

# Germes

## Activity

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

6.1, 6.3

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- demonstrate an understanding of the effects of healthy living on the body
- practise and discuss appropriate personal hygiene that promotes personal, family/caregiver, and community health.

## Equipment

- Spray bottle filled with water
- [Early Learning Anecdotal Recording Chart](#)

## Safety

n/a

## Assessment Opportunity

EL-K Team observation of children's demonstrated knowledge of the effects of healthy, active living on the body and appropriate personal hygiene can be recorded on the Anecdotal Recording Chart.

### Cover that Cough

- Discuss that germs are everywhere – in the air and on things we touch. They are so small we can't see them. Ask children: "What can germs do to us?" Ask children: "What can we do to get rid of germs or help stop spreading germs?"
- Answers: wash hands with soap and warm water, cover your mouth and nose when sneezing or coughing (use a tissue to cover your nose and mouth or cough into your sleeve, not into your hands), wipe your nose with tissue, stay home when you're sick, don't share anything you put in your mouth.

### Spreading Germs

Using the spray bottle filled with water, demonstrate how germs can spread. Tell the children to imagine that the spray droplets that come from the bottle are germs that people spread when they sneeze or cough. As you squeeze the sprayer, have children notice the distance that the mist travels.

### Notes to EL-K Team

- Reinforce this activity by establishing classroom routines that involve hand washing.
- For hand washing:
  - Provide a demonstration where children see the EL-K Team model proper hand washing techniques.
  - Where appropriate have children themselves demonstrate proper hand washing technique following instruction about proper hand washing techniques.
  - For additional information regarding hand washing, refer to Proper Hand Washing Technique in the About section.

## Connection Questions to Expand and Enhance Play

- Why is it important to cover your nose and mouth when you cough or sneeze?
- Why do we sneeze on our sleeve and not into our hand?
- How does washing our hands keep us healthy?