

PAINT HAND-SHAKE POSTER:

1. Squirt a different color of tempera paint onto 6 to 10 paper plates.
2. Have each kid choose a color and dip a hand into a color of paint.
3. Tell your kids it's time to "Shake It Off"—have them shake at least five other students' hands. (Play Taylor Swift's "Shake It Off" while they shake to make it fun.)
4. Set out a large sheet of paper and have each student put his or her handprint on it.
5. Step back and ask your students to imagine that the paint is germs.
6. Discuss how easy it is to spread germs.

BREAD GERM TEST:

1. Put two slices of white bread into two zipper bags. Label the bags "1" and "2."
2. Seal bag 1 and set it aside. Open bag 2 and pass it around the classroom, asking each student to touch the bread.
3. Seal bag 2, and set both slices in a place where they won't be disturbed.
4. After a week, check the two bags. Are there any differences?
5. After another week, check the bags again. Is there more mold on the bread in bag 2?
6. Discuss.

3 Fun Ways to Teach Kids the Importance of Washing Their Hands

Incorporate one (or all!) of these activities into your lessons and help your students stay healthy!

HAND-WASHING CHANT:

1. Set a timer for 20 seconds and have kids sit silently while it ticks down.
2. Tell the kids that the CDC recommends that they wash their hands for 20 seconds.
3. Have students break into small groups and come up with a rhyme or song about hand washing that lasts 20 seconds.
4. Have them perform their song or rhyme for the class and then wash their hands while singing or chanting it.
5. Discuss.

DISCUSSION QUESTIONS:

After each of these activities, ask your students these questions:

1. How do germs spread from person to person?
2. How can you avoid infecting yourself with germs?

