

SINK THOSE GERMS WASH YOUR HANDS

What to do

Youth try to “sink germs” by tossing beanbag “germs” into a container. The game uses 6 beanbags to correspond with the 6 times it is important to wash hands poster titled “Wash Your Hands After...”

How to Play the game

Version 1

Using a plastic tote or cardboard box, attach the “Sink Those Germs Wash Your Hands” poster to the container.

Review the “Wash Your Hands After...” poster talking about each scenario.

Place the “Wash Your Hands After...” sheet on a table; place the beanbag over the matching colored number. Have a child pick up one of the beanbags to reveal the message on when to wash hands, read the message out loud and then have the child toss the beanbag into the container to “SINK THOSE GERMS”. Continue until all the children have had a turn.

Included in the materials is a coloring sheet that youth can take home with them.

Note: the original free handwashing posters, handouts and materials can be found at <https://food.unl.edu/free-handwashing-posters-handouts-game-materials> - (we have added them to the following pages for convenience.)

Purpose:

To learn about germs and the importance of hand washing.

Supplies:

Version 1

- Beanbags (6)
- Plastic tote or cardboard box, with “Sink Those Germs Wash Your Hands” poster (page 3)
- “Wash Your Hands After...” poster (page 4)
- Coloring page – Activity Sheet (pages 5 and 6)

Version 2

- Plastic tote or cardboard box, with “Sink Those Germs Wash Your Hands” poster (page 2)
- “Wash Your Hands After...” poster (page 3)
- Coloring page – Activity Sheet (pages 5 and 6)
- Cube print and form into cube (page 7)
- Print and cut out Germ Cards (pages 8 – 16)

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating. USDA is an equal opportunity provider and employer. The preparation of this document was financed under a contract with the State of New Hampshire, Department of Health and Human Services. This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. 3/18

Version 2

Using a plastic tote or cardboard box, attach the “Sink Those Germs Wash Your Hands” poster to the container.

Review the “Wash Your Hands After...” poster talking about each scenario.

Have a child roll the cube to reinforce the “Wash Your Hands After...” message. After the roll of the cube, have them draw a “Germ Card” from the pile and toss or put the “Germ Card” into the container to “Sink Those Germs.” Continue until all the children have had a turn.

Or

Hand out the “Germ Cards” one to each child. Each child would roll the cube to reinforce the “Wash Your Hands After...” message. After rolling the cube, the child would toss or put the “Germ Card” into the container to “Sink Those Germs.” Continue until all the children have had a turn.



SINK **THOSE** GERMS

Wash Your Hands!



Wash Your Hands After...

1



**Playing with
pets**

2



**Using the
bathroom**

3



**Sneezing, blowing
your nose &
coughing**

4

AND Before...



**Touching a cut or
open sore**

5



Playing outside

6

AND Before...



Eating

SINK THOSE GERMS

Wash Your Hands!



Draw germs
in the
sink and
color!

ACTIVITY SHEET

WASH YOUR HANDS AFTER...



1. Playing with pets.



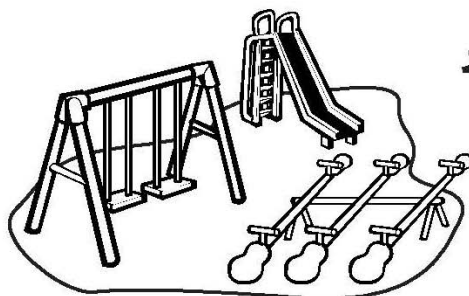
2. Using the bathroom.



3. Sneezing, blowing your nose or coughing.



4. Touching a cut or open sore.



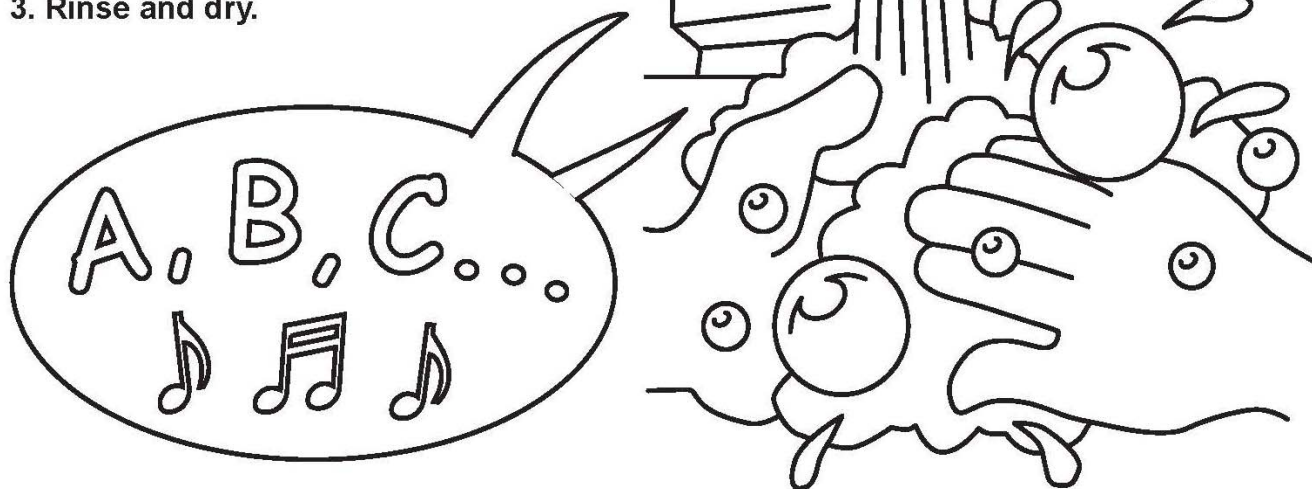
5. Playing outside.



6. Eating

HERE'S HOW:

1. Wet your hands with WARM water.
2. Soap and scrub for 20 seconds — say the alphabet slowly.
3. Rinse and dry.



Developed by University of Nebraska—Lincoln Extension in Lancaster County and Lincoln-Lancaster County Health Department

Cube

Cut on solid lines - Fold on dashed lines – Use double-sided tape on each tab. Bring together to form a cube.

