

Germ Busters! Follow-up Activities and Book List

Consider the following activities to support and reinforce the importance of preventing the spread of illness-causing germs by washing hands and covering coughs and sneezes!

- Designate a “germ buster” day or week in your school and plan related activities, including those from this list.
- Host an assembly to kick off the “germ buster” theme.
- Encourage classes to take a pledge to wash their hands and cover their coughs and sneezes.
- Make it a classroom routine; in addition to regular hand washing after using the washroom, include hand washing before lunch and snacks.
- Have the older students teach the younger students by use the peer leader lesson plan. Call the Health Promoting Schools Program at 625-5917 or contact the nearest branch office (Manitouwadge, Marathon, Schreiber, Nipigon and Geraldton) to learn more.
- Develop a bulletin board using the colouring pages (tbdhu.com/id) provided by the Health Unit and include other information like posters or photos, poems and quick facts.
- Take pictures of students and staff washing their hands in different hand washing situations (e.g. before eating). Post the pictures around the school.
- Make a “germ buster” video showing students washing their hands and covering coughs and sneezes.
- Sponsor a “germ buster” school poster contest. Have students:
 - Create a slogan (e.g. Teach germs a lesson).
 - Create cartoon characters (e.g. Germ buster and her sidekick Bubbles).
 - Create a “germ”. What does a sore throat germ look like? What about a runny nose?
- Include a winning poster in your school or board calendar (e.g. fall “flu season”).
- Create bookmarks with a “germ buster” theme for the school library or make arrangements with your community library to distribute them to their patrons.
- Create “germ buster” postcards that students can send to family members or to high profile people in the community.
- Make hand washing puppets to demonstrate skills to younger students.
- Create “germ” sculptures using clay or other art supplies (e.g. recycled boxes, containers).
- Create a costumed “character” (e.g. hand washing mascot, a “germ” detective, a nasty “germ”) and have the character appear at an assembly to kick off your “germ buster” day/week.
- Form a “germ busters” team that visits classrooms. Make costumes or t-shirts.
- Write a poem or compose a song to a familiar melody. Have a contest and judge the poems/songs.
- Use the poems/songs as announcements to remind the entire school.
- Provide books on the “germ buster” theme in the school/classroom library. See the list on page 2.
- Have students keep a diary tracking their hand washing for one week. Review the diaries and tally different totals; for example, before what activity did most students wash their hands?
- Have students create a story about the day in the life of a “germ” and describe how it travels around the school.

...page 1 of 2

Germ Busters! Follow-up Activities & Book List (page 2)

- Track when students cover their coughs and sneezes by using the “Caught You!” poster from the Health Unit (tbdhu.com/id).
- Adapt favourite games in the gym to include a “germ buster” theme. For example, during Frozen Tag students must “wash” their hands before they can be “unfrozen”.
- Publish information in the school newsletter.
- Assign classes to make displays for the school lobby or other public buildings in your community.
- Post hand washing and “cover your coughs and sneezes” posters at the school entrance, in every classroom, lunchroom and washroom. Download the posters from tbdhu.com/id
- Have tissues available in every classroom.
- Be a good role model and have students see you washing your hands and covering your coughs and sneezes the right way!
- Take alcohol-based hand rub/sanitizer with you on school outings when there is no access to soap and water. Supervise the use of the product for safety.

Book List:

- *Those Mean Nasty Dirty Downright Disgusting... But Invisible Germs* by Judith Anne
- *Germs Make Me Sick* by Melvin Berger
- *The Ten Potato Scrub* by Marjorie T. Cooke
- *Buddy Bear's Hand Washing Troubles* by Marjorie T. Cooke
- *Your Skin and Mine* by Paul Showers
- *Wash Your Hands!* by Tony Ross
- *Oh, The Things You Can Do That Are Good For You* by Trish Rabe
- *Germs Are Not for Sharing* by Elizabeth Verdick
- *Body Buddies Say "Wash Your Hands!"* by Leeann Wenkman
- *Bill Nye the Science Guy's Great Big Book of Tiny Germs*
- *Germs! Germs! Germs!* by Bobbi Katz
- *The Germ Busters* by Rosemary Wells
- *"Stand back", said the elephant, "I'm going to sneeze"* by Patricia Thomas
- *Clean Enough* by Kevin Henkes
- *Dirty Larry* by Bobbie Hamsa
- *The Soap Bandit* by Dennis Hasely
- *The Tale of Georgie Grub* by Jeanne Willis
- *Teddy Bears Cure a Cold* by Suzanne Gretz

...page 2 of 2