

# Germs- Whole Child Adaptation



**Question of the Day:** Why is it important to wash our hands?

**Theme:** Washing hands keeps you healthy. Using soap and water gets rid of icky germs that can make you sick.

## Social-Emotional



- **Positive Relationships:** Talk as a class about taking turns washing hands, making a line, and waiting patiently for our friends. Highlight when you notice children respectfully taking turns and waiting patiently.
- **Positive Relationships:** Have children pass the bowls of fruit around the table and eat together family-style.

## Cognitive



- **Science:** Instruct children to draw and color pictures of small germs on post-it notes. Next, have the children stick the pictures around the room on everything they touch over a short period of time. Last, take a look around the room at the end of that time, and talk about how they pick up and spread germs everywhere they go.
- **Health:** Reinforce the importance of everyone keeping germs to themselves. Instruct children how to sneeze into their elbows or shirts. Everyone pretend to sneeze into an elbow or shirt.

## Language & Literacy



- **Read *Germs Are Not for Sharing*:** Share helpful tips for staying clean and healthy.
- **Sing a Song:** Sing the *Happy Birthday, Germs* song together as a class. Instruct children that the time it takes to sing the song twice is the amount of time they should take to wash their hands.
- **Play a Tune:** “We Wash Up” from the *COWP Healthy and Happy CD*.

## Physical Health



- **Practice Balancing:** Balancing is an important skill for children to develop to help them be successful in many other movements and skill areas. Give each child a bean bag to use and practice balancing the bean bag on different body parts. Have children call out body parts to try balancing, allowing children to practice identifying and naming body parts.
- **Add Music and Movement:** Play *Bean Bag Rock*. You can find this song on iTunes or for free on YouTube. This song incorporates the bean bags, identifying body parts, and following directions!
- **Fine Motor Development:** Practice picking up lightweight objects (pompoms, cotton balls, etc.) with tweezers or tongs. This will help children be successful in serving themselves food.

**For additional activities, songs & information, visit [cowpprogram.com](http://cowpprogram.com)**

# Germes - Lesson Process

For additional activities, songs & information, visit [cowpprogram.com](http://cowpprogram.com)



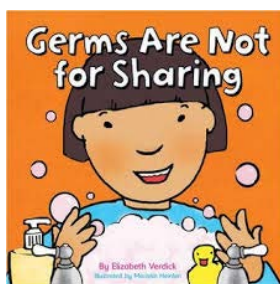
## Materials and Ingredients:

- Book *Germes Are Not for Sharing* by Elizabeth Verdick
- Plastic spoons, knives, paper plates, and serving bowls
- 2 Navel oranges
- 2 Pears
- 1 Container blackberries or raspberries



## Preparation:

- Wash hands with soap and water.
- Wash all fruit.
- Cut pears and separate orange into wedges (one for each child) so children can cut the fruits into smaller pieces.
- Place fruits in serving bowls so children may serve themselves.



## Introduce Lesson to Children:

- Read *Germes are Not for Sharing* by Elizabeth Verdick.
- Ask: *Why is it important to wash our hands?*
- Demonstrate how to wash your hands by acting out each of the motions (pretend to turn on the water, get soap, scrub for at least 20 seconds, rinse and dry).
- Teach children the *Happy Birthday, Germes* song.



## Lesson Process:

- Have children wash their hands with soap and water while singing *Happy Birthday, Germes* twice.
- Pass around the serving containers filled with fruits. Allow children to use tongs or a fork to serve themselves. Have children practice cutting the oranges and pears into smaller pieces.
- Use ideas from the Whole Child Adaptation sheet to enrich the discussion on seasonal healthy fruits (Social-Emotional, Language & Literacy, Cognitive, and Physical Development & Health).
- Eat and enjoy the seasonal fruit!



## Family Letters:

- Send the family letters home to let parents know about the fun activity shared in class.