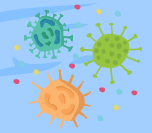


STEPS TO KEEPING CLASSROOMS HEALTHY AND CLEAN

PART 1: HAND HYGIENE: TEACHING IDEAS



- Provide step stools for easy access to the sink
- Use visual aids as reminders
- Role model proper handwashing techniques



- Be consistent
- Use books such as “Germs vs. Soap”
- Sing songs- visit [youtube.com](https://www.youtube.com) for handwashing songs

Sandwich Science Experiment

Items needed: 3 pieces of wheat bread; 3 Ziploc bags

Instructions: Place one piece of bread into a Ziploc bag as the control. Have a student (or you) wash hands properly with soap and warm water, then dry them completely and put second piece of bread into a different Ziploc bag. Then, have students touch the third slice of bread with their unwashed hands. Sit back and observe.

Experiment using paint!

Squeeze at least a tablespoon or two of paint into the palm of the child's hands.

Have the child close their eyes and pretend the paint is soapy water and use it to “wash” their hands.

When finished, have the child open their eyes. Any unpainted area represents an area missed, where germs could still be hiding.

Talk about areas missed and ways to improve handwashing skills.

Pepper and Soap Activity

Place pepper, which represents germs, in a bowl of water.

Have children dip their finger in soap, and touch the water. The pepper will scatter, demonstrating how soap repels germs. For a video demonstration of this activity visit

<https://www.youtube.com/watch?v=nU35Y1TPti4&t=77s>

Keep it Clean-PBS Kids

- Give each child a piece of white paper. Ask them to place it in front of them on the table (or ground).

- Show them the paint and explain that it will represent the germs we come in contact with daily.

- Invite each student to hold out one hand, palm up, and paint a thin layer of the paint onto their hand.

- Encourage your students to gently pat their hands together and talk about what happens when they pat their hands.

- Explain that just as the paint spreads onto the other hand, it is similar to the way germs can spread.

- Have students touch the piece of paper and explain what happened when they touched the paper.

- As a group, talk about how germs spread and how keeping clean is a great way to stay healthy.

- Invite students to wash their hands in the sink.

- As the students take turns washing their hands, explain how the hand soap loosens the paint, and the water rinses the paint away.

- Explain that each time they wash their hands, they are removing dirt and germs. This helps them to stay healthy and germ-free.



West Virginia
Child Care Health
Educators

STEPS TO KEEPING CLASSROOMS HEALTHY AND CLEAN

PART 1: RESPIRATORY HYGIENE: TEACHING IDEAS

Teach children to cover coughs and sneezes

Use visuals and demonstrations such as:

- Puppets
- Toys
- Educational songs
- Books
- “Practice sneezing”



Use consistent reinforcement:

- Model
- Explain the process
- Provide gentle guidance
- Provide immediate praise
- Visual reminders

The Dab Sneeze

Encourage children to “dab” (popular dance move) when they sneeze by tucking their nose into their elbow.

Visit <https://wqed.pbslearningmedia.org> and search for “Germs Can Travel” for a fun activity to complete with children

Check out these videos for more fun lessons

- <https://www.youtube.com/watch?v=zROHLUMAx5U>
- <https://www.youtube.com/watch?v=bm30RDpWIM&t=2s>
- <https://www.youtube.com/watch?v=ELMyWYR7BIs&t=2s>

Teach children to wipe and blow their nose

Blow through their mouth – Grab a tissue, and have the child hold it up to their mouth. Then have them blow air out of their mouth to move the tissue.

Pinching technique – Gently pinch one nostril closed while exhaling through the other. Encourage to switch nostrils and repeat the process until nose feels clear.

Create a little fog – Stand in front of a mirror. Have child blow through their nose to create fog on the mirror’s surface. This will help them visualize the air that comes out each time they blow.

Make ripples – Have the child use their mouth to blow ripples across the surface of water. From there, have them try to create ripples by blowing through both nostrils at the same time, then one side at a time.

Role-playing – Encourage imaginative play by pretending to be characters who need to blow their nose. Take turns playing the parent and the child, demonstrating the correct technique and providing positive reinforcement.

Fun rhymes and songs – Create catchy rhymes or sing songs together to make the learning experience enjoyable.

Bubble play – Use a bubble wand. Encourage child to take deep breaths and blow gently to create beautiful bubbles. This activity not only reinforces the blowing technique but also adds an element of fun and excitement.

Feather challenge – Give the child a feather and challenge them to blow it across a table or into a designated target area using only their nose.