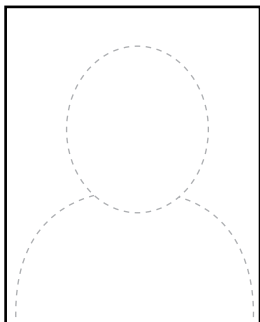


Germ-buster

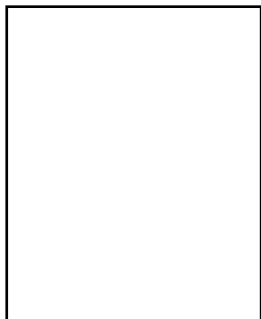
student workbook



YOUR GERM-BUSTER PROFILE



*Add a photo or drawing
of yourself here*



Thumbprint

*'Don't forget to
wash your hands with
soap afterwards!'*



Hi kids!

My name is Super Soap.
I'm going to take you on
a journey to destroy
bad germs!



Name:

Grade:

Village/town:

Germ-buster pals (friends)

.....
.....

Germ-buster family

Father:

Mother:

Sister/s:

Brother/s:

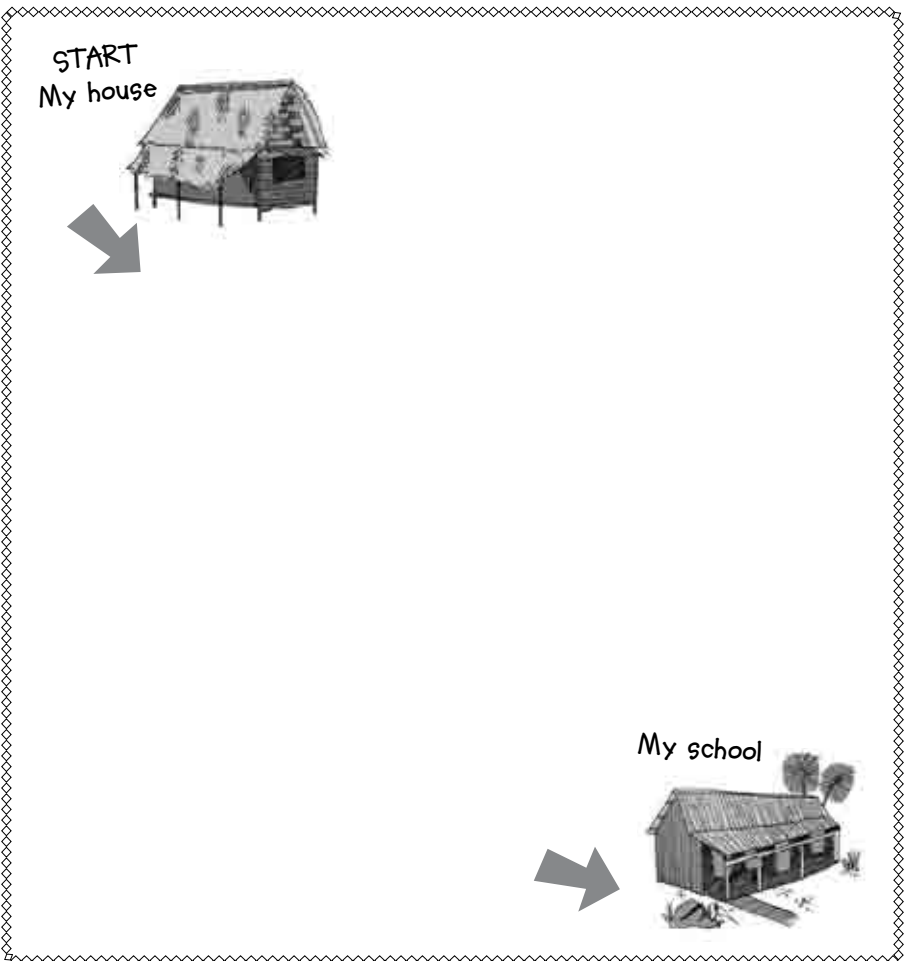
My day

What happens on your way to school? Draw a map of your journey.

1. Mark the following places on your map:

- | | | |
|--------------|-------------------|--------------------|
| • Well | • Store | • Vegetable garden |
| • Toilets | • Beach or river | • Animal pens |
| • Water taps | • Friends' houses | • Rubbish areas |

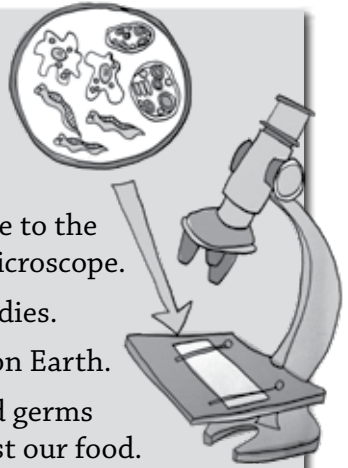
2. Where do people go to the toilet?



GermS are EVERYWHERE!

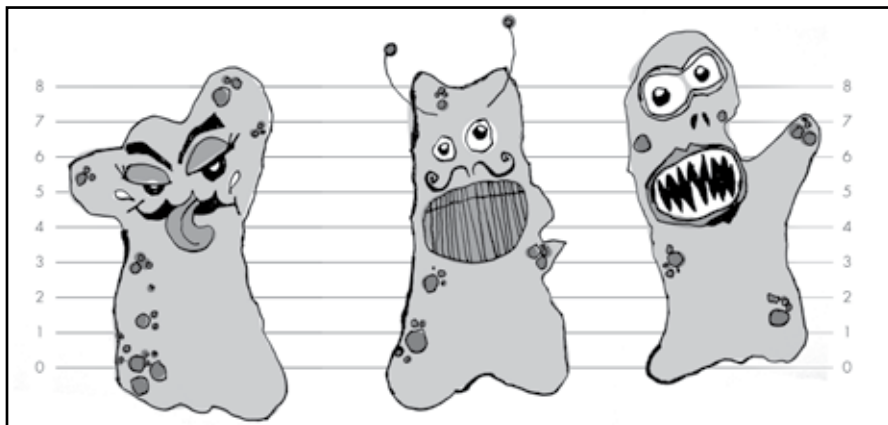
Germ facts

- GermS are tiny organismS that are invisible to the naked eye and can only be seen under a microscope.
- GermS are everywhere including in our bodies.
- GermS make up 60% of the living matter on Earth.
- There are good germS and bad germS: good germS in our mouthS and intestineS help us digest our food. Bad germS, like virusS, can cause conditionS like diarrhoea.
- Most people get sick when they touch something with bad germS, then touch their eyeS, nose or mouth. The fluidS from our nose and mouth contain germS. Through touch, or coughing and sneezing, germS are transferred from one person to another, and the germS find a new home.
- Our waste, or faeces, contains bad germS. If you don't wash your handS after going to the toilet, and then you eat, you will also be eating your own poo. Yuk!
- The best defence against germS is to wash your handS regularly with soap.



ENEMY NUMBER 1

The killers – Germs



Make up the following two germ profiles.

Name: 'Dirty Bertie'

Found: Under fingernails

Loves: Mud, dirt, dust

Dislikes: Soapy water

Name:

Found:

Loves:

Dislikes: Soapy water

Name:

Found:

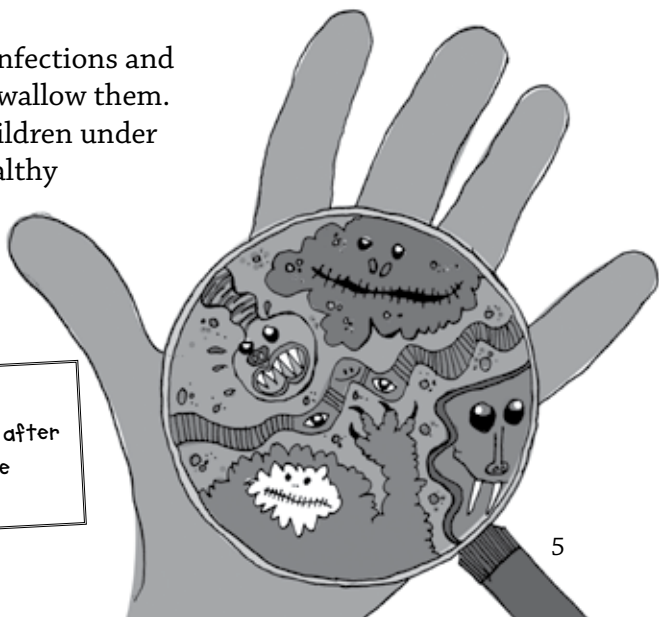
Loves:

Dislikes: Soapy water

Some germs can cause infections and can make us sick if we swallow them. The biggest killers of children under five are caused by unhealthy habits such as **not washing hands properly**.

BUST THOSE GERMS!


Always wash hands with soap after going to the toilet and before eating food.



The great germ hunt

Where are the germs?

Circle where you think the germs are.



'Germs are so small we can't see them without a microscope. But they are **EVERYWHERE**'.

Barriers to germs

Look at the picture below. You can draw your face in the centre. The germs are trying to get to YOU. What are the three things (barriers) you can do to stop the germs?

1. _____
2. _____
3. _____



Outline your hand

1. Trace around your hand in the space below.
On the inside of each finger write an activity that you use your hands for each day, e.g. eating, playing ball...
2. Do your hands collect germs during these activities?
3. What can you do to reduce the amount of germs on your hands?



Hand history

We create and produce so much with our hands. We build houses and canoes, grow, prepare and cook food, eat, look after children and our elders. We also clap and wave to each other and play music.

Interview a family member and ask them to share a story about their hands. It can be a legend, tale or an interesting story that involves your family.



1. Write the story in the space below and then share with the class.

This image shows a single page from a notebook or ledger. It features ten evenly spaced, thin grey horizontal lines running across the width of the page. The background is white, and there are no margins, text, or other markings present.



When to wash hands

- Hands carry more than 80% of harmful viruses
- The best way to remove germs is to wash hands with soap
- ALWAYS wash hands with soap after using the toilet
- ALWAYS wash hands with soap before eating

1. When should you wash your hands with soap?
(See pictures below for some clues.)



Keeping clean

It is important that we keep our faces, hands and bodies clean to stop the spread of germs and disease. Germs on our skin can get into our mouths. When we swallow germs, we can develop infections like diarrhoea.

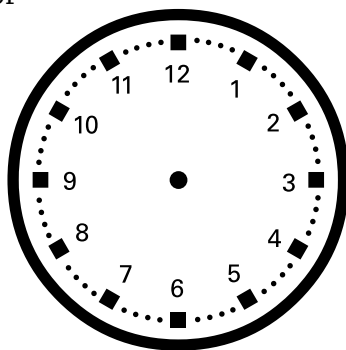
There are things we can do each day to keep clean.

1. Put a tick in the box next to the things you do daily to keep clean.

- ☐ I always wash my hands with soap after using the toilet.
- ☐ When I wake up in the morning I wash my face and hands.
- ☐ When I walk to school, I'm careful not to step in any animal or human poo.
- ☐ I wash my hands with soap after I finish playing outside.
- ☐ During lunch break, before I drink water or eat, I first wash my hands with soap.
- ☐ I always dry my hands after I wash them.

2. Compare your results with the person sitting next to you.

3. Draw hands on the clock to show when you wash your hands during the day. Use different colours for morning, midday and afternoon.



Handwashing high-five!

Here are five simple steps to keep your hands clean of germs.

It is very important to wash hands with soap after using the toilet and before eating food.



START



1. Wet hands



2. Soap (15 seconds)



3. Scrub backs of hands, wrists, between fingers, under fingernails



4. Rinse



5. DRY hands on a clean cloth



Handwashing steps

Handwashing hip-hop rap!

Write your own hip-hop song!

1. In groups of 4–6 students, develop a handwashing hip-hop rap. Here are some words to get you started:

toilet, soap, dirty, clean, bubbles, germs, looking good, healthy,
smelling nice, smart



Decode the puzzle!

The germs know when you wash your hands. Can you decode their list? By washing your hands after doing these things, you will help fight disease.

Use the CODE KEY to translate these.

Wash your hands after you...

1. ● ☉ ▼ ▲ ✱ ☒ ♠ ✱ > ☒ ☒ ✱

2. ▼ ✱ ★ ● ✱ ★ ● ☉ ✱ ☒ ★ ●

3. ☼ ☒ ☉ ☒ ☼ ☼ ☼ ☉ ▼ ☉ ♠ ☉ ✱ ★

CODE KEY	
A = ☒	N = ♠
B = ☼	O = ☉
C = ▲	P = ♥
D = ✚	Q = ☼
E = ★	R = ☉
F = ◆	S = ✱
G = ☒	T = ●
H = ✱	U = ▼
I = ✱	V = ☺
J = ☼	W = ☒
K = ☉	X = ☒
L = ☒	Y = ☼
M = >	Z = ◐



Once you have done these, make your own secret codes!

Here are some suggestions:

Wash your hands...

- after cleaning up rubbish
- before you eat
- when you wake up

On the way to school

Read the following story and answer the questions at the end.

One morning while walking to school Peter felt like he needed to go to the toilet. He was too far from home to go back and still too far from school to wait that long. He looked around for a private place to go. He noticed a clear area behind some bushes and found a comfortable position.

Peter was now late for school. When he finished he used some leaves to wipe his backside. He quickly pulled up his trousers and continued on his way. Peter was in such a hurry that he did not stop to bury his poo, and there was nowhere to wash his hands. His fingernails looked very dirty.

Once he got to school he shook hands with all his friends that he had not seen since Friday. Soon it was lunchtime. Peter's mother had prepared him some rice and fish and he was very hungry so he dipped his hands in and ate very quickly. In the playground Peter played ball with his friends and they took it in turns to catch and throw it to each other.

Back in the classroom it was time for quiet reading. Peter chose a book from the shelf and started to turn the pages. He remembered that he had read it already so passed it to his friend and chose another one.

When school was over the teacher, Mrs Jonda, asked Peter to take the class rubbish bin out to the rubbish pit. He tipped it out but some things got stuck so he had to pull them out with his hands.

On the way home from school Peter walked back past the bushes that he had stopped behind that morning. To his surprise his dog came running out from the same spot. He was happy to see Peter and licked his hand. Peter patted his dog and they walked back to the house together.

Peter's mother was busy caring for his baby sister so asked him to cut up the cassava for dinner. After their meal it was time for him to do his homework and then go to bed.

1. Can you identify five things in this story that may have spread germs?

2. What could Peter have done to stop each of these things happening?



How many germs are on this page?

- a. 100?
- b. 1,000?
- c. 10,000?
- d. 1,000,000+ ?

Answer on page 18

Get to the toilet!

It's always best to poo in a toilet.
If your home or school doesn't have one, make sure you poo away from the school, far from water sources, and bury your waste after you've finished!

On my legs I always carry poo. One speck contains:

10,000,000 viruses
1,000,000 bacteria
1,000 parasite cysts
100 parasite eggs

Powerful poo!

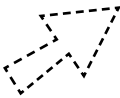
*Poo is smelly and it's powerful, too.
That's why it's important
to use the loo (toilet).*



Help Meri find the toilet

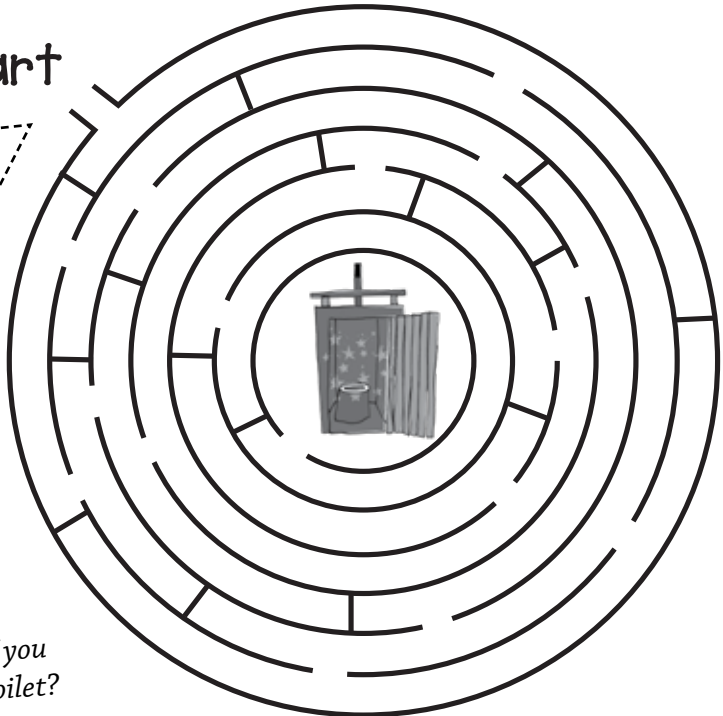


Start

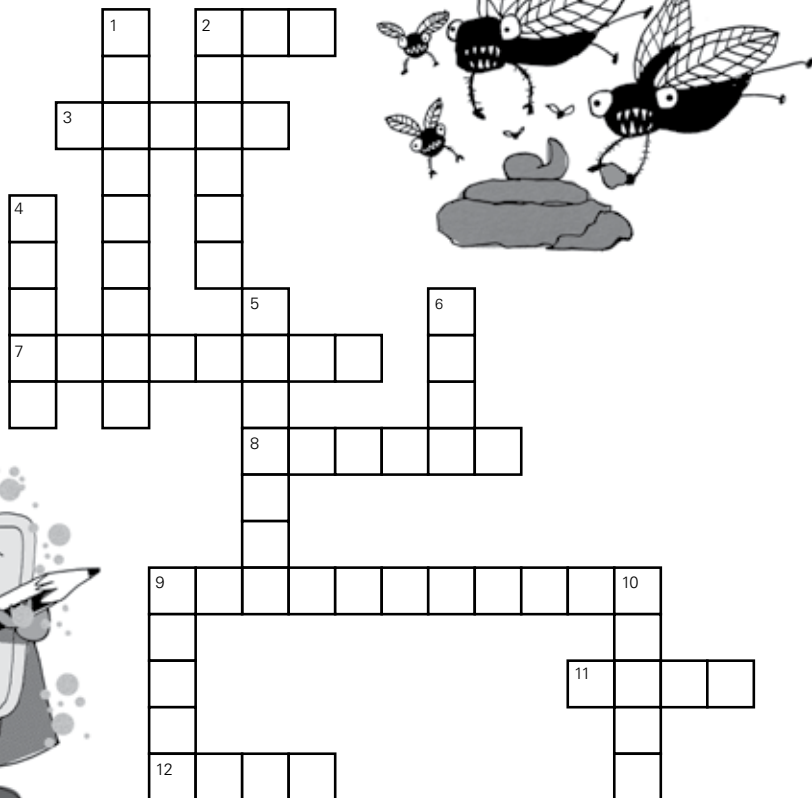


*What to do if you
don't have a toilet?*

BURY IT!



Crossword



Across

2. An insect that carries a lot of bad germs.
3. You must always wash your hands with soap and clean _____
7. Wash your hands after this.
8. The best place to do a poo.
9. After going to the toilet you must do this.
11. True or false—if you don't wash your hands before eating, you might be eating your own poo!
12. Use this to wash your hands.

Down

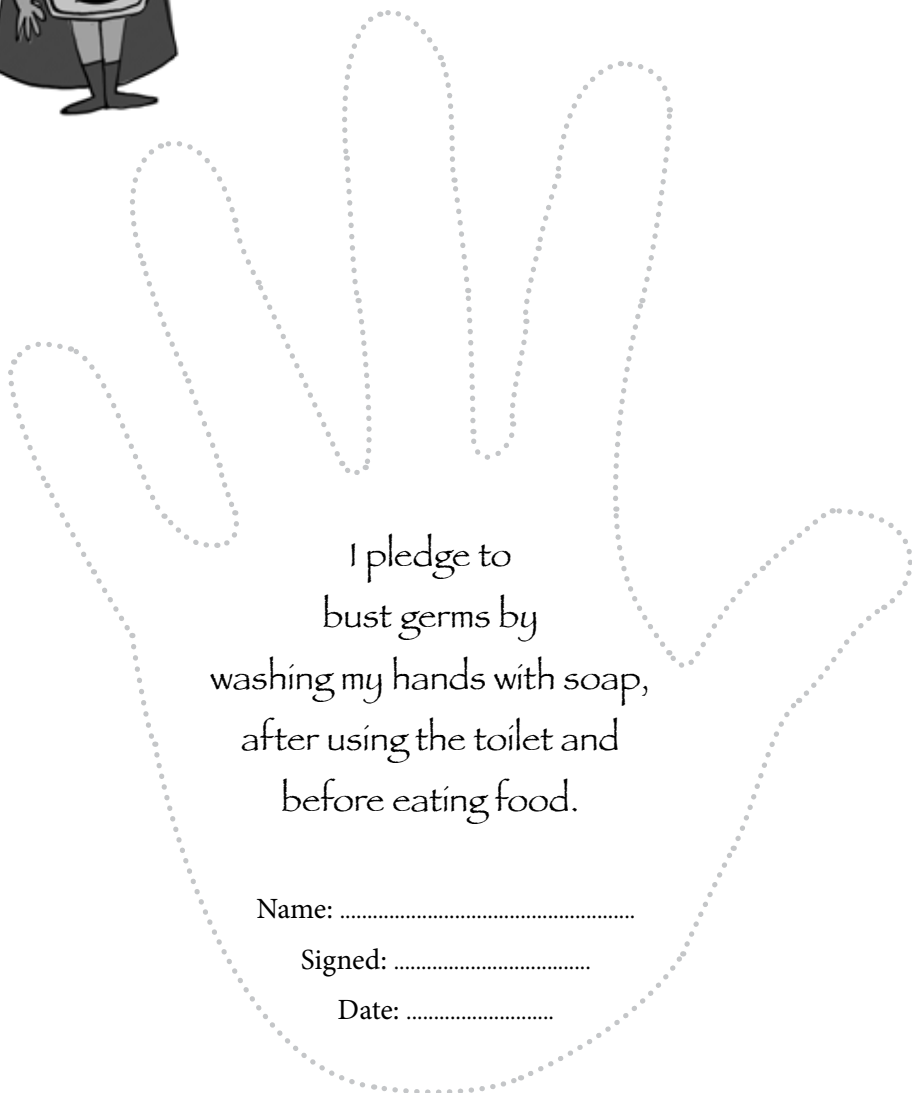
1. Name an illness you can get if you don't wash your hands with soap.
2. Another word for human waste.
4. True or false—washing hands just with water can remove germs.
5. The number of seconds you should wash your hands for.
6. Number of handwashing steps.
9. Hands up for clean _____
10. Too small to be seen with the eye—and can make us sick.

Answers on page 9.



Germ-buster pledge

Place your hand on the outline below and trace around it.



I pledge to
bust germs by
washing my hands with soap,
after using the toilet and
before eating food.

Name:

Signed:

Date:

Teacher's signature:

Germ-buster

Student workbook

Through fun activities and games, kids will discover facts about germs and learn how to 'knock them out' of their life for good!

Students can work through this book at their own pace, or with guidance from a teacher.



Hands up
for
clean hands!



LIVE&LEARN
Environmental Education