



Health & Hygiene

Growing Plaque



What you will need:

- * 2 tsp yeast in each cup
- * 1 cup of warm water in each cup
- * 1 tb of sugar in one cup
- * 2 plastic cups



How to make:

1. In each cup add 2 tsp of yeast, 1 cup of warm water in and 1 tb in ONLY ONE cup.
 2. Stir to mix with separate spoons. Observe the plaque attack happen.
 3. Get the children to discuss how it all happened and what it would look like in their mouths.
- * TIP: make sure the water is only warm not hot water. Warm water will activate the yeast properly.

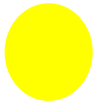
My Time Our Place Learning Framework:

- 1.3 - Children develop knowledgeable and confident self identities
- 4.2 - Children use a range of skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating.

Early Year Learning Framework:

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Robert Hand



What you will need:

- * Standard drinking straws (plastic or paper)
- * Jumbo sized straws (Smoothie straws)
- * White card
- * Scissors
- * Pencils
- * Wool or string
- * Tape

How to make:



1. Trace hand onto card. Cut hand outline with scissors. Place hand back onto paper hand to mark locations of joints. Fold the paper hand at the marked joint locations.
2. Cut the standard straws into 0.6cm, 1.2cm, 2.5cm, 5.7cm sizes. Tape standard straws onto hand, and tape the jumbo straw onto the wrist.
3. Using different wool colour for each finger, cut 5 strands of wool into 60cm lengths. Be sure to knot one end of each piece of wool. Thread one wool strand through each finger. Use a different wool colour for each finger. Have all colours meet at the wrist.
4. Pull on the string individually and in combination to explore the wonder of hands.

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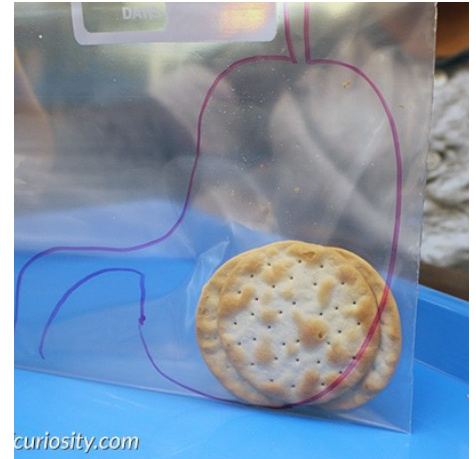
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Food Digestion

What you will need:

- * a plastic, zip lock bag
- * a permanent marker
- * few crackers
- * clear soft drink (soda water)



How to make:

1. To prepare the activity, draw the outline of the stomach on the zip lock plastic bag.
2. To begin, explain to children about what their stomach does and what its job is. See if they know what it does.
3. Show children their "stomach" on the plastic bag. Children "fill their stomachs" by adding the crackers to the plastic bag.
4. Explain that the stomach has two different ways to break down food. The first way is through physical action. The stomach moves and churns the food to break it down.
5. At this point, children use their hands to crush the cracker into small pieces.
6. Then explain that in addition to physically churning the food to break it down, the stomach also uses chemicals in the form of acids to break down food. Specifically the stomach uses hydrochloric acid to break down food.
7. At this point, children pour about 30ml of clear soft drink into their plastic zip lock bags. Zip up the bags before continuing.
8. Encourage children to continue smashing the crackers in the "stomach" to see how much the "stomach" can digest the food with the help of the acid.
9. Children will likely notice that the food begins to break down more rapidly and easily after adding the acid.
10. Discuss with the children how the physical churning of the food combined with the chemical breakdown from the acid together make the stomach so effective at digesting food.

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Coughing Hygiene

What you will need:

- * Styrofoam cups
- * Coloured paper
- * Googy eyes
- * Permanent Markers
- * White paper



How to make:

1. Turn the cup upside down. Draw a face onto the cup using permanent markers. Make sure the mouth is open as if she is coughing.
2. Give each child supplies to make two arms, two hands and hair for their cup person. Let the children make the cups look like them.
3. Glue all hair, eyes, hands and arms in place. Use an accordion fold on the arms to make it easier to cover the face while she is coughing.

***TIPS:** This craft is a fun way to show children that covering their faces when they cough or sneeze is an easy way to prevent the spread of germs. If they use their hands and not their elbow, make sure they know to wash their hands or use sanitiser before touching anything else. You could match this activity with a hand washing one.

My Time Our Place Learning Framework:

1.1 Children feel safe, secure, and supported

3.2 Children take increasing responsibility for their own health and physical wellbeing.

Early Year Learning Framework:

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How Germs Spread



What you will need:

- * Hand Soap or lotion
- * Glitter
- * Hands



How to make:

1. Put a small amount of hand lotion in each child's hand. Have them rub it all over their hands.
 2. Over a container, sprinkle a separate colour of glitter into each child's hands. Have them rub their hands to spread the glitter evenly. Next have them shake each others hands. The various colours will colourfully demonstrate how easily germs are shared.
 3. Next, have them try to get the glitter off with dry paper towel.
 4. Then, have them try to get the glitter off with plain, cold water. After that have them use soapy water to get the glitter germs off.
- * TIP: During this time continue to discuss with children about the importance of hand washing etc.

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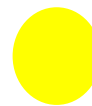
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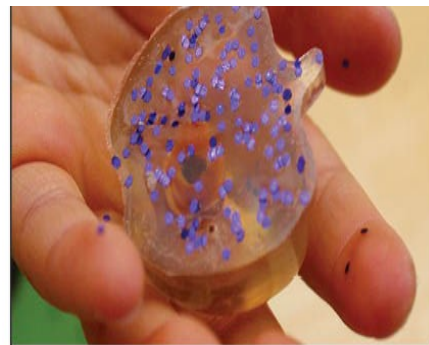
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DIY Soap



What you will need:

- * solid glycerine
- * Silicone moulds
- * A glass or measuring cup
- * optional: essential oils
- * Optional: Glitter and beads to decorate (craft stick for mixing)



How to make:

1. Start off with a large chunk of glycerine, then cut in half.
2. Place half of the glycerine into a microwave safe glass or cup. Heat it in 30 second spurts until the glycerine has turned completely to liquid.
3. This part should only be done by educator or an older child under the supervision of an educator. Pour the liquid glycerine into the silicone moulds.
4. The glycerine begin to cool quite quickly, so if you want to add glitter and beads, you will need to do this quickly.
5. Use a craft stick to mix the glitter and beads into the glycerine.
6. The soaps should be ready in about an hour or so, or until the glycerine is completely harden.
7. Once the soaps are ready, remove them from the moulds. Children can take these home in a snap lock bag.

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Germs

Make your own germ model.

Kids don't always realize what germs look like. Make your own germ model using play dough and q-tips. Simply roll the dough into a ball and poke the q-tips into it. Have pictures of what germs look like zoomed in. Notice how the tips make it easy to attach to other things.

This is a long to some pictures of germs zoomed in:

https://www.huffingtonpost.com.au/entry/deadly-viruses-beautiful-photos_n_4545309?ri18n=true

Look at photos of germs magnified.

You can't see germs on your hands, but they are there. Look at examples of germs magnified online (use the link above).

Use flour to show how germs can hide.

Sprinkle flour on your child's hands. Notice how it gets in the cracks of the skin and in between fingers. Germs can do the same thing, which is why proper hand washing is always important. Once you show them how the flour can hide, move on to the step of hand washing.

Demonstrate proper hand washing

Show children how to properly wash hands by using the right amount of soap and water. They should have a song or rhyme they repeat when singing which is at least 30 seconds long (Happy Birthday is a good example). This is long enough to scrub away any germs present.

Show how a sneeze travels

Put some coloured water in a spray bottle. Just use some water and food colouring. Spray the bottle onto a piece of white paper to show how the sneeze spreads. Notice how far the coloured droplets can go, then you could talk to children about sneeze control.

Show the Vampire technique

When your child has to sneeze, they can shield germs using their arm which is better than the hand. Have them cross their arm over their mouth so their face is in the inside of their elbow. It sort of looks like a vampire covering his face with a cape.

Germs

Demonstrate how to use sanitizer

Kids often times want to pour huge amounts of sanitizer all over themselves. Show them the appropriate amount to use, which is about the size of a dime. Have them practice using sanitizer especially during cold and flu season.

Grow your own mould

Show how dirty hands are by growing your own mould. After an hour of play, have children press a piece of bread in their hands. Place the bread in a bag and store it in a dark place. In a few days, the germs will grow into mould. It is a wonderful visual reminder for kids that just because they can't see the germs they are still there.

Make a list of germ zones

Some places and things are more germ filled than others. Go over these spaces with your kids. Bathrooms, play grounds, door handles, telephones, and light switches are a few good places to name. Once kids can identify these places, they can take precaution.

Show how germs travel

Using the 'How Germs Spread' activity in this book to demonstrate to children how quickly and easily germs can spread.

Hygiene Games

Germ Transfer Game



Germ Transfer is a fun game that teaches how germs get transferred from one person to another. For this game, you will need some washable paint. Apply the paint to your hands without the kids looking at you and then pretend to sneeze. Then go about your way, touching everything you can with your hands and spreading the paint. Ask the kids to go to these places and touch the paint.

After the exercise, ask the children to count the number of locations the “germs” have been transferred to. Also, highlight the fact that they ‘got’ germs from you because you didn’t wash hands after sneezing.

Hygiene Charades



Play charades with as a large group or as smaller groups, where you or the children will have to enact right or wrong hygiene practices. This game makes learning about hygiene fun and remembering it easier.

Links to further resources

<https://www.cdc.gov/flu/pdf/freeresources/updated/teachingchildrenflu.pdf>

https://classroom.kidshealth.org/classroom/3to5/problems/conditions/colds_flu.pdf

https://classroom.kidshealth.org/classroom/prekto2/problems/conditions/colds_flu.pdf

Germ Videos/Clips

<https://youtu.be/NoxdS4eXyl8>

<https://youtu.be/7DOeIsuZC3w>

<https://youtu.be/YBGsoimPXZg>

[https://www.youtube.com/watch?
time_continue=23&v=qDluMg9lqn8&feature=emb_title](https://www.youtube.com/watch?time_continue=23&v=qDluMg9lqn8&feature=emb_title)

<https://youtu.be/ghLkwSIWSXw>



COLOURING IN COMPETITION

Child's Name: _____

Child's Age: _____