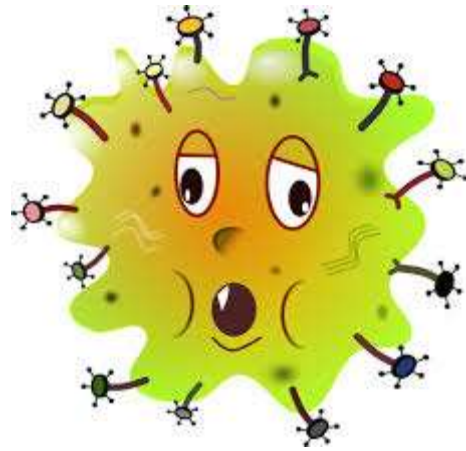


walking mountains[®] *science center*

Germs Germs Germs



What are germs?

Where do germs come from?

Can you see germs?

What can germs do?

How can we get rid of germs?

Germs are very small living beings that are everywhere. They are so small that they cannot see them with our eyes. We have to use a special scientific tool called a microscope to be able to see them.

The scientific names for germs are viruses, bacteria and microbes.

There are germs that help us to stay healthy and there are germs that can make us sick.

How do we help protect our bodies from the germs that can make us sick?

That's right we need to wash our hands and take good care of our bodies.

How do we take care of our bodies?

We take care of our bodies by eating a diet rich with all the colors of the rainbow by eating lots of fruits and veggies. We exercise our bodies and get fresh air by playing outside. We get good sleep by taking naps and going to bed early.



Enjoy this reading of Those Mean Nasty Dirty Downright Disgusting but Invisible Germs written by Judith Rice illustrated by Reed Merrill read aloud by Grandma Annii

<https://youtu.be/81Nlov10ow>

Did you know there are important steps to washing your hands?

Let's explore the ways to wash our hands properly!

<https://youtu.be/q0l8mjEWoHA>

We wash our hands with soap and warm water for 20 seconds!

Can you think of a fun song to sing while washing your hands? Try Happy Birthday or Singing the ABCs.

What about Counting to 20, try it in both English and Spanish.

<https://youtu.be/OZ3oSvfiwU4>

Here is a read aloud of the book Germs Are Not for Sharing by Elizabeth Verdick Illustrated by Marieka Heinlen Read by Auntie Kay Reads

https://youtu.be/YCq3Ft_s-5s

Here are a couple of science experiments to make hand washing fun that you can do at home with the help of a caregiver!

BREAD EXPERIMENT

“This experiment shows the science behind *why* it’s important for kids to wash their hands by showing ‘hidden’ aspects of microorganisms. It will take about 5-7 days to see the full effects of the germs on the bread.”

For this experiment, you’ll need three pieces of bread and three zippered plastic bags, and a marker.

1. Label the bags with these labels: control, clean hands, and dirty hands.
2. Use tongs to put a piece of bread in the bag labeled “control.” Next, have your child(ren) touch the second piece of bread BEFORE they wash their hands and place it in the bag labeled “dirty hands.”
3. Have your child(ren) wash their hands and then touch the last piece of bread and place it in the bag labeled “clean hands.”
4. Have them predict what will happen to each bag. Then, observe the pieces of bread each day and discuss what they see.

Here are the [results](#) from a teacher, Courtney Lee Simpson:



Courtney Lee Simpson bread experiment results

https://www.makingmotherhoodmatter.com/hand-washing-for-kids/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=385061116_12136292_33791

Why do we use soap? Soap helps to get the germs off of our hands.

Here is an experiment that shows how soap gets the germs off of our hands.

Pepper Germs

Materials:

Plate with a rim

Ground Pepper

Water

Soap

Steps:

1. Gather your materials



2. Pour some water onto the plate, just enough to cover the bottom.
3. Sprinkle, or pinch, the pepper onto the water to represent the germs.



4. Next, put a drop of soap onto one of your fingers. Make sure the whole tip of your finger is covered! When we wash our hands, we want to make sure we get soap bubbles on every nook and cranny of our hands to make sure we are getting all of the invisible germs!



Now we are going to show how soap takes care of germs!

5. Dip your finger into the water and watch the soap disperse the pepper (aka the germs)!







Thanks for learning about Germs and the importance of Handwashing with us!
Draw a picture of a germ and hang it in the bathroom to remind your family to wash their hands with soap and warm water for 20 seconds!