

# Home Visit Notes

**Lesson:** Personal Hygiene

**Objectives:**

- Encourage reading in the home.
- Model reading skills.
- Empower parents as teachers by providing background knowledge.
- Provide and encourage healthy snacks.
- Foster fun learning interaction between parent and child.



The following activities are intended to introduce children to the joys of reading and hook them on books -- hopefully for a lifetime. All of these ideas can be adapted to suit different age groups. We suggest that you use them as a springboard and invent a few of your own. You may have noticed that we included several activities that utilize recyclable materials. There are three reasons for this. First, recyclable materials help to enrich learning by challenging children to find unique uses for everyday objects—thereby encouraging divergent and creative thinking. Second, ecological values are communicated to children as they live and learn in an environment where conservation of resources, multiple uses of materials, and innovative approaches are everyday practices. Third, and probably the most convincing reason, is that recyclable materials are inexpensive and readily available.

**Activities:**

1. Encourage Reading! The book *"Wash Your Hands!"* by Tony Ross is included in the kit. A theme related book list is also provided to give you some ideas. The books are listed according to age groups. Make a child's space even more private and special for uninterrupted reading with the *"Don't Bug Me I'm Reading"* doorknob hanger.
2. Read *"Wash Your Hands"* with the child. Make a crown or use a crown from Burger King for her/him to wear and be a "hand washing prince or princess".
3. Read and discuss *"It's A Germ's Life"*. This will lay the foundation for many of the germ activities that follow. Children will learn that there are many kinds of tiny living organisms, including germs. They will also understand that some germs can cause sickness and that some other tiny living organisms are helpful to us. Have the child construct finger puppets to represent "germ

characters". First have the child color the germ finger puppets and then assemble them with glue or tape. The puppet will then become a reading "partner" (but he's certainly not a "good guy"). Use the germ puppets as a visual for the child to remind him/her of germs and good hygiene. (*Puppet templates from [www.healthyhands.com](http://www.healthyhands.com)*)

4. A really neat way to show children how germs are spread when you cough or sneeze is to take a balloon and lots of paper punch circles. Put the circles into the balloon and blow it up, then let the air out of it by releasing the balloon. The dots or "germs" fly all over the room and the children. Then fill the balloon with more dots and blow it up again, only this time cover the mouth of the balloon with your hand, no "germs" escape into the air. The children love this!
5. Read *"One Grain of Rice"* by Demi and discuss how quickly germs can multiply. Ask the child if he/she would rather have one million jelly beans today or one jelly bean today that is doubled every day for 30 days. Use pennies or beans to demonstrate how quickly the jelly beans will accumulate (just like the rice in the story). Have the child retell the story in a comic strip version or as a flip story.
6. Read the *"Proper Hand Washing"* handout. Complete the *"A Big Hand for You"* activity. Distribute the hand washing mirror decal.
7. Children will construct their own version of germs. The first activity is for any age group. The second activity uses recyclable materials and is for older children since it is somewhat difficult to cut the soda bottle and it involves using a hot glue gun. The third activity also uses recyclable materials and is appropriate for almost any age.
8. Complete the *"Tell Me a Story"* activity. It helps children use their imagination and learn about health at the same time.
9. Even young children can be introduced to chemistry and find how much fun it can be! Try "Eggs-periment" and "Keep Your Teeth White".
10. More than 76 million cases of food borne illness occur each year. Most times, they simply result in a touch of "tummy flu." However, young children are especially susceptible to serious consequences from food borne illness because their immune systems have not fully developed. This *"Food Safety Activity Book"*, developed by the U.S. Department of Agriculture, will help children learn safe food handling habits at an early age. Each page of the activity book emphasizes basic safe food handling tips in simple words small children can understand. The cover features the big green villain "Bacteria" or "Bac" to his friends, who is responsible for food borne illness. Children

are eager to learn and they absorb information very quickly. Therefore the coloring book can be an exciting and fun project. After the book is completed, you can sign and present the certificate to the child.

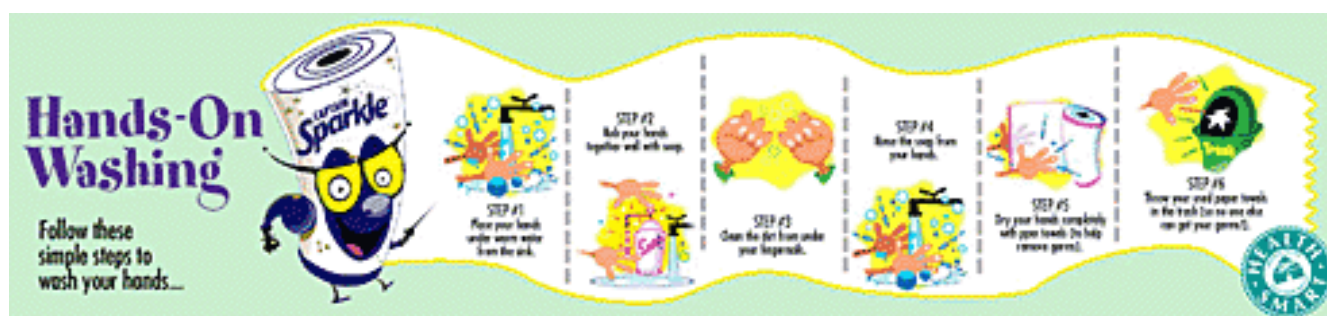
11. Construct a *"Wipe Out Germs"* game.
12. Do *"How Soap Works"*. (This activity is repeated in the *Instructors Notes*.)
13. Fight germs with a bean bag toss game. The instructions are provided for you. It's lots of fun and reinforces the concept that we need to keep germs away.
14. Have some fun with the section titled *"Germ Jokes, Songs, and Coloring"*. Kids usually love to sing and play instruments so you may want to include making a drum from a margarine container or some other musical instrument to make your germ fun afternoon complete!
15. Make the book *"There was an Old Lady that Swallowed a Fly"* with the child. Use the book as you sing the song. Have the child pretend he/she is a fly grooming (*ask the parent about this because it corresponds with a lesson in the GED instruction*) or have the child fly around the room.
16. Ask the child to make a *"Germ Fighting Shield"*. Some ideas for the different sections are:
  - a. draw a germ with a slash line through it.
  - b. think of a motto for fighting germs such as: *germs better not mess with me.*
  - c. draw something you will do to fight germs.
  - d. finish this sentence: *In the future I want to...*
  - e. draw **two** things to do each day to fight germs.
17. Read the handout *"Lousology"* about lice. Show the child the "wanted: boss louse" poster. If you have access to a computer and the internet, the child can try some of the online games at [www.headlice.org/kids/headgames/index.htm](http://www.headlice.org/kids/headgames/index.htm) There are some fun, informational sheets about lice for the child to color (*This information is also included in the GED instructor notes.*)
18. Show the child the poster that says *"Wash Your Hands"* in many languages. Have the children make their own *"Wash Your Hands"* poster by painting their hands and placing them on the paper. You can write the child's name and the date on the paper to make a keepsake. There are more hygiene resources on <http://www.health.state.mn.us/divs/fh/mch/CAREweb/washhands.pdf>



## Proper Hand Washing

Something as simple as washing your hands and completely drying them with paper towels can help you stay healthy all year.

Many germs and diseases spread by touching a surface that is covered with germs. These germs and bacteria then jump onto other parts of your body when you touch your eyes, ears and mouth with germ-infected hands. One of the easiest and most important steps to being healthy is by washing your hands properly and often!



- Moisten your hands under warm, running water from the sink.
- Remember that water alone is not enough to get your hands and nails clean. Squeeze some liquid soap into the palm of your hand. Rub your hands together to create lots of bubbles. If you have a bar of soap, save it in a soap dish that allows extra water to drain so the soap does not get soupy.
- Rub your hands together, count to 20, or about as long as it takes to sing "Happy Birthday" and work up a good lather. Be sure to wash in between your fingers. Scrub dirt from around the tops and palms of the hands, between your fingers and under your nails where germs are most likely to be hiding. Don't forget to use a nailbrush for cleaning fingernails and fingertips!
- Rinse all the soap off your hands with warm, running water.
- Dry your hands using disposable paper towels that can help you wipe off and throw away the germs. Germs can hide inside a cloth towel and can hop back onto your hands if you dry them with a towel that everyone else uses.
- After drying hands, grasp the faucet handle with your used paper towel to turn off the water. Avoid touching the sink or faucet handles, so you don't pick up germs from those surfaces.
- Throw your used paper towels in the trash.

## Activity # 6 (Page 2 of 4)

Germs can lurk in many places that you don't suspect, like:

- Classroom toys
- Cafeteria plates and trays
- Playground equipment
- Board games
- Remote controls
- Phone handles
- Cloth hand towels
- Bathroom cups
- Sink handles
- Pens, pencils and crayons
- Building blocks
- Pet cages and food dishes
- Spoons, knives and forks
- Keyboards
- Escalator/stair railings
- Toothbrushes
- Doorknobs
- Light switches

### **When should you wash your hands?**

BEFORE setting the table

BEFORE emptying the dishwasher

AFTER using the toilet

AFTER sneezing, coughing and/or blowing your nose

AFTER touching garbage

AFTER touching your pet

AFTER touching blood

AFTER playing in the backyard

AFTER shaking someone's hand

AFTER visiting someone who is sick

AFTER riding on the school bus

AFTER getting a scrape on your knee or a cut on your hands

AFTER cleaning up spills

BEFORE AND AFTER changing the litter box

BEFORE AND AFTER eating food

BEFORE AND AFTER playing with your younger brother or sister

## A Big Hand for You!

The pictures below show the steps you should take to wash your hands, but the pictures are mixed up. Cut out the pictures and glue them to the chart in the proper order.



Rinse the soap from your hands.



Rub your hands together well with soap.



Clean the dirt from under your fingernails.



Dry your hands completely with paper towels (to help remove germs).



Throw your used paper towels in the trash so no one else can get your germs!



Place your hands under warm water from the sink.

## A Big Hand for You!

1	2	3
4	5	6

**Answers:** #1 Place your hands under warm water from the sink, # 2 Rub your hands together well with soap, # 3 Clean the dirt from under your fingernails, # 4 Rinse the soap from your hands, # 5 Dry your hands completely with paper to help remove germs, # 6 Throw your used paper towels in the trash so no one else can get your germs!



## Activity # 13

# Germ-metry

Germs are so small that we can't see them without a microscope. A microscope is a tool we use to make small things look bigger. The germs in the photos below are bacteria. The germs are magnified many times their actual size. Bacteria usually come in 3 different shapes:

**ROD**



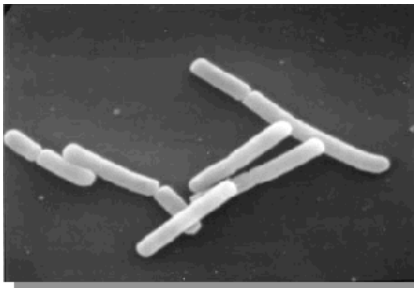
**BALL**



**SPIRAL**



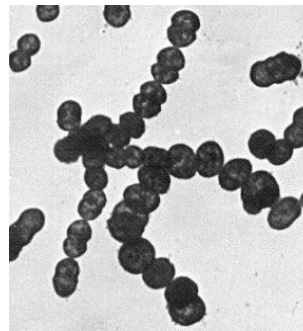
**Instructions:** Below are pictures of what germs look like under the microscope. On the lines under each germ, write the shape you see most (Rod, Ball, or Spiral).



**GOOD GERMS!**  
Lactobacillus  
acidophilus  
(lak-tow-bass-ill-us  
ass-id-of f-ill-us)

These bacteria are found in yogurt—but don't worry, they make yogurt healthy for us to eat! What shape do you see?

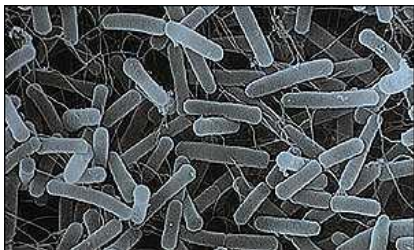
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**BAD GERMS!**  
Streptococci  
(strep-tow-kok-ee)

Ouch! These are the bacteria that cause us to have really sore throats. What shape do you see?

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**GOOD AND  
BAD GERMS!**  
E. Coli  
(ee k o-lye)

There are good and bad kinds of E. coli. The good E. coli help us break down food so food can get to all parts of our bodies. The bad E. coli can turn food bad and make us sick. What shape do you see?

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**BAD GERMS!**  
Leptospira interrogans  
(lep-toe-spy-ra in-ter-og-ans)

Stay away!! These bacteria cause disease. What shape do you see?

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**Answer Key:** *Lactobacillus acidophilus*—rod, *Streptococci*—ball, *E. coli*—rod, and *Leptospira interrogans*—spiral.

## *Creating Germs - #1*

Germs come in many different shapes and sizes. This activity gives you a change to create your own imaginary germ.

### **Materials:**

- Elbow macaroni
- Cardboard
- Crayons or markers
- Construction paper
- Scissors
- Glue



### **Procedure:**

1. Cut the cardboard in any "germie" shape.
2. Use your imagination to decorate your germ. Be creative! Your germ can be any color, shape, or size you want.
3. Give your germ a name.

## *Creating Germs - #2*

Germs come in many different shapes and sizes. This activity gives you a change to create your own 3-D imaginary germ using recyclable materials.

### **Materials:**

- 20 oz soda bottle—any color
- Old CD—like the ones AOL sends all the time
- Beads, buttons, large glitter, etc.
- Hot glue gun
- Scissors

### **Procedure:**

1. Cut the top off of the soda bottle. Then cut strips around the bottle as if you were peeling an apple.
2. Using a hot glue gun, glue the plastic strips to the old CD. The more you twist it and intertwine it, the better it looks.
3. Add buttons, beads, glitter or any other objects to add interest to your germ.

**Remember:** *Use caution around the hot glue gun.*

## *Creating Germs - #3*

Germs come in many different shapes and sizes. This activity gives you a change to create your own imaginary germ using recyclable materials.

### **Materials:**

- Egg carton
- Scissors
- Glue
- Chenille stems
- Permanent markers
- Glitter, beads, buttons, etc.
- Google eyes



### **Procedure:**

1. Cut out two egg holes from the carton.
2. Glue them together to form the body of the germ.
3. Decorate with permanent markers (so they don't come off the Styrofoam).
4. Add google eyes.
5. As desired, add chenille stems, beads, glitter, buttons, etc. to make your germ unique.

## Wipe Out Germs Game

### Materials:

- Plastic gallon milk container
- Chenille stems (3)
- Piece of yarn (18 inches long)
- Soft sponge (4" X 3")
- Hole punch
- Stickers (optional)

### Procedure:

1. Cut off the bottom of the milk container just below the handle.
2. Use a hole punch to make approximately 14 holes around the cut edge.
3. Weave chenille stems through the holes. Twist the ends together to join two chenille stems.
4. Tie a piece of yarn through one of the holes on the opposite side of the handle.
5. Tie the sponge to the other end of the yarn.
6. Apply stickers to decorate, if desired.

Now try to "wipe out germs" by swinging the sponge up in the air and catching it in the milk container.

## **Germ On The Run!**

While you and the children are washing hands, try this ditty:

**Washing Hands Can Be Fun, Fun, Fun  
Germ On The Run, Run, Run**

**Power'em out--Pow  
Power'em out--Ka-zow!  
Germ On The Run, Run, Run**



**Remember these hand washing instructions:**

- use warm running water and soap
- wash for 10-20 seconds
- rinse
- dry with paper towel

## Activity # 8

# Tell Me a Story

Help children to use their imagination and learn about their health at the same time! Ask them to tell you a story using one of the following prompts. Write their story down for them. You may want to let them illustrate their story or make it into a book for them to read with their parent. This idea is best following an activity or experiment about health to reinforce what they have been taught.

- Pretend you are a superhero fighting germs in your (parent's, pet's, etc) body. What do you look like? What do the germs you are fighting look like? What happens as you fight the germs? How did get into the body in the first place? How can you keep them from entering in the future?
- Describe the most vicious of germs in the whole world. What does it look like? How does it smell? Why did it get so horrible?
- Pretend you are a tooth in your mouth. Tell about your home. Is it a good place to live? Are you happy there? What is a day like for you as a tooth in your mouth?
- Tell me about the tooth fairy. What does it look like? What does the tooth fairy do with all those teeth? Will the tooth fairy like your teeth? Why or why not?
- Pretend you are a tooth superhero. You travel the world fighting for healthy teeth. What do you look like and what is a day like for you?
- You are a veterinarian (doctor for animals) and you have to pull the tooth of a (insert any animal here). Tell me what happens.

## Activity # 9

# Eggs-periment

This experiment examines how fluoride protects the enamel on teeth from being eaten away by acids we come into contact with every day.

### Materials:

- 2 hard-boiled eggs
- jar with lid
- vinegar
- fluoride mouthwash

### Procedure:

1. Place one egg in the jar with the fluoride mouthwash. Make sure the mouthwash completely covers the egg.
2. Cap the jar and allow it to sit for 24 hours.
3. Remove the fluoride egg from the jar, flush the liquid down the drain, and rinse the jar with clean water.
4. Place both eggs in the clean jar.
5. Fill the jar with vinegar. Make sure the vinegar completely covers both eggs.
6. Cap the jar and allow it to sit for 24 hours.
7. Remove both eggs from the jar and carefully squeeze both of them.

### Discussion:

The shell of the egg soaked in fluoride will be harder than the egg not soaked in the rinse. The vinegar, a weak acid, eats through the non-treated egg, while the fluoride forms a protective layer over the treated egg. Tooth enamel can be compared to the shell of an egg because both are hard, protective outer layers. Vinegar acts like certain mouth acids that promote tooth decay. Using a fluoride mouthwash daily can combat these mouth acids and keep your teeth strong.

## Keep Your Teeth White

To demonstrate how easily teeth can be stained, place one egg in a jar of water and one egg in a jar of cola. The following day remove the eggs and compare them. Then use a toothbrush and toothpaste to brush away the stain from the cola tinted egg. Works great as an intro to toothbrushing.



## Activity # 12

# How Soap Works

Did you ever wonder how soap works?

### Materials:

- Jar
- Oil
- Water
- Dishwashing liquid

### Procedure:

1. Put some cooking oil and some water in a jar, then secure the lid tightly.
2. Shake the jar, and notice how the water and oil stay separated.
3. Now put a few drops of dishwashing liquid into the jar, and secure the lid again.
4. Shake the jar once again, and notice how a cloudy mixture has been created.

### What happened?

The dishwashing liquid breaks up the oil into smaller drops, which just float in the water, creating the cloudy mixture. When cleaning, soap allows oil and grime to be washed away better!

## **“There Was an Old Lady Who Swallowed a Fly” book**

1. Cut the top page/fly page into two pieces, one for the top page, one for the fly page. These will be page 1 and 2 in the book.
2. Cut the spider/bird page into two pieces, one for the spider page, one for the bird. These will be page 3 and 4 in the book.
3. Cut the cat/dog page into two pieces, one for the cat, one for the dog. These will be page 5 and 6 in the book.
4. DO NOT cut the cow and horse pages. The cow page is page 7. The horse page is page 8—the last page.
5. To assemble the book, place the cow and horse pages together and then stack the half pages in order: the top page, the fly, the spider, the bird, the cat, and the dog. Use a brass fastener in the middle of the half pages to secure the book together.

## **Fight Germs Bean Bag Toss Game**

### **Materials needed:**

- Cardboard with dimensions of 17" by 11 1/2 ". (The top of a paper box works great.)
- Germ Characters Pictures (3)
- Scissors
- Glue
- Fabric for beanbags
- Sewing machine or needle and thread
- Rice or beans to fill the beanbags
- Funnel (optional)

### **Steps For Game Board:**

1. Color the three germ characters and cut them out.
2. Mount the three germ character pictures on the cardboard.

### **Steps for Bean Bags:**

1. Cut material into eight square pieces of equal size (about 3" X 3").
2. Match two pieces of material up edge to edge.
3. Sew the two pieces together into a square with the seam 1/4 inch inside the edge leaving a small opening in one seam in order to fill the bag with rice.
4. Repeat to make a total of three (3) bean bags.
5. Use a funnel inserted into the opening in the seam to fill each bean bag 3/4 full with rice.
6. Sew the opening of each beanbag closed.

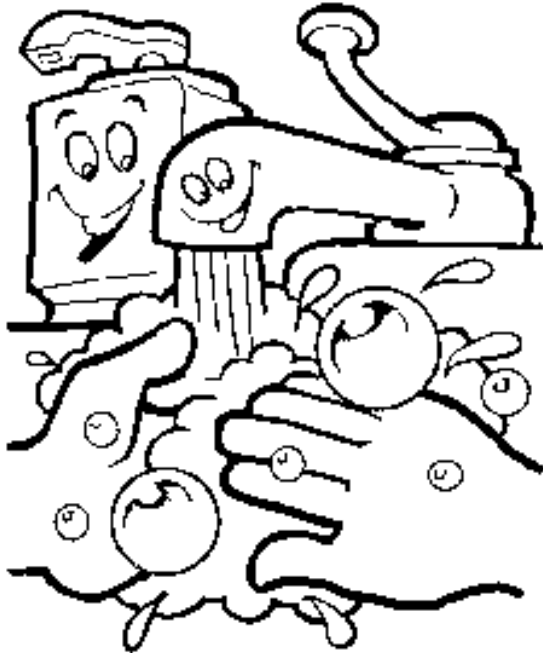
### **Steps to Play the Game:**

1. You are now have a game board and three square bean bags and are ready to fight germs!
2. Prop the game board up against a sturdy vertical surface. You may want to tape the base of the game board to the floor for additional stability.
3. Establish a throw line for the players to stand behind.
4. Challenge the players to toss the beanbags at the germ characters. You could assign point values to each character or just have the child toss the bean bags until he/she hits a germ.

*Compliments of San Diego Department of Environmental Health*

## Keep It Clean Song/Coloring Sheet

*(Sing to the tune of Row, Row, Row Your Boat)*



Wash, - wash, - wash, - your hands  
With soap - and wa - ter, too



Rinse - your fruits - and vege - tables  
and make - them clean - for you



Put - food - on - clean - tables  
run - those - germs - away



Keep count--ers clean - where food - is  
prepared  
And chase - those germs - away



# Germ Jokes, Songs, & Coloring

What do you call a germ who wants to have a good time?

A fungi (fun guy)



Why do people keep bandages in the refrigerator?

For cold cuts

What did the mold say when he had his picture taken?

"Cheese"



Sing this germ song to the tune of "Bingo"

When you cough and when you sneeze  
Cover your nose and mouth please!

G-E-R-M-S

G-E-R-M-S

G-E-R-M-S

Those germs can make you sick!

Adapted from  
[www.gphealthsmart.com/teaching](http://www.gphealthsmart.com/teaching)