

Lesson Plan: The Mystery of Invisible Germs

Grade Level: 5 years old and upwards

Lesson Duration: 30-40 minutes

Subject: Health & Hygiene

Lesson Objectives:

By the end of the lesson, students will:

1. Understand what germs are and where they can be found.
 2. Learn the importance of good hygiene in keeping germs away.
 3. Practice simple hygiene habits like handwashing and covering sneezes to stay healthy.
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Materials Needed:

- Video Tutorial by DiscoverlifeSkills.com: The Mystery of Invisible Germs
 - Visual aids (pictures or illustrations of germs, soap, water, tissues)
 - A bowl of water, soap, and paper towels (for a handwashing demonstration)
 - Hand sanitizer (optional)
 - Cleaning wipes or cloth
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Introduction (5-7 minutes)

1. Start with a question:

- Ask: "Do you know what germs are? Have you ever seen a germ before?" Explain that germs are tiny living things that we can't see, but they are all around us.

2. Define Germs:

- Explain that germs are very small, invisible living things like bacteria and viruses that can make us sick if we're not careful.
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Main Lesson (15 minutes)

1. What Are Germs?:

- **Invisible Invaders:**

- Explain that germs are everywhere—on surfaces, our hands, toys, and doorknobs.
- Show pictures of what germs look like under a microscope to give students a visual understanding of them.

2. How Can We Stay Healthy?:

- **Wash Your Hands:**

- Teach students that washing hands with soap and water is one of the best ways to get rid of germs.
- Do a handwashing demonstration. Explain how germs stick to our hands but soap and water can wash them away.

- **Cover Your Coughs and Sneezes:**

- Explain that when we cough or sneeze, germs can spread to others.
- Teach them to use a tissue or their elbow to cover their mouth when they cough or sneeze.

- **Keep Surfaces Clean:**

- Talk about how germs like to hide on things we touch every day, like toys, tables, and doorknobs. Explain the importance of cleaning these surfaces regularly.
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Interactive Activity: Handwashing Practice (10-15 minutes)

Step 1: Handwashing Demonstration

- Set up a handwashing station with soap and water.

- Have students come up one by one and practice washing their hands the right way—using soap, scrubbing for at least 20 seconds, and rinsing well.

Step 2: Clean the Surfaces

- Give each student a cleaning wipe or cloth and let them help clean tables or other surfaces in the classroom.
 - Explain that by cleaning surfaces, we help remove germs that might make us sick.
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Conclusion & Reflection (5 minutes)

1. **Recap:**
 - Review what germs are and how they can make us sick. Emphasize that washing hands, covering coughs, and keeping surfaces clean are all ways to keep germs away.
 2. **Reflection Question:**
 - Ask: "What will you do today to help keep germs away and stay healthy?"
 3. **Closing Thought:**
 - Remind students that by practicing good hygiene, they are helping protect themselves and others from getting sick—and that's a great thing to do!
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Assessment:

- Observe student participation during the handwashing practice.
 - Ask students to explain why it's important to wash hands and cover their sneezes.
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Extension (Optional):

- **Germ Experiment:** Use glitter or flour to simulate germs. Have one student put some "germs" on their hands, then shake hands with others. Show how easily germs spread, and then demonstrate washing them away.
- **Hygiene Chart:** Encourage students to create a daily hygiene chart, where they can check off tasks like handwashing, brushing teeth, and cleaning their room to help keep germs away.