

Activities to do with your Children at Home



Academy Of Early Education

2 1/2 years & older:

- Model proper hand-washing procedures for the children. Invite them to sing a song as you scrub your hands with soap, and then demonstrate how to turn off the faucet with a paper towel. Then, use another paper towel to dry your hands.
- Sing "This is the Way we wash our Hands" (to the tune of Here We Go Round the Mulberry Bush)
- This is the way we wash our hands, wash our hands, wash our hands, This is the way we wash our hands, so we can stop the germs!
- Provide pictures of toys and food from magazines. Invite the children to sort the items into two categories - what belongs in our mouths and what does not.
- Discuss healthy foods with the children.
- Invite the children to take care of dolls or stuffed animals as if they were caring for a sick child.
- Invite the children to draw their face on construction paper, and then glue a tissue over the nose and mouth.
- Draw attention to the children who are being germ busters by sneezing/coughing into an elbow or tissue.
- Say, "Bust those germs! You did it!"
- Sing "Head, Shoulders, Knees, and Toes" with the children. Ask them how each part of their body is feeling.
- Invite the children to draw a picture of what they look like when they are feeling well, and a picture of what they look like when they are not feeling well.

Preschool:

- Model proper hand-washing procedures for the children. Invite them to sing a song as you scrub your hands with soap, and then demonstrate how to turn off the faucet with a paper towel. Then, use another paper towel to dry your hands.
- Invite the children to cover one palm in finger-paint, and then stick their hand on a sheet of paper. Watch how the paint is now on their hand, and also on the paper. Explain to the children that this is how germs spread - they move from our hands to other objects. Show the children how the paint comes off when they wash their hands, just like germs come off when we wash our hands.
- Create a two-column chart listing activities we can do when we are healthy at school vs. activities we can do when we are sick at home.
- Provide each child with a tissue. Show the children how to cover their nose and mouth with a tissue.
- Create "germ buster" badges using green construction paper and various art materials. Each time you see a child catch a cough or sneeze with an elbow or tissue, say, "You caught it! That's what germ busters do!"
- Sing "Head, Shoulders, Knees, and Toes" with the children. Ask them how each part of their body is feeling.
- Invite the children to draw a picture of what they look like when they are feeling well, and a picture of what they look like when they are not feeling well.

School Age:

- Participate in a Wash Those Germs Away activity where the children will spread a mixture of oil and cinnamon to serve as "germs," and experiment with the most effective way to rid their hands of the germs (wash with only water, then wash with soap and water, and observe and discuss the differences).
- Model proper handwashing procedures for the children. Invite them to sing a song as you scrub your hands with soap, and then demonstrate how to turn off the faucet with a paper towel. Use another paper towel to dry your hands, and open the bathroom door.
- Demonstrate the consequences of not covering your cough: pour cornstarch-based baby powder into your hand and pretend to cough. Watch the powder disperse. Then, discuss the best ways to cover your cough to prevent the spread of germs.
- Demonstrate the consequences of not stifling you sneeze: use a spray bottle with colored water and pretend to sneeze while spraying. Watch the spray disperse. Then, discuss the best ways to stifle your sneeze to prevent the spread of germs.
- Participate in a Swab & Grow Bacteria Growth Science Experiment where areas of the home commonly touched by the children (doorknobs, the sink, the chair seat, a shelf, the counter top, etc.) are swabbed, and a culture is stored in a petri dish and placed under a lamp. Over the course of a few days, watch with the children as the bacterial cultures grow.
- Engage the children in a shared storytelling where they will tell a tale about a being ill and together, help build an incredible tale.