Keeping Clean
Wk beg 06.07.20

Aim

- I know how and why I should keep myself clean.
- I can look closely and record what I see.

Success Criteria

- I can name some things I can do to keep myself clean.
- I can give at least one reason why humans should keep themselves clean.

- I can use a magnifying glass to look closely.
- I can record what I see.

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Handwashing

Last week we looked at different ways of keeping clean.
Can you remember any of the things that you drew or saw pictures of on the slides?

It is really important that we keep clean and one thing that we need to do regularly throughout the day especially because of the current Corona-virus Pandemic is wash our hands.

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Here is a re-cap from last week.

Hand washing is very important in keeping clean and well.

Because we use our hands for touching, they pick up LOTS of germs.

If we don't keep our hands clean, then we spread these germs around.

The germs from our hands can end up inside our bodies and make us ill.

Sometimes we give the germs to someone else, and then they can get ill too!

When do we need to wash our hands?

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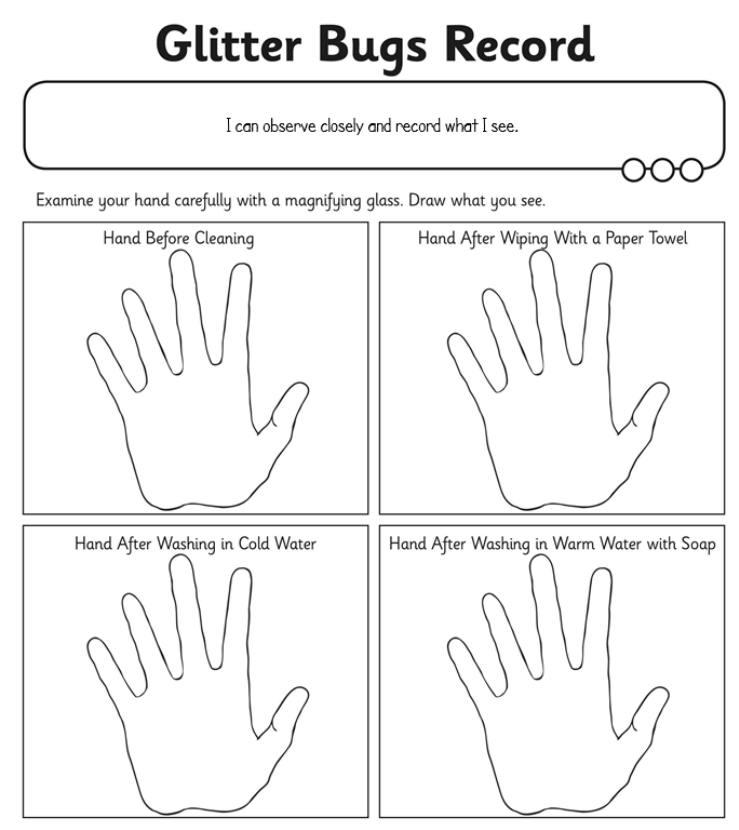
What is the best method for removing germs?
Glitter Bug Activity

In your pack your will find a Glitter Bug Record sheet. If you have any glitter at home this is a really good activity to try. If you do not have glitter you could use sugar.

You will also need:

- Hand lotion
- Soap
- Paper towels
- Access to a sink
- Magnifying glass (Don't worry if you don't have one of these!)

This activity demonstrates which method of handwashing is the best to remove germs and why?



Glitter Bugs Record

I can observe closely and record what I see.

Examine your hand carefully with a magnifying glass. Draw what you see.

Hand Before Cleaning

Hand After Wiping With a Paper Towel

Hand After Washing in Cold Water

Hand After Washing in Warm Water with Soap

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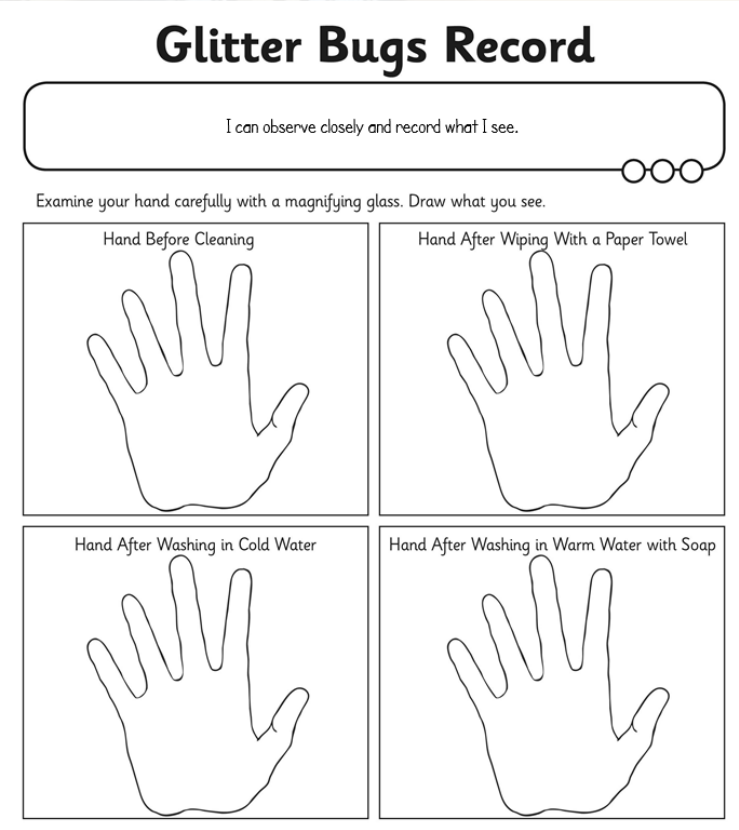
Glitter Bug Activity

1. Ask your child to rub some hand lotion into their hands, rubbing it in well.
2. Sprinkle some glitter into your child's palm.



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Explain that the glitter represents the microscopic germs that we all carry on our skin all the time. We can't see the germs without a microscope, but they are always there. Most of the germs are harmless, but some can make us very ill.

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Glitter Bug Activity

3. Ask your child to touch various things and notice what happens to the glitter. Explain that germs are spread just like the glitter and they can be picked up by someone else.
4. Shake hands with your child and notice how the germs/glitter are spread between you.
5, Ask your child what would happen if they ate their lunch without washing their hands. Explain that the germs would go into their mouths and could make them very poorly,
6. Using a magnifying glass (if you have one) examine what you can see and record this on your activity sheet.

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Glitter Bug Activity

7.Ask your child to wipe their hands on a paper towel or piece of kitchen roll.
8. Ask your child to draw and examine their hands again. What do they notice now?

Rubbing hands is not enough to remove the glitter or germs!

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Glitter Bug Activity

9.Ask your child to try and remove the glitter by just using cold water and draw again what you can see.

Has the cold water been effective?

Discuss that this method is more effective that rubbing but will not remove all of the glitter.

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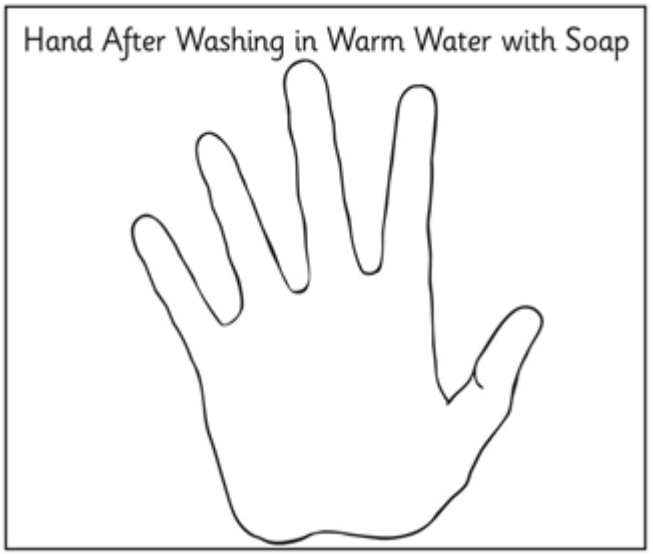
Glitter Bug Activity

10. Now ask your child to wash their hands with soap and warm water and then examine their hands again. Has this method washed the glitter away?



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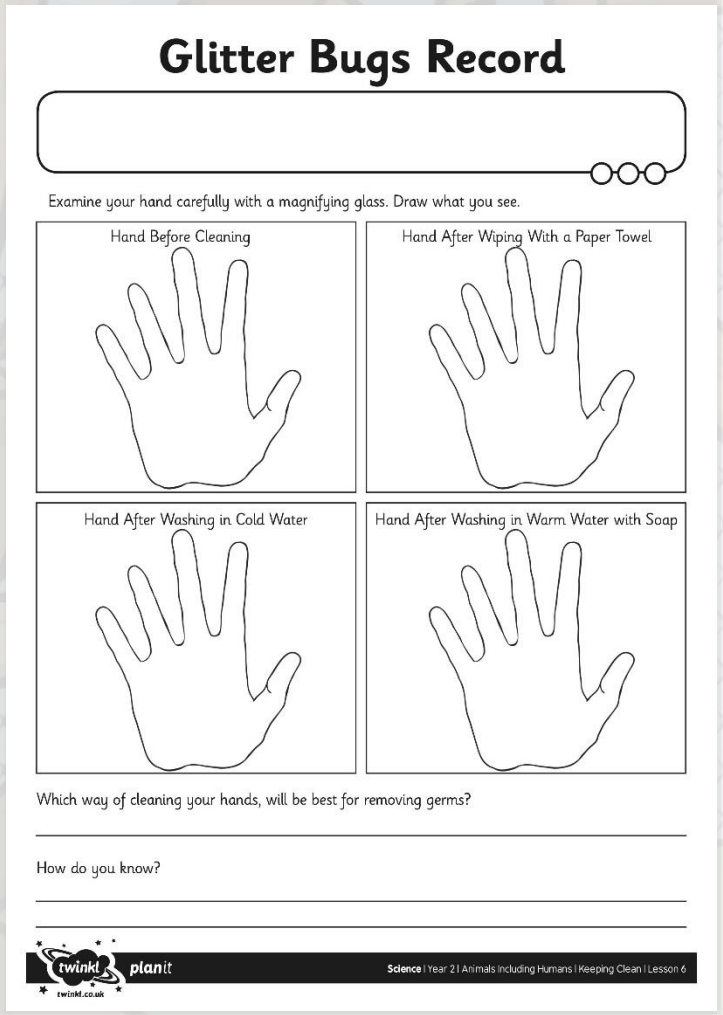
Glitter Bugs



Glitter Bugs Record

Examine your hand carefully with a magnifying glass. Draw what you see.

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Which way of cleaning your hands, will be best for removing germs?

How do you know?

Now ask your children to complete the Glitter Bugs activity sheet stating which method was the best for removing germs and why.

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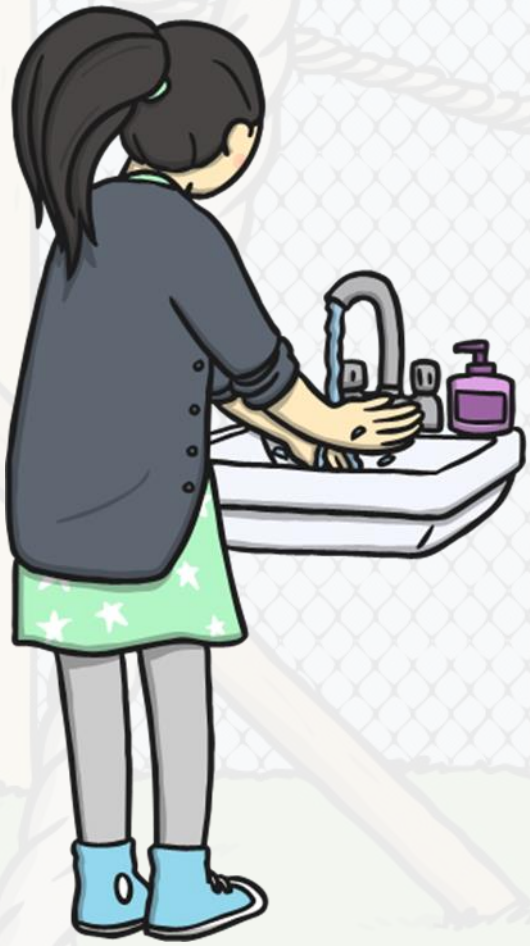
Additional Activities

On the next three slides there are some additional activities for you that you might want to try at home and these are in your science home learning pack.



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Hygiene Heroes Game

Shuffle together all the Hygiene Hero and Oh No! Game Cards and place them face down in the middle, between all the players.

Give each player 2 Germ Gang Tokens.

The player who has had the most recent birthday goes first.

Take turns picking up a Game Card from the pile. Read the card aloud.

If you picked up a Hygiene Hero Card, you can discard one of your Germ Gang Tokens.

If you picked up an Oh No! Card, pick up a Germ Gang Token and add it to your pile.

When all the Game Cards have been used, count your Germ Gang Tokens. The person with the fewest Germ Gang Tokens is today's Hygiene Hero!

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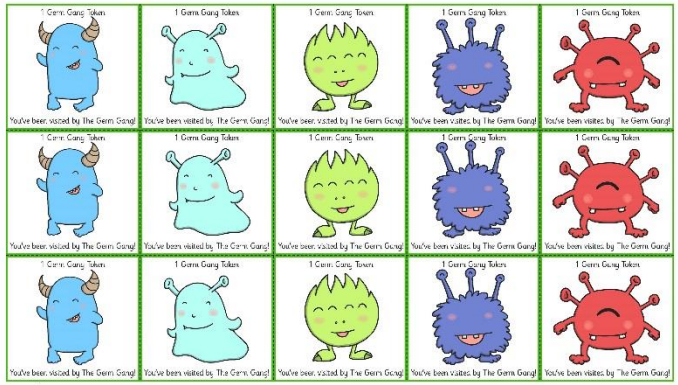

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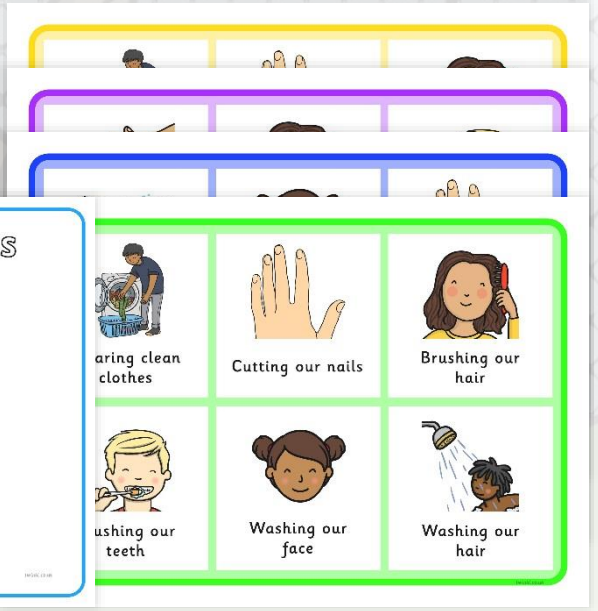
Hygiene Bingo

Whole Class

Watch the mime and guess the action that we do to keep ourselves clean.

If you have it on your bingo board, cross it off.

The first team to cross off all the actions on their bingo board wins!



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