



123 GERM FREE KEEPING KIDS CLEAN



SUPER SOAP

A squirt of me
makes germs slippery



WARRIOR WATER

A good wash and rub
sends germs down the plug



DYNAMIC DRYER

Drying stops
germs multiplying

WELCOME TO 123 GERM FREE!

Hi there! Thank you for using our 123 Germ Free classroom activity pack. Your school has incorporated our 123 Germ Free stickers in your school toilets to encourage hand washing in young children.

WHAT IS 123 GERM FREE?

123 is a series of fun wall displays/activities for your school toilets/classroom that are designed to improve children's hand hygiene.

Fun mascots - (1 is Super Soap, 2 is Warrior Water, and 3 is Dynamic Dryer). Decorate your toilet spaces and draw attention to the washing area in your school toilet spaces.

Motivational wall stickers also give children a reason to wash their hands. Floor stickers can guide the way to the sinks when they leave the cubicles.

Materials/activities for your classroom help keep the messages fresh and act as constant and engaging reminders.

WHY NOW?

As Covid-19 settles down we need to keep reminding children to wash their hands. **80%** of common infections are still spread by poor hand hygiene.

This Classroom Pack Includes:

This activity pack is designed to encourage young children to wash their hands by helping them understand why it is important to wash them. There are 8 quick and engaging activities designed for the classroom that can be tailored to suit your own teaching style and schedule.

Each activity has a learning aim/outcome as well as instructions plus a template/guide if required.

Activities:

- Clean Hands Dance
- Scrubbing Germs
- Germ vs Soap Tag Game
- Design a Germ/Defeater Character
- Disappearing Germs
- Keeping It Fresh - Flash Cards (Germ Quiz)
- Potato Germ Wall
- Fun Fact Wall

Resources

- Instructions
- Verbal Instructions
- Templates
- Flashcards

LOOK OUT FOR THE
CATEGORY AND
KEYSTAGE NUMBER
TO HELP YOU SELECT
THE APPROPRIATE
ACTIVITIES

KEEPING IT FRESH - FLASH CARDS

LEARNING OUTCOME

Reminder – Test children on their knowledge about hand washing using flashcards as a way to encourage children to look at the 123 Germ Free graphics again. Reminding them will ensure that they do not forget the hand washing steps, therefore prompting them to keep washing their hands.

Flashcards are tailored for each Key Stage, using more simplified flash cards for Early Years/Foundation.

Resources: Flash Cards (Cut-out below), White board to write down answer (optional)



DURATION (5 MINUTES) - INSTRUCTIONS

1. Select a card from the flash card pack or volunteer a child to pick one.
2. Read out the question yourself.
3. Allow the children to find out their answers during their break or lunch time and ask them to give them when they get back to class.
4. Allow them to either shout out their answers or tell them to write them down.
5. Reveal the answer.

A new question could be asked every week or every few days.

VERBAL INSTRUCTIONS

Foundation
4 - 5

For early years children, the flashcards show the 123 mascots and other images related to germs and hand washing. This activity will encourage children to look closely at them when certain questions are asked about what they can see.

Example:

Teacher – Let's take a look at a card.

What can you see here? A number 1 and lots of bubbles.

What colour is Super Soap? – Orange.

What is it wearing? – A cape.

Why is Super Soap a good hero? – It takes away the germs.

KS1 5 - 7

KS1 and KS2 children will have flashcards with questions on them.

KS2 8 - 11

Example:

Teacher – I am going to pick a card/ (insert name) is going to pick a card for us.

The question is, what colour is Super Soap?

Find out and tell me your answer after lunch time.

After lunchtime – Can everyone write down your answer for me?

Who wants to tell me the answer?

(Or) Shout out your answers.

So the answer is... (insert answer).

Next week we will have a go at answering another one!

1.

HOW MANY...

bubbles does Super Soap have?

swords is Water Warrior holding?

bubbles are on the hand?

eyes does Dynamic Dryer have?

2.

HOW MANY...

feet does Super Soap have?

burgers is the hand holding

seconds do we wash
our hands for?

WHAT COLOUR IS...

Super Soap?

Water Warrior?

Dynamic Dryer?

A Germ?

WHAT IS THE NAME OF THE...

soap character?

water character?

dryer character?

WHAT NUMBER IS...

Super Soap?
Water Warrior?
Dynamic Dryer?

WHY DO WE NEED...

Super Soap?
Water Warrior?
Dynamic Dryer?

1.

WHAT IS...

step 1 of hand washing?
step 2 of hand washing?
step 3 of hand washing?

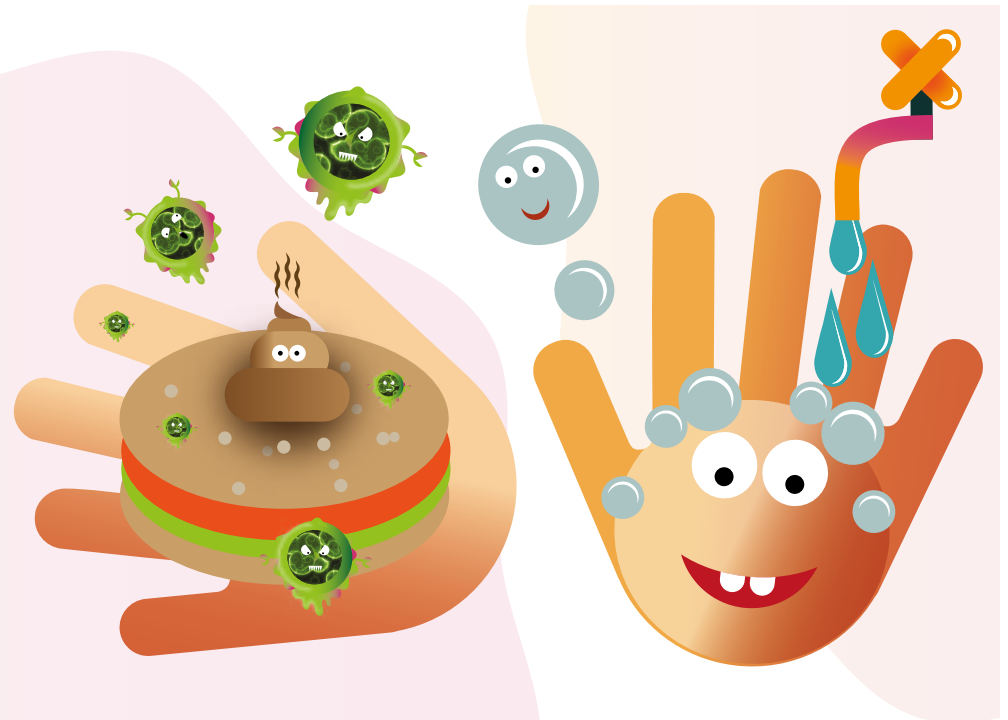
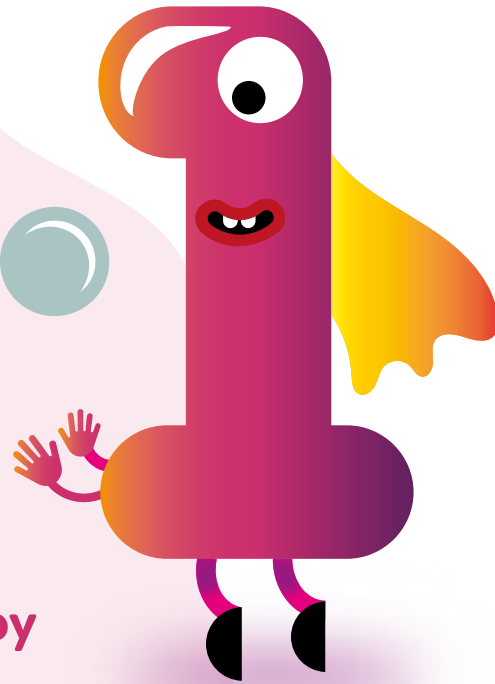
2.

WHAT IS...

Super Soap wearing?
Water Warrior holding?
Dynamic Dryer holding?

SUPER SOAP

A squirt of me makes germs slippy



WARRIOR WATER

A good wash and rub sends germs down the plug



DYNAMIC DRYER

Drying stops germs multiplying



SCRUBBING GERMS

LEARNING OUTCOME

Reminder – Since germs are not visible to the naked eye, it is harder for children to understand that there are germs on our hands that need to be washed away. This activity allows the children to ‘see’ the germs being scrubbed away.

DURATION (10 MINUTES) - INSTRUCTIONS

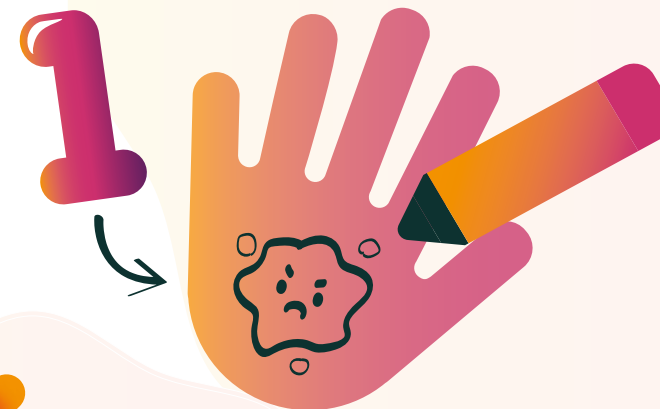
Children will get a ‘germ’ drawn onto their hands, they will then be asked to wash it away using the 1,2,3 Germ Free steps.

If the class is large, split the class up into tables. For example, if there are 5 children sat at each table, you may select a different table each day providing that the children are seated in those same seats each time. This way, each ‘table’ gets a turn at scrubbing their germ away.

1. Select a table/group of children
2. Using a pen/marker that is not permanent, draw a ‘germ’ onto the palms of their hands. The germ could be as simple as a sad face.
3. Allow the children to go wash their hands, prompting them to remember and complete each step of hand washing (1,2,3). Give them at least 20 seconds to complete this, as this is at least how long they should wash their hands for.
4. When the children return, check to see if the ‘germ’ has disappeared.
5. After the group has returned you can allow another table/group to have a go depending on how much time you have.

VERBAL INSTRUCTIONS

Teacher - Today it's this table's turn to scrub the germ off of their hands. I'm going to draw a germ on your hand, and then I will let you go to the toilets to wash it off. Remember to follow each step, using soap first and then water. Don't forget to dry your hands really well too. After you've done, please come back to the classroom and show me your hands. Make sure that the germ has disappeared.



Resources: flash cards, white board to write down answer (optional)

POTATO WALL

PERFECT
FOR KS2

LEARNING OUTCOME

Education – Using visual learning methods can encourage children to understand and learn better. This activity allows children to see how germs are easily spread through the use of a potato. By allowing them to see how germs are on all surfaces, they will be reminded that when they touch certain surfaces, they may get germs on their hands.

DURATION (20 MINUTES) - INSTRUCTIONS

Each child has their own potato slice that they have wiped onto a surface in the toilets. They are then placed into sealable bags and hung onto a feature wall to watch the germs grow on their potato.

Step 1. Give a brief introduction about the importance of hand washing and why we should wash our hands. Explain to the class that it is difficult to see germs. Tell them that they will be taking part in an experiment/activity to allow them to see how germs can grow.

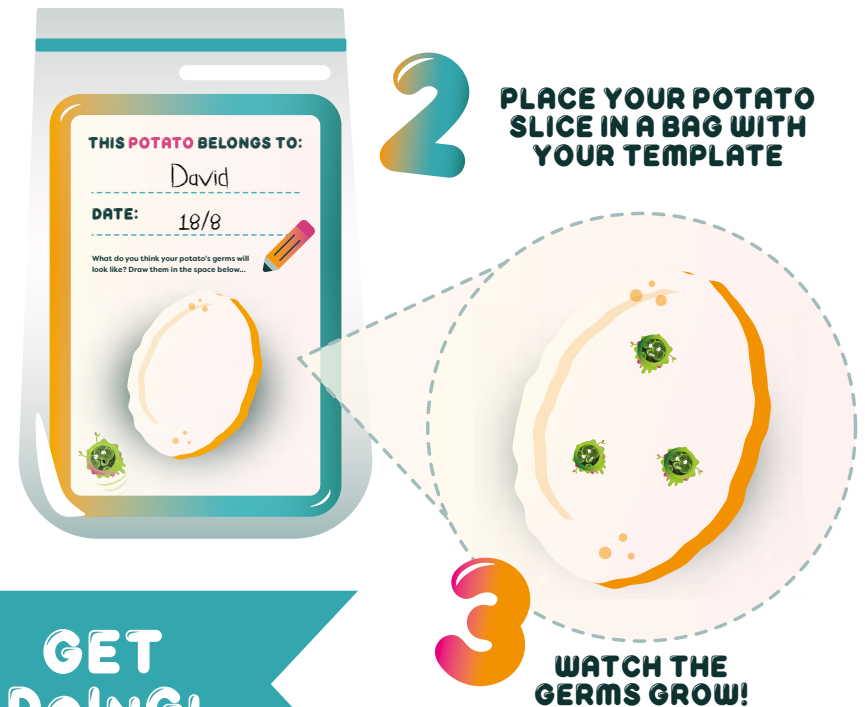
Step 2. Take a potato slice and demonstrate rubbing it on a surface. You can choose a different surface/place every time you do this activity.

Step 3. Explain that there are germs on the surface and they will be transferred onto the potato slice.

Step 4. You can also get the whole class to take part. Depending on the size of the classroom, you may need to separate them into groups so that they can do it a group at a time. Or you may choose to have yourself as the teacher do that the activity for the whole class.

Step 5. Place the potato slice into a sealable bag and attach it to the worksheet provided.

Step 6. Tell the children to write down their names and the date on the worksheet. This allows them to keep a track of their own slices. You can encourage them to draw some germs on the worksheet.



GET
DOING!

Step 7. Attach all the worksheets with potato slices onto the 'Potato Wall'. This wall can be used to display other things about hand washing.

Step 8. Explain that they can go to the wall and see how the germs are growing and that you will take a better look at them all after 2 weeks.

VERBAL INSTRUCTIONS

Teacher – **Individual** (this is if you would like each child to take part as opposed to having yourself as the teacher complete this for the whole class).

Who wants to see how germs spread?

Okay so we know what germs are don't we? Who can remind me?

And we know that they can be spread quite easily.

Today we are going to use a potato. Let's see if the germs from this surface over here can spread onto my potato slice.

I'm going to rub the potato onto this surface. Let's see how many germs I can get onto this potato. **How many do you think?**

Now I need to place it into a sealed bag to see how the germs spread.

Now it's your turn. This table can go first, and this time, the surface is going to be the door handle. When I call out your group/table, I want you to take your potato slice and rub it onto the surface just like how I showed you.

Okay so now let's all put our potato slices into these sealable bags that I have placed on the table.

Now I want you to write down your name and the date on this worksheet here. This way, when you come to seeing it on the Potato Wall, you will know which one is yours. You can keep a look out on how your potato is doing. But after 2 weeks we are going to take them down and take a proper look.

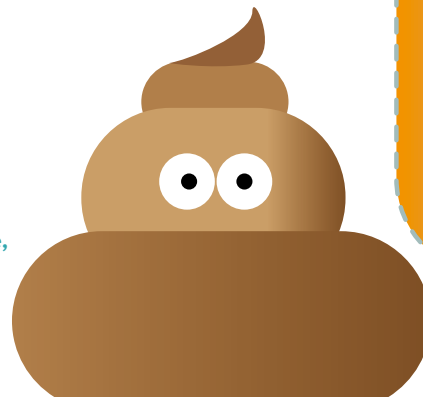
Resources/You will need: potato, knife, potato slice germ template, pencil crayons, sealable bag, staple gun or wall pins or bluetac.

POTATO SLICE GERM TEMPLATE

THIS POTATO BELONGS TO:

DATE:

What do you think your potato's germs will look like? Draw them in the space below...



FUN FACT WALL

LEARNING OUTCOME

Education – This activity teaches children new facts about hand washing and germs. Each week a new fact can be added to the fun fact wall. Older children can be encouraged to find out their own fun facts and can stick them onto the wall. The aim is to reinforce the importance of hand washing by teaching the effects of poor hand hygiene.

DURATION (10 MINUTES) - INSTRUCTIONS

As the name suggests, the fun fact wall is a space to gather fun facts about germs and hand washing. The fun fact wall is designed to reveal a large germ when all the facts are placed in the space using the template provided.

Step 1. Ask the class about the hand washing steps and why it is important to wash our hands.

Step 2. Tell them a fun fact about hand washing by revealing it on the wall.

Step 3. Encourage them to find out another fun fact for next week. You can either get the whole class to do this or you may ask a selected few each time.

Step 4. Tell them to write them down on sticky notes or coloured sugar paper. Stick them onto the fun fact wall.

The aim is to fill the space which when filled will look like a germ.

PERFECT
FOR KS2

GET
THINKING!

VERBAL INSTRUCTIONS

Come on every body; tell me why it is important to wash our hands?

To stop spreading germs because germs can make us sick.

Shall we learn a new fun fact today? Let's come over to the fun fact wall.

Today's fun fact is... (insert fun fact).

What an interesting fact, I never knew that, did you?

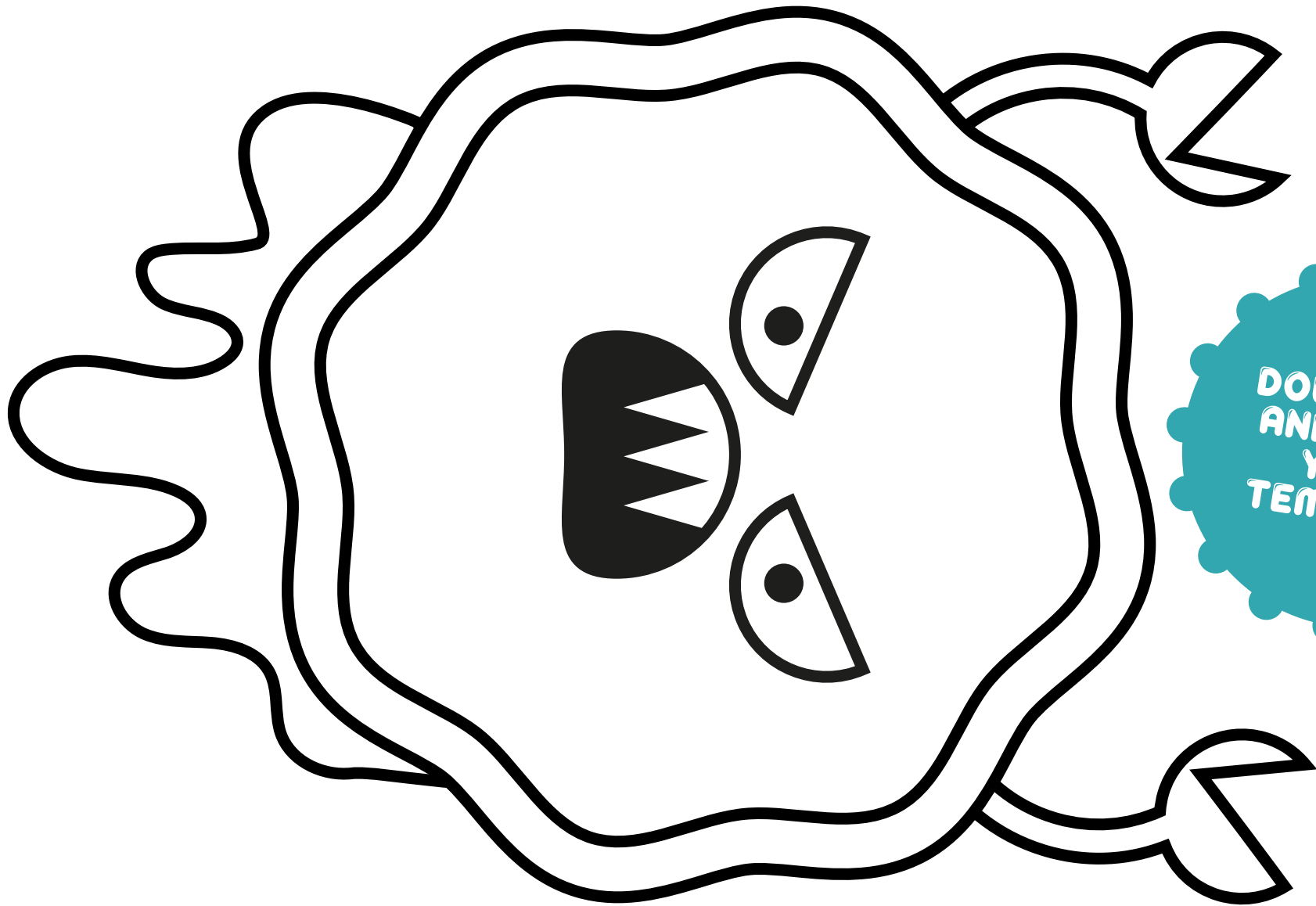
Okay so for next week, I want you all to find me at least one fact about hand washing.

Once you do, write them down on this sheet and then I will stick them up on the fun fact wall.

Week Later – Wow we have lots of facts here, we can start to see the germ on the wall now.



Resources/You will need: display board, sticky notes or coloured paper, pencil crayons, scissors, staple gun or bluetac.



CLEAN HANDS DANCE

LEARNING OUTCOME

Active – Test children on their knowledge about hand washing, using dance and personas as prompts that will encourage them to think about the hand washing steps (1 soap, 2 water, 3 drying). This will ensure that they do not forget the steps as well as understanding the importance of hand washing such as why germs should be washed away.

The aim is to use the idea of gymnastics to create moves/shapes to represent germs, soap, water and drying. In this activity they will be known as personas.

DURATION (30 MINUTES) - INSTRUCTIONS

Each child will become a shape associated with the persona. For example, bubbles are associated with the persona soap. Soap bubbles are round; therefore each child assigned to that persona will turn into a circular shape.

To make things more difficult, we can start to add movement. This time you can ask them to perform an action associated with the persona. For example, bubbles float very softly through the air, therefore you can tell them to act like a bubble and show them how to float by twirling slowly.

Step 1. Tell the class about the four personas. Describe the role of each one, explain how they relate to hand washing.

Step 2. Pick a persona that you would like the class to be and choose whether you would like them to act or create a shape. If this is the first persona for this activity, it is best to tell them to create a shape first as this allows the children to familiarise themselves with the persona, what it is and what it looks like. However, later on throughout the activity you can mix it up and switch between shapes and actions.

THE FOUR PERSONAS:



Step 3. Once the children are familiar with the shapes/actions, ask them to copy your movements. You can also allow them to give you suggestions, which can then be imitated by the rest of the class.

Step 4. Repeat the exercise by getting them to perform the action if you had started with the shape. Otherwise you can choose if you would like them to perform another action related to the persona.

VERBAL INSTRUCTIONS

Teacher – Let's remind ourselves about hand washing. **Who can tell me the 3 steps?**

We have applying soap, washing our hands with water and then drying our hands. We do all these steps to get rid of those nasty germs.

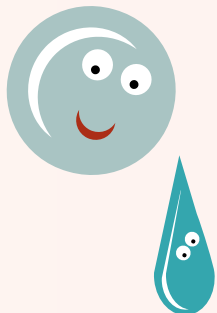
Today we are going to become a germ, water, soap or a towel/dryer.

Let's start with Soap, **what is the soap's role?** Soap makes the germs slippery so when we come to wash our hands with water, the germs slide off. **What shape is soap?** Soap comes in all different shapes but soap creates bubbles.

What shape is a bubble? Bubbles are round. Let's make a circle with our arms -(shape). Now let's curl up into a ball to turn ourselves into a sphere -(shape).

What do bubbles do? How do they move? Bubbles float quite slowly in the air. Let's make a circle with our arms and slowly twirl to float like a bubble -(action).

How else can we represent a bubble? Bubbles also pop! Let's hold hands to create one big circle, and then we will all move into the centre. As we move out we will let go of each other's hands to create the pop -(action).



GERM VS. SOAP TAG GAME

LEARNING OUTCOME

Active – The aim of this activity is to help children to understand the importance of soap and how it is used to eliminate germs. This activity uses a tag game to show that the germs are 'running away'. Just like how soap makes germs slippery, they 'run' away from the soap and slide off. This activity motivates children through the use of gamification, encouraging them to want to learn and remember.

PERFECT
FOR
KS1 + KS2

TUCK YOUR
TEAM'S TAG
INTO YOUR
WAIST...

OR TUCK
IT INTO
YOUR
POCKET!

GET
ACTIVE!

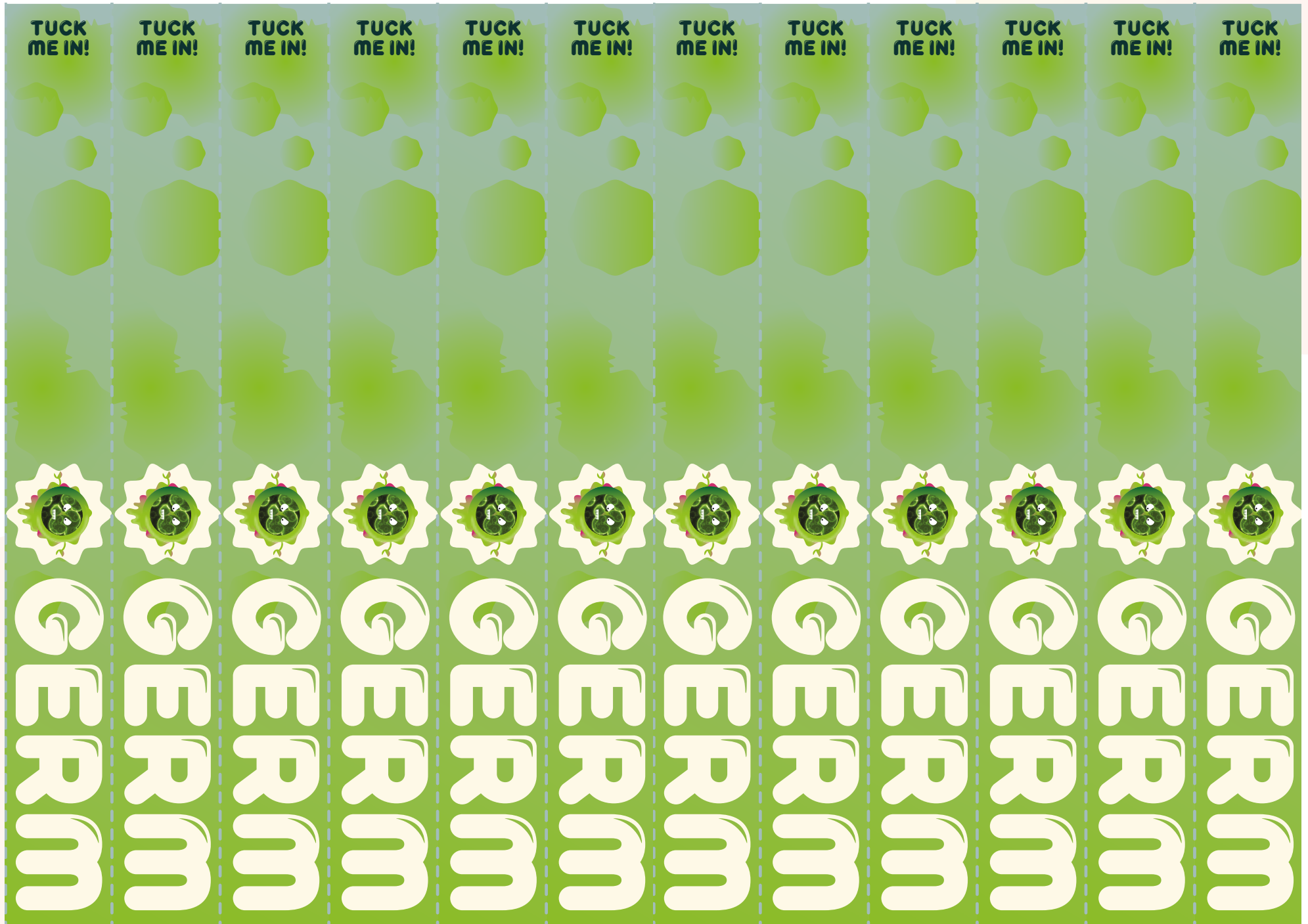
Resources: 6+ Players (Scalable dependent on tags printed),
Printable tags, Score Sheet

DURATION - INSTRUCTIONS

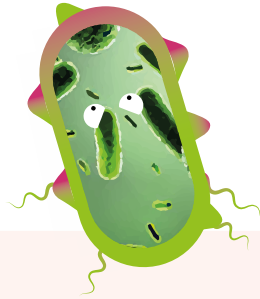
The game consists of 2 teams, the Soap Team and Germ Team. Depending on the classroom size you may need to change the size of the teams, however, the more players the better.

1. Put children into Teams - Soap Team and Germ Team.
One way to do this is to give each child a number, 1 or 2. 1s are assigned to Soap Team and 2s are assigned to Germ Team. At this stage you can also assign a name to the team whilst keeping Germ and Soap in the name, for example they could be called The Germ Busters or Super Soapers.
2. Once the teams are selected, you will need the tags provided (print as many as required) and give the germ tags to the Germ Team. Tell them to tuck it into their pocket or waist belt. Ensure that the tag is visible and reachable so that the opponent, the Soap Team has a chance to grab it.
3. The aim is for the Soap Team to snatch all of the tags from the Germ Team within 10 minutes. If they collect them all within that time, then they receive a point, however if they do not, then the point goes to the Germ Team.
4. This game can be played again and again. Make sure to keep count of the scores!





DESIGN A GERM / DEFEATER CHARACTER



LEARNING OUTCOME

Creative – This activity allows the children to create their own germ and defeater character. The aim is to get them to think about germs and hand washing. By using personification, children are more likely to understand which steps are important and why. For examples why are germs ‘bad’ and why they need to be washed away.

DURATION (20 MINUTES) - INSTRUCTIONS

Encourage the children to be as imaginative and creative as they can be. However it is important to encourage them to think about the role of germs, soap, water and drying. Using prompts, you can encourage them to add in features that are associated with those roles, for example, bubbles. It is also helpful to emphasise that Germs are bad and the Defeater is good, get them to use facial expressions that portray negative and positive emotions. For example, smiley faces are associated with something being good. An angry face would suggest that it is bad.

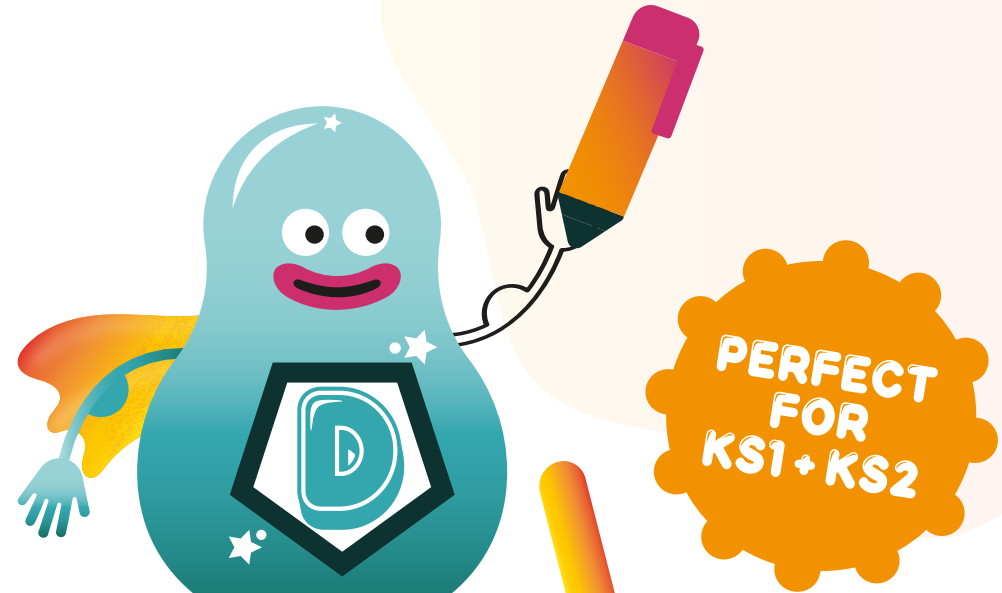
VERBAL INSTRUCTIONS

Teacher - It's time to start drawing our own germ characters. You can use anything on this table and be as creative as you like!

There are some prompts on the sheet that you can include but I would also like you to include sharp claws.

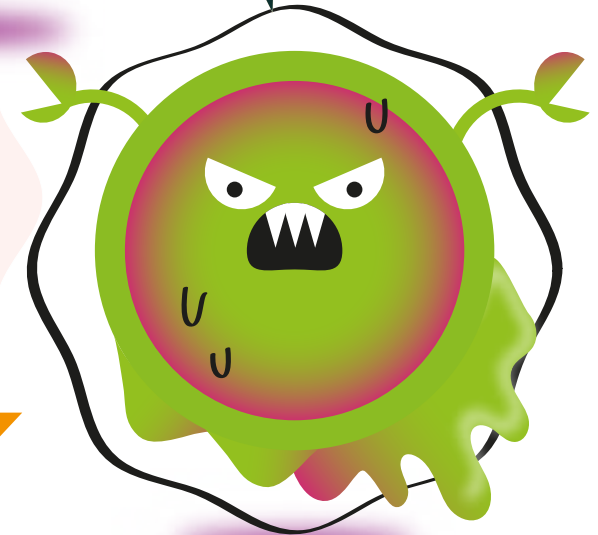
Remember to add in facial expressions, think about what we want to show, are germs good or bad in this case?

You can hand your finished characters to me and I will show them to the class before lunch time.



Resources: Germ Character Template, Defeater Character Template, Arts and Crafts Supplies e.g. googly eyes, coloured pencils, glue, tissue paper etc.

GET CREATIVE!



GERM



Design your germ in the sink above.

YOU PICK UP GERMS FROM EVERYWHERE. ON THAT HANDLE AND FROM THAT CHAIR.

SHARP TEETH

ANGRY FACE

STICKY SLIME

DEFEATER



Design your defender in the sink above.

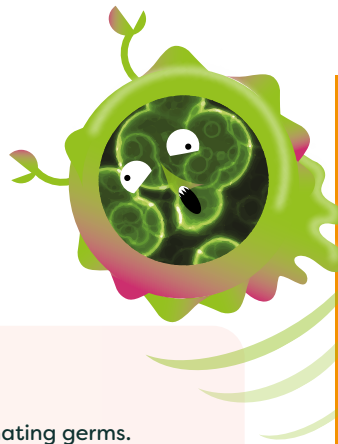
A GOOD SOAP AND WASH MAKES GERMS FALL OFF!

SUPER STRENGTH

SMILEY FACE

SHINY CLEAN

DISAPPEARING GERMS



LEARNING OUTCOME

Creative – This activity gets children to think about the idea of eliminating germs. Having these pop up characters allows children to see germs as characters and using gamification allows them to get rid of them. In turn, this will encourage children to get rid of germs that are on their hands.

DURATION (20 MINUTES) - INSTRUCTIONS

Step 1. Give a brief introduction to germs and how they are 'bad'. Describe the three hand washing steps. For example how soap is used to make the germs slide off, how water washes them away.

Step 2. Hand out the character templates.

Step 4. Fill in the blanks soap bubbles and water droplets with a blue pen or pencil to make the germ disappear!

Resources: Pop character template (next page), Scissors, Pencil Crayons

GET
CREATIVE!

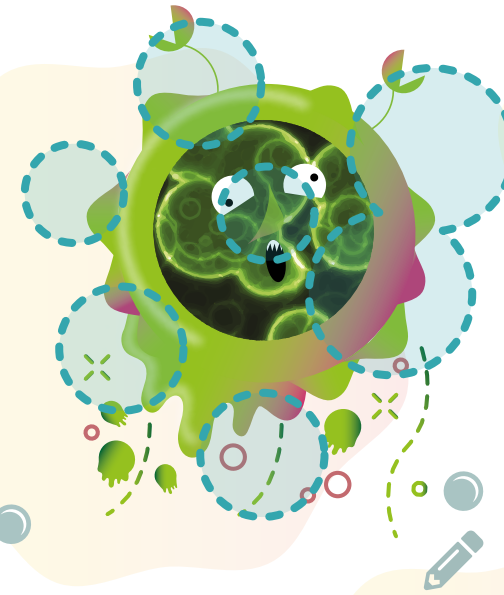
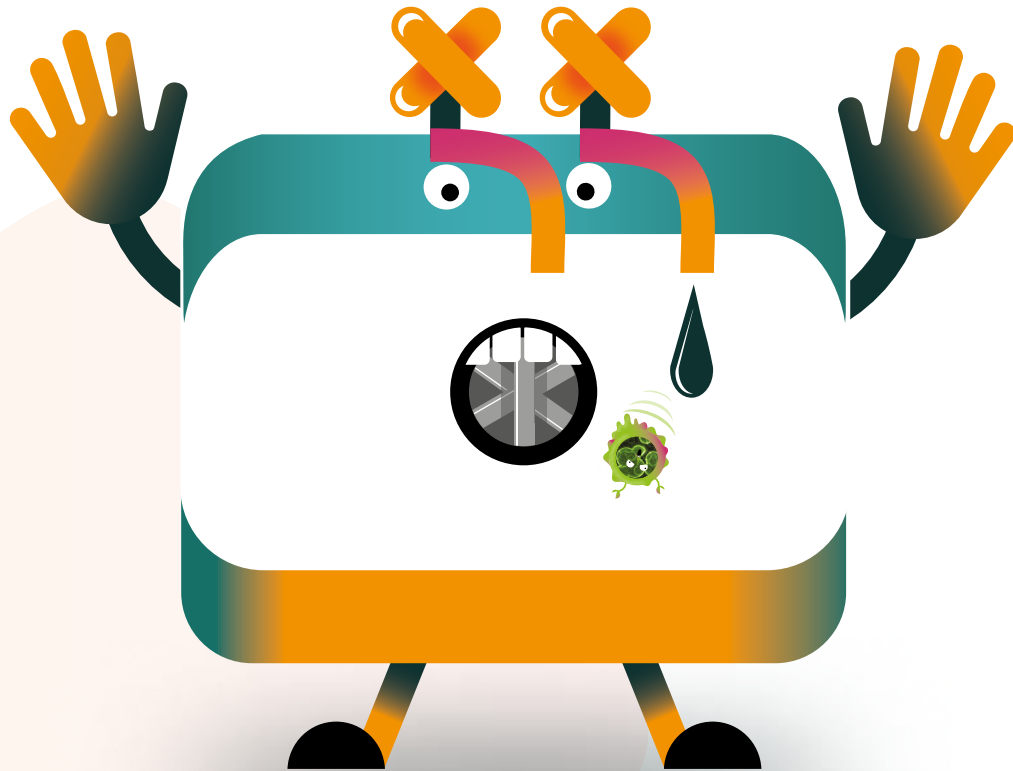
PERFECT
FOR KS1



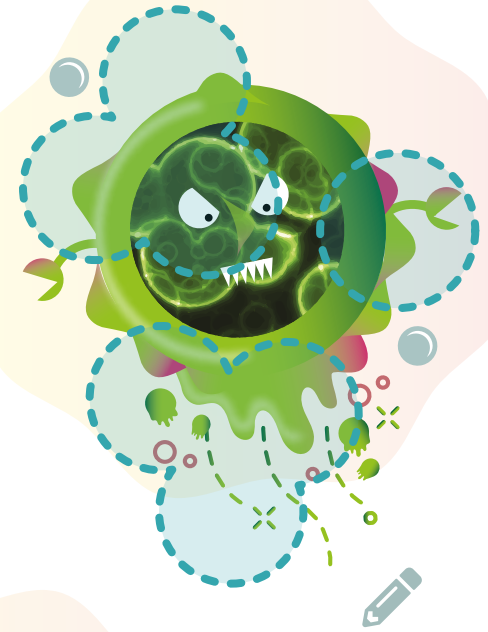
DEFEAT THE GERMS
BY COLOURING IN
THE BUBBLES!

VERBAL INSTRUCTIONS

Teacher - Here we have our germ characters. **How will we get rid of them today?**
Today we will use the idea of water. I want you to draw water on this germ to make it 'disappear'. Think about what water looks like.



Germ name



Germ name



Germ name

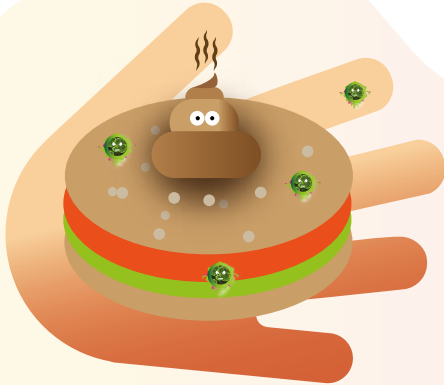


Germ name

A GOOD SOAP AND WASH MAKES GERMS FALL OFF!



DON'T BE FIRST IN THE LUNCH QUEUE TO EAT SOMEONE'S POO!



INDEX

WHERE DID 123 COME FROM?

'123 Germ Free' started out as a research council funded project at the University of Leeds. We worked with children at 3 primary schools in the UK to develop the designs. Our aim is to get kids washing their hands everywhere.

HOW IT WORKS?

Your school first signs up for free to become a 123 Germ Free member.

You can then download any of our designs as free PDFs for you to print/laminate/put up. Full instructions are given. Alternatively you can get at-cost self-adhesive vinyl stickers from our website.

You can download free classroom and parent packs too, to encourage better hand hygiene everywhere.

DOES IT WORK?

When we tested the designs, soap use went up by between **40-60%** with the toilet wall display alone.

123 FOR ALL

Does your school want to sponsor a school in the Global South? We currently are seeking partner schools for schools in Uganda. A small monitory contribution will enable your partner school to buy soap.

As a teacher you can encourage children to wash their hands by using this classroom activity pack, designed especially for primary schools.