

Lesson Plan: Ezra the Germ Detective!

Materials Needed:

- A small bowl of water
 - Glitter (to represent "germs")
 - A bar of soap or a pump bottle of liquid soap
 - A towel
 - Construction paper or a whiteboard
 - Crayons or markers
 - Index cards or small pieces of paper with simple drawings/words of hygiene habits (e.g., a toothbrush, an apple, muddy hands, a tissue, a cough into the air, a cough into an elbow). You'll need about 6-8 cards.
 - Two containers or labeled areas on the floor (e.g., a green box for "Healthy Habits" and a red box for "Try Again Habits")
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Learning Objectives (What We'll Accomplish Today):

By the end of this lesson, Ezra will be able to:

- Explain in his own words why it's important to wash his hands.
 - Demonstrate the correct way to wash hands using soap and water.
 - Sort different actions into "healthy habits" and "unhealthy habits."
 - Create a piece of art that shows how to fight germs.
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Part 1: The Detective's Mission (5 minutes)

1. **The Briefing:** Sit down with Ezra and say, "Good morning, Detective Ezra! I have a top-secret mission for you today. There are sneaky, invisible villains all around us called GERMS. They are so tiny we can't see them, but they can sometimes make us feel sick. Your mission, should you choose to accept it, is to figure out how these germs spread and discover the secret weapon to defeat them!"
 2. **Brainstorming Clues:** Ask some leading questions to get him thinking. "Where do you think these sneaky germs might hide?" (Hands, under fingernails, on toys, on doorknobs). "When do you think we need to be extra careful to get rid of them?" (After playing outside, before eating, after using the bathroom).
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Part 2: The Glitter Germ Experiment (10-15 minutes)

This activity makes the invisible... visible!

1. **Getting "Germy":** Have Ezra put his hands over the small bowl of water. Sprinkle a little bit of glitter into his palms. "Look, Detective! We've made the invisible germs visible. This glitter represents the germs."
 2. **Spreading the Evidence:** Ask Ezra to touch his own arm, a toy, or your hand. Point out how the
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"germs" (glitter) spread so easily from one place to another. "Wow, look how those germs travel!"

3. **Testing the First Weapon - Water:** First, have Ezra try to rinse the glitter off his hands using only the water in the bowl. He will notice that a lot of the glitter stays stuck to his hands. "Hmm, water alone didn't defeat many of them, did it?"
4. **Using the Secret Weapon - Soap!:** Now, give Ezra some soap. Have him lather his hands, making sure to get the backs of his hands, between his fingers, and under his nails. To make sure he washes long enough, you can sing the "Happy Birthday" song twice or the "ABCs" song.
5. **The Big Reveal:** Have him rinse his hands under clean, running water. The glitter will wash away completely! Dry his hands with a towel. "Detective Ezra, you did it! You discovered the secret weapon! Soap and water worked together to wash all the germs away!"

Part 3: Healthy Habits Sorting Game (5-10 minutes)

This activity helps Ezra apply what he has learned to different situations.

1. **Set Up the Game:** Place the two containers (or labeled spots on the floor) out: one for "Healthy Habits" (Green) and one for "Try Again Habits" (Red).
2. **Sort the Clues:** Give Ezra the stack of index cards you prepared. Have him look at each picture or word one by one.
3. **Detective's Choice:** For each card, ask him, "Is this a healthy habit that helps us stay clean, or is this a habit we should try to do differently?" Let him place the card in the correct container. For example:
 - **Toothbrush card:** He places it in the "Healthy Habits" box. You can ask, "Why is that a healthy habit?"
 - **Coughing into the air card:** He places it in the "Try Again" box. You can ask, "What's a better way to cough so we don't spread germs?" (Into our elbow!)

Part 4: Create a "Germs Wanted" Poster (10 minutes)

This is a creative way for Ezra to summarize his findings and show his understanding.

1. **The Assignment:** Give Ezra a piece of construction paper and crayons/markers. Say, "Detective Ezra, your final task is to create a 'WANTED' poster for a germ villain. You need to warn everyone about how to defeat it!"
2. **Design the Poster:** Encourage him to draw a silly-looking germ. At the top, you can help him write "WANTED: Mr. Germ."
3. **List the Weaknesses:** At the bottom, ask him, "What are this germ's weaknesses? What are the secret weapons we can use to fight it?" Help him write or draw his answers, like "Soap," "Water," "Tissues," and "Brushing Teeth." This poster can then be hung up in the bathroom as a fun reminder.

Part 5: Detective Debrief (3-5 minutes)

Let's review the mission success!

1. **Review the Findings:** Ask Ezra to tell you the two most important things he learned on his

mission today.

2. **Mission Accomplished:** Congratulate him on a successful mission. "Great work today, Detective Ezra! You discovered where germs hide, how they spread, and the best way to defeat them. You've helped make our home a healthier place!"