

BOOK OF THE MONTH:

What Are Germs?

by Katie Daynes

Ages 3-7

1. Introducing the book:



Exploring the Cover

The mirror, the sink, the toothbrushes...which room of the house is on the cover? What are the three characters doing in the bathroom? And who are these little figures in the top corners of the book cover?

Building Background

Autumn is coming. With the approach of the cold and return to school where you get to share a classroom and play together with all your friends...the germs and illnesses are coming back too. Let's learn how to fight back and stay strong, healthy and happy!

2. Reading the book:

As you read the book, let the children lift the flaps and discover what is hiding underneath. Be prepared to spend extra time explaining a word or a concept in more detail to help children's learning (e.g. white blood cells, mould, etc.). Together, practice sneezing into your elbow, blowing your nose, and washing your hands.

3. After reading the book:

Runaway Germs



- Learning to relate abstract ideas to real-life situations
- Practicing observation and comparison



- Practice of fine motor skills while pouring water, sprinkling pepper, squeezing soap

Materials:

- Ground pepper
- Plate/bowl
- Water
- Dish soap



This experiment helps children visualize the effectiveness of soap against microbes during handwashing. Fill the dish with water and then sprinkle pepper on top of the water. The pepper represents the germs. Invite the child to dip their finger into the water - the "germs" cling to the finger. Now, put a small amount of soap onto the child's finger. When the soaped finger touches the water, the "germs" immediately run away.

Visual Routines



- Learning to make plans and follow through
- Learning to problem solve and reflect on experiences



- Learning to take initiative
- Building autonomy and self-confidence

Materials:

- Paper and printer
- Scissors

Together with the child, come up with a hygiene routine that works best, print and decorate the cards, and find a place to display them:

-[Personal care picture cards](#)

-[Toileting picture cards](#)

References and resources

- [Messy Little Monster - Germ Science Experiment](#)
- [Do2Learn - Picture cards](#)

Legend



Cognitive



Socio-emotional



Language



Physical