

Be A Germ Stopper!

This program includes bilingual activities to help kids stay healthy at school and at home.

Dear Educator,

Did you know that children miss almost 22 million school days every year because of the common cold?* When students practice healthy habits, they miss less school. (The same is true for teachers!) Raising awareness of good health practices in your classroom will make it a healthier place for everyone.

This teaching kit is designed to meet national health and science standards while helping your students learn about ways that good and bad germs can affect them, as well as how to make good choices to keep their bodies strong. This free program is brought to you by the makers of Children's Tylenol® and the award-winning curriculum specialists at Young Minds Inspired (YMI).

Because this issue is so important to parents, we have provided a bilingual tearpad with tips to help parents protect their kids from germs.

Parents also can find important information at www.tylenol.com and www.tylenolespanol.com.

Each of the three activity masters in this program is also printed in Spanish on the reverse side. The activities teach students how to prevent illness and include take-home components to help the whole family learn about proper hand-washing and other healthy practices.

These materials are copyrighted, however, you may make as many photocopies as you need or to share with your fellow educators. You can also download a free pdf version at www.ymiteacher.com/ymigermstoppers.htm. As a former teacher, I am confident that you will find these materials valuable in keeping kids in and germs out of the classroom!



Joel Ehrlich
President and former teacher

NATIONAL EDUCATION STANDARDS: First Grade Science/Health		
Activity 1	The Good, The Bad and The Ugly	Understanding how cold germs are transmitted
Activity 2	How Can I Stay Healthy?	Comparing behaviors that are safe to those that are risky or harmful
Activity 3	A "Bug's" Tale	Practicing ability to follow health-enhancing behaviors
Poster	Be A Germ Stopper!	Students taking responsibility for their own health



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*Source: Centers for Disease Control and Prevention

Target Audience

These materials are designed for students in first grade. Adapt them to meet the needs and abilities of your students.

Program Objectives

- To teach students about “good” and “bad” germs, and methods to prevent the spread of “bad” germs
- To reinforce good hand-washing techniques, which are key for good health
- To encourage germ-prevention habits for the whole family and an awareness of how to combat illness when it strikes
- To foster reading, sequencing, writing, and classroom interaction skills

Program Components

- This four-page teacher’s guide
- Three reproducible student activity masters, each containing a take-home component students can complete with their families. **Side two of each master is in Spanish.** Photocopy the appropriate side for your students.
- An **important bilingual tearpad** for parents with additional germ-prevention information and a valuable coupon for Children’s Tylenol
- A wall poster to remind students about proper hand washing
- A reply card for your important feedback

How To Use This Guide

Photocopy each student master and distribute one copy per student. Use the classroom portion in class and send the take-home portion home with students. **When you begin the activities, give each student one sheet from the tearpad to take home.**



How To Use the Poster

Display the poster (near a sink in your classroom if applicable), and introduce it as described in the instructions for **Part B of Activity 2.**

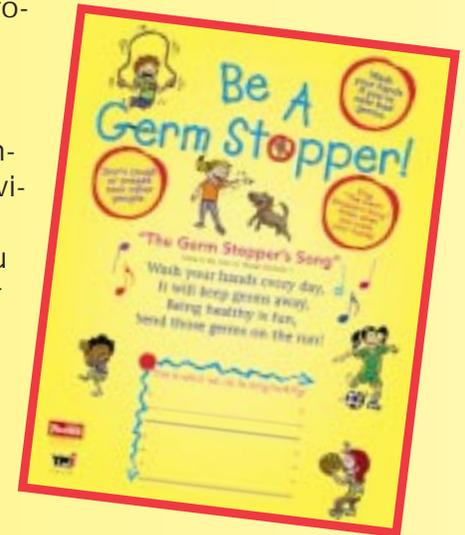
Practice singing “The Germ Stopper’s Song” (sung twice to the tune of “Happy Birthday”) as often

as is appropriate, and

use the CD to

help students learn the lyrics. At the conclusion of these activities, take dictation from students as you write in their tips for staying healthy.

Keep the poster on display for student reference and to list additional ideas.



Resources

✓ The Children’s Tylenol sites can help with questions that arise when kids get sick: www.tylenol.com and www.tylenolespanol.com

✓ Centers for Disease Control and Prevention (CDC) information and ideas on good health practices: www.cdc.gov/germstopper/home_work_school.htm4

✓ Information on germs, plus resources for students and teachers: www.kidspoint.org/columns2.asp?column_id=849&column_type=homework

Books

Berger, Melvin. *Germs Make Me Sick*. New York: HarperCollins. 1985.

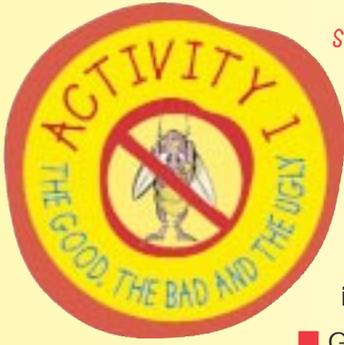
Cole, Joanna. *The Magic School Bus Inside Ralphie: A Book About Germs*. New York: Scholastic. 1995.

Ross, Tony. *Wash Your Hands*. La Jolla, California: Kane/Miller Book Publishers. 2000.

Video

The Magic School Bus Inside Ralphie, KidVision. 1995.





Skills/Concepts Covered: The good and bad ways germs affect our bodies, reading skills, and cooperation

Ask students, "Can anyone show me a germ?" As they answer, introduce these key points:

- Germs are everywhere.
- Germs are too small to be seen, but we can sometimes see clues that germs are around. For instance, a dirty smudge on the floor is visible "proof" of germs.
- Germs are living in our bodies all the time.

The Activity: Distribute copies of the activity master. Now talk about "good" and "bad" germs. Read the captions and review the following concepts:

I help your body digest your food!

Good germs like these live in our intestines and help our bodies get vitamins from the foods we eat.

I help your body fight bad germs!

Good germs try to send bad germs away. Keeping our bodies healthy with good foods, rest and exercise helps make good germs strong.

I help your body stay healthy!

We need good germs for our bodies to work properly.

I make you sneeze and cough! I give you a cold! I give you a fever!

For each of these statements, ask students to talk about when they have felt the effects of bad germs. Almost everyone can vividly remember a time that a bad germ has gotten to them!

Give students time to color and cut out the Germ Cards. Remind them to write their initials in the bottom corner of each card, then invite them to play one of these "germy" games!

GAME 1: Old Cold

This game is similar to *Old Maid*. Group students in fours, and ask them to pool their cards. Have them remove all but one "I give you a cold" cards from the deck. Hand out the cards to the players one at a time until all the cards have been distributed. Students take turns picking a card from the hand of the player to the left, discarding pairs as they are found. The object is to try not to be the one left with the sole "I give you a cold" card—the Old Cold.



GAME 2: Germ Buddies

This game is similar to *Memory*. Group students in fours, and ask them to pool their cards. Students put all cards face down and take turns selecting two to see if they match. Students continue play until all cards have been matched. For the simplest version, any two bad germ cards or any two good germ cards can be considered a match. For a more challenging version, the cards must be an exact match—two "I make you sneeze and cough!" cards, for instance.

Once game play is over, be sure that students have their own cards back to bring home.

Take-Home Component: Have students cut the bottom portion of the sheet off and take it home, along with one of the tearpad sheets.



Skills/Concepts Covered:

Ways that bad germs are spread; habits that keep us healthy, particularly good hand washing; writing and sequencing skills

Remind students that good germs are already in our bodies working to help us feel healthy. Ask if students know how bad germs get into our bodies. Write and label the list below on chart paper or the chalk board, leaving room to the right to list student suggestions for ways to stop the spread of germs.

WAYS THAT BAD GERMS SPREAD

- 1 Sneezing into the air
- 2 Coughing into the air
- 3 Putting things that aren't food (such as pencils) into your mouth
- 4 Touching money, railings, or other things that have been touched by lots of other people
- 5 Sharing knives, forks and spoons, drinking cups, toothbrushes, etc., with others
- 6 Not washing your hands after using the bathroom

The Activity: Distribute copies of the activity sheet. Ask students to talk about each drawing in **Part A**, and to think about which of the kids pictured are spreading bad germs or practicing unhealthy habits. Then have students circle the pictures showing those practices (**Answers:** Pictures 2 and 3 show unhealthy habits.)

Part A may prompt students to think of unhealthy habits that they hadn't mentioned previously. Be sure to list their ideas to the right of your chart under a

column heading that reads, "We Can Stop Those Germs!"

Brainstorm ways to prevent germs from spreading, going item by item on your list, and mention these tips as well:

- ✓ *Covering your mouth or nose with your hand only moves the germs to your hand, which is then likely to touch something and pass the sneezed or coughed germs along to someone else!*
- ✓ *When a sneeze or cough is coming on, try to move at least two feet away from the next person, because that's how far germs can spread if unchecked.*

For the last item on the list, ask students, "When is it important to wash your hands?" Write student responses on the board. These may include: after using the bathroom, before eating, after coming home from a public place, and after playing with a pet.

Part B. Read the out-of-sequence items in the list. Direct students to review the song lyrics on the poster. Now let students work in groups to determine the correct sequence and tell them to write the appropriate number next to the statement (**Answers**, in sequence: 3, 5, 1, 6, 2 and 4). Now have the class practice by pantomiming the steps in the correct order.

Finally, have students make a sign on a new piece of paper or on the back of their activity sheets to encourage everyone in their families to be good hand washers. At any time during the activity, lead students in singing "The Germ Stopper's Song" (sung twice to the tune of "Happy Birthday") to approximate how long students should wash their hands to be sure bad germs are killed.

Activity Extension: Let classmates guess what students are doing as they act out healthy and unhealthy habits, and whether their actions are healthy or not.

Take-Home Component: Read over this part of the activity with your students, then have them cut the bottom portion of the sheet off and take it home along with their hand-washing sign. **Be sure you have given each student one of the tearpad sheets to give to their parent or caregiver.**



Skills/Concepts Covered:

Reviewing healthy habits, reading and writing skills

Begin by using a "think, pair, share" technique to review the healthy and unhealthy habits discussed previously. First, ask students to

think of one healthy and one unhealthy habit. Second, let students *pair* off to discuss their ideas with a partner. Finally, ask student pairs to *share* their ideas with the class.

The Activity: Have students complete the maze, then talk about each of the pictures in the maze and the kinds of habits they show.

Help students think about ways that they can be Germ Stoppers. Prompt them to think about one or two important ways that they can prevent bad germs from getting the upper hand at home, in your classroom, or in their bodies. Have students share their ideas with the class. Record student ideas on the board. Sample responses may include:

- Wash my hands often.
- Get plenty of rest and the right amount of exercise.
- Eat healthy foods.
- Cover my nose when I sneeze.
- Never put pencils or other things that aren't food in my mouth.

After students have shared their ideas, have them draw their favorite idea on the card in **Part B**. Make a few similar cards with your class and post them in helpful spots in your classroom or in your school. For instance, post a "Remember to wash your hands well!" sign next to the student sink.

Activity Extension: Wearing their Germ Stopper cards as badges, students can have a parade, singing "The Germ Stopper's Song" as they walk along.

Take-Home Component: Read over this part of the activity with your students, then have them cut the bottom portion of the sheet off and take it home.



The Good, The Bad, and The Ugly

REPRODUCIBLE
MASTER
ACTIVITY 1

Some germs are helpful. Others can make us sick! Color the Good Germ and Bad Germ cards below.

Good Germ



I help your body
digest your food!

Good Germ



I help your body
fight bad germs!

Good Germ



I help your body
stay healthy!

Bad Germ



I make you sneeze
and cough!

Bad Germ



I give you
a cold!

Bad Germ



I give you
a fever!

Dear Parent or Caregiver,

Today in school, your child played a game using what he or she learned about good germs and bad germs. Let your child give you a Germ Quiz! See if you can name one helpful thing that good germs do for your body and two rotten things bad germs do. Need a hint? Your child will help you by showing you his or her germ cards.

For more important information about germs, keeping your family healthy, and what to do when a cold or the flu does occur, please see the sheet your child has brought home.* You'll also find more important tips at www.tylenol.com and www.tylenolespanol.com

*Brought to you by the makers of . Helping parents and kids stay healthy for over 50 years


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Lo Bueno, Lo Malo, y Lo Feo

REPRODUCIBLE
MASTER
ACTIVIDAD 1

Algunos microbios nos ayudan. ¡Otros nos enferman! Colorea las tarjetas de Microbios Buenos y Microbios Malos que siguen.

Microbio Bueno



¡Le ayudo a tu cuerpo a digerir la comida!

Microbio Bueno



¡Le ayudo a tu cuerpo a pelear contra microbios malos!

Microbio Bueno



¡Le ayudo a tu cuerpo a mantenerse sano!

Microbio Malo



¡Te hago estornudar y toser!

Microbio Malo



¡Te doy un resfriado!

Microbio Malo



¡Te doy una fiebre!

Estimado Padre o Cuidador,

Hoy en la escuela, su niño participó en un juego usando lo que aprendió sobre microbios buenos y microbios malos. ¡Permita que su niño le dé a Ud. una prueba sobre microbios! A ver si Ud. puede nombrar una cosa que hacen los microbios buenos que le sirve de ayuda a su cuerpo, y dos cosas perjudiciales que hacen los microbios malos. ¿Necesita una sugerencia? Su niño le ayudará enseñándole sus tarjetas sobre microbios.

Para obtener más información importante sobre microbios, mantener sana a su familia, y saber qué hacer cuando ocurra un resfriado o una gripe, favor de consultar la hoja que su niño ha traído a casa.* También encontrará más sugerencias importantes en www.tylenolespanol.com y www.tylenol.com

*Los fabricantes de  que tienen más de 50 años de ayudar a padres y niños a mantener la salud, le envían este mensaje.

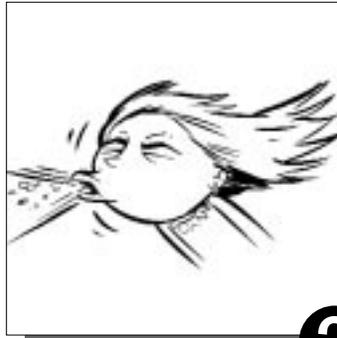

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How Can I Stay Healthy?

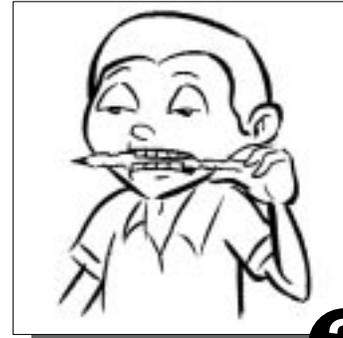
Part A. Find the healthy kids! Circle the pictures that show kids making healthy choices.



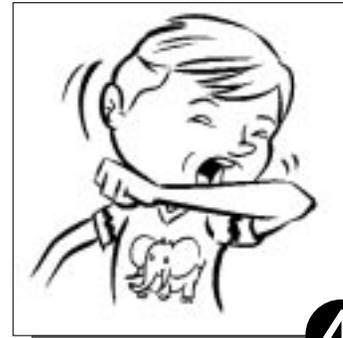
1



2



3



4

Part B. These steps are important for washing your hands, but they are in the wrong order! Number them in the right order.

- ___ Make lots of soap with your hands.
- ___ Rinse the soap off your hands.
- ___ Turn on the water and wait for it to get warm.
- ___ Dry your hands on your own towel, a paper towel, or under a hand dryer.
- ___ Get your hands wet.
- ___ Rub your hands together away from the water for at least 20 seconds. Sing “The Germ Stopper’s Song” two times!



Dear Parent or Caregiver,

Today in school, your child learned about ways to stay healthy. Part of staying healthy is taking time to wash our hands when we've been exposed to germs. Do you know all the steps for being a great hand washer? Have your child demonstrate his or her expert technique! For a reminder, look at the work your child did in school. He or she made a great hand-washing reminder sign for you to display at home.

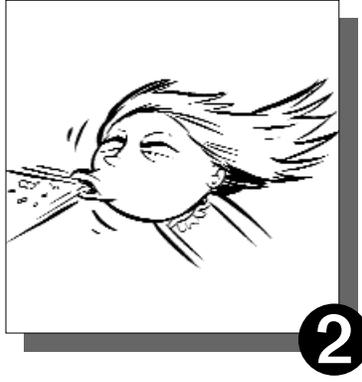
For more important information about keeping your family healthy and what to do when a cold or flu does occur, please see the sheet your child has brought home.* Also, be sure to visit www.tylenol.com and www.tylenolespanol.com for additional important tips.

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¿Cómo Puedo Mantenerme Sano?

REPRODUCIBLE
MASTER
ACTIVIDAD 2

Parte A. ¡Busca a los niños sanos! Haz un círculo alrededor de los dibujos de los niños que están escogiendo opciones sanas.



Parte B. Los pasos siguientes son importantes para lavarse las manos, pero ¡no están en el orden apropiado! Numéralos correctamente.

- _____ Enjabónate bien las manos.
- _____ Enjuágate las manos para quitar el jabón.
- _____ Abre la llave del agua y espera hasta que se ponga tibia.
- _____ Sécate las manos en tu propia toalla, una toalla de papel, o bajo un secador de manos.
- _____ Mójate las manos.
- _____ Saca las manos del agua y frótalas por 20 segundos o más. ¡Canta “La Canción del Destructor de Microbios” dos veces!



Estimado Padre o Cuidador,

Hoy en la escuela su niño aprendió maneras de mantener la salud. Una parte de mantener la salud consiste de tomar tiempo para lavarse las manos cuando hemos estado expuestos a microbios. ¿Sabe todos los pasos necesarios para ser un gran lavador de manos? ¡Permita que su hijo demuestre su técnica experta! Para que se recuerde, observe el trabajo que hizo su hijo en la escuela. Fabricó un cartel para recordarles de que se laven las manos que Ud. puede exhibir en casa.

Para obtener más información importante sobre microbios, mantener sana a su familia, saber qué hacer cuando ocurra un resfriado o una gripe, favor de consultar la hoja que su niño ha traído a casa.* También, no se olvide de visitar www.tylenolespanol.com y www.tylenol.com para recibir más sugerencias importantes.

*Los fabricantes de  que tienen más de 50 años de ayudar a padres y niños a mantener la salud, le envían este mensaje.

A "Bug's" Tale

REPRODUCIBLE
MASTER
ACTIVITY 3

Part A. Help Healthy Hannah find her way through the maze of bad germs. She wants to wash her hands and stay healthy!



START



FINISH



I am a Germ Stopper!

Part B. Now you're ready to be a Germ Stopper! Draw what you will do to stop germs.

Dear Parent or Caregiver,

Are you a Germ Stopper? Your child is! Let your Germ Stopper take you on a hunt for bad germs in your home. Can you find any spots that bad germs like to hide in—hand towels used by more than one person, used tissues that aren't in the trash, or tables or counters that haven't been cleaned or disinfected? Think with your child about ways to keep bad germs from feeling at home in *your* home!

For more important information about being prepared before *and* after bad germs strike, please see the sheet your child has brought home* or visit www.tylenol.com and www.tylenolespanol.com

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Un Cuento de "Microbios"

Parte A. Ayuda a Sarita Sana a viajar por el laberinto de microbios malos. ¡Ella quiere lavarse las manos y mantenerse sana!



COMIENZO



FINAL



¡Yo soy un Destructor de Microbios!

Parte B. ¡Ahora estás listo para ser un Destructor de Microbios! Prepara un dibujo sobre lo que vas a hacer para destruir microbios.

A large rectangular area with a dotted border, intended for drawing.

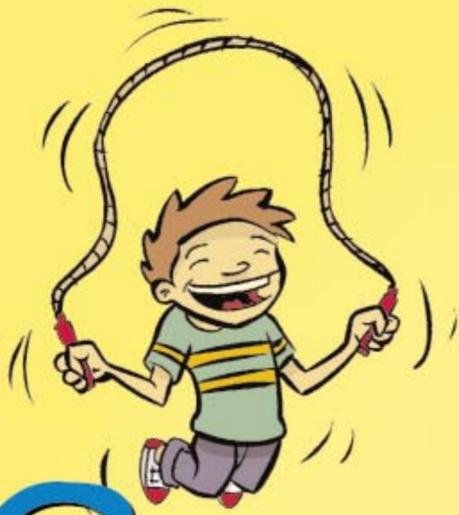


Estimado Padre o Cuidador,

Es Ud. un Destructor de Microbios? ¡Su niño sí lo es! Permita que su Destructor de Microbios le lleve en una búsqueda de microbios por su domicilio. ¿Puede Ud. encontrar algún lugar en el cual les gustan esconderse los microbios malos—toallas de mano usadas por más de una persona, pañuelos de papel usados sin echar a la basura, o mesas o mostradores que no han sido limpiados y desinfectados? ¡Piense con su niño de maneras de evitar que los microbios malos se acomoden en su casa!

Para obtener más información importante acerca de estar preparado antes y después de que los microbios malos ataquen, favor de consultar la hoja que su niño ha traído a casa* o visite www.tylenolespanol.com y www.tylenol.com

*Los fabricantes de  que tienen más de 50 años de ayudar a padres y niños a mantener la salud, le envían este mensaje.



Wash your hands if you're near bad germs.

Be A Germ Stopper!

Don't cough or sneeze near other people.



Sing "The Germ Stopper's Song" twice when you wash your hands!

"The Germ Stopper's Song"

(sung to the tune of "Happy Birthday")

Wash your hands every day,
It will keep germs away,
Being healthy is fun,
Send those germs on the run!



This is what we do to stay healthy!

Children's **TYLENOL**

www.tylenol.com
www.tylenolespanol.com



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Dear PARENTS and CAREGIVERS,

WE ALL SPREAD GERMS without even being aware of it. The makers of *Children's Tylenol*® have provided a program called *Be A Germ Stopper!* to promote good health habits in school and at home. Participating in these activities reinforces the work your child is doing at school and helps your family stay healthy.

Make your home a healthy haven—

- Practice good hand washing regularly.
- Don't share hand towels, utensils or toothbrushes, or drink from the same glass.
- Clean the table and counters before and after cooking or eating.
- Eat healthy foods.
- Get the right amount of exercise and sleep.



What do I do when my child has a fever?

Fever is a sign that your child's body is fighting off a cold, the flu, an ear infection, bronchitis, or tonsillitis. Take these steps:

- ✓ Have your child wear lightweight clothing so the body can cool down.
- ✓ Make sure your child gets plenty of fluids and rest.
- ✓ Place a cool—not cold—washcloth on your child's forehead for short periods of time.
- ✓ Never use rubbing alcohol to cool the skin. This can be toxic!
- ✓ Give an appropriate dose of a children's fever reducer, such as *Children's Tylenol*, if directed by your pediatrician.

Talk to your pediatrician about when to give medicine and how much to give when a fever occurs.

Where can you go if you have more questions? The *Children's Tylenol* Web site, www.tylenol.com and www.tylenolespanol.com, is a great resource. It has information on what to do about colds and fevers, as well as articles on a variety of symptoms and conditions that affect children and adults.

Are you prepared for bad germs?

Be prepared when illness strikes. Take a quick inventory of your medicine cabinet with this checklist:

- Check expiration dates on medicines, and throw out any that are old. Use the money-saving coupon below to re-stock your medicine cabinet now so you will be prepared.
- Infants, preschoolers, and school-age children may need different medicines. Ask your pediatrician which medicines are right for your kids.
- Do you have a variety of medicines to treat symptoms of fever, cough, or colds?
- Do you know the appropriate dose of medication for each child in your family? If you are unsure, check www.tylenol.com and www.tylenolespanol.com for dosages of *Children's Tylenol* or check with your pediatrician.
- Make sure you have non-glass thermometers. If you have glass thermometers containing mercury, contact your community health practitioner about proper disposal of it.



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Estimados PADRES y CUIDADORES,

TODOS PROPAGAMOS MICROBIOS sin saberlo. Los fabricantes de *Children's Tylenol*® han proveído un programa llamado ¡Sea un Destructor de Microbios! para fomentar costumbres para buena salud en la escuela y en la casa. La participación en estas actividades fortalece el trabajo que hace su niño en la escuela y le ayuda a su familia a mantenerse sana.

Haga de su casa un refugio sano—

- Acostúmbrese a lavarse las manos regularmente.
- No comparta toallas de mano, utensilios o cepillos de diente, ni beba del mismo vaso con otras personas.
- Limpie la mesa y los mostradores antes y después de cocinar o comer.
- Coma alimentos sanos.
- Asegúrese de obtener las cantidades necesarias de ejercicio y sueño.



¿Qué debo de hacer cuando mi niño tiene fiebre?

La fiebre es una señal que el cuerpo de su niño está luchando contra un resfriado, la gripe, una infección de oído, bronquitis, o amigdalitis. Haga lo siguiente:

- ✓ Vista a su niño en ropa ligera para que su cuerpo se refresque.
- ✓ Asegúrese de que su niño obtenga suficientes líquidos y descanso.
- ✓ Ponga una toalla fresca – no fría – en la frente de su niño por breves períodos de tiempo.
- ✓ Nunca use alcohol para frotar para refrescar la piel. ¡Esto puede ser tóxico!
- ✓ Déle una dosis apropiada de un producto para reducir la fiebre para niños, tal como *Children's Tylenol*, si su médico lo recomienda.

Hable con su pediatra acerca de cuándo dar medicina y cuánto debe de dar cuando ocurra una fiebre.

¿Adónde se puede dirigir si tiene más preguntas? El sitio web de *Children's Tylenol*, www.tylenolespanol.com y www.tylenol.com, es un gran recurso. Tiene información sobre qué hacer acerca de resfriados y gripes, tanto como artículos sobre una variedad de síntomas y condiciones que afectan a los niños y los adultos.

¿Está preparado para microbios malos?

Esté preparado cuando llegue una enfermedad. Haga un inventario rápido de su botiquín con esta lista:

- Observe las fechas de vencimiento de las medicinas, y tire las que son viejas. Use el cupón que sigue para ahorrar dinero al almacenar su botiquín ahora para que Ud. esté preparado.
- Las medicinas pueden ser diferentes para los bebés, los niños preescolares, y los de edad escolar. Pregúntele a su pediatra cuáles medicinas son las apropiadas para sus niños.
- ¿Tiene Ud. una variedad de medicinas para el tratamiento de los síntomas de fiebre, tos, o resfriados?
- ¿Sabe cuál es la dosis apropiada para cada niño de su familia? Si no está seguro, refiérase a www.tylenolespanol.com y www.tylenol.com para las dosis de *Children's Tylenol* o consulte con su pediatra.
- Asegúrese de tener termómetros que no sean de vidrio. Si tiene termómetros de vidrio que contienen mercurio, póngase en contacto con el profesional de salud de su comunidad acerca de la manera adecuada de eliminarlas.



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