



# CMZ Family Resource Center Early Childhood January Newsletter

## Rhyme Time

Teach children our "fight germs" rhyme. Then let them demonstrate how to correctly cover a sneeze and thoroughly wash their hands.



It's that time of year again  
When we all cough and sneeze.  
Germs go flying everywhere  
Stop them, won't you please?

Cover up your mouth and nose  
Tissues help with that, you know?  
And be sure to wash your hands  
Suds them well, that is just grand!

Fighting germs is good to do--  
Keeps away the colds and flu.  
Keeps you well, fit and strong,  
A healthy kid all year long!



## Activity Ideas

### ICK! GERMS!

Read to children *Germs Are Not for Sharing*, by Elizabeth Verdick. Then try this exercise to demonstrate to children how easily germs can be spread. Wet a kickball with water, then roll it in glitter. Let children stand in a circle and pass that ball around the circle. Tell children that the glitter represents germs. After the ball has been passed around, ask: Who has germs on their hands? Explain that when one person touches something like a crayon or doorknob, he /she can leave germs on it. When the next person touches the same doorknob, he/she pick up those germs on his/her hands. Those germs can then cause a cold, if that person touches his hand to his mouth or nose.



### **COVER THAT SNEEZE!**

Help children remember to cover their sneezes with this art project. Give each child a paper plate. Let children decorate their plates as their faces, using crayons to make eyes, noses and mouths. Children can glue yarn onto the plates for hair. Now give each child a tissue and help him/her glue the tissue over the mouth on the paper plate face. Next, let each child trace around one hand on a piece of construction paper. Finally, help children cut out their hand shapes and glue one on top of the tissue. Explain that by looking at their paper plate faces, they can always remember to use a tissue and cover their mouths when they sneeze.



**A Lesson in Handwashing**

It's the perfect time to take children on a delightfully, dirty adventure with Mr. Sudsy-Wudsy... a bright, happy soap bubble who learns the hard way, that hand washing is the most important way to prevent colds and flu.

This colorfully, fun story teaches children how daily activities cause germs to get onto our hands and into our bodies, possibly making us sick. Let Mr. Sudsy-Wudsy teach your child how important hand washing can be!

### **WASH 'EM WELL**

To teach your children how to thoroughly wash (not just rinse) their hands, try this. Using a non-toxic washable marker, draw "germs" on the tops and bottoms of children's hands. Explain that the children must wash well to get rid of all these "germs." Invite children to soap up their hands with warm water and to wash palms, tops, between fingers, and around finger nails. Explain that to get rid of all germs they must wash as they sing the "Happy Birthday" song twice. When the activity is complete, check to be sure all "germs" are gone and hands are dry.



## SEEING GERMS

Help your children understand the concept of germs with this simple activity. Take a piece of bread and rub it on children's hands or other places where germs congregate. Place the bread in a plastic baggy, sealed well. Place the baggy in a warm area. Invite children to watch what happens to the bread over a period of several days. Let children describe the germs they see appearing on the bread.



## WORD CORNER

Here are some words you will need.

See them, say them... hey, you can read!

sneeze      germs      wash

Write the words on a chart and review them. Read each sentence aloud. Try each word in each sentence. Let children tell you which word fits.

1. We catch colds from \_\_\_\_\_. (*germs*)
2. Always \_\_\_\_\_ your hands after wiping your nose. (*wash*)
3. Cover your nose when you \_\_\_\_\_. (*sneeze*)



## ON THE WEB

**Check out the following Web sites for additional background and activities.**

### **Holiday Arts and Crafts**

Here are some great tips for helping your kids stay healthy.

<http://children.webmd.com/features/germs-in-school-room>

### **Hand-Washing Checklist for Preschool**

Give it a try!

[http://www.ehow.com/info\\_7875633\\_handwashing-checklist-preschool.html](http://www.ehow.com/info_7875633_handwashing-checklist-preschool.html)

### **Health Poems for Preschoolers**

Teach these to your kids as they learn to stay healthy.

[http://www.brighthubeducation.com/preschool-crafts-activities/122063-teach-health-with-poems/?cid=parsely\\_rec](http://www.brighthubeducation.com/preschool-crafts-activities/122063-teach-health-with-poems/?cid=parsely_rec)

### **Hand-Washing Posters and Coloring Pages**

The hand-washing posters are great to print and display in your classroom.

<http://www.agls.uidaho.edu/germcity/poster.htm>

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