



Glowing Germs

Written by: Brianna Lupo

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Adapted from CDC Handwashing Activity



Glowing Germs

What will they learn?

1. What germs are, how they can spread, and what can be done to prevent the spread of germs.
2. Proper handwashing technique and timing.

What standards will the lesson plan follow?

All the standards covered are categorized in the 21st Century Skills under Health Literacy for 2nd graders”

- a. 21.K–2.HL.1: Essential Concept and/or Skill: Understand and use basic health concepts to enhance personal, family, and community health.
 - Know and use concepts related to health promotion and disease prevention.
 - b. 21.K–2.HL.2: Essential Concept and/or Skill: Understand and use interactive literacy and social skills to enhance personal, family, and community health.
 - Demonstrate social and communication skills to enhance health and increase safety.
 - c. 21.K–2.HL.5: Essential Concept and/or Skill: Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.
 - Achieve and maintain health enhancing level of physical activity.
 - Practice fitness skills.
 - Practice basic health enhancing physical behaviors.
 - Practice preventive health behaviors.
3. The students will also be following the scientific method: make a prediction, construct a hypothesis, test with an experiment, analyze data, draw conclusions, and communicate results.

Need extra help?

GloGerm demonstration video:

<https://www.youtube.com/watch?v=h-O279tiR3s>

How to wash your hands:

https://www.youtube.com/watch?v=T98_gqC-yanU

The Buzz on Scuzz:

<https://www.cdc.gov/bam/body/buzz-scuzz.html>

Materials:

GloGerm Gel, UV flashlight, a sink, soap, paper towels, timer

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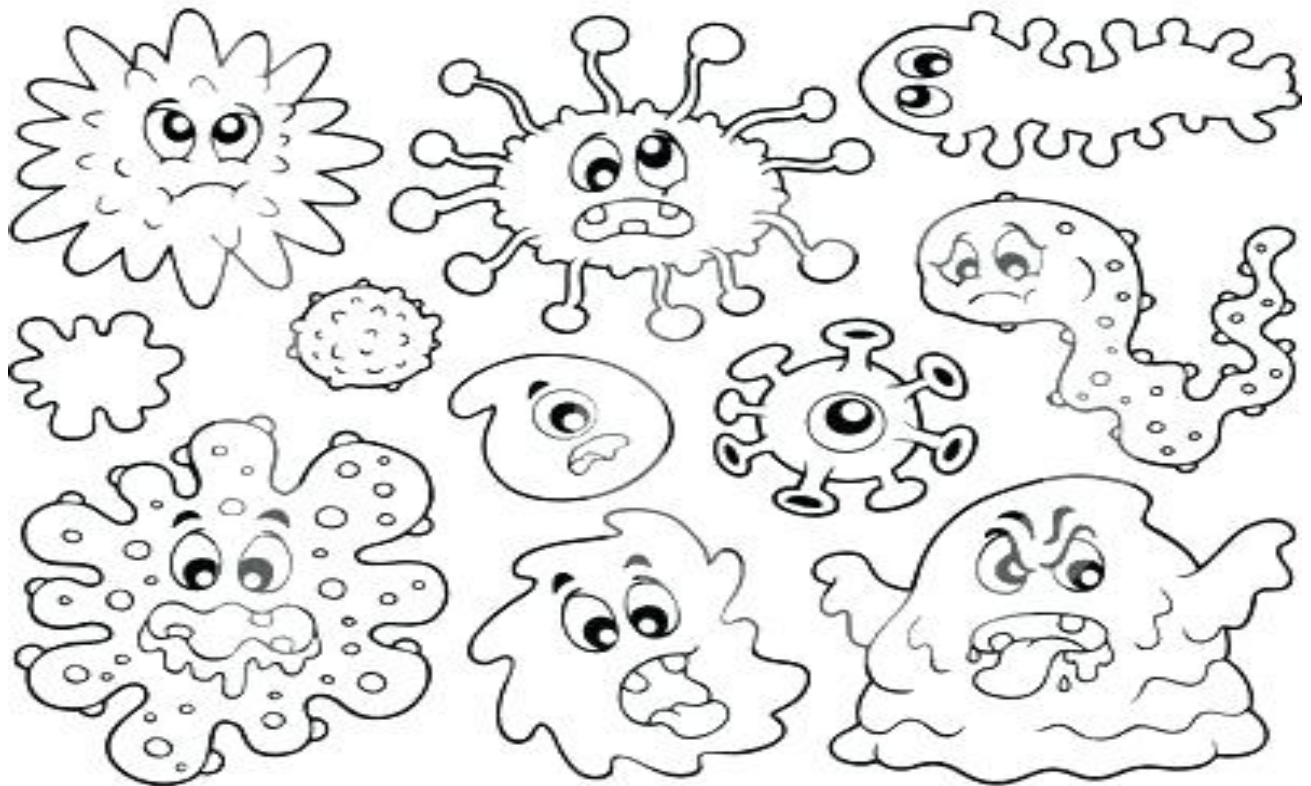
Glowing Germs

1. Interactively teach students about germs.
 - a. Ask the kids a question: who can tell me what germs are? → tiny, microscopic invaders that make you sick
 - b. Ask the kids a question: how do germs make you sick? → can produce toxins (bad liquids inside your body) or attack your cells
 - c. Show items with GloGerm on them to show kids where germs can be found (EVERYWHERE)
2. Have the kids answer the first question on their worksheet.
 - a. What are germs?
 - b. What are some germ hot spots?
3. Split kids into three groups. Each instructor takes one group.
 - a. Demonstrate how to properly wash hands.
 - b. Demonstrate how to use GloGerm.
 - c. Ask each small group what they think they will see when they put the GloGerm on (before handwashing).
 - d. Give a dime-sized drop of GloGerm to each student in the group.
 - e. Have students apply GloGerm gel for ~1 minute.
 - f. Each instructor has their group wash their hands for 10 seconds, 20 seconds, and 30 seconds.
 - g. Shine UV light on kids' hands after washing.
 - h. Have kids reconvene.
4. Have students talk briefly in groups about what they saw before and after they washed their hands.
 - a. Share with the group.
5. Emphasize how the different hand washing times gave different results. Longer handwashing = better!
6. Interactively inform kids how they can stop the spread of germs.
 - a. Have kids share what they can do to stop the spread of germs.
 - b. Fill in question 3 on the worksheet.
 - c. Fill in question 4 on the worksheet.
 - d. Share answers to #4 with the group.
7. Wrap up and pass out smiley face survey.
8. Tell students to bring their FULLY completed worksheet back on March 13th for a treat!

Glowing Germs

What are germs?

Name some germ 'hot spots'

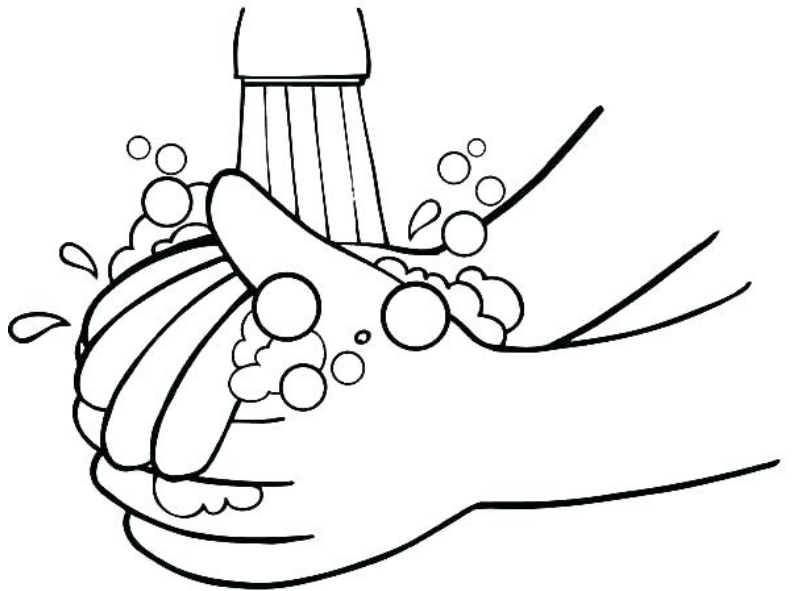


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How can you stop the spread of germs?

What can you do to protect yourself from germs?

Ask your **parents/guardians** about one thing they did today to stop the spread of germs!



Fun at-home resources:

- Cincinnati Children's Hospital: How Germs Spread
<https://www.youtube.com/watch?v=YBGsoimPXZg>
- Scrub Club Games
<http://www.scrubclub.org/home.aspx>

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Smiley Face Survey



10-9

This was one of
my favorite
activities EVER



8-7

I loved learning
by doing this
activity



6-5

I enjoyed this
activity



4-3

I did not enjoy
this activity



2-1

I REALLY
did not like
this activity

1. I had fun today



2. I learned something new today



3. I learned how to properly wash my hands



4. I understand why it is important to stop the spread of germs

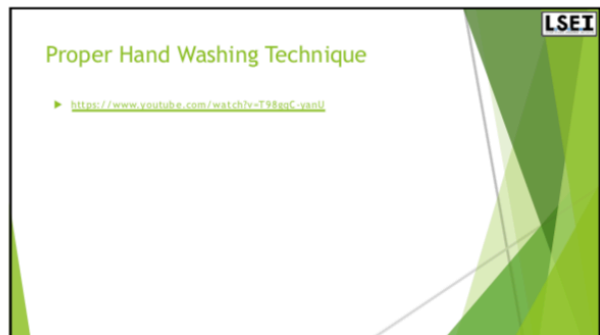
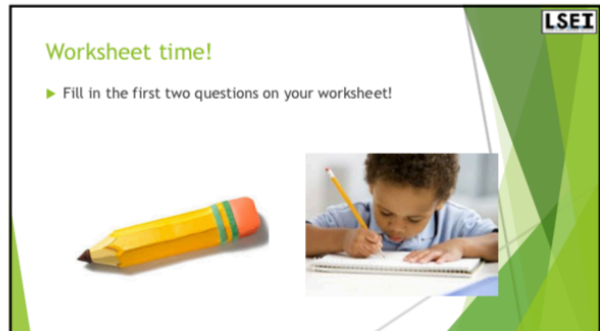
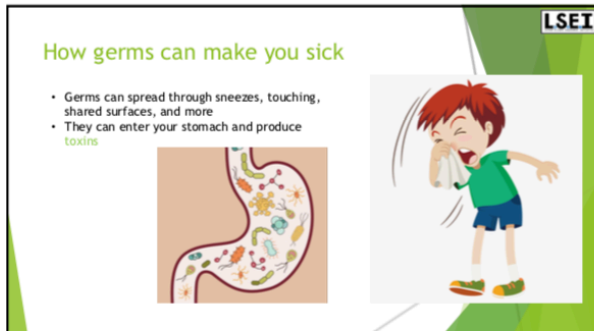


5. I know how to prevent spreading germs



PowerPoint

Full PowerPoint can be made available upon request.




LSEI

Group Time and Hypothesis

- ▶ Split into 3 groups
- ▶ Each group will wash their hands for a different amount of time

HYPOTHESIS



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Hand Washing and UV lights!






LSEI

What did you see?

- Did your hands glow a lot?
- Why were your hands glowing?
- Did washing your hands help get rid of the germs?



LSEI

How can you prevent the spread of germs?





KEEP GERMS AWAY, EVERY DAY!


LSEI

Smiley Face Survey and Next Time!

- ▶ Fill out the smiley face survey
- ▶ Raise your hand if you need help!
- ▶ Return your COMPLETED form tomorrow!



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