

# Germ and Hygiene: Outcomes and activities

## God is Pure and Holy Year 1

### **Spiritual Overview: Clean on the outside as well as the inside**

Making things clean is a Biblical symbol for God's purity and holiness. Our hearts are made clean by God's forgiveness. Jesus died to cleanse us from sin. He offers forgiveness to all those who will accept it.

### **Bible references**

Matthew 23:13-27 Jesus said that we must be clean on the inside, not just the outside.

Psalm 119:11 I have hidden your word in my heart that I might not sin against you.

Matthew 21:12-17 Jesus clears the temple

### **Outcomes:** Students will

- understand the requirements of maintaining a clean home environment
- understand how our local environment is kept clean, e.g. rubbish collection
- understand the importance of personal cleanliness
- observe the reactions cleaning agents have on objects
- classify cleaning agents according to properties
- record results on a chart
- understand what Jesus has said about cleanliness on the inside, and that inner cleanliness cannot take place by 'being good', but by accepting God's forgiveness and living as a disciple of Jesus

### **Activities**

- Discuss hygiene in the home.
- Make a list of rules for good hygiene.
- Discuss the consequences of not washing hands, not cleaning teeth etc.
- Discuss germs and how they affect our bodies
- Learn how to clean teeth efficiently

### *Germs*

Germs are everywhere.

Germs are so small that you can't see them.

Germs can make you sick.

You can get rid of germs by washing your hands and your body.

### *How to wash your hands*

Use warm running water. (If you don't have warm water, use cold running water.)

Use liquid soap where possible.

Rub hands together for at least 15 seconds.

Scrub underneath the fingernails.

Rinse and then dry.

### *How to dry your hands*

If you don't have paper towel or a clean towel, shake your hands dry before touching anything.

### *When to wash your hands*

Before eating or touching food

After using the toilet

After playing with animals

### *Teaching idea*

Use a spray bottle filled with clean water.

Spray water on children's hands.

Explain that the water on their hands is like the germs that come out of their mouths every time they cough or sneeze.

Now ask the children to touch an object such as a table or chair. Ask them what happened to the object they touched. (It became damp.)

Explain that this is what happens when we sneeze or cough into our hands and then touch an object.

What will happen if one of their friends touches the damp object?

What can we do to prevent our friends from catching our germs?

Use a tissue to cover your mouth when coughing or use a tissue to blow your nose.

If you don't have a tissue and you use your hand to cover your mouth while coughing, wash your hands after.

## **Values education: Year 1**

### **God is Pure and Holy**

#### **Cleanliness**

God has created us as special. He wants us to look after our bodies and keep ourselves clean on both the inside and the outside.

#### **Cleanliness is...**

Washing, showering or bathing regularly

Washing our hair regularly

Keeping our nails short and clean

Washing our hands after the toilet and before eating

Brushing our teeth twice a day

Washing our clothes regularly

#### **What happens if we don't do these things?**

Our bodies will become smelly.

God made our skin to sweat. This is when little droplets of water come out of the skin to cool us down. It is a good thing, because it stops us from getting too hot. But when our skin sweats, it stays on the skin if we don't wash it off. Germs are attracted to the sweat, and we become smelly.

#### **Dirty clothes**

As we play outside, dirt and dust get into our clothes.

The sweat from our skin also gets into our clothes.

This is why we should wash our clothes.

#### **What does the Bible say about washing and keeping clean?**

1 Corinthians 3:16 The body is the temple of the Holy Spirit.

John 3:1-17 Jesus washed the disciples' feet.

Matthew 23:26 Clean the inside to the cup, not just the outside.

# Art: Year 1

## God is Pure and Holy

### Topic: Germs and hygiene

**Biblical connection:** Jesus said that being clean on the outside is not the only way to be clean. We should also be clean on the inside.

**Bible art as a wall display:** Matthew 21:12-17 Jesus clears the temple. Students can draw the different animals being sold in the temple. They can cut them out and collectively paste them on a large picture of the temple, with caption, 'Jesus said, "Stop turning my house into a market"'

#### 1. Painting and drawing

Ask students to:

Make posters about washing hands.

#### 2. Printing

Using washing up detergent to make bubble prints. (Washing up liquid relates to our "cleaning" theme.)

Mix some liquid poster paint with a little water, and a squirt of washing-up liquid, stir it up and then blow into it with a straw to create lots and lots of **bubbles**. You then gently place the paper over the **bubbles** to take a **print** from them, remove, and allow to dry. Try again with a different colour.

#### 3. Jewelry making

Students can make their own bracelet by making beads from papier mâché or dough which is baked for durability. Form the beads around skewers. This creates a hole for threading. Paint the beads, and on 4 of the beads they can write the letters: WWJD which stands for "What Would Jesus Do?"

# Practical Science: Year 1

## God is Pure and Holy

### Topic: Cleaning - Cleaning products in the home

#### You will need:

- Squares of white cotton cloth
- Substances to place stains of the cloth – coffee, chocolate, grass, mud, beetroot, tomato sauce
- A variety of household cleaners, powders and detergents

#### What to do:

- Take your squares of white cloth and stain them with the staining substances. You will need 4 of each type of stained material, e.g. 4 pieces stained with tomato sauce, 4 with chocolate etc.
- Allow to dry
- Wearing disposable gloves, try to remove the stains using 4 different household cleaners plus water. (e.g. Try getting the tomato sauce out of the cloth using washing powder, washing up detergent, bathroom cleaner, vinegar or lemon juice.)
- Allow your samples to dry.
- Display the samples on a chart and compare. Which cleaning product did the best job on which stains?

#### Write your results

- Record your results in table form. Give each cleaner a score out of 5 for its cleaning ability on each stain, making a possible score of 30.
  - Make a graph to show the best cleaner. Do this by adding up the scores.

|              | Washing powder | Detergent | Bathroom cleaner | Vinegar |
|--------------|----------------|-----------|------------------|---------|
| chocolate    |                |           |                  |         |
| Tomato sauce |                |           |                  |         |
| Coffee       |                |           |                  |         |
| Grass        |                |           |                  |         |
| beetroot     |                |           |                  |         |
| mud          |                |           |                  |         |
| TOTAL        |                |           |                  |         |

### Hygiene 1

Draw tap.

Now redesign it by doing this:

B – make one part bigger

A – add something extra

R – replace one part with something else

### Hygiene 2

Name 5 things that NEVER need to be washed.

### Hygiene 3

Think of 3 different things this picture could represent. It must have something to do with keeping clean.



### Hygiene 4

Give 10 ways of making things clean in and around your home.

### Hygiene 5

Give 3 possible reasons why:  
someone would not be allowed to use soap for bathing or showering.

### Hygiene 6

Find 5 different uses for some "bubble bath".

**For parents or teacher to read:**

God has created us as special. He wants us to look after our bodies and keep ourselves clean on both the inside and the outside.

**Cleanliness is...**

Washing our hands after the toilet and before eating

Washing, taking a shower or bath each day

Washing our hair

Keeping our nails short and clean

Brushing our teeth twice a day

Washing our clothes

**Activity:** Draw up a table with 6 boxes. In each box draw a picture to show how to keep your body clean

|   |  |   |
|---|--|---|
| <p data-bbox="209 1070 507 1122">Wash your hands.</p> | <p data-bbox="667 1070 930 1122">Take a shower.</p>    | <p data-bbox="1066 1070 1299 1122">Wash your hair.</p>    |
| <p data-bbox="209 1413 429 1464">Cut your nails.</p>  | <p data-bbox="639 1413 930 1464">Brush your teeth.</p> | <p data-bbox="1075 1413 1362 1464">Wash your clothes.</p> |

**What happens if we don't do these things?**

Our bodies will become smelly.

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**Dirty clothes:** As we play outside, dirt and dust get into our clothes. The sweat from our skin also gets into our clothes. This is why we should wash our clothes.

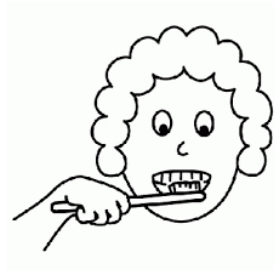
# Healthy habits

Copy the sentence and draw a picture:

I wash my hands.



I brush my teeth.



I comb my hair.



I take a shower.



I blow my nose.

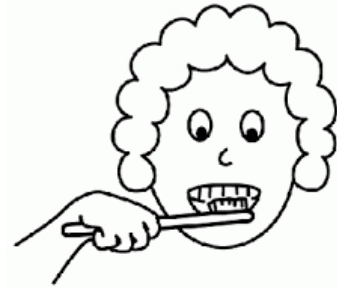


I put the tissue in the bin.



# Healthy habits

Copy the drawings of the 5 healthy habits. Two of these are not healthy. Can you find them?





# Keeping clean

## God is Pure and Holy

A small book to make  
Draw a picture in each box.

## **Keeping clean**

1

**To look after my body I need to keep it clean. Keeping my body clean will help to keep germs away. Germs can make me sick.**

2

**It is good to wash my hands before I eat so that germs do not get into my mouth.**

3

**It is good to wash my hands after I go to the toilet. Lots of germs live there.**

4

**It is good to take a shower often. I use soap to help me get clean.**

5

**It is good to keep my hair clean. I use shampoo to wash my hair.**

6

**It is very good to clean my teeth in the morning and at night. Foods with sugar can make my teeth decay. Decay happens when germs eat away at my teeth and make holes.**

7

**It is good to carry tissues to blow my nose. When I have used the tissue I throw it in the bin. Dirty tissues carry germs.**

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