

# Four days lesson plans to educate young children about Coronavirus Disease 2019 (COVID-19)



**Carpe Diem**





**Four days lesson  
plans to educate  
young children about  
Coronavirus Disease  
2019 (COVID-19)**

## Lesson Plans Outline

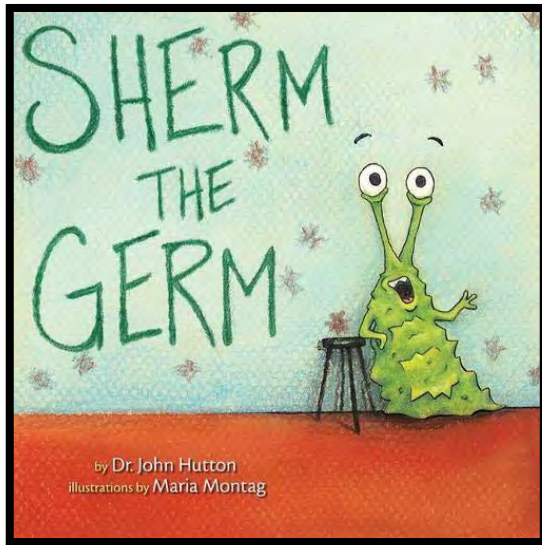
Aims :

- 1) To educate young children about COVID-19
- 2) To provide knowledge about how to protect oneself from COVID-19

	Lesson 1	Lesson 2	Lesson 3	Lesson 4
<b>Developmental Domain</b>	<ul style="list-style-type: none"> <li>Language &amp; Literacy</li> <li>Social &amp; Emotional Development</li> </ul>	<ul style="list-style-type: none"> <li>Discovery of the World</li> <li>Aesthetic &amp; Creative Expression</li> </ul>	<ul style="list-style-type: none"> <li>Numeracy</li> <li>Language &amp; Literacy</li> </ul>	<ul style="list-style-type: none"> <li>Discovery of the world</li> <li>Aesthetic &amp; Creative Expression</li> </ul>
<b>Multiple Intelligence</b>	<ul style="list-style-type: none"> <li>Linguistic Intelligence</li> <li>Interpersonal / Intra personal Intelligence</li> </ul>	<ul style="list-style-type: none"> <li>Naturalistic Intelligence</li> <li>Visual Spatial Intelligence</li> </ul>	<ul style="list-style-type: none"> <li>Logical Mathematical Intelligence</li> <li>Linguistic Intelligence</li> </ul>	<ul style="list-style-type: none"> <li>Naturalistic Intelligence</li> <li>Visual Spatial Intelligence</li> </ul>
<b>Key highlights</b>	<ul style="list-style-type: none"> <li>Read the story 'Sherm the germ' by Dr John Hutton and Maria Montag <a href="https://www.youtube.com/watch?v=4WaNQ5Cy6MQ">https://www.youtube.com/watch?v=4WaNQ5Cy6MQ</a></li> <li>Make connection to the Covid 19</li> <li>Importance of hand washing</li> <li>Recite hand washing song 'Wash Wash Wash Your Hands'</li> <li>Recite and dramatize the song</li> </ul>	<ul style="list-style-type: none"> <li>Watch the video <a href="https://youtu.be/R-JbDMYmAQM">https://youtu.be/R-JbDMYmAQM</a></li> <li>Show world map of countries affected and where Singapore is and discuss how Singapore is affected</li> <li>Highlight that it is a global issue and relevant to all</li> <li>Discuss how it has affected the children, people, country</li> </ul>	<ul style="list-style-type: none"> <li>Watch the video <a href="https://youtu.be/NoxdS4eXy18">https://youtu.be/NoxdS4eXy18</a></li> <li>Hand washing sequence</li> <li>Personal hygiene - hand washing poster</li> <li>Recite hand washing song 'Wash washy clean'</li> </ul> <p><u>Take home activity</u></p> <p>Observe how family members do handwashing. Document by taking pictures and do a Show &amp; Tell of good personal hygiene at home</p>	<ul style="list-style-type: none"> <li>How diseases are spread</li> <li>DIY Hand sanitizer</li> <li>Learn the steps to make DIY Hand Sanitizer</li> <li>Observe changes / reactions when ingredients are added</li> <li>Bring home some DIY hand sanitizer</li> </ul>



## Resources



Story 'Sherm the Germ' by Dr John Hutton and Maria Montag

<https://youtu.be/R-JbDMYmAQM>

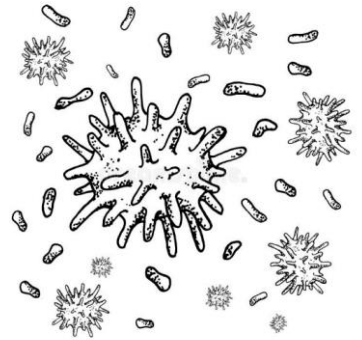


<https://youtu.be/NoxdS4eXy18>

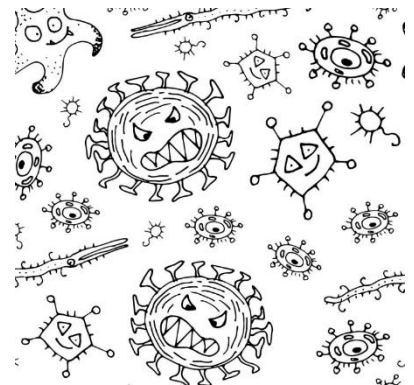
# Germ

By: Patricia Morrison  
Sung to the tune : BINGO

There was a boy who had a cold  
His germs were everywhere  
G-E-R-M-S  
G-E-R-M-S  
G-E-R-M-S  
His germs were everywhere



There was a girl who sneezed  
and sneezed  
Her germs were everywhere  
G-E-R-M-S  
G-E-R-M-S  
G-E-R-M-S  
Her germs were everywhere



They washed their hands with soap and  
water  
And their germs disappeared  
G-E-R-M-S  
G-E-R-M-S  
G-E-R-M-S  
And their germs disappeared

# Wash, Wash, Wash Your Hands

(Sung to the tune of "Row, Row, Row Your Boat")

Play our handy game  
Rub and scrub and  
scrub and rub  
Germs go down the drain  
(repeat)



# Washy Washy clean

<https://youtu.be/zxIQn7KaCNU>



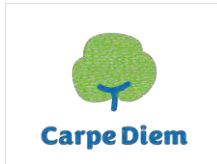
It's fun to wash your hands  
And I know you understand  
So we washy washy clean, scrub scrub

We start with washing palm to palm  
Between each finger let us rub  
Now the back of the hands, it's such a simple plan  
We washy washy clean, scrub scrub


Clean the base of the thumbs one by one  
Then the back of the fingers this is fun!  
Don't forget your fingernails, it's about details  
We washy washy clean, scrub scrub

Now move on to the wrists, let us rub  
I think we are nearly done, so now what  
Just rinse the soap away, dry our hands and we'll ok  
We washy washy clean, scrub scrub

So we washy washy clean, scrub scrub  
We washy washy clean, scrub scrub  
It's fun to wash your hands and I know you'll understand  
We washy washy clean, scrub scrub



### MI Integrated Lesson Plan

<b>Multiple Intelligence (Integrated)</b>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> </ul>	<b>Developmental Areas (Integrated)</b>	<ul style="list-style-type: none"> <li>• Language &amp; Literacy</li> <li>• Social &amp; Emotional</li> </ul>
<b>Lesson</b>	1	<b>Class / Duration</b>	4 to 6 years old / 45 minutes
<b>Lesson Objectives</b>	Children will be able to: <ol style="list-style-type: none"> <li>1. demonstrate knowledge of germs and how germs can make people sick</li> <li>2. identify ways to prevent the spread of germs</li> <li>3. learn the importance of handwashing in different situations</li> </ol>		
<b>Learning Disposition</b>	<ul style="list-style-type: none"> <li>• Reflectiveness</li> <li>• Engagement</li> </ul>		
<b>Lesson Preparation</b>	Rhyme : 'Wash Wash Wash Your Hands' Materials: flip chart, markers, picture cards Storybook: 'Sherm the Germ' by Dr John Hutton and Maria Montag Video link : <a href="https://www.youtube.com/watch?v=4WaNQ5Cy6MQ">https://www.youtube.com/watch?v=4WaNQ5Cy6MQ</a> 		

### Lesson Development

<b>Procedure: Tuning In</b>
<ul style="list-style-type: none"> <li>• Gather the children</li> <li>• Read aloud the story 'Sherm the Germ' by Dr John Hutton and Maria Montag</li> <li>• Ask children questions and record their responses on the flip chart:             <ul style="list-style-type: none"> <li>- Where were the germs?</li> <li>- What did the doctor do?</li> <li>- How do you think the baby got sick?</li> <li>- How did the baby feel at the end of the story?</li> </ul> </li> </ul>
<b>Procedure: Main lesson</b>
<ul style="list-style-type: none"> <li>• Discuss and bring children's attention to one of the newspaper articles which highlight the coronavirus – COVID 19</li> <li>• Make connection that coronavirus are like germs which cause humans to be sick and may lead to stay in hospital</li> <li>• Brainstorm ways on how people can prevent the spread of germs</li> <li>• Create a list on the flipchart and invite children to illustrate (Engagement)</li> <li>• Lead children to the idea of the importance of handwashing with soap as basic personal hygiene</li> <li>• Ask children questions and respond to their answers             <ul style="list-style-type: none"> <li>- What will happen if the dirt on the hand do not go away? (Reflectiveness)</li> <li>- Is there another way to wash off the dirt?</li> </ul> </li> </ul>



- Show children different situations – picture cards
- Discuss when people should wash their hands, For examples:
  - before and after they eat or use the bathroom
  - after playing with pets
  - after playing outdoor

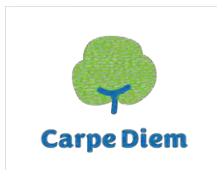
#### **Procedure: Closure**

- Introduce the song 'Wash Wash Wash your Hands'
- Invite children to re-enact and show you how they sing the song aloud
- Review how handwashing is one of the many ways to get rid of the germs

Picture Cards





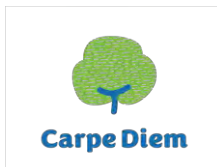


# Wash, Wash, Wash Your Hands


(Sung to the tune of "Row, Row, Row Your Boat")

Play our handy game  
Rub and scrub and  
scrub and rub  
Germs go down the drain  
(repeat)





### MI Integrated Lesson Plan

<b>Multiple Intelligence (Integrated)</b>	<ul style="list-style-type: none"> <li>• Naturalistic</li> <li>• Visual Spatial</li> </ul>	<b>Developmental Areas (Integrated)</b>	<ul style="list-style-type: none"> <li>• Discovery of the world</li> <li>• Visual Spatial</li> </ul>
<b>Lesson</b>	2	<b>Class / Duration</b>	4 to 6 years old / 45 minutes
<b>Lesson Objectives</b>	Children will be able to: <ol style="list-style-type: none"> <li>1. learn how coronavirus begin</li> <li>2. discuss how coronavirus has spread and become a global issue</li> <li>3. imagine and draw how coronavirus looks like</li> </ol>		
<b>Learning Disposition</b>	<ul style="list-style-type: none"> <li>• Reflectiveness</li> <li>• Engagement</li> </ul>		
<b>Lesson Preparation</b>	Materials: markers, flip charts, crayons, oil pastels, white papers Video link : <a href="https://youtu.be/R-JbDMYmAQM">https://youtu.be/R-JbDMYmAQM</a> 		

### Lesson Development

<b>Procedure: Tuning In</b>
<ul style="list-style-type: none"> <li>• Gather the children</li> <li>• Watch the video <a href="https://youtu.be/R-JbDMYmAQM">https://youtu.be/R-JbDMYmAQM</a></li> <li>• Ask children questions and record their responses on the flipchart             <ul style="list-style-type: none"> <li>- How did the virus begin?</li> <li>- What caused the virus to spread?</li> <li>- How do you think human caught the virus?</li> </ul> </li> </ul>
<b>Procedure: Main lesson</b>
<ul style="list-style-type: none"> <li>• Show world map of countries affected and where Singapore is and discuss how Singapore is affected</li> <li>• Highlight that it is a global issue and relevant to all</li> <li>• Discuss how it has affected the children, people and country</li> <li>• Ask children to think about the last time they had a cold (Reflectiveness)</li> <li>• Remembering this time, ask them to draw and describe the moment when they felt uncomfortable and sick (Engagement)</li> <li>• Ask the following questions:             <ul style="list-style-type: none"> <li>- What happens to our bodies when we get a cold?</li> </ul> </li> </ul>

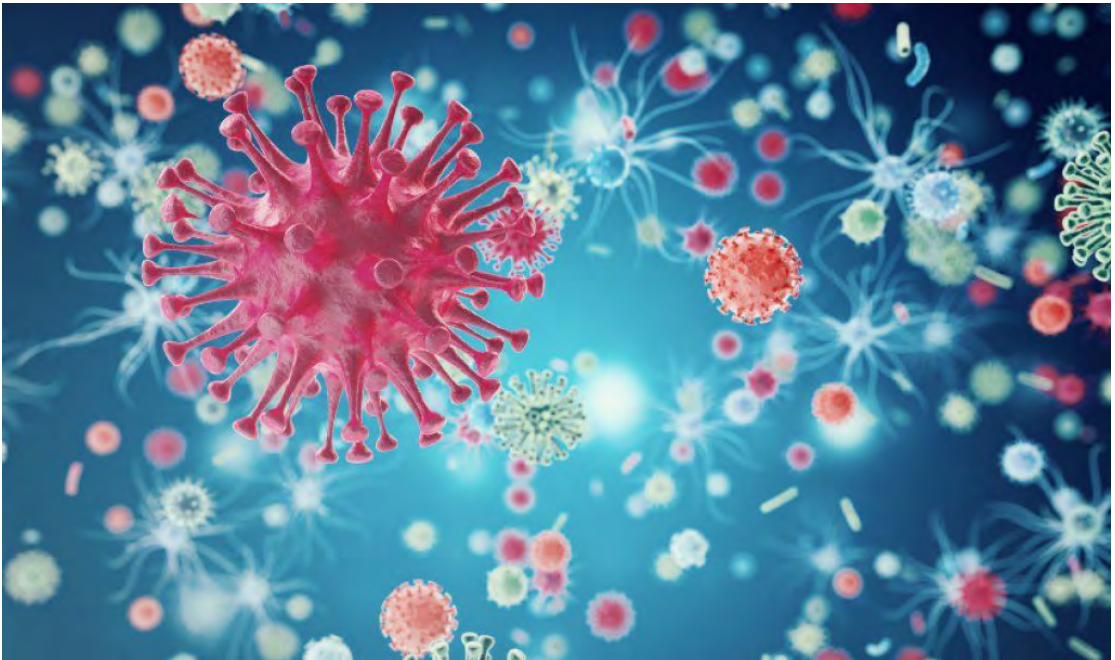
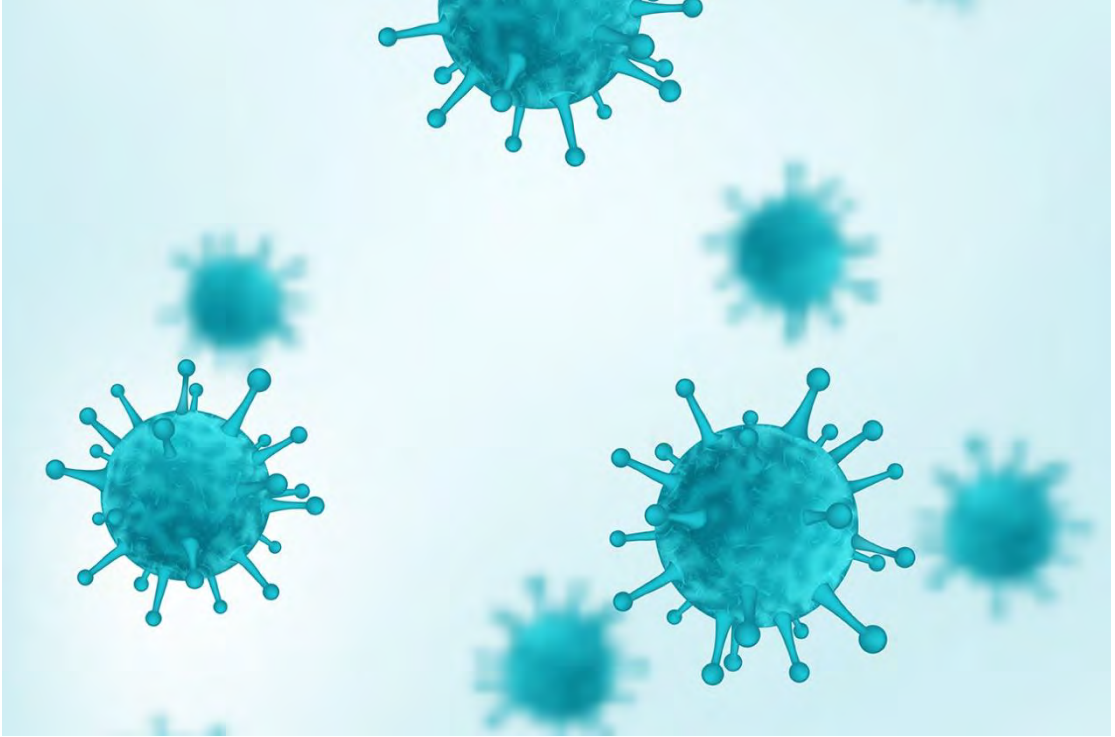


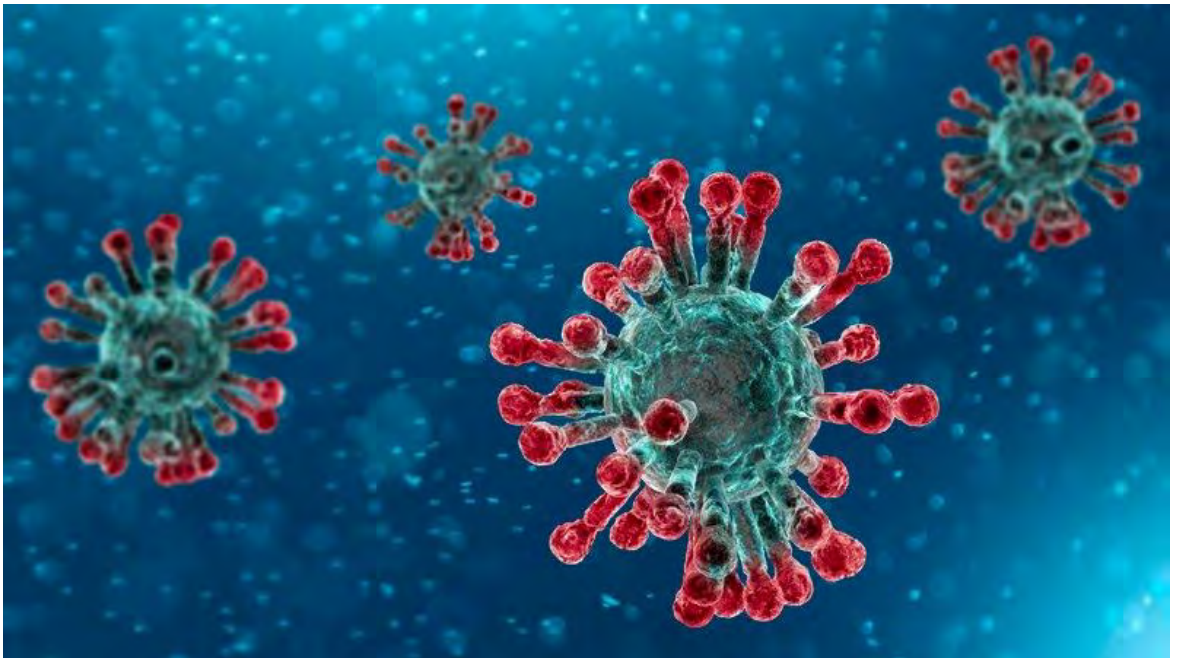
- How does the cold get into our bodies?
- Introduce the term 'virus' and have children to share prior knowledge about what they think virus looks like
- Show pictures of different types of virus and how virus can spread easily to the children
- Ask children questions:
  - How do you think virus looks like?
  - If there were virus in the air and around you, could you imagine how and where it would be?

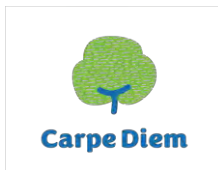
#### **Procedure: Closure**

- Provide each child with an activity sheet and the art materials
- Review the various images of virus which they have seen from the video and predict how coronavirus looks like
- Invite children to write a sentence about this virus
- Invite children to talk about their virus and how they have imagined it to look like

Picture Cards







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

Date : \_\_\_\_\_

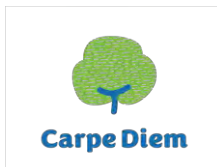
Draw how you imagine a virus would look like

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### MI Integrated Lesson Plan

<b>Multiple Intelligence (Integrated)</b>	<ul style="list-style-type: none"> <li>• Logical Mathematical</li> <li>• Linguistic</li> </ul>	<b>Developmental Areas (Integrated)</b>	<ul style="list-style-type: none"> <li>• Numeracy</li> <li>• Language &amp; Literacy</li> </ul>
<b>Lesson</b>	3	<b>Class / Duration</b>	4 to 6 years old / 45 minutes
<b>Lesson Objectives</b>	Children will be able to: <ol style="list-style-type: none"> <li>1. learn the steps in handwashing</li> <li>2. identify the sequence in handwashing</li> <li>3. learn a new jingle</li> </ol>		
<b>Learning Disposition</b>	<ul style="list-style-type: none"> <li>• Reflectiveness</li> <li>• Engagement</li> </ul>		
<b>Lesson Preparation</b>	Materials: index cards 8 pieces for each group. pencils, coloured pencils, crayons Video link : <a href="https://youtu.be/zxIQn7KaCNU">https://youtu.be/zxIQn7KaCNU</a> 		

### Lesson Development

<b>Procedure: Tuning In</b>
<ul style="list-style-type: none"> <li>• Gather the children</li> <li>• Watch the video <a href="https://youtu.be/zxIQn7KaCNU">https://youtu.be/zxIQn7KaCNU</a></li> <li>• Show children the handwashing chart</li> <li>• Ask children questions:             <ul style="list-style-type: none"> <li>- When do you wash your hands?</li> <li>- Do you remember the steps in hand washing? (Reflectiveness)</li> </ul> </li> </ul>
<b>Procedure: Main lesson</b>
<ul style="list-style-type: none"> <li>• Review with children the steps in handwashing</li> <li>• Lead children to reflect and review after watching the video</li> <li>• Divide children into smaller groups</li> <li>• Provide each group with 8 index cards</li> <li>• Give the task for each group to draw the hand washing actions and write the steps in words (Engagement)</li> <li>• Provide the song lyrics and guide children to draw accordingly with reference to the song lyrics</li> <li>• Do a show and tell session where each group will present their sequence 8 steps cards in handwashing</li> <li>• Highlight the importance of each step and to do it in sequence</li> <li>• Review with the children by numbering each index card</li> </ul>



**Procedure: Closure**

- Review the video
- Introduce the lyrics to the children and get them to sing along with you and dramatize the actions
- Children are encouraged to work with their parents in a 'Take-Home Activity' sheet

## Washy Washy Clean

<https://youtu.be/zxIQn7KaCNU>



It's fun to wash your hands  
And I know you understand  
So we washy washy clean, scrub scrub

We start with washing palm to palm  
Between each finger let us rub  
Now the back of the hands, its such a simple plan  
We washy washy clean, scrub scrub

Clean the base of the thumbs one by one  
Then the back of the fingers this is fun!  
Don't forget your fingernails, its about details  
We washy washy clean, scrub scrub

Now move on to the wrists, let us rub  
I think were nearly done, so now what  
Just rinse the soap away, dry our hands and were ok  
We washy washy clean, scrub scrub

So we washy washy clean, scrub scrub  
We washy washy clean, scrub scrub  
It's fun to wash your hands and I know you'll understand  
We washy washy clean, scrub scrub

## 8 steps in handwashing

<https://www.healthhub.sg/live-healthy/471/keepyourhandsclean>



**1**  
**Palm to palm**



**2**  
**Between fingers**



**3**  
**Back of hands**



**4**  
**Base of thumbs**



**5**  
**Back of fingers**



**6**  
**Fingernails**



**7**  
**Wrists**



**8**  
**Rinse and wipe dry**



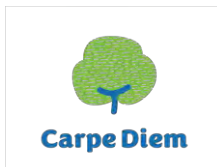
Name : \_\_\_\_\_

Take home activity

Date : \_\_\_\_\_

Draw a picture or paste a photograph of how your family members  
practise good personal hygiene

<p><b><u>My father</u></b></p>	<p><b><u>My mother</u></b></p>
<p><b><u>My sibling</u></b></p>	<p><b><u>Me</u></b></p>



### MI Integrated Lesson Plan

<b>Multiple Intelligence (Integrated)</b>	<ul style="list-style-type: none"> <li>Naturalistic</li> <li>Visual Spatial</li> </ul>	<b>Developmental Areas (Integrated)</b>	<ul style="list-style-type: none"> <li>Discovery of the world</li> <li>Aesthetic &amp; Creative Expression</li> </ul>
<b>Lesson</b>	4	<b>Class / Duration</b>	4 to 6 years old / 45 minutes
<b>Lesson Objectives</b>	Children will be able to: <ol style="list-style-type: none"> <li>learn ways to reduce virus infection</li> <li>observe the changes when ingredients are added</li> <li>identify the ingredients used to make hand sanitizers</li> </ol>		
<b>Learning Disposition</b>	<ul style="list-style-type: none"> <li>Appreciation</li> <li>Engagement</li> </ul>		
<b>Lesson Preparation</b>	Materials: ingredients as stated in the DIY hand sanitizer handout  Rhyme : Germs		

### Lesson Development

<b>Procedure: Tuning In</b>
<ul style="list-style-type: none"> <li>Gather the children</li> <li>Recite the rhyme 'Germs'</li> <li>Invite children to re-enact the rhyme with actions</li> <li>Review what they remember about 'germs'</li> </ul>
<b>Procedure: Main lesson</b>
<ul style="list-style-type: none"> <li>Lead children in a discussion about the need to sanitize your hands before and after meals for example</li> <li>Explain to the children that they will be doing an experiment to make their very own hand sanitizer</li> <li>Introduce the ingredients and steps needed to make hand sanitizer</li> <li>Divide children into small groups and prepare sufficient amount of ingredients for them to follow the sequence to make the hand sanitizer</li> <li>You may like to enlarge the steps in making hand sanitizer into a pictorial form to guide each group members</li> <li>Teacher will facilitate the experiment and assist when necessary</li> <li>Allow time and opportunity for each child to smell and be involved in the experiment (Engagement)</li> <li>Ask children these questions :             <ul style="list-style-type: none"> <li>Have you used hand sanitizer before?</li> <li>What are some scent which you can remember when using hand sanitizer?</li> <li>Is there any colour change when ingredients are added?</li> </ul> </li> </ul>



#### Procedure: Closure

- Provide each child with the activity sheet
- Guide children to recall the ingredients used and draw / write on their activity sheet
- Allow each child to come forward to talk about their experience in making hand sanitizer
- Teacher can say “Let’s listen to what \_\_\_\_ have to say about his/her hand sanitizer” (Appreciation)
- Teacher can document this through an LEA (Language Experience Approach)

## Do - it - yourself Hand Sanitizer

<https://lifehacker.com/make-a-diy-alcohol-free-natural-hand-sanitizer-1528181137>

The blend includes oils with proven anti-bacterial and anti-viral properties and adds aloe vera gel for smoothness. It contains no chemicals or alcohol, which might cause skin irritation.

### Steps

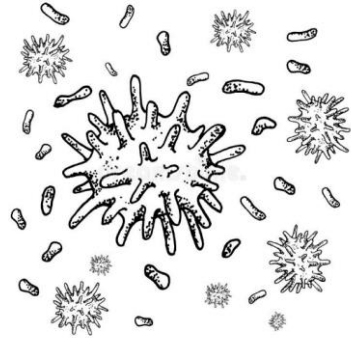
1. Start with a 100 ml spray bottle
2. Fill it about  $\frac{3}{4}$  full with sterile / saline water
3. Add 15 ml of aloe vera gel
4. Add 10 drops each of cinnamon, clove, rosemary and eucalyptus essential oils
5. Add 20 drops of either lemon, orange or grapefruit essential oil – whatever aroma fits your mood
6. Place the dispenser top on securely and shake thoroughly to mix
7. Spray two or three times on your hands and rub together
8. Repeat as needed



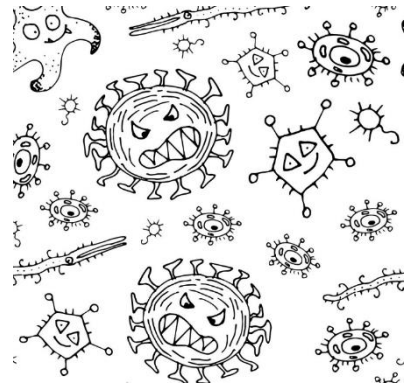
# Germs

By: Patricia Morrison  
Sung to the tune : BINGO

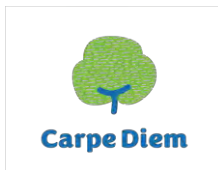
There was a boy who had a cold  
His germs were everywhere  
G-E-R-M-S  
G-E-R-M-S  
G-E-R-M-S  
His germs were everywhere



There was a girl who sneezed and  
sneezed  
Her germs were everywhere  
G-E-R-M-S  
G-E-R-M-S  
G-E-R-M-S  
Her germs were everywhere



They washed their hands with soap and water  
And their germs disappeared  
G-E-R-M-S  
G-E-R-M-S  
G-E-R-M-  
And their germs disappeared



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

Date : \_\_\_\_\_

Draw the items needed to make hand sanitizer