

# Activity 1: Staying Healthy from Germs

## Activity

**Resource:** Vaccination Talks Toolkit

**Grade(s):** 1 2 3

**Division(s):** Primary

## What is it all about?

Students view an image of germs to learn about germ transmission and ways to avoid contracting or spreading germs to others.

## What is needed?

### Image of germs

## How is it done?

Use the following instructions to facilitate the *Staying Healthy from Germs* activity to engage students in learning about germ transmission and ways to avoid contracting or spreading germs to others.

- Share the image of germs with students. Use the teacher prompts and sample student responses (in parentheses) to facilitate a discussion about germ transmission and ways to avoid contracting/transmitting germs.
  - **Teacher Prompt:** Germs are little organisms that can be found almost anywhere – on plants, animals, and people. We can pass them on to each other, and when we get one, sometimes we get sick. This is how we get colds. What are some ways we can come into contact with germs?

(Sample responses: We can get germs by touching something that has bacteria on it and then touching our eyes, mouth, or nose. This is how the germ enters our body; Sometimes we can breathe in germs because they can be passed through the air.)

- **Teacher Prompt:** What are some ways we can avoid getting germs or passing them on to others?

(Sample responses: We can wash our hands with soap; We can use a tissue and sneeze into our elbow; We can brush and floss our teeth to stop bacteria from growing in our mouth; We can wear a mask when we are sick.)

- Consider having students engage in role play to consolidate their understanding of ways to protect themselves from germs, prevent the spread of infections, and keep themselves and others safe.

(Reference *Activity 3 – Scenarios 2 and 3: Germs and How to Prevent Them from Spreading and Safe Practices to Prevent the Spread of Infections.*)