



Children's Health
Education Center™

A member of Children's Hospital and Health System.



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Keeping Clean is Good Hygiene

Suggested CHEC-out activities

Books

- "Achoo! All About Colds," Demuth, Patricia Brennan, Grosset & Dunlap, 1997.
- "Germs Make Me Sick!" Berger, Melvin. Harper Trophy, 1995.
- "Wash Your Hands," Ross, Tony. Kane/Miller Book Publishers, 2000.

Web sites

- Story Place, The Children's Digital Library, www.storyplace.org
- Kid's Health, www.kidshealth.org

1 Hand washing experiment

Use a clean sliced potato or a slice of bread and two resealable plastic bags. Have students wash their hands, then have them touch the potato or bread before placing it in the bag labeled clean. After recess, have students touch a different slice of potato or bread, and put it in the bag labeled dirty before they wash their hands. In a few days, they can observe mold and bacteria growing on the potato or bread in the dirty bag.

2 Hand washing poster

Draw or photograph children doing the six steps of hand washing. Laminate and hang the pictures above the sinks. Students can look at the pictures to remember the proper hand washing steps.

3 Germ detective

Have students take turns being the classroom germ detective. Every time he or she sees someone stopping germs (using tissues, using his or her elbow when coughing, etc.), have the germ detective put a popsicle stick in the germ-stopping jar. Likewise, if the germ detective catches someone not stopping germs, he or she can remove the popsicle stick. Check the germ stopping jar at the end of each day to see how well the class is doing.

4 Hygiene puppet show

Use paper lunch bags to make hand puppets. In groups, have students perform their own hygiene puppet shows. They can include different ways of keeping clean like hand washing, brushing teeth, daily bathing and wearing clean clothes each day.

Poem

I am a germ.
I can be spread.
From you, to you, to you.
All it takes is a cough or a sneeze.
I'll get you with an "achoo!"