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## **Building Connections Prekindergarten**

**This sample includes the following:**

**Teacher's Guide (2 pages)**

***Germs Are Not for Sharing* book**

***Germs Are Not for Sharing* Chart (1 page)**

**Example Student Pages (3 pages)**

**Take-Home Activities Letter (1 page)**

**Extension Opportunities Chart (1 page)**

**Example Extension Student Page (1 page)**

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# BUILDING CONNECTIONS

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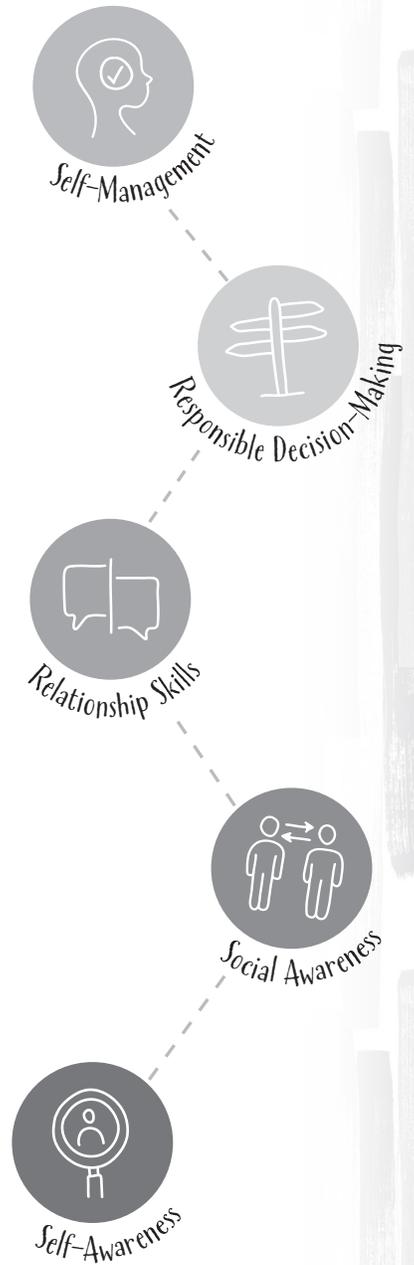


Prekindergarten

## Teacher's Guide

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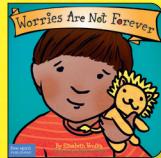
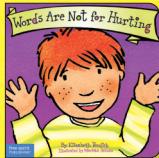
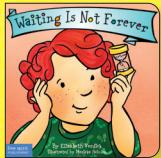
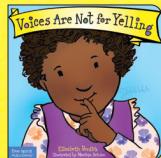
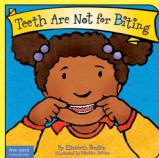
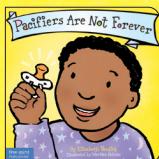
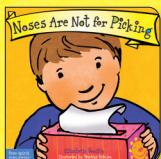


“Addresses an increasingly important subject in children’s health. This book should be in every pediatrician’s and family physician’s waiting room and at every childcare center, preschool, and early elementary school!”

—Joseph J. Sockalosky, M.D., Director of Medical Education, Children’s Hospitals and Clinics of Minnesota



Free Spirit’s award-winning Best Behavior® series:



# Germs Are Not for Sharing

**Achoo! Cough! F-L-U-S-H!** What to do? Cover up a sneeze or cough. Hug or blow kisses when you’re sick. And most of all, wash your hands! In childcare, in preschool, at home and everywhere, toddlers need to learn that germs are not for sharing. Child-friendly words and colorful illustrations help little ones stay clean and healthy. Includes helpful tips for parents and caregivers.

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free spirit  
PUBLISHING®

By Elizabeth Verdick  
Illustrated by Marieka Heinlen

Achoo! Achoo!  
What do you need to do?



Say, "Tissue, please!"  
(Or reach for one yourself.)



Blow. Wipe. And toss.



“Good job!”

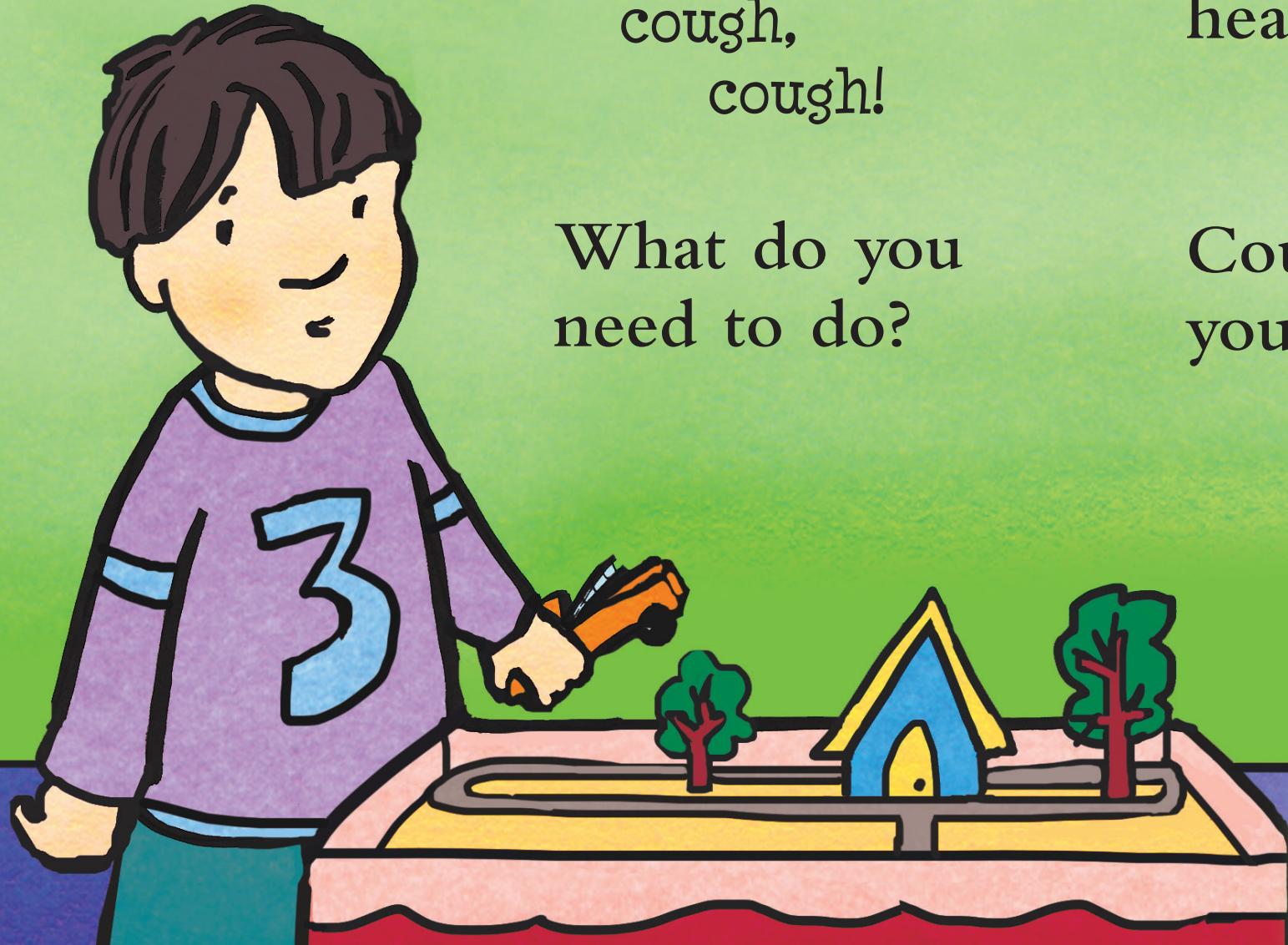


Cough,  
cough,  
cough!

What do you  
need to do?

Turn your  
head away.

Cough into  
your sleeve.



*Why?* Because germs are not for sharing.

Germs can make you sick.



Oops! Uh-oh!  
What do you need to do?

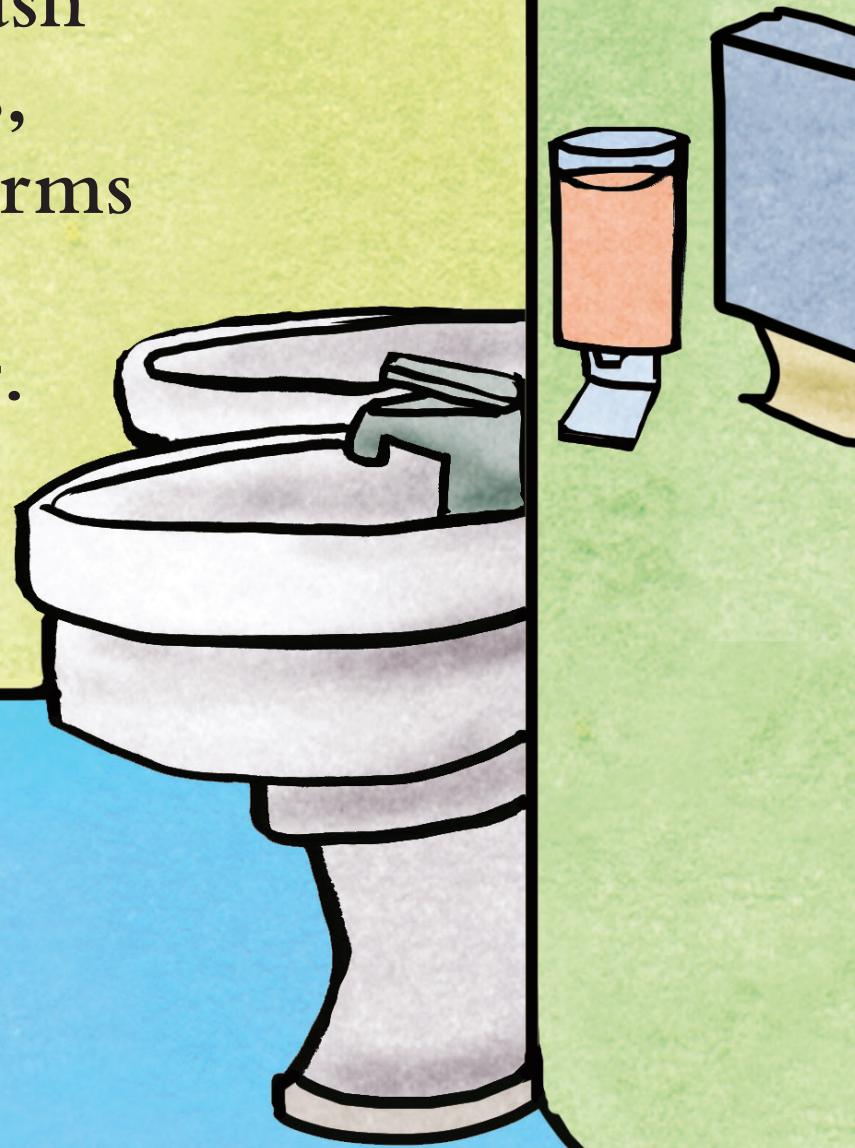
Put it in the trash.  
Time to get a new one.



F-L-U-S-H!  
What do you  
need to do?



Go and wash  
your hands,  
because germs  
are not  
for sharing.



*How do you wash your hands?  
Warm water, lots of soap,  
scrub, scrub, scrub.*



*Sing a little song,  
rinse, rinse, rinse.*



*When* do you wash your hands?  
Before it's time to eat.  
When things get messy.

When you sneeze or cough  
or go potty—or anytime you  
need to.



Gurgle, gurgle, gurgle.  
Send those germs  
down the drain.

“Bye-bye  
germs!”



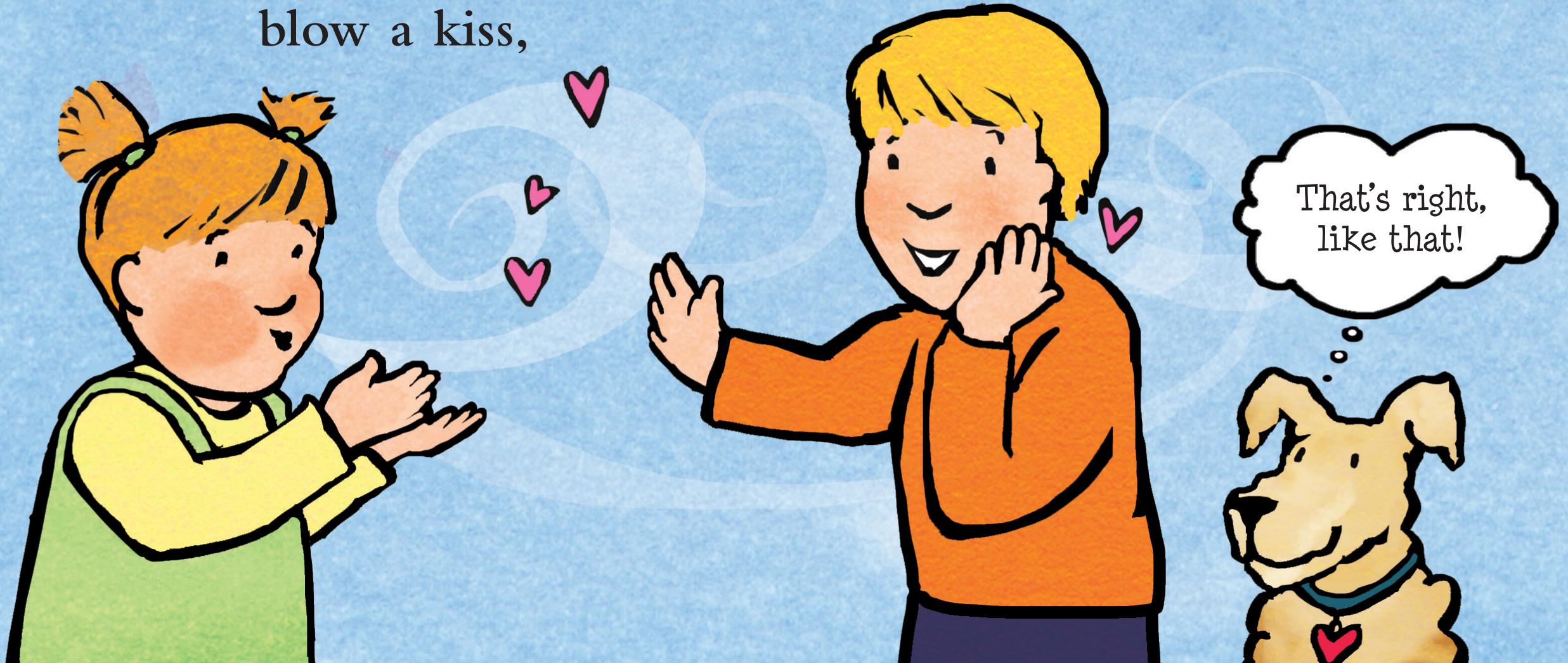
Smooch, smooch!  
Kisses are nice to give and get.



What can you do?  
Stand back . . .

catch a kiss.

blow a kiss,



# Germs Are Not for Sharing



## Book Summary

Germs are everywhere! You can help yourself and others by making sure you wash your hands and cover your coughs.

## Life Skills Focus

Personal hygiene can keep us all safe. When kids are healthy, they miss less school and learn more. This book helps establish good routines for classroom hygiene.

 <b>Self-Awareness</b>	 <b>Self-Management</b>	 <b>Social Awareness</b>
<p>Making sure hands are clean before eating is important. Make a weeklong personal calendar for each student. (A calendar template is available in the digital resources.) They can place an X or a sticker on each day that they remember to wash their hands before they eat. Have students look at the calendars at the end of the week to see how they did.</p>	<p>Explain that washing hands should last as long as it takes to sing the alphabet song. Ask students to practice singing as they wash. Do this with the whole group a few times to practice, and celebrate students when they wash their hands for the appropriate length of time.</p>	<p>Let students know one way we can keep each other safe from illnesses is by not spreading our germs to others. Have students write their names on sheets of paper. Then, ask students to draw themselves making good choices that keep them from spreading germs to others.</p>
 <b>Relationship Skills</b>	 <b>Responsible Decision-Making</b>	 <b>Reading Comprehension</b>
<p>Sometimes, students may see other students sneeze into their hands or forget to wash their hands. Have students practice kind reminders. Tell students that the goal with these reminders is to help others, not to embarrass others.</p>	<p>Have students decorate paper germs. Then, spread them around the room as a reminder that germs are all over the place. (A germs template is available in the digital resources.)</p>	<p>This book lists 10 beneficial times to wash hands. Have students recall as many of them as they can. Then, create a chart of the good times to wash your hands as a reminder for students. Additionally, a handwashing coloring page is available in the digital resources. Have each student color the page to keep for themselves.</p>

# Washing Up

Name: \_\_\_\_\_

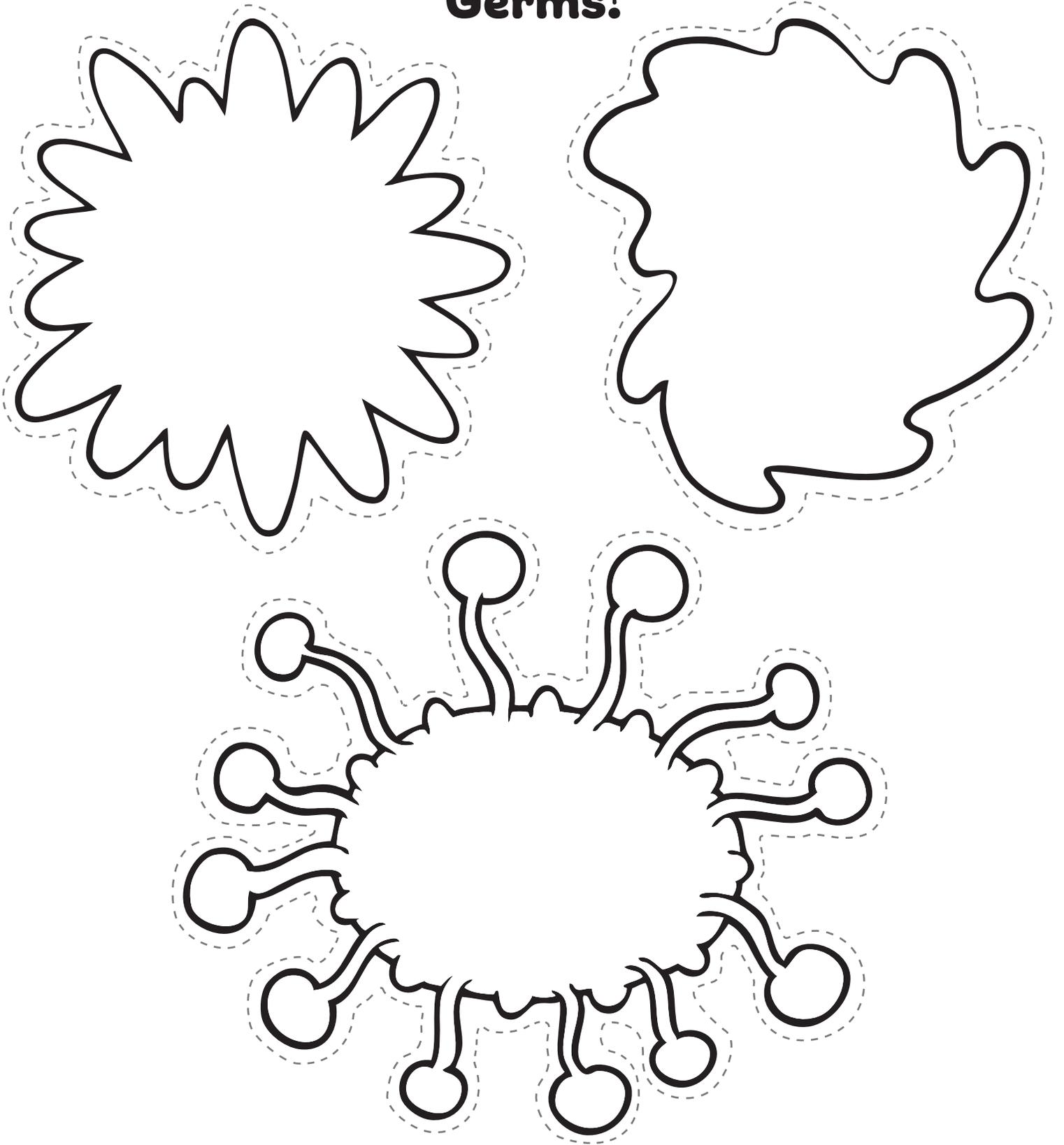
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



.....  
**Directions:** Mark when you remember to wash your hands each time before eating.  
.....

\_\_\_\_\_  
\_\_\_\_\_  
Name: \_\_\_\_\_

# Germs!



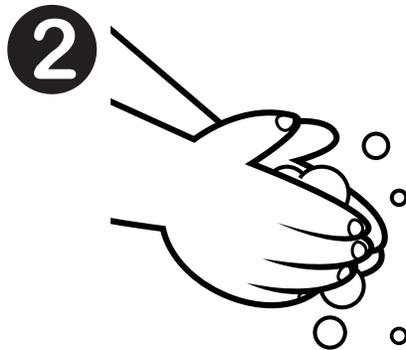
.....  
**Directions:** Decorate and color the germs.  
.....

Name: \_\_\_\_\_

# Washing Our Hands



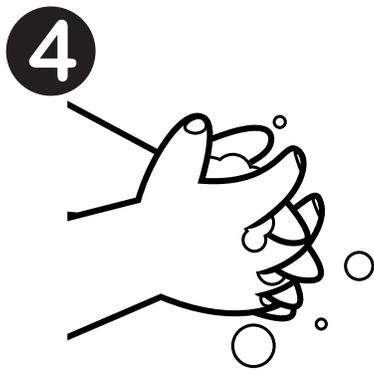
**1**  
USE SOAP



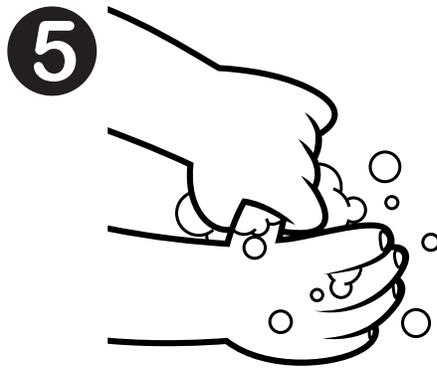
**2**  
PALM TO PALM



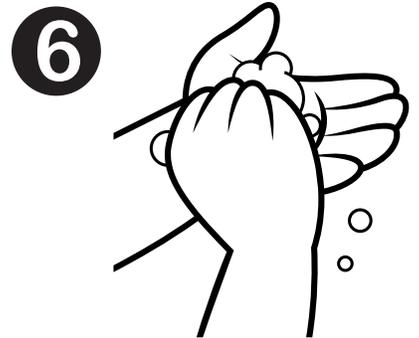
**3**  
BACK OF HANDS



**4**  
FINGERS INTERLACED



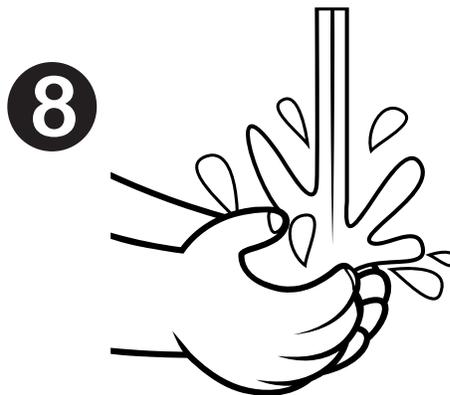
**5**  
BASES OF THUMBS



**6**  
FINGERNAILS



**7**  
WRISTS



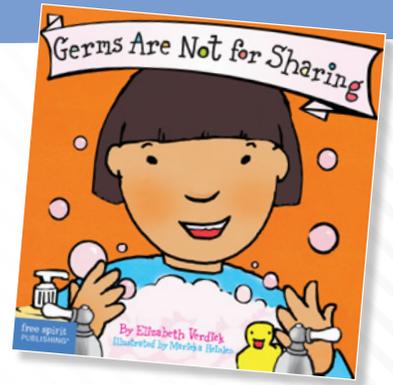
**8**  
RINSE HANDS



**9**  
DRY HANDS

**Directions:** Color the page. Follow these steps when you wash your hands.

# Building Connections: Take-Home Activities



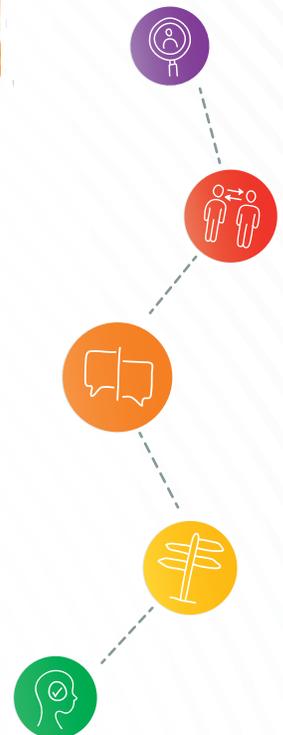
Hello,

Recently, we read *Germs Are Not for Sharing* in class. Have your child lead you in these fun activities based on the book. You will see how much your child has learned, and you can help your child reinforce their learning about personal hygiene and staying healthy.

- **Cleaning Hunt:** Look around your home and point out all the places to wash your hands or body. Talk about when and how to use these places.
- **A Closer Look:** Microscopes take a close look at germs. Use a microscope, your eyes, or a magnifying glass to take a close look at something, such as grass, rocks, or leaves.

Sincerely,

---



# Extension Opportunities

## Student Pages Overview

As students listen to and explore different books, the following activity pages provide opportunities. These pages are designed to be used with any of the books. They give students the opportunity to practice skills that focus on both social-emotional learning and literacy concepts. The easy-to-follow directions are written to help adults support students as they complete the activities. Allow 15–20 minutes for students to complete activities. Most activities are art-based, and students will only need basic classroom supplies such as pencils and crayons. When time permits, allow students to share their work with partners or the whole group.

### Student Pages:

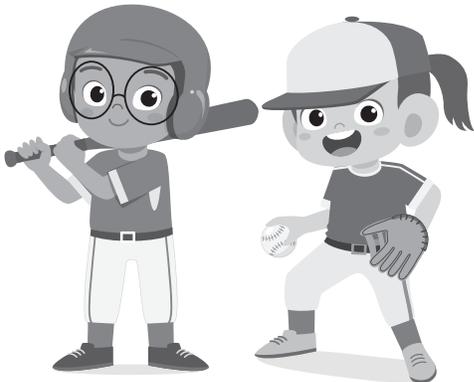
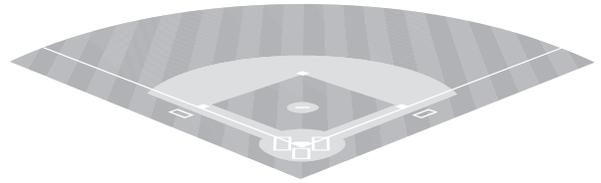
Activity Title	Description
<b>Alphabet Fun</b> (page 23)	Students fill in missing letters of the alphabet.
<b>Be Kind</b> (page 24)	Students draw pictures of how they can be kind to others.
<b>Be Helpful</b> (page 25)	Students draw pictures of how they can be helpful to others.
<b>Setting Match</b> (page 26)	Students match characters to where their stories would take place.
<b>Your Name</b> (page 27)	Students practice writing their names.
<b>Reading Together</b> (page 28)	Students draw pictures of themselves with people they want to read books with.
<b>What I Learned</b> (page 29)	Student draw things they learned from a book and write sentences.
<b>A New Cover</b> (page 30)	Students draw new covers for a book.
<b>Rate This Book</b> (page 31)	Students rate a book and draw pictures of their favorite parts.

## Take-Home Letters

Take-home letters pertinent to each book are available in the digital resources. These letters extend learning beyond the classroom with suggestions for additional activities based on the books. See page 32 for details on how to access these resources.

\_\_\_\_\_  
-----  
Name: \_\_\_\_\_

# Setting Match



.....  
**Directions:** Match the characters to where their stories happen.  
.....