

Hands to Ourselves

PHYSICAL SCIENCE 27.2 SCIENTIFIC REASONING 25.2, 25.3

Use glitter to teach children how easily **germs can spread** by touch.

Experiment

Put a small pile of glitter in the palm of one child's hand. Tell them that each piece of glitter is one germ. Then ask everyone to run around the room and touch various objects and surfaces. After a few minutes, call your children back to the circle. Notice how much of the room is "infected" with "germs" and how many of the children (who started with clean hands) now have germs on their hands or clothes.



Explain that it is important for us to wash hands and keep things out of our mouths.

Wash Carefully

GROSS MOTOR 4.1 NUMBER CONCEPTS 15.3

Use baby powder or flour to teach children where **germs can hide**.

Experiment

Place a small amount of powder in the palm of each child's hand. Ask them to rub their hands together for a few seconds. When they are finished, have them notice each nook and cranny that is filled with white powder. Ask each child to name a place where they see the powder hiding: under their fingernails, between their fingers, in the creases of their palms.



Explain that this is why it is important to thoroughly wash hands for the entire Handwashing Song. When washing, remind your children to clean all of the "hiding spots."

Cover Our Coughs

NUMBER CONCEPTS 15.1 GROSS MOTOR 4.1

Use water mist to teach young children how far **germs can travel in air**.

Experiment

With everyone sitting in the circle, hold a squirt bottle in your own hands. Squirt the water to demonstrate how far germs can fly in the air when someone coughs or sneezes, even without physical contact.



Explain that this is why it is important to cover our coughs with our elbows and to **keep a six-foot distance** from each other.

COVID-19 Teacher Resource Pack

Use this COVID-19 Teacher Resource Pack as you wash hands, address children's fears about illness and visiting doctors then sing your way to healthy habits during this challenging time.

Handwashing Poster

Handwashing Song

Ah-Choo, I Need a Tissue Song

Doctor, Doctor Song

Reassure your children about how their bodies are strong, healthy and ready to fight off germs. Teach them how to keep themselves safe by keeping hands to themselves, covering coughs and washing hands carefully.

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