare hands.

(Use paper towels to dry hands after using hand sanitizer)

Explain: Now we are going to see if we were able to kill those germs by washing them away.  
Remember, washing the germs away will stop them from getting around & help to keep us healthy.

Demonstrate: Use the black light again to show how well the students have done washing the glow germ powder off their hands.

Ask the child to tell you what has been learned:

- How germs are spread
- How to wash hands
- When to wash hands.

Explain: There are other things that you can do, in addition to good hand washing to stay healthy.

- Eat healthy, nutritious food
- Get enough sleep -about 8 hours each night.
- Exercise

Explain: I am here today to share these healthy tips with you – because, I want you to all stay happy & healthy.

Explain: besides keeping yourself healthy, there is something else you can do to stay out of the doctor's office and the hospital.  
It's important to remember SAFETY when you are playing, doing things at home or going places.

Ask: What one thing can you do every time you ride your bike, scooter or skateboard that will help you to be safe?

Allow kids to answer:

Right! /Reinforce answers:

Wearing a helmet to protect your brain is very important. Wearing other safety gear such as knee & elbow pads will also help you from hurting yourself.

Ask: What do you do EVERYTIME you get into a vehicle (car, van SUV, etc)?

Right! /Reinforce answers:

ALWAYS wear a seat belt – even if you are going around the block!

Ask: What safety device will tell you if there is smoke and alert you of a fire?

Raise your hand if you do not have a smoke alarm in his or her house?

Presenter: If student indicated that they DO NOT have a smoke alarm, ask them to check, when they go home, with a grown up who lives in their house. (Maybe they just don't know or have never seen it) If there is not a smoke detector in the house, tell them to let the teacher know and she will contact the SAFE KIDS Coalition to get them one.

Show items in take home bag:

Everyone will get to take a bag of goodies and activities home to practice staying healthy: An activity book and a bar of soap. You will also get some things to share with the grown up at your house: healthy recipes, a list of books you can get at the library. Remember to let them know what you learned today.

AND – for those times when it's impossible to wash your hands with soap & water, your teacher is going to get a small bottle of pump soap!

End: Thank you for being such good listeners today. I enjoyed talking with you about staying healthy & keeping germs from spreading and making you sick.