



# Healthy Habits: Shake Those Germs

## LESSON PLAN

### SKILLS & OBJECTIVES

- Understand ways to prevent or reduce the spread of germs.
- Understand that germs live on surfaces.
- Knows that ideas about germs can be expressed using art materials.

### MATERIALS

FINGER PAINTS

HEAVY WEIGHT CRAFT PAPER

ACCESS TO A SINK  
WITH SOAP AND WATER



Students gain a greater understanding of how germs are spread and the importance of hand washing with this hands-on activity.

### DIRECTIONS

**1** Explain to students that you are going to learn about germs and how they spread. Begin by reviewing some basic facts about germs with your class:

- Germs are tiny living things called microorganisms, or bacteria, that are all around us.
- Germs are so small that you cannot see them unless you use a microscope
- Germs can live on all kinds of surfaces (e.g. noses, mouths, bathrooms, desks, computer keyboards, hands, etc.)
- Some germs help our bodies work properly. Other germs can make us sick.
- People can spread germs by touching shared surfaces, sneezing, coughing, etc.
- Keeping hands and surfaces clean is one of the best ways to prevent the spread of germs

**2** Next, try this activity to demonstrate how easily germs are spread. Cover your hands with finger paint and shake hands with the first student in a line. Have that student shake the next person's hand, and so on. Ask students to notice how much the paint spread from one person to the next. Explain that germs can spread that way too, but they are invisible! .

**3** Allow students to continue exploring with finger paint by encouraging each person to create a Germ Portrait—their own creative ideas of what they think those tiny germs look like.

**4** End the activity with a good hand washing for all! Be sure to reinforce the idea that washing hands is one of the best ways to keep germs from spreading.

### WRAP UP

When the Germ Portrait finger paintings are dry, allow students to add details to their germ creations using colored pencils, pens, and other art supplies. Encourage students to name and add captions to their paintings.