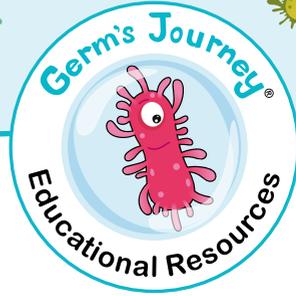


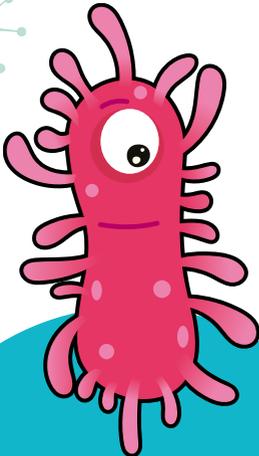
Creating better health
through infection
prevention education:

**Resources for
Key Stage 1**



MISSION MICROBE

**FIVE-STEP
QUEST** 

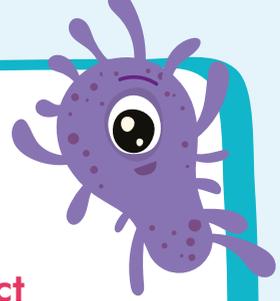


A teaching resources
pack brought to you by

Germ's Journey®



Why get involved?



Children deserve to know how to protect themselves, and their loved ones, from infection. For many, antimicrobial resistance may be one of the biggest global health challenges they will face in their lifetime.

Germ's Journey aims to tackle infection by educating children on one of the simplest prevention and control measures: effective handwashing.

Our mission is to educate one billion children on everyday infection prevention by 2030.

To date, we've trained **300 teachers** and reached more than **30,000 children directly**. We've evidenced a **100% increase in children's understanding of the importance of handwashing to remove germs**. We operate in three continents and our resources are already available in **10 languages**.

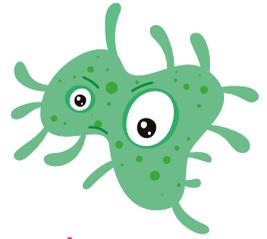
But this is just the beginning. We need your help to give more children an infection prevention education.

We hope you'll share our Microbe Mission and get involved.

Thank you.



Using the resources



This pack has been designed by infection prevention and teaching experts to provide valuable, free resources to educators working with children in KS1.

The aim of the Microbe Mission is to complete all five steps of the learning quest to become a **'Germ's Journey Explorer'**.

Each step includes engaging, fun activities that introduce children to the topic of germs and infection. The five steps can be run across consecutive days or weeks, depending on your learning setting.

On completion of the five steps, children will receive a **'Germ's Journey Explorer'** certificate to mark their achievement.



Resources include:



Five-steps learning resources pack



Links to online videos and games



Worksheets for in-session learning



Stickers, posters & certificates



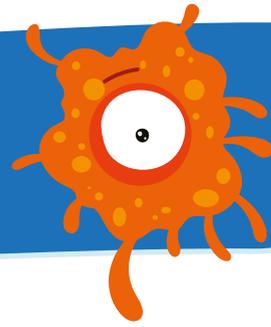
Activities to take home



Additional information for educators

Step 1:

What are germs?



Learning objective:

- To learn what germs are.
- To learn about germs that are good for us and our bodies.
- To learn about germs that could be harmful or make us ill.



Resources needed:

- **1KS1A: Good and Bad Germs** ([print out](#))
- **1KS1B: Draw a Germ video** ([Click to view](#))
- Colouring pencils/pens



Activities:

Good or bad germs hunt

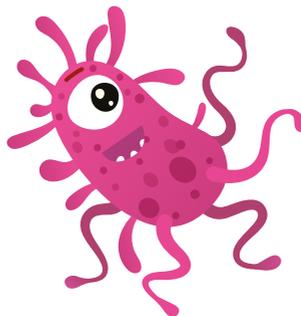


Print out the good and bad germs images and hide these around the room / space. Ask the children to either point (or walk if running in a larger space) to each germ. Taking each germ in turn, read out the facts about it. Discuss with the children why they're labelled either 'good' or 'bad'.

Video tutorial of how to draw the germ

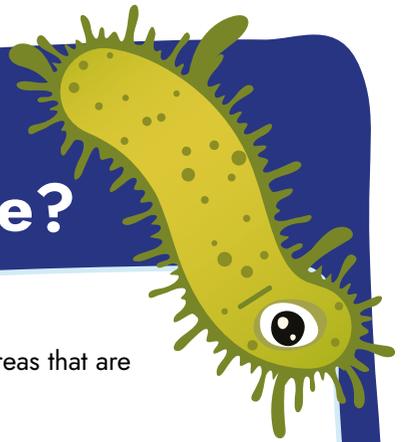


Play the video '**Draw a Germ**' and encourage the children to create their own germ illustrations as, or after, they watch.



Step 2:

Where do germs live?



Learning objective:

- To learn where germs can be found and the areas that are most contaminated.



Resources needed:

- **2KS1A:** [Classroom worksheet](#) (*print out*)
- **2KS1B:** [Online find the germ game](#) [Click to view](#)
- Scissors
- Glue



Activities:

Germ hiding hotspots



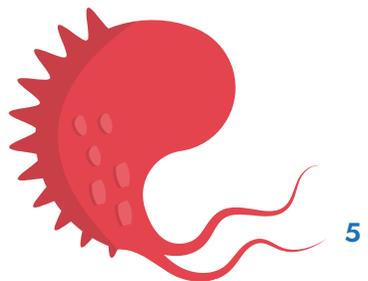
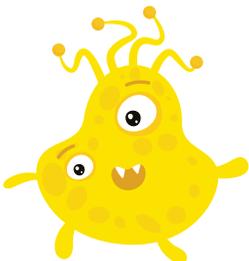
Print out a classroom worksheet for each child or group.

Ask children to circle the places on the printed worksheet where they think the germs are 'hiding'. Children can instead cut out and stick germs on if preferred.

Online game – Find the germ



There are six germs hiding in the café. Use the online game to encourage a discussion about where the germs might be. This can be done as a whole class, or in groups.



Step 3:

How are germs spread and how do they make us ill?



Learning objective:

- To learn about the invisible nature of germs.
- To learn about how germs can be spread to others and how they make us ill.



Resources needed:

- **3KS1A: Bye Bye Germs video** [Click to view](#)
- **3KS1B: Soaper Stars activity sheet** (*print out*)



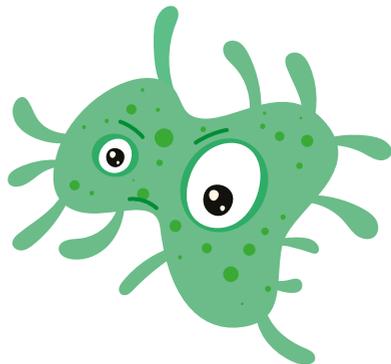
Activities:

Bye Bye Germs video



Remind the group they met the illustrator of the book in the first step of the Microbe Mission when they drew their germs.

Play the video of the **Bye Bye Germs** being read aloud.



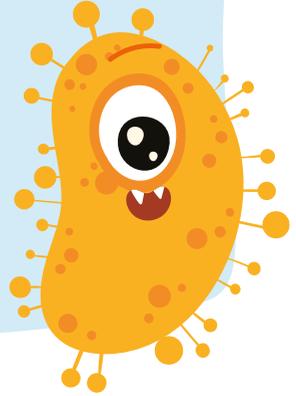
Ask the children the following questions to reinforce learning:

Question:

Do you know how a germ can make you poorly?

Answer:

If you touch something with germs on and then put your hands in your mouth, the germs will make you poorly or if you breathe in someone else's coughs and sneezes.



Question:

Do you know how to make germs go away?

Answer:

Wash your hands with soap and water and then dry them.
Catch your coughs and sneezes in a tissue or in your elbow.

Question:

Why must you always catch your coughs and sneezes in a tissue or in your elbow?

Answer:

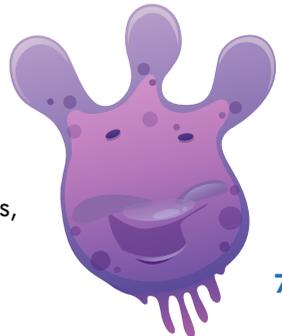
If you catch the germs from your coughs and sneezes in a tissue and then throw it away, the germs are gone and not on your hands. If the germs go into your elbow make sure you wash those clothes! Catch your germs so you don't make your family and friends poorly.

Question:

Where can germs be found?

Answer:

Discuss with the child the kinds of places you can find germs, e.g. on toilets, on surfaces, in coughs and sneezes.



SOAPER STARS

Activity Sheet



Introduce the Soaper Stars as below:

The **Soaper Stars** are your new best hand cleaning and bubble buddies. They help to stop the germs dirty tricks and save the day.



There's **Gel-boy**, his handy hand gel means he's ready to clear the germs wherever he goes.

First up is **King Clean** and the **Hygiene Queen**, they are the royal rulers of the Soaper Stars and hunt down the germs and get rid of them with the help of their clean team.



Cleany-Genie uses her soap sabre to stop the germs in their tracks.



The magic foam that **Sudley** produces makes any germ vanish in the blink of an eye.

Evie Squeazy is too much for germs with her soap slime sending them away.



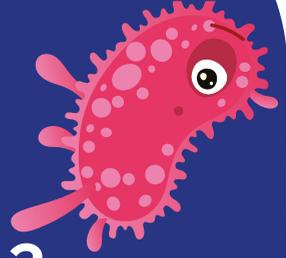
And finally there's **Swipez** and his wonder wipes being there to wave the germs bye-bye.



Give each child the **Soaper Stars** activity sheets and let them choose which puzzles they wish to complete first. If not completed during the session, children can take the activities home.

Step 4:

How can we prevent the spread of germs and wash our hands properly?



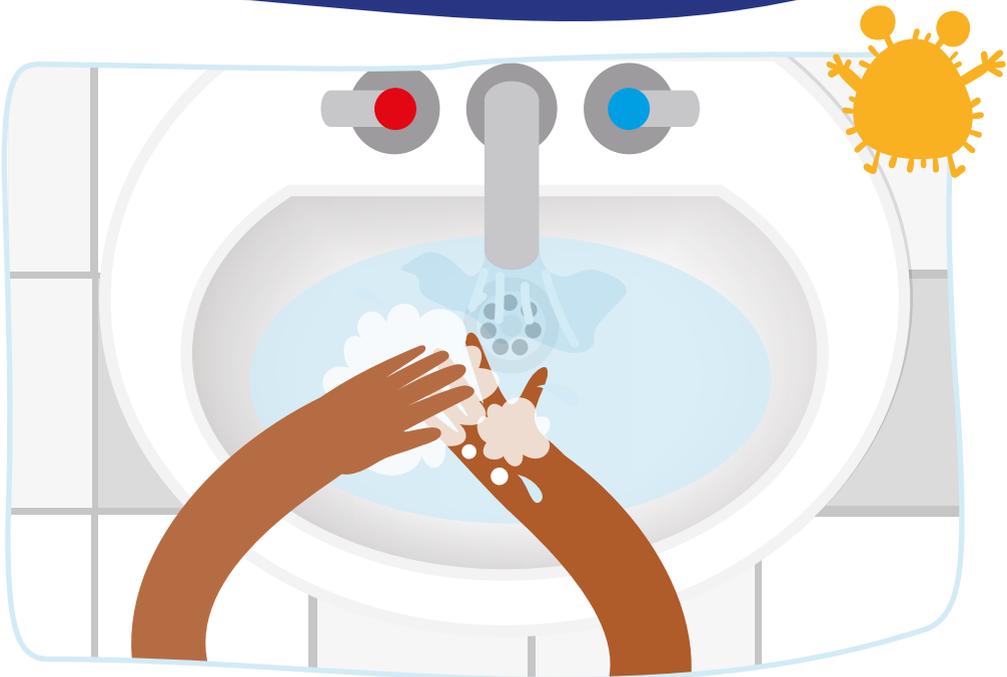
Learning objective:

- To learn how germs can spread from certain areas (such as a toilet) onto our hands and into our bodies.



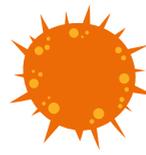
Resources needed:

- 4KS1A: [Glow Gel video](#) [Click to view](#)
- 4KS1B: [Handwashing Song video](#) [Click to view](#)
- Bowl
- Water
- Ground pepper
- Kitchen roll





Activities:



Glow gel activity video



Play the video to show children the correct way to wash their hands. The video shows someone covering their hands with glo-gel ('germs') and then placing their hands under a UV lamp. The person first washes their hands quickly; the result is that many of the germs are still present. The person then washes their hands properly. When they place their hands under the UV lamp all the germs have gone.

Pepper and soap activity



This activity can be completed either as a whole class, or in smaller groups.

Sprinkle a generous amount of pepper (pretend germs) into a bowl of water.

Ask a child to put their finger into the bowl of water and pepper; when they remove it the pretend germs will be all over their finger. Next, ask your child to place soap on their finger and once again put their finger in the bowl.

Watch the pretend germs 'run away' from the soap.

Use this method to visually show the children how germs disappear when using soap, and why correct handwashing is so important to keep their hands clean and themselves healthy!

Be sure to explain that just placing soap on their hands is not enough to get rid of real germs, they must wash their hands properly with soap and water to keep their hands clean.

Handwashing song video



Play the handwashing song video and get children to sing along.



Step 5:

How do germs make you poorly? What could happen if I don't wash my hands properly?



Learning objective:

- To learn what happens when germs enter our bodies, multiply and make us ill.



Resources needed:

- **5KS1B:** [Video](#) [Click to view](#)
- **5KS1C:** [Video worksheet](#) (*print out*)
- **5KS1D:** [Consequence online game](#) [Click to view](#)



Activities:

Germ's consequence online game



In this game, children will see a character touch a toilet seat and get germs on their hands. Ask the children to choose from the following two actions:

- wash their hands next**
- eat their lunch next**

See what happens for each scenario.

Learning about bacteria



Use the video to introduce the concept of bacteria multiplying.

The video shows how bacteria multiply if antibiotics are not taken. Talk through what the children are looking at as the bacteria multiplies – get them to guess what will happen next as the video plays.

Use the video worksheet to reinforce the learning.

(Note, try speeding up the video to make it more fun!)

Completing the mission and becoming a Germ's Journey Explorer

To finish the five-step quest, children must be able to show they know how to protect themselves against germs by answering the following questions correctly (either as a whole group, or individually).



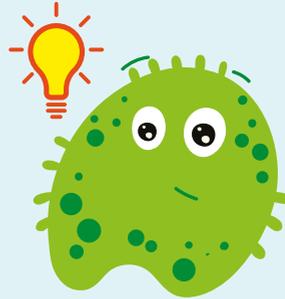
Q1: What is a germ?

Q2: Where do germs live?

Q3: How are germs spread to other people?

Q4: How can we stop germs spreading?

Q5: How can germs make us feel ill?



Find the answers and additional information here [Answers](#)

When you have confirmed that the children know the answers, visit the [Germ's Journey](#) website to create a certificate for each child.



Curriculum links

The Germ's Journey learning activities have been developed to support the National Curriculum, as follows:

National Curriculum links for KS1 and KS2:

- **English:** Reading and comprehension, writing.
- **Science:** Living things and their habitats, animals, including humans.
- **Maths:** Number place and value.
- **PHSE:** Health education.
- **Art & Design:** Creativity.

DfE Statutory Guidance Categories: Physical Health and Mental Wellbeing (Primary)

By the end of primary school, pupils should know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing.

NICE guideline:

Antimicrobial stewardship: changing risk-related behaviours in the general population, NICE guideline [NG63] Published: 25 January 2017.

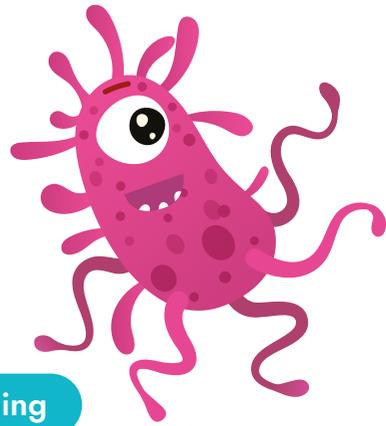
- 1.4.6** Teach all children, in an appropriate way for their age and ability, about the need to reduce inappropriate antimicrobial demand and use.
- 1.4.11** Teach all children, in an appropriate way for their age and ability, about the importance of washing and drying hands to prevent infections and stop them from spreading. Discuss when and how hands should be washed.
- 1.4.12** Consider giving children information to take home about when and how to wash their hands.
- 1.4.13** Share information with parents and carers that can support their children's learning. This could include teaching their children how and when to wash their hands.

UK Health Security Agency Health Guidance:

Protection in children and young people settings, including education.

www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities

Further resources



A Germ's Journey

Buy now from Medina Publishing



Bye Bye Germs

Buy now from Medina Publishing

For more resources visit: www.germsjourney.com

Contact

To find out more about Germ's Journey initiatives, and how you can get involved or support our work, please contact us.



enquiries@germsjourney.com



www.germsjourney.com



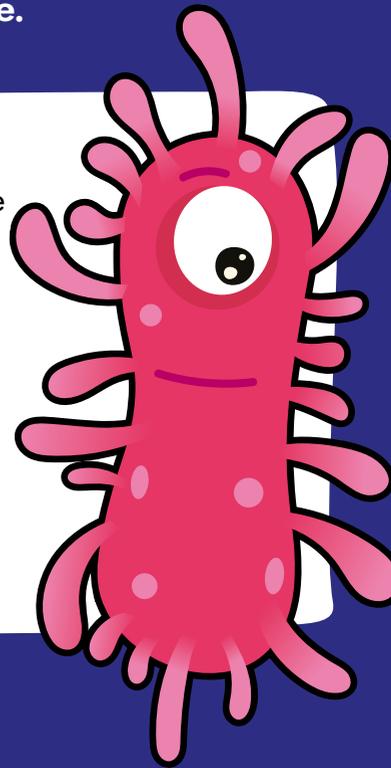
How **Germ's Journey** began



The idea for **Germ's Journey** came about when microbiologist, Prof. Katie Laird was trying to teach her young son about germs and handwashing and realised that there were very little educational resources available for teaching young children about this topic. Katie then discussed this idea with education specialist, Prof. Sarah Younie.

The two worked together alongside a multidisciplinary team of experts from a range of areas including: microbiology, education, psychology, art and design, technology and media to develop unique interactive learning resources for young children.

Germ's Journey has successfully grown its resources and reach, and now supports educators to raise awareness of health hygiene across the globe.



We hope you enjoy your **Germ's Journey** experience with us.

