



# Ready To Learn

**thirteen**  
WNET NEW YORK

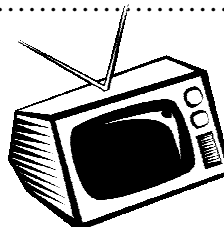
## Down with Germs!

It's flu season again and it seems like everybody's either sneezing or coughing. With so many children squished into classrooms all day long, one sick child can easily pass germs to others. Doctors agree that the best way to stay avoid the flu is to wash your hands with soap and warm water. For children, however, this is easier said than done. How can you convince your child that something as invisible as germs can make lives miserable?

View *Sid the Science Kid* and watch as Sid faces the same hand washing dilemma that your child may be facing. Then, read *Germs*, by Ross Collins, and learn how one germ decides to go against the germ norm. Finally, help your children visualize germs by playing "Glitter Germs" and showing them how soap and warm water is the ultimate germ exterminator.

### **It's as Easy as ABC!**

The U.S. Centers for Disease Control and Prevention recommends washing your hands for at least fifteen to twenty seconds to sufficiently kill all the harmful germs, yet only half of all Americans do so. To time yourself, sing the ABC's while you wash. It's a great way to pass the time with your child and each letter sung brings you one step further away from the dreaded winter flu!



## VIEW:

Sid the Science Kid (#118)  
*The Big Sneeze*



Tuesday, December 9, 2008 @ 9:00 a.m.

Sid's parents tell him to wash his hands to keep away germs. But Sid can't see any germs on his hands, so why should he wash them? Sid and his friends learn that germs are so small that you can't see them. And they discover that a great way to stay healthy and keep germs away is by washing their hands with soap and water!

### **While You're Watching...**

*Discuss appropriate times to wash your hands (e.g. before you eat, after you get home).  
What are some other healthy habits that can help Sid stay healthy?  
What could've happened to Sid if he never washed his hands?*



## READ:

### **Germs**

By Ross Collins

In *Germs*, young readers follow the adventures of a naïve and friendly germ nicknamed Pox. Pox is sent to Germ Academy to learn how to become a "proper germ" that makes kids sick. Unlike other germs though, Pox doesn't want to make people sick and soon ends up at the bottom of his class. When he is assigned to infect little Myrtle with the chickenpox, he decides to concoct a plan to help her immune system instead. *Germs* features colorful pages that include a useful fact page to educate kids about germs, all from a germ's point of view.

### **Other Recommended Books**

*Germs Are Not for Sharing* (Best Behavior Series), by Elizabeth Verdick, Marieka Heinlen (Illustrator)

*Germs Make Me Sick!* (Reading Rainbow Book), by Melvin Berger, Marilyn Hafner (Illustrator)

*Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs/ Esos desagradables detestables sucios completamente asquerosos pero...invisibles gérmenes*, by Judith Anne Rice, Reed Merrill (Illustrator)

## DO:

### **Glitter Germs**

Try this fun (and a little bit messy) activity with your children to show them that germs are smaller than anything they can see and why it's always important to wash their hands with soap and warm water. Kids will have a great time playing with the glitter, but make sure you have a bucket handy to make your cleanup easier!

#### Materials:

Glitter, paper towels, hand lotion, soap

- 1) Put a small amount of hand lotion in each child's hands. Have them rub it all over their hands.
- 2) Over a bucket, sprinkle a small amount of glitter into each child's hands. Have them rub their hands to distribute the glitter evenly.
- 3) Ask the children to try to remove the glitter with a dry paper towel. Then ask them to try using cold water. Finally, ask them to use warm water with soap to get the glitter off.
- 4) Explain to the children that the glitter is like germs. Ask them to tell you which method worked the best to remove the glitter germs and why it is important to wash your hands with soap.

Adapted from [www.atozteacherstuff.com](http://www.atozteacherstuff.com)