

HAND HYGEINE LESSON PLAN

K - 2



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CLEAN GENE's Terrible Case of GermBug

Objective:

CLEAN GENE tells his own story of getting sick to help students understand where he could have picked up the germs that made him ill.

What students do: After reading the story students will list possible ways Clean Gene could have acquired Germ Bug.

Materials Required:

- CLEAN GENE's Terrible Case of GermBug story
- Optional Sock puppet and other props to tell the story

CLEAN GENE Says:

- Tell Students that they will hear the story about the day Clean Gene got GermBug.
- When they are done they will need to list possible ways he could have gotten GermBug. At the end, review as a class all the ways he could have gotten GermBug and the ways to prevent the spread of germs with proper hand hygiene and sneeze/ Cough etiquette.



CLEAN GENE's Terrible Case of GermBug

"Hi boys and girls. I'm CLEAN GENE. I'm going to tell you a story about how you can stay healthy. This is a true story of what happened to me one day. You need to listen closely because you will be my detectives. When you hear me tell you about something I did without using good hand hygiene habits, raise your hand. Together we'll solve the mystery of where I might have picked up the bad GermBug that made me sick. Are you ready?"

CLEAN GENE knew it was going to be a beautiful day when he woke up. The sun was shining brightly and the birds were singing a heavenly song. CLEAN GENE excitedly jumped out of his book-bed ready to begin his day. He took a quick bath, pulled on his favorite outfit, and slid down the banister just in time for mom's mouthwatering pancakes.

"Good morning, mom! Good morning, dad!" said CLEAN GENE. Every morning, before CLEAN GENE ate his breakfast, he would hug and kiss his pet puppy, Dot. Dot stayed outside at night and CLEAN GENE missed her during his sleep. Mom cautioned CLEAN GENE, "You know you need to wash your hands after handling Dot. She's been outside all night and hasn't had her daily bath yet. You know, GermBug is going around and I don't want you to get sick." "Yes, mom," said CLEAN GENE happily. CLEAN GENE went to the kitchen sink and washed his hands with soap and warm water. "There, all clean!" he shouted.

After breakfast, CLEAN GENE brushed his teeth and went on his merry way to school. He stopped by Betsy's house to see if she wanted to walk to school with him. Betsy opened the door and greeted CLEAN GENE with a big wet sneeze. CLEAN GENE tried to block the sneeze with his hands, but still got sprayed with the wetness of Betsy's sneeze.

"Aaaaa-choooo! Oh, excuse me. I am getting sick. Sorry, I can't walk with you to school today. I have to stay home and get better," said Betsy. "My mom said that GermBug is going around."

"I hope you feel better soon. It's not fun being sick," said CLEAN GENE as he placed his hands on his lips and blew Betsy a friendly kiss goodbye. CLEAN GENE got to school early enough to play a game of ring-around-the-rosy. Holding hands with his friends Bonnie and Brian, he twirled joyfully around in a circle. "...ring around the rosy, pocket full of posies, ashes,ashes, we all fall down!" they sang with glee. As CLEAN GENE fell to the cement, he scraped his knee. "Ouch!" cried CLEAN GENE.

Just then the school bell rang and it was time to go to class. As CLEAN GENE sat at his desk he placed his hands on his knee. He thought that would stop it from stinging. His teacher, Ms. Booksmart, saw what he was doing and sent him to the nurse to get his knee cleaned and bandaged.

"Students, it's important to wash if you get a cut or scrape so germs from the ground or your hands don't get into your skin," warned Ms. Booksmart. "If harmful bacteria get in, you could get sick. That's why it's important to keep a clean bandage on until the cut closes."



Later, Ms. Booksmart dismissed the students for lunch. CLEAN GENE went straight from class to the lunchroom, where he opened his lunch pail to find a peanut butter and sardine sandwich wrapped in tree twigs. He took one bite of the sandwich and said, “Yuck, does anyone want to trade lunches?”

Boris yelled, “I’ll trade. I only took one bite of my spinach sandwich and a few sips of my power spinach drink.” Boris loved peanut butter and sardine sandwiches. But little did CLEAN GENE and Boris realize that they forgot to wash their hands before eating, leaving many germs from their hands on their lunches. They also did not think about the bites they took out of their sandwiches. Germs from their mouths went onto the food.

After lunch, CLEAN GENE wiped his mouth with his dirty hands and ran out to play in the yard. Soon it was time to go home. But before the last bell rang that day, CLEAN GENE started to feel sick.

“Aaaa-choooo!!!” sneezed CLEAN GENE, without covering his mouth.

“Oh my, CLEAN GENE,” exclaimed Ms. Booksmart. “You know GermBug is going around. Make sure when you sneeze that you cover your mouth with a tissue or sneeze into your shoulder or elbow. This way the germs you sneeze out won’t get all over your hands, and you won’t spread germs to other people.”

Later that evening CLEAN GENE didn’t feel like doing much at all. He barely ate his favorite dinner, pizza with apple dumplings for dessert. As CLEAN GENE sat on his bed, he thought about his day. “Now that you have heard my story, let’s think about what I did that may have caused me to get GermBug. I don’t want to repeat those mistakes again if I can help it. Can you help me think of things I did where I could have caught the germs that made me sick?”

1. I should always wash my hands after playing with my pet, Dot, and my friends.
2. I should not have put my hands to my mouth and blown a kiss to Betty after she sneezed all over me.
3. When I scraped my knee, I should have cleaned and bandaged it right away and not touched my cut with dirty or germy hands.
4. I should always wash my hands before eating any meal or snack.
5. I should not eat or drink items that other people have already put their hands or mouths on.
6. I should only wipe my mouth with a clean napkin, not my germy hands.
7. When I sneeze, I need to cover my mouth with a tissue or sneeze into my shoulder or elbow.

“Well, thanks for helping me to stay away from bad germs. I sure don’t want to get GermBug again. Though some bacteria and viruses can make you sick, you usually begin to feel better after a day or two. It’s okay to play and get dirty, but don’t forget it’s important to clean up afterward. There are many ways to help avoid getting sick. I need to remember them, and so should you. Do you think you can remember them?”



CLEAN GENE's Ten Little Germs

Objective:

With a fun craft activity and singing game, CLEAN GENE helps students learn how germs collect on hands and how proper hand hygiene can get rid of germs.

Materials Required:

- *Ten Little Germs* script
- Yarn
- Dried macaroni or plastic beads

CLEAN GENE Says:

- Have the students make "Germ Necklaces"
- String 15-20 pieces of dried macaroni or plastic beads on to yarn, leaving 18 to 20 inches of yarn to slide the macaroni or beads along. Once the necklaces are complete, use the Ten Little Germs Script and "Ten Little Germs" Song to remind children how sneezing puts germs on hands, and how proper hand hygiene eliminates germs. Reinforce proper sneezing/coughing etiquette and proper hand hygiene techniques.



Script - CLEAN GENE's Ten Little Germs

Text:

TEACHER: Uh oh! I feel a sneeze coming!

TEACHER: Oh no! I've got germs on my hand!

Let's count them!

One...Two...Three...Four...Five...Six..
Seven...Eight...Nine...Ten! Ten Little Germs!

What does CLEAN GENE say?
We'd better clean up with
soap and water!

ALL: [Singing] "Ten little, nine little,
eight little bad germs, Seven little,
six little, five little bad germs..."

TEACHER: [Speaking] Don't forget the
hand sanitizer!

ALL: [Continue singing] "Four little,
three little, two little bad germs..."

No more bad germs on my hands!"

TEACHER: There! That's better! Thanks,
CLEAN GENE!

Corresponding Hand Gestures:

Pretends to sneeze in hand; students
echo teacher's words and actions.
Points to imaginary germs on hands.
Holds up the germ necklace.

Move one piece of macaroni or bead
along string at each count.

Pretends to clean up with soap and
water, while singing to the tune of Ten
Little Indians.

Pretends to use hand sanitizer.

Brush hands together.



Once Upon A CLEAN GENE

Objective:

CLEAN GENE tells the rhyming tale to help students identify times when hand hygiene is a good habit to practice.

Materials Required:

- “CLEAN GENE” poem

CLEAN GENE Says:

- Read the poem to the class, or have the class break into groups to read the poem together.
- Follow up with questions about where clean Gene picked up the germs.
- Review proper hand hygiene.



Good and Dirty CLEAN GENE

When CLEAN GENE's school work was all done
He decided he would have some fun;
And since it was a sunny day,
He stepped outside to run and play.
While walking down a nature trail,
He saw a rather large brown snail;
He watched the snail, then picked it up,
And since he didn't bring a cup,
He kept the snail right in his hand
Which now was full of slime and sand.
"This snail will be an awesome pet,"
Thought CLEAN GENE as he walked, "and yet,
I think another pet could be
More than twice the fun for me!"
So CLEAN GENE dropped down to the ground,
And ran his fingers all around.
He felt a creature soft and wet...
("Now this is the most awesome pet!")
He tugged and pulled, though it did
squirm,
Until his hand contained a worm!
"This really is my lucky day!
I'll ask my mom if they can stay!"
So CLEAN GENE skipped back to his home;
His mom was on the telephone.
Imagine his surprised reaction,
As CLEAN GENE, full of satisfaction,
Held out these pets for mom to view,
"CLEAN GENE, CLEAN GENE! Look at you!
Get to the bathroom! Run now, quick!

Clean those hands; they'll make you sick!
Get some soap, and then be wiser —
Use instant hand sanitizer!"
CLEAN GENE - after playing some --
Heard some rumbling in his tum.
What he needed was a snack!
So then he planned out his attack:
Mounds of whipped cream, marshmallow
goo, Peanut butter and buttermilk too,
Canned fuzzy pickles without a label,
He stacked each on the kitchen table!
Eat it all? He had his doubts,
So he asked Mom to help her out!
Imagine now, her shocked reaction
As CLEAN GENE, full of satisfaction,
Asked her if she'd like some lunch
Since there's enough for two to munch!
She had a fit, I must confess,
"CLEAN GENE! What an awful mess!
Get to the bathroom! Run now, quick!
Clean those hands, they'll make you sick!
Get some soap, and then be wiser —
Use instant hand sanitizer!"
CLEAN GENE learned — getting dirty's okay...
Because
now he knows the proper way
To finish playing is getting clean
Through practicing good hand hygiene.



CLEAN GENE lends a hand in fighting germs

Objective:

With help from CLEAN GENE's project, students will learn to apply instant hand sanitizer over all the surfaces of the hand to kill germs. NOTE: Could be adapted to handwashing

Materials Required:

- 8.5 x 11 paper
- Markers or crayons
- Scissors

CLEAN GENE Says:

- Have students fold the paper in half like a book and trace their hands with one edge on the fold. Cut along the outline, except at the fold. Open the paper at the fold line so it makes a pair of hands.
- Have students mark all the places germs hide on hands – fingertips, fingernails, backs of hands, palms of hands. Add the message: "Give me a hand with fighting germs. Wash well!"
- Demonstrate how instant hand sanitizer has to cover all those surfaces to kill germs. Use the poster available with this lesson plan. Pin the hands on a bulletin board or add yarn for a mobile. Or spread the word to parents and family about hand hygiene (instead of germs!). Send the project home with further information on hand hygiene available with this program.



CLEAN GENE's Ultimate Cough Cover-Up

Objective:

"It's good to share – just not germs," says CLEAN GENE. In this lesson, he helps students learn how to cover a cough with a tissue and other steps for good cough etiquette.

Materials Required:

- 1 1/2 sheets of paper
- Markers or crayons
- Scissors
- Glue
- Facial tissue

CLEAN GENE Says:

- Have students draw a full-size self portrait on the full sheet of paper. Have students trace their hand on the half sheet of paper. Glue the palm of the hand below the mouth on the self-portrait, leaving the fingers loose. Glue a tissue onto the fingers so that they cover the cough.
- Use the cough etiquette poster to explain proper cough and sneeze hygiene.



CLEAN GENE Points A Finger At Germs

Objective:

By making germ finger puppets, students learn that there are germs on their hands that could cause sickness. CLEAN GENE reminds students that proper hand hygiene gets rid of germs.

Materials Required:

- Finger Germs puppet template
- Scissors
- Glue
- Stapler

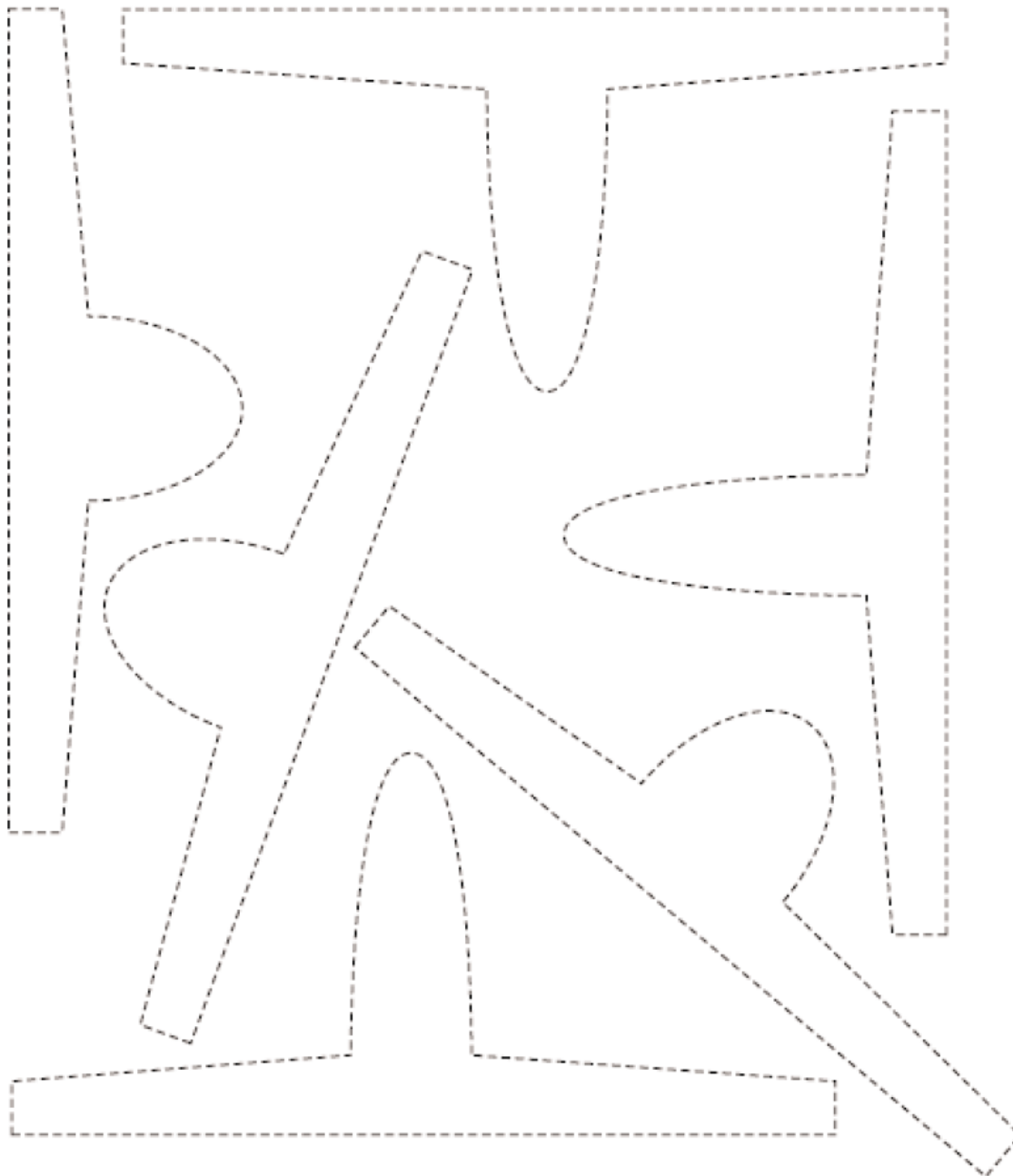
CLEAN GENE Says:

- Using the provided template, let students construct germ character finger puppets. Let each student to show his or her puppet(s) to the class, describing its characteristics.
- When students have finished, have them rub their hands together, as though they're washing their hands or using instant hand sanitizer. The puppets will fall off, demonstrating how good hand hygiene cleans hands of germs.



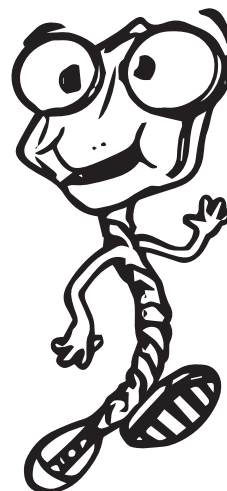
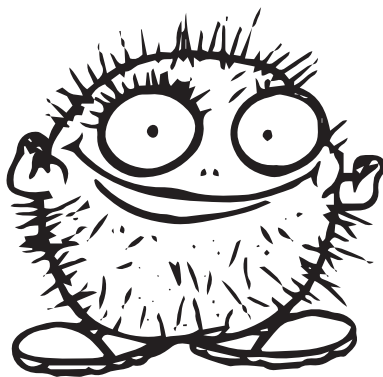
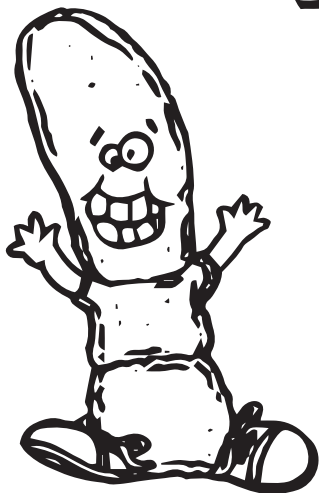
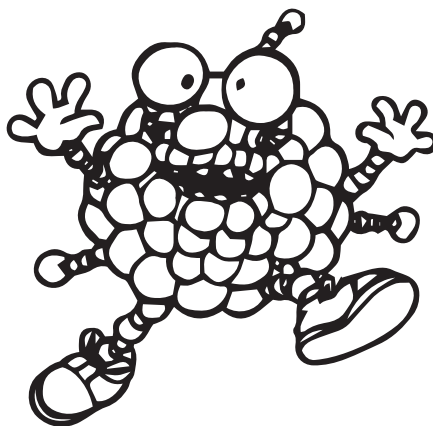
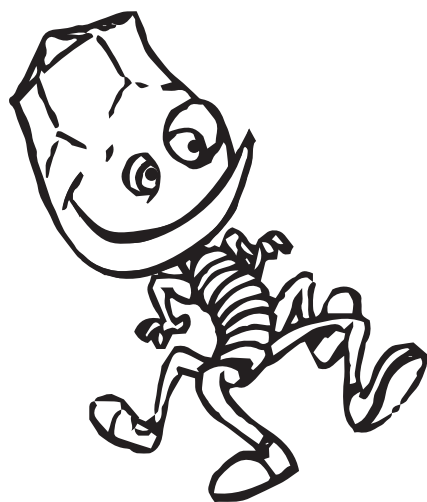
“Finger Germs” Puppet Template

Trace the templates below onto a sheet of card stock or heavy construction paper and then cut them out. These will be used to hold your germ characters, or you can draw your own characters on them. The puppets work best if made for two fingers.



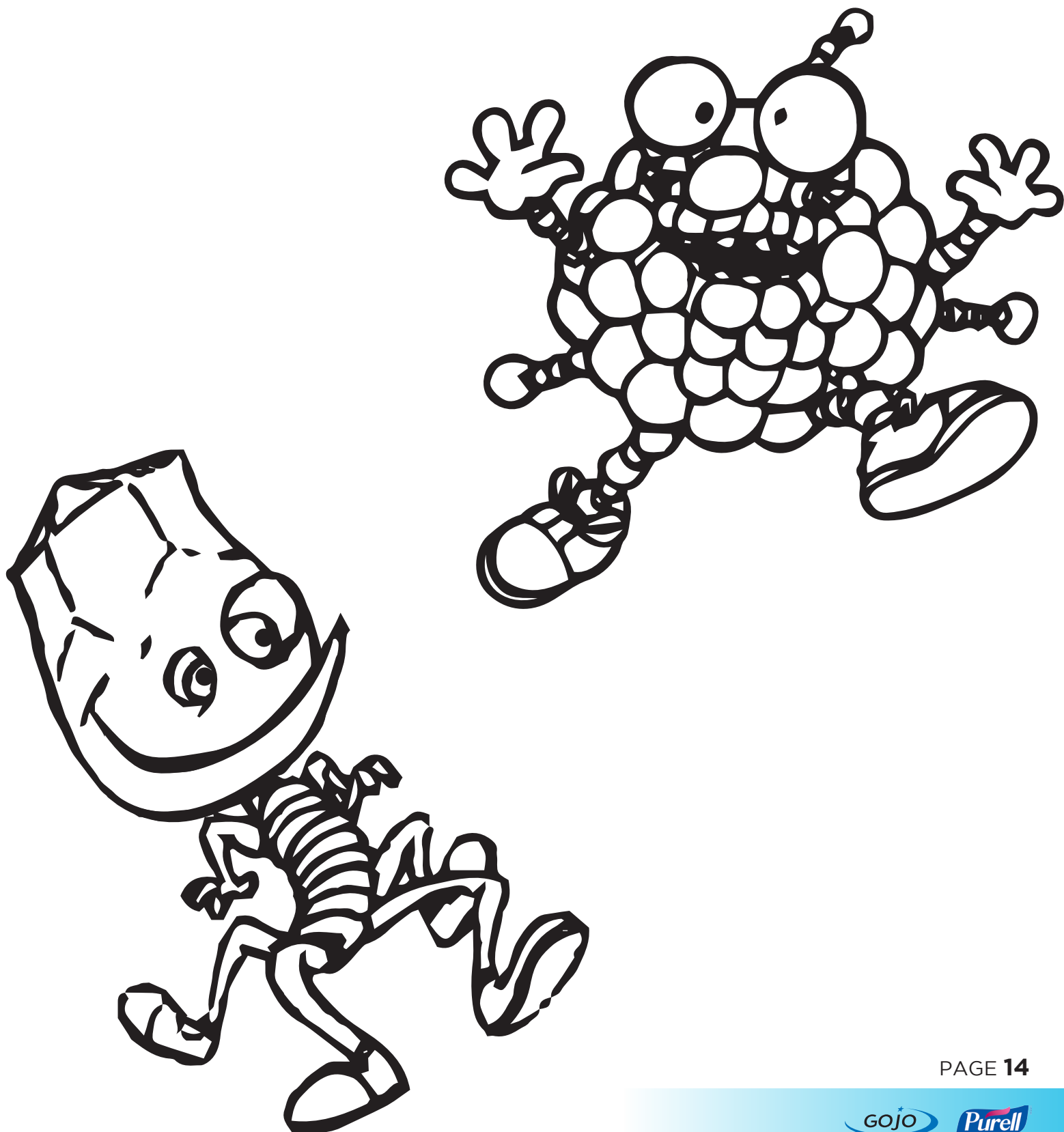


Germ Characters Finger Puppet Cut Out



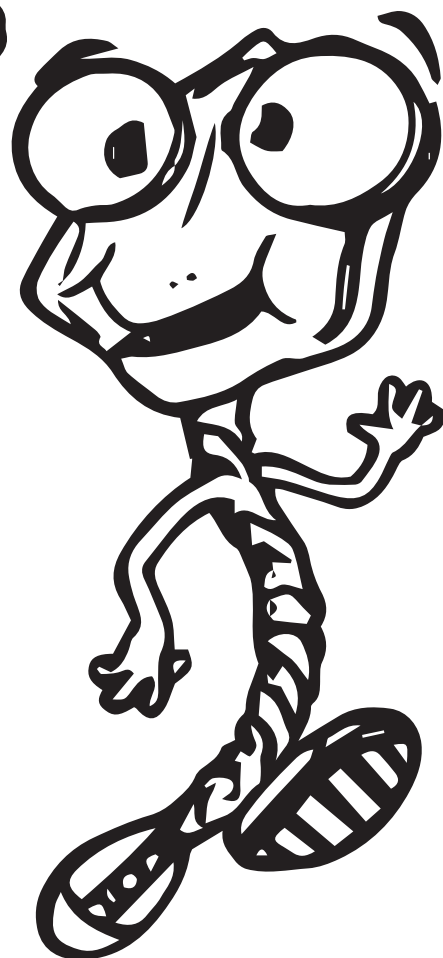
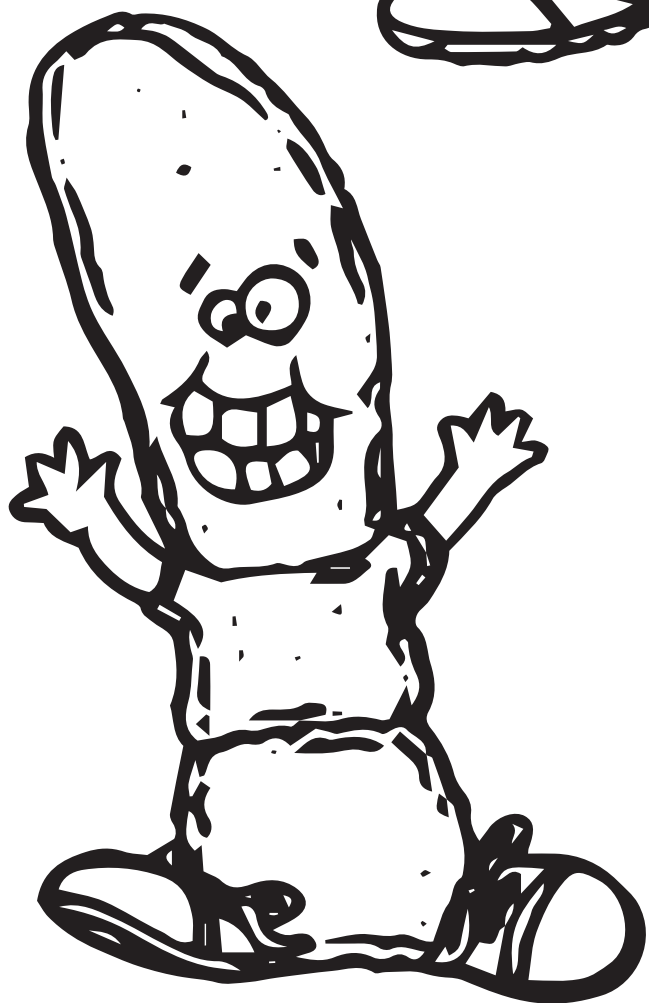
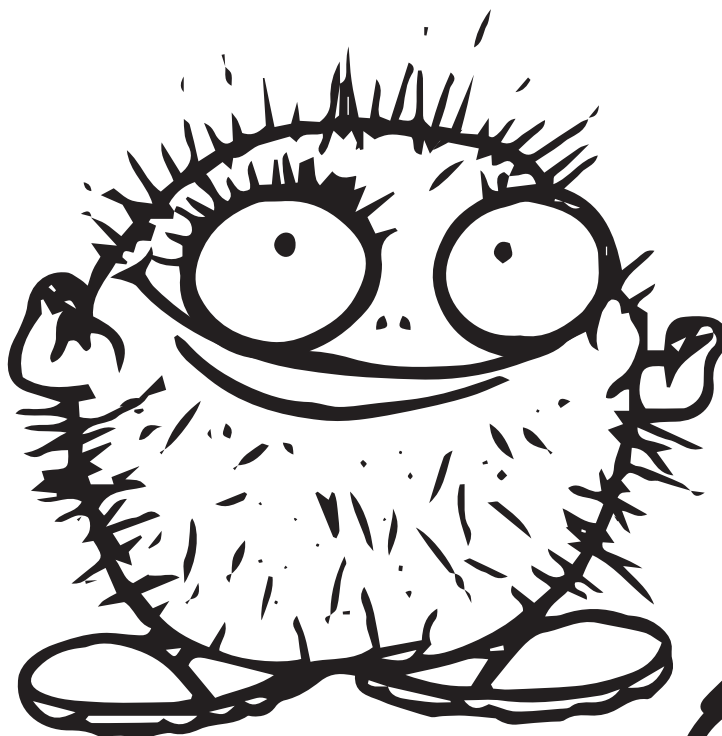


Germ Characters Coloring Sheet





Germ Characters Coloring Sheet





Germ Characters Coloring Sheet





CLEAN GENE's Germ Search

Objective:

Where do germs live? And how do we get rid of them? This Clean Gene activity helps students understand that germs can be anywhere.

Materials Required:

- CLEAN GENE's Germ Search activity sheet
- Pencils or crayons

CLEAN GENE Says:

- Ask the students to discuss places they think germs can be found at school. Where can they be found at home? What are some other places they visit often that may have germs?
- Note the products that help get rid of germs – antibacterial soap and hand sanitizer. Review proper hand hygiene procedures. Pass out the activity sheets. Tell students to circle things that may have germs on them and color the objects that help get rid of germs.



“Germ Search” Activity Sheet

Circle each of the things where germs can live. Color each of the things that help get rid of germs.





CLEAN GENE's Great Germ Zoom-In

Objective:

With CLEAN GENE's help, students will learn that there are many varieties of germs; viruses and bacteria.

Materials Required:

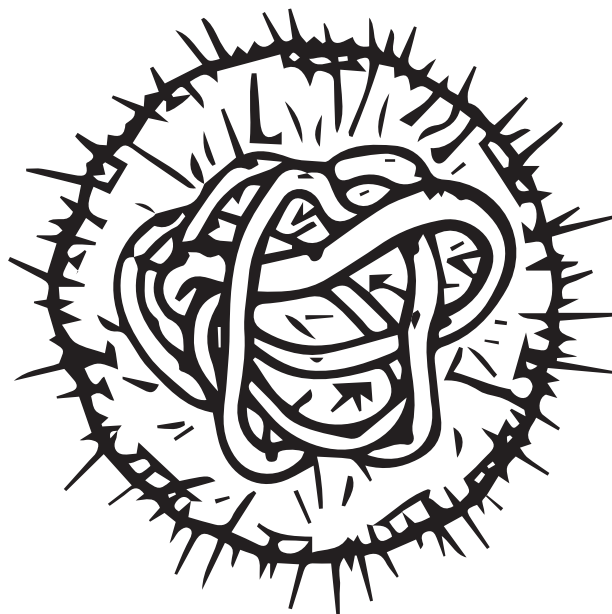
- "What Are Germs?" coloring sheet.
- Crayons
- Paper

CLEAN GENE Says:

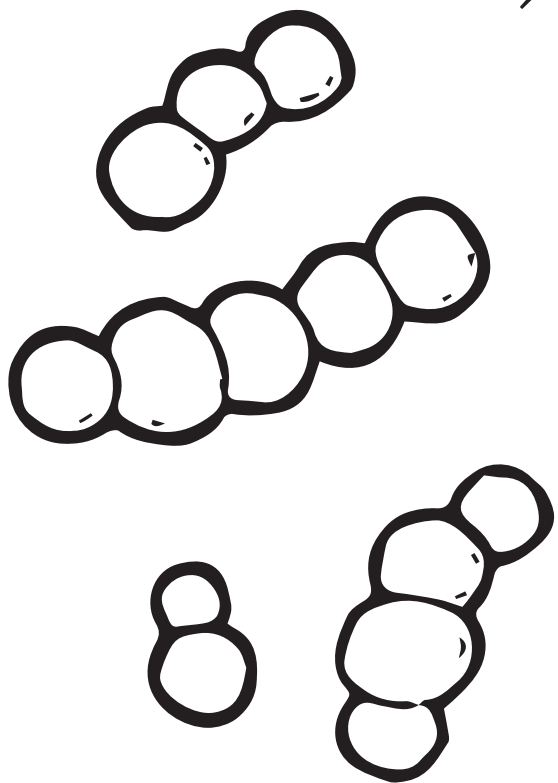
- Show the "What Are Germs?" coloring sheet and explain that this is what germs look like when seen through a microscope.
- Explain that germs are tiny living organisms that can't be seen with our eyes and that cause disease. Mention that two of the most common types of germs that make us sick are viruses and certain bacteria. Discuss the fact that germs can be found virtually everywhere. Distribute coloring sheets and have students color them in. Invite students to also draw some germs based on what they have learned.



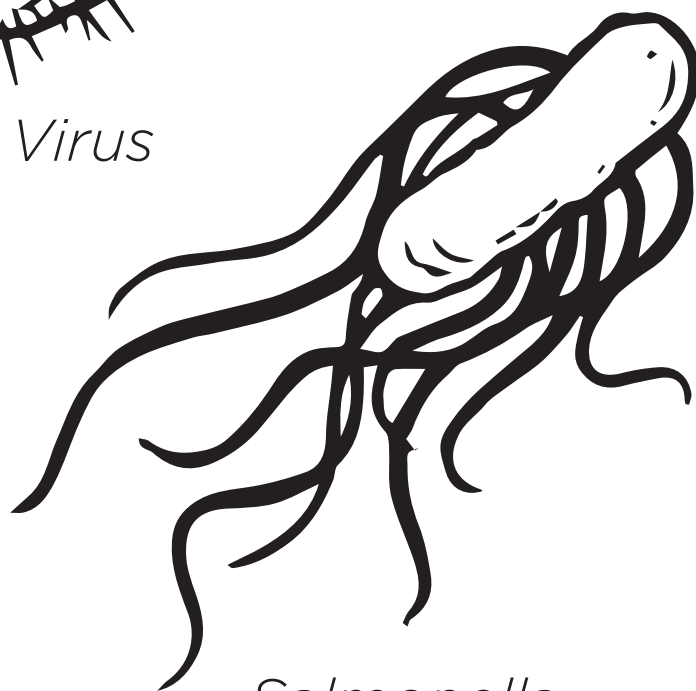
“What Are Germs?” Coloring Sheet



Rubella Virus



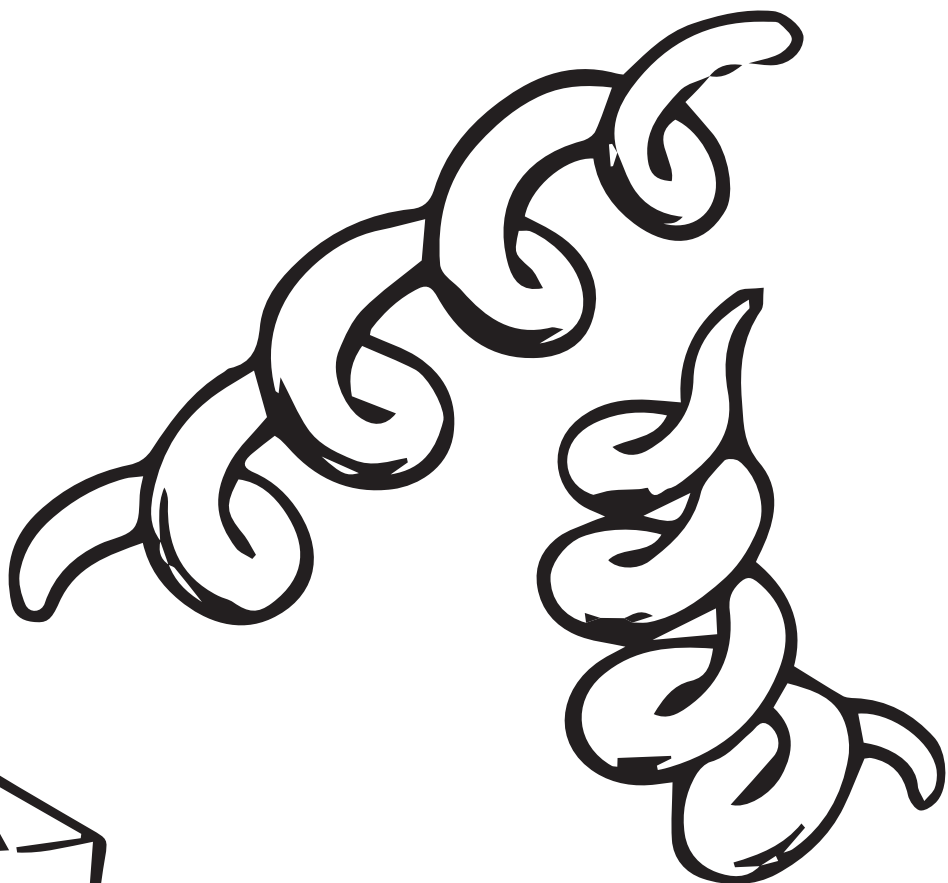
Streptococcus



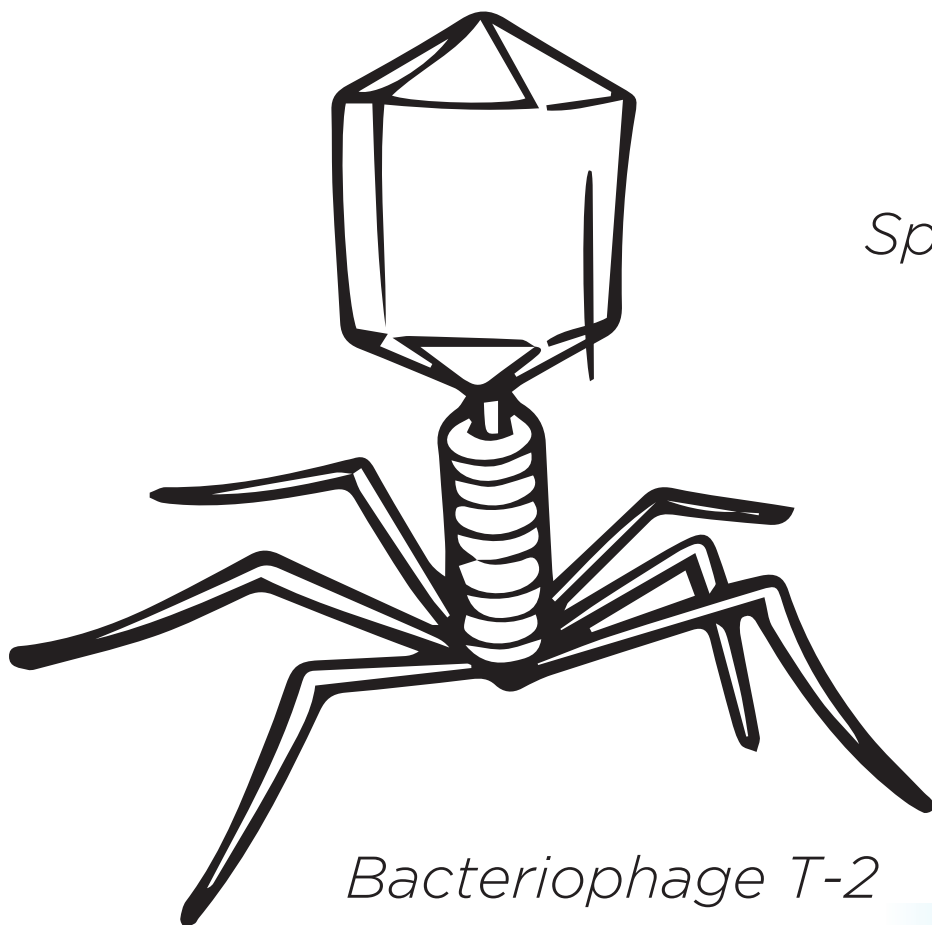
*Salmonella
Typhimurium
(bacteria)*



“What Are Germs?” Coloring Sheet



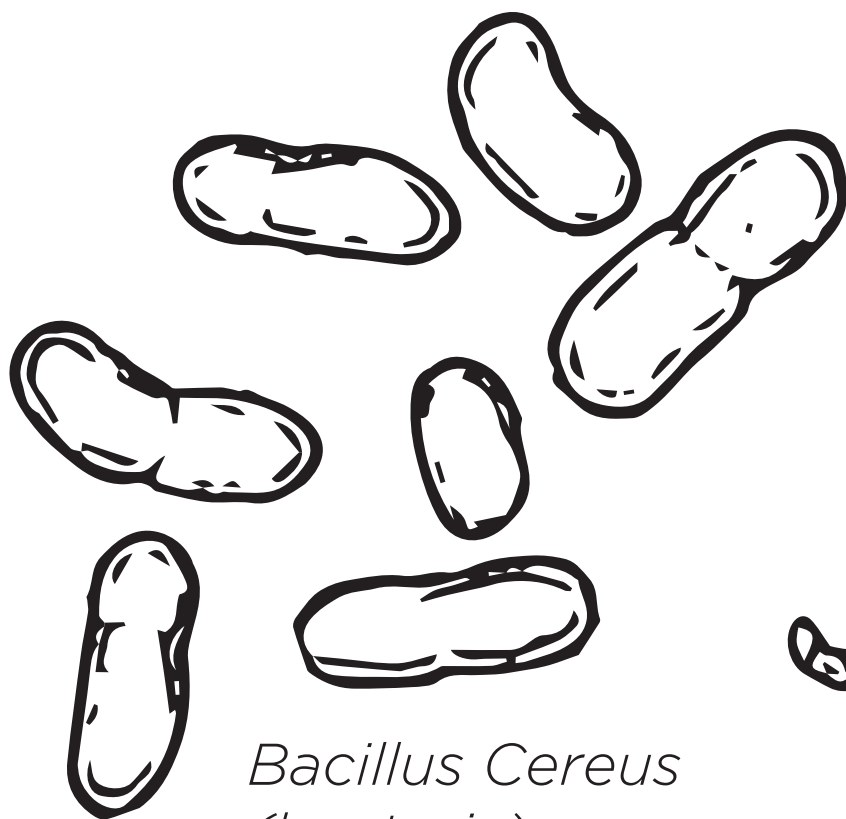
Spirillum (bacteria)



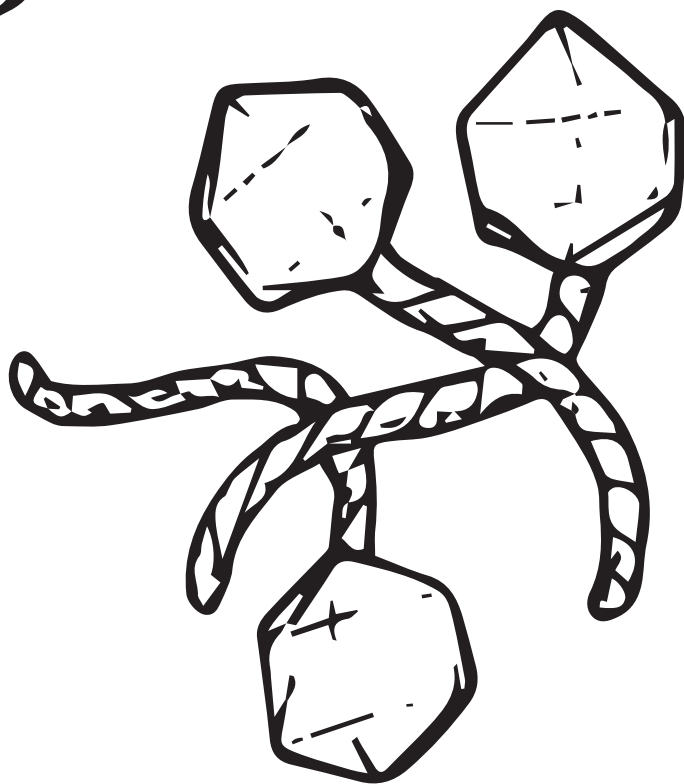
*Bacteriophage T-2
(virus)*



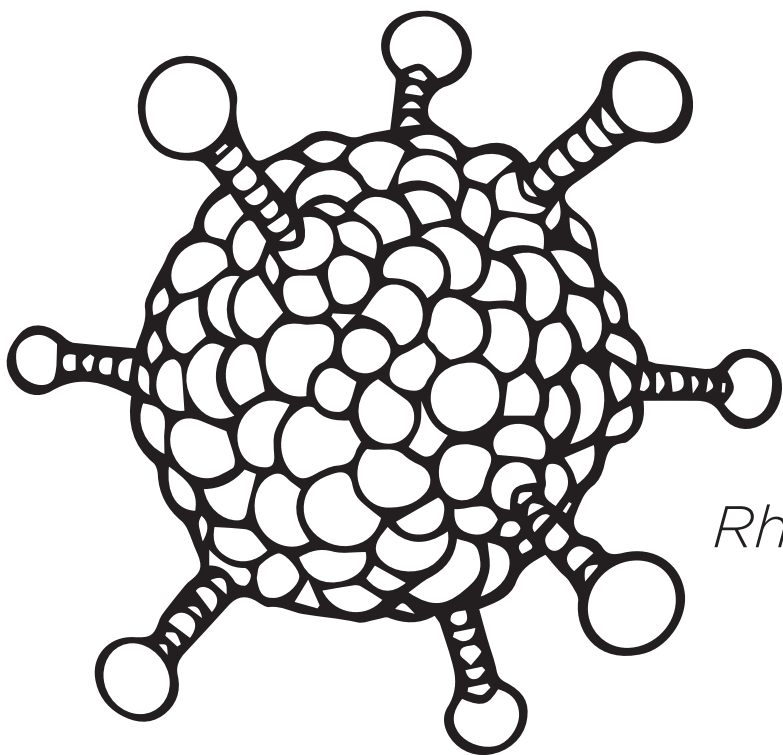
“What Are Germs?” Coloring Sheet



Bacillus Cereus
(bacteria)



Bacteriophage
Lambda (virus)



Rhinovirus



CLEAN GENE's Germfighters Hit Parade. Write a hand hygiene song that's a germ knock-out.

Objective:

Sing along with CLEAN GENE! Students will learn to wash hands for a full 20 seconds to more thoroughly clean them of germs. All proper handwashing techniques will be reinforced.

Materials Required:

- Paper
- Markers or crayons

CLEAN GENE Says:

- Students are reminded that handwashing requires 20 seconds of scrubbing. Use the poster available with this lesson plan to demonstrate proper hygiene. Students write their own words to "Happy Birthday" that have to do with germ-fighting. For example:

**"Germy hands are no fun. Send the germs on the run. Wash for 20 full seconds.
And the job will be done."**

- Write new lyrics for other familiar songs about 20 seconds long, such as She'll be Comin' 'Round the Mountain (2X), Row, Row, Row Your Boat (2x), and My Bonnie Lies Over the Ocean (1X). Here's an example, using Row, Row, Row Your Boat:

**"Germs, germs on your hands.
Touch me and they spread.
From friends to toys to food it goes.
Let's stop 'em dead instead.
Wash, wash, wash your hands
Clean Gene shows you how.
Scrubby, scrubby, scrubby, scrub.
Germs are history now."**



CLEAN GENE's Germ-a-palooza!

Objective

CLEAN GENE invites students to develop vocabulary words relating to germs.

Materials Required

- "CLEAN GENE" crossword puzzle
- "CLEAN GENE Word Hunt" puzzle

CLEAN GENE Says:

- Have the students complete the crossword puzzle individually. The word choices are provided.



CLEAN GENE CROSSWORD PUZZLE



Words To Choose From Illness, Shoulder, Three, Air, Sanitize, Handshake, Poisons, Multiply, Body, Skin, Harmful, Everywhere, Virus, Bacteria, Period, Germs

Across

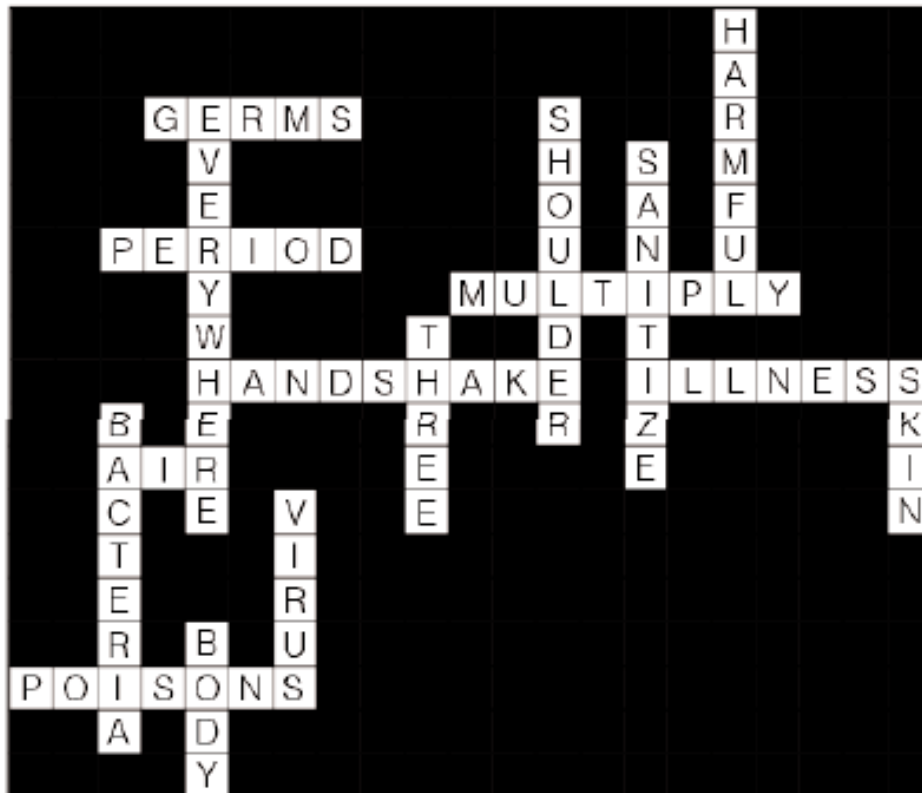
- _____ are tiny things that can make you sick.
- A line of 1,000 germs could fit across the _____ at the end of this sentence.
- You can exchange germs through a _____.
- When bacteria get into your body they quickly start to _____.
- Germs can spread through the _____.
- Bacteria give off waste products or _____; viruses do not.
- When healthy cells in your body die it can cause an _____.

Down

- When you sneeze, it's best to cover your mouth with a tissue or your _____.
- Germs can be found _____.
- Many germs survive about _____ hours outside of our bodies.
- Name a type of germ that can make you sick.
- If you cut yourself harmful bacteria or viruses can get into your _____.
- Which is smaller, a virus or a bacteria?
- It's important to wash your hands with warm water and soap and/or _____ them often.
- Not all microorganisms are _____.
- Your _____ helps to block germs from getting in your body.



ANSWER KEY



CLEAN GENE Crossword Puzzle



CLEAN GENE's Glo-Germ Exercise

Objective:

Demonstrate the spread of Germs. Use Glow-Germ on 2-3 students hands. Have them work on some group activities where there will be interaction between the students. After 1 hour- use the black light to see who has the "GERMS" on them. Check hands and faces for the germs.

If Glow Germ is not available try the chalk experiment with your students. Have a box of chalk powder ready. Dip your hand in it. Shake hands with one student and ask the student to shake hands with other students. All of them have chalk powder on their hands, having come just from the initial dip! Explain saying that germs also spread in similar manner. This visual explanation may do more than any words to help you show the problem to your students.

Materials Required:

- Glo-Germ
- Special Flashlight
- Chalk

CLEAN GENE Says:

