



Developed with Erin Washkuhn
Anderson Elementary School, St. Charles, IL
Grades K-9

The GERM EPIDEMIC & GAME



OBJECTIVES

Students will...

- Learn how germs are spread
- Learn how to properly wash hands
- Improve cardiovascular fitness

The GERM EPIDEMIC GAME

Introduction

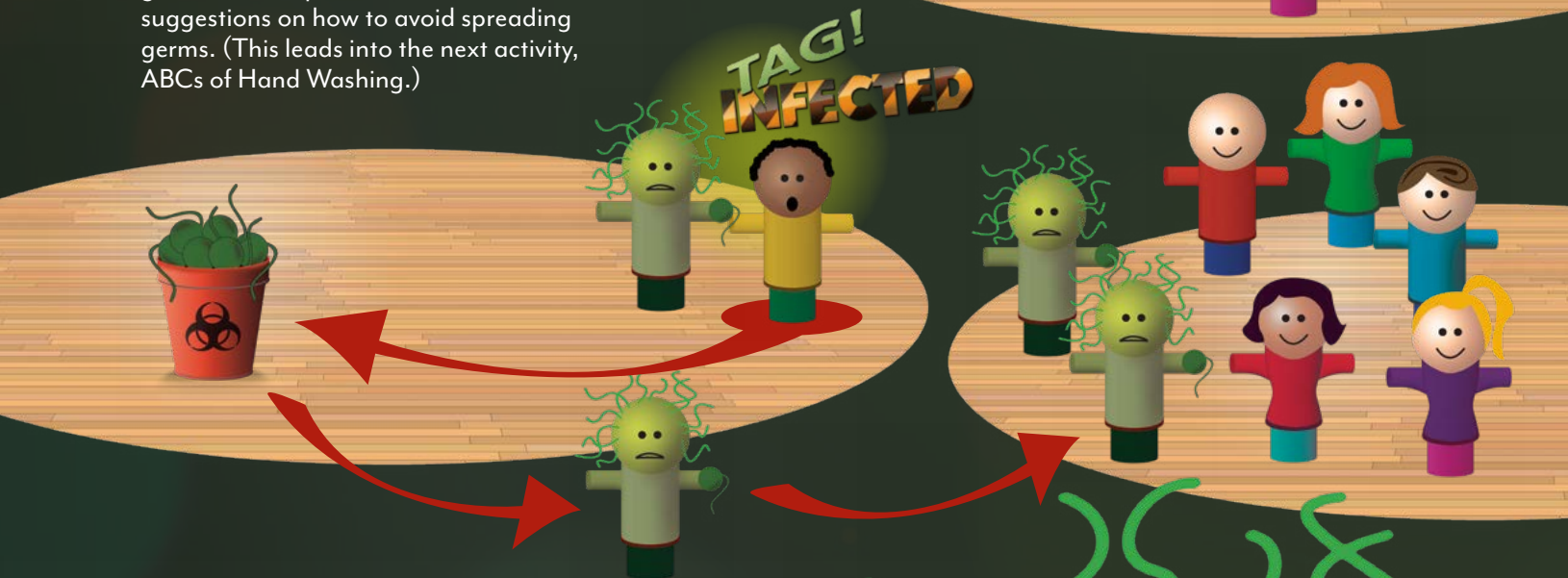
To introduce the lesson, gather students together to listen to the book, *Curious George Discovers Germs*, and explain the importance of hand washing to stop the spread of germs.

Object of the Game

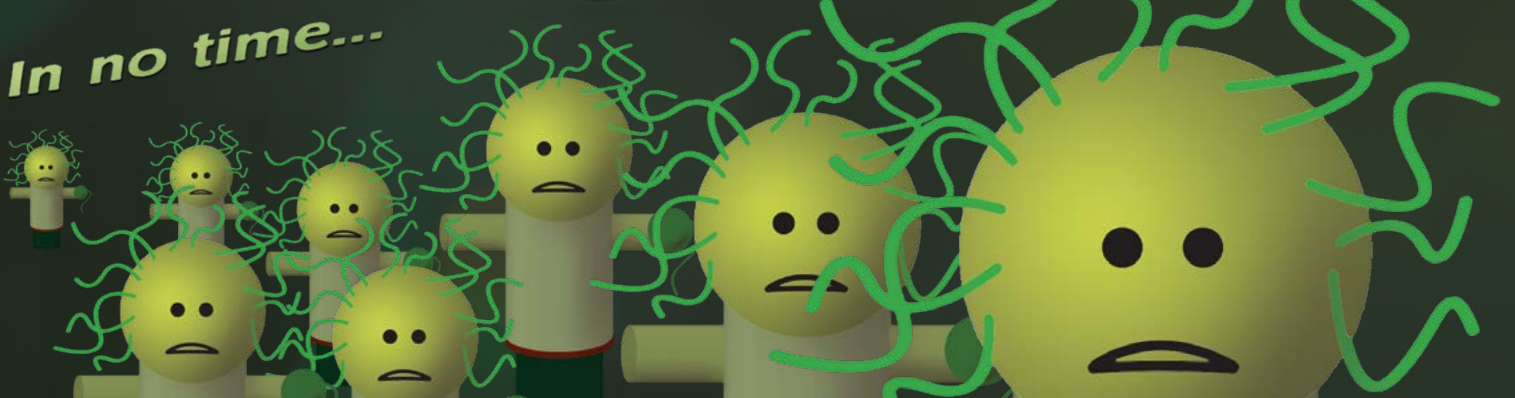
- To show how quickly germs can be spread.
- Players try to avoid being “tagged” by germs.

How to Play

1. Place a bucket of yarn balls in a safe location.
2. Pick one player to start as a germ.
3. On the signal “Go,” players will run around the gym trying to avoid being tagged by the germ.
4. If tagged, the player goes to the bucket and takes a yarn ball. That player is now a germ.
5. Play continues until all players are germs.
6. After the game, discuss how quickly germs can be spread and ask for suggestions on how to avoid spreading germs. (This leads into the next activity, ABCs of Hand Washing.)



In no time...



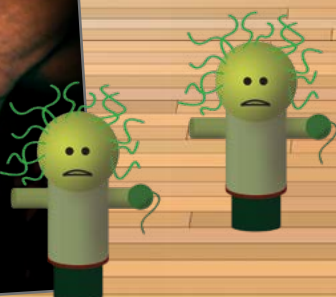
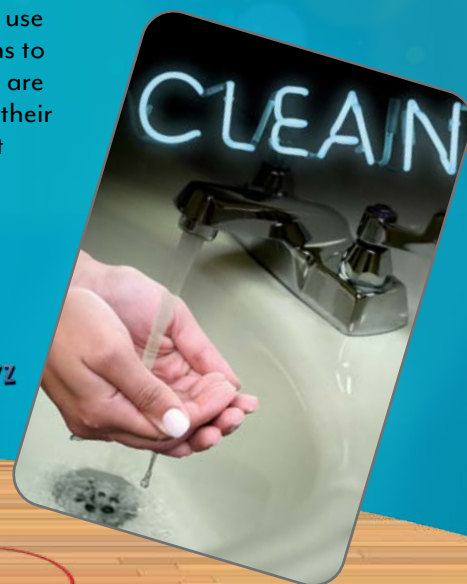


Object of the Game

- To properly identify good hand washing habits.
- Demonstrate techniques used to properly apply soap; sing the ABCs as all areas of hands, wrists, and lower arms are washed; proper rinsing off of soap; and drying of hands.
- Players will demonstrate all techniques through a game of tag.

How to Play

1. Select 2 to 4 taggers (use green yarn balls to identify taggers) to act as "germs."
2. Hula hoops are lined up on the side to represent "bathrooms."
3. Have players set up in a scattered formation around the gym.
4. On the signal "GO," players run around the gym trying to avoid "germs."
5. If tagged by a "germ," the player must go to the "bathroom" to wash their hands using the ABC technique.
6. Upon completion of hand washing, player may return to the game.
7. Continue play for several minutes and then change taggers.
8. Locomotor skills can be changed for a variation of play.
9. During the game, use visual observations to make sure players are properly washing their hands and correct if necessary.



See the back page for Ground Rules, Game Variations, and a Materials List.

Ground Rules

- Use proper tagging technique
- Run with head up, eyes open and forward
- Be aware of your surroundings
- Must sing the ABCs to ensure hands are properly cleaned
- Take turns in the “bathroom”

Game Variations

- Other songs can be substituted, such as “Happy Birthday”
- Change locomotor skills
- Use tape to outline bathrooms instead of hula hoops
- Read the book *Curious George Discovers Germs* to explain how germs are spread and the types of germs



Materials List

- 8 hula hoops — **PE00402** (24" dia., set of 12)
- 30 yarn balls — order 5 sets of **PE08265** (set of 6 fleece balls in 6 colors: red, orange, yellow, green, blue, and purple) for a total of 30 balls
- 2-4 green yarn balls — (use the green fleece balls from the group of 30 above)
- 1 multi-purpose bucket — **CI2623**
- *Curious George Discovers Germs* — **EL14483**

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