

Preschool Lesson Plan

Topic

Germs and Vaccines

Ages

2-5 yo

Learning Objectives

To learn that keeping our hands clean is one of the best ways to keep from getting sick and spreading illness.

Time

- 5 min Read book
- 10 min Practice hand washing
- 5 min Sequence cards
- 20 min Total time

Materials

- Bodies, Germs, and Vaccines book
- 20 second song
- Olive oil
- Kale leaf powder
- Hand sink with soap, warm water, and paper towel
- Hand washing sequence cards

Check-up

Talk with children about what they learned. Ask them the following questions:

- Why do we wash our hands?
- Why do we want to wash germs off our hands?
- Can anyone remember one of the handwashing steps?

Resources

Healthy hand-washing:

www.cdc.gov/Handwashing

Vaccine information for Native parents:

www.npaihb.org/Native-Boost



Procedure

1. Read Bodies, Germs, and Vaccines book.
2. Discuss proper hand-washing with the children.
 - a. Share background facts in Appendix A.
3. Practice hand-washing.
 - a. Tell the children they are going to practice getting germs off their hands.
 - b. Put a drop of cooking oil on each child's hands and have them rub it around.
 - i. Warning: make sure that the children do not touch their eyes until the cinnamon is washed off – spices in the eye can be irritating.
 - c. Have the children wash their hands following the 5 steps. Emphasize that water, soap, and scrubbing are all important in getting “germs” off. Without any one of these things, the germs stay on the hands.
 - i. Wet - wet hands with clean, running water
 - ii. Soap - lather your hands with soap.
 - iii. Scrub - scrub for 20 seconds or longer. See appendix B for song examples.
Make sure to get between your fingers and under your nails.
 - iv. Rinse - rinse your hands under running water.
 - v. Dry - dry your hands with a clean towel.
4. Have the children put the hand-washing sequence cards in order.
 - a. See appendix C for cards.
 - b. Print and cut out cards.
 - c. Shuffle the cards and place on the table.
 - d. Have children place the cards in the correct order for hand washing.

Appendix A

Background Information

General information to share with children:

- Some germs can make you sick. People can pass illnesses or diseases through germs.
- Germs are everywhere. They are so small that you cannot see them without a microscope.
- Wash your hands to get rid of germs and lower the chance of spreading germs. Use alcohol-based hand rubs or wipes when soap and water are not available.
- Do not touch your eyes, nose, or mouth until your hands are clean because germs spread that way. Keeping your hands clean is one of the best ways to keep from getting sick and spreading illness.
- Tell children to let an adult know if they feel sick.
- Getting a vaccine is one way we can help protect our bodies.

How Germs Spread

- When we kiss or hug.
- When we share drinks or utensils.
- Breathing in droplets in the air after a person coughs or sneezes.
- When we touch surfaces with droplets, then touch our eyes, nose, or mouth.

When to Wash

- After
 - using the toilet
 - you cough or sneeze
 - you blow your nose.
 - playing outside.
 - touching animals.
- Before you eat or touch food.

Appendix B

Hand washing Songs

"Twinkle, Twinkle Little Star (remake)"

Sing to the tune of Twinkle Twinkle Little Star

Twinkle, twinkle little star
Look how clean my two hands are
With soap and water, wash and scrub
Got those germs off,
rub-a-dub-dub
Twinkle, twinkle little star
Look how clean my hands are

"Row, Row, Row Your Boat (remake)"

Sing to the tune of Row, Row, Row Your Boat

Wash, wash, wash, your hands
Got to get them clean
Every finger one by one and lather in between
Wash, wash, wash, your hands
Got to get them clean
Every finger one by one and lather in between

"The Soap on Your Hands"

Sing to the tune of The Wheels on the Bus - sing twice to meet the 20 second mark

The soap on your hands goes sud, sud, sud.
Sud, sud, sud.
Sud, sud, sud.
The soap on your hands goes sud, sud, sud.
And the germs go down the drain.

"ABCs"

Sing all the way through to meet the 20 second mark

A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z
Now I know my ABCs
Next time won't you sing with me.

Appendix C

Sequence Cards



WET



LATHER



SCRUB



RINSE



DRY