

GLOGERM LESSON

Preschool – 6th Grade

OBJECTIVE: To introduce students to germs and how they can cause sickness.
To teach children to properly wash their hands.

MATERIALS: GloGel
Black light or UV box
Soap
Hand Sanitizer Lotion (Purel)
Paper towels
Pictures of germs or stuffed animal germs
*Access to sinks

PROCEDURE:

1. Have students turn to partner and give a High 5. Tell them to look at their hands. Their partner just gave them something. What is it? Germs! Why can't we see them? Too small. If we used a powerful microscope, we could see them. Show pictures of germs to show the kids what they do look like.
2. Discuss how most germs are bad. They cause sickness. The most popular is the common cold, Rhinovirus. In order to avoid getting sick, there are several things we should do. One of the most important things to do is to wash our hands regularly and to wash them well.
3. Introduce Glogel. Tell them that is not real germs and it will not hurt. It is basically lotion we are going to put on our hands to teach us how to properly wash our hands.
4. Demonstrate how to rub the Glogel into their hands once the teacher gives them some lotion. Rub it on their palms, the back of their hand, between their fingers and then scratch their hand like a cat to get it under their fingernails. Have the students practice doing this. Then go around and give each child some Glogel, the size of a nickel or quarter for bigger hands. As soon as they get their Glogel, they can rub it in.
5. Turn off the lights. Go around and show the students their hands under the Black light.
6. Divide the class into thirds for the experiment. Have a third use Hand Sanitizer to clean their hands, a third rinsing their hands with plain water, and a third washing their hands with soap and water.
7. Inspect hands with the black light. Compare one student from each group, placing their hands side-by-side under the light. Discuss which one worked the best to clean their hands (soap and water).
8. The best way to clean your hands is to use soap and water. Teach the procedure for proper handwashing:
 1. First, get a paper towel and set it next to the faucet.
 2. Turn on the water and wet hands.
 3. Get soap on hands and start scrubbing and making suds.

4. Scrub for the length of time that it takes to sing one verse of “Old McDonald Had a Farm”.
5. Rinse hands.
6. Grab the paper towel and use it to turn off the faucet (do not touch faucet with clean hands).
9. Do a practice run-through with the class, singing the song and pretending to wash.
10. Have the class then wash their hands in the sink, using the procedure they just learned.
11. Using the Black Light, have each student inspect their hand washing.
12. Discuss which areas are the hardest areas to clean on their hands (under fingernails, between fingers)
13. Review hand washing procedure and why it is important to clean hands. Discuss when it is most important to wash hands (after using restroom, before eating, after blowing nose or sneezing on hands).