HOTT Activities

Lesson Plan

Little Betsy Bookworm **Name:** _____

Date: 6-11-12 **Grade Level**: K-2 **Class/Classes**: Language Arts

Professions: A variety of health professions **References:** www.healthyhands.com

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: Children will listen to Little Betsy Bookworm's story of getting sick and conclude where Little Betsy Bookworm could have picked up the germs that made her ill. After listening to the story, children will illustrate or write at least one possible way Little Betsy Bookworm could have acquired Wormgerm.

Materials Needed: "Little Betsy Bookworm's Terrible Case of Wormgerm" Story, *Optional:* Sock puppet and other props to tell the story, *Read the story ahead of time to determine what, if any, props you would use to help tell the story.

Duration: 30 minutes

Instructions:

- Ask children to sit in a circle.
- Discuss children's experiences with being sick. Introduce the concept of hand hygiene as a way to stay
- Discuss *Words to Share*
  1. Bacteria
  2. Viruses
  3. Hand hygiene
- Introduce students to Little Betsy Bookworm and the other characters, and tell them that they will he the day Little Betsy Bookworm got a sickness called Wormgerm.
- As Little Betsy Bookworm recounts her day, tell the children to raise their hands each time they hear s they think may have caused her to get Wormgerm.
- Read the story aloud, stopping at times to discuss what is occurring.
- At the end of the story, Little Betsy Bookworm asks the children to help her recall all the times she co gotten Wormgerm.
- Children should illustrate or write about at least one possible way Little Betsy Bookworm might have g Wormgerm.
- Share writings and chart or tally the different ways she could have gotten Wormgerm.

Ask the following questions:

- Where could Little Betsy Bookworm have gotten her case of Wormgerm?
- How could Little Betsy Bookworm have avoided getting Wormgerm?
- Do people get Wormgerm? What kinds of germs do people get? Do they get germs the same ways tha Betsy Bookworm got Wormgerm?
- How can people stay healthy?

Possible extensions include:

- Make up Part Two to "Little Betsy Bookworm's Terrible Case of Wormgerm."
- Ask students to draw Little Betsy Bookworm's world, and all the places Wormgerms live.

Story

Little Betsy Bookworm's Terrible Case of Wormgerm

NOTE: The orange asterisk (❊) indicates possible times when Little Betsy Bookworm might have picked up her case of Wormgerm.

"Hi boys and girls. I'm Little Betsy Bookworm. I'm going to tell you a story about how you can stay healthy. This is a true story of what happened to me one day. You need to listen closely because you will be my detectives. When you hear me tell you about something I did without using good hand hygiene habits, raise your hand. Together we'll solve the mystery of where I might have picked up the bad Wormgerm that made me sick. Are you ready?"

Little Betsy Bookworm knew it was going to be a beautiful day when she woke up. The sun was shining brightly and the birds were singing a heavenly song. Little Betsy Bookworm excitedly jumped out of her book-bed ready to begin her day. She took a quick bath, pulled on her favorite blue overalls with her matching blue and green striped shirt, and slid down the banister just in time for mom's mouthwatering green leaf pancakes.

Every morning, before Little Betsy Bookworm ate her breakfast, she would hug❊ and kiss❊ her pet ladybug, Dot. Dot stayed outside at night and Little Betsy Bookworm missed her during her sleep.

"Good morning, mom! Good morning, dad!" said Little Betsy Bookworm.

"Little Betsy Bookworm," cautioned mom, "you know you need to wash all eight pairs of your hands after handling Dot. She's been outside all night and hasn't had her daily bath yet. You know, Wormgerm is going around and I don't want you to get sick."

"Yes, mom," said Little Betsy Bookworm happily. Little Betsy Bookworm went to the kitchen sink and washed all eight pairs of her hands with soap and warm water.

"There, all clean!" she shouted.

After breakfast, Little Betsy Bookworm brushed her teeth and went on her merry way to school. She stopped by Bruno's house to see if he wanted to walk to school with her. Bruno opened the door and greeted Little Betsy Bookworm with a big wet sneeze.❊ Little Betsy Bookworm tried to block the sneeze with her hands,❊ but still got sprayed with the wetness of Bruno's sneeze.❊

"Aaaaa-choooo! Oh, excuse me. I am getting sick. Sorry, I can't walk with you to school today. I have to stay home and get better," said Bruno.

"My mom said that Wormgerm is going around. I hope you feel better soon. It's not fun being sick," said Little Betsy Bookworm as she placed her hands on her lips❊ and blew❊ Bruno a friendly kiss goodbye.

Little Betsy Bookworm got to school early enough to play a game of ring-around-the-rosie. Holding hands with her friends Bonnie and Brian,❊ she twirled joyfully around in a circle.

"...ring around the rosie, pocket full of posies, ashes, ashes, we all fall down!" they sang with glee. As Little Betsy Bookworm fell to the cement, she scraped her knee.❊

"Ouch!" cried Little Betsy Bookworm.

Just then the school bell rang and it was time to go to class. As Little Betsy Bookworm sat at her desk she placed her hands on her knee.❊ She thought that would stop it from stinging.

Her teacher, Ms. Booksmart, saw what she was doing and sent her to the nurse to get her knee cleaned and bandaged.

"Children, it's important to wash up if you get a cut or scrape so germs from the ground or your hands don't get into your skin," warned Ms. Booksmart. "If harmful bacteria get in, you could get sick. That's why it's important to keep a clean bandage on until the cut closes."

Later, Ms. Booksmart dismissed the students for lunch. Little Betsy Bookworm went straight from class to the lunchroom,❊ where she opened her lunch pail to find a green-leaf sandwich wrapped in tree twigs. She took one bite of the sandwich and said, "Yuck, does anyone want to trade lunches?"❊

Boris yelled, "I'll trade. I only took one bite of my spinach sandwich and a few sips of my power spinach drink."❊

Boris loved green-leaf sandwiches wrapped in tree twigs. But little did Little Betsy Bookworm and Boris realize that they forgot to wash their hands before eating, leaving many germs from their hands on their lunches. They also did not think about the bites they took out of their sandwiches. Germs from their mouths went onto the food.

After lunch, Little Betsy Bookworm wiped her mouth with her dirty hands❊ and ran out to play in the yard.

Soon it was time to go home. But before the last bell rang that day, Little Betsy Bookworm started to feel sick.

"Aaaa-chooo!!!" sneezed Little Betsy Bookworm, without covering her mouth.❊

"Oh my, Little Betsy Bookworm," exclaimed Ms. Booksmart. "You know Wormgerm is going around. Make sure when you sneeze that you cover your mouth with a tissue or sneeze into your shoulder or elbow. This way the germs you sneeze out won't get all over your hands, and you won't spread germs to other people."

Later that evening Little Betsy Bookworm didn't feel like doing much at all. She barely ate her favorite dinner, green-leaf stew with apple dumplings for dessert. As Little Betsy Bookworm sat on her book-bed, she thought about her day.

"Now that you have heard my story, let's think about what I did that may have caused me to get Wormgerm. I don't want to repeat those mistakes again if I can help it. Can you help me think of things I did where I could have caught the germs that made me sick?"

1. *I should always wash all eight pairs of my hands after playing with my pet, Dot, and my friends.*
2. *I should not have put my hands to my mouth and blown a kiss to Bruno after he sneezed all over me.*
3. *When I scraped my knee I should clean and bandage it right away and not touch my cut with dirty or germy hands.*
4. *I should always wash my eight pairs of hands before eating any meal or snack.*
5. *I should not eat or drink items that other people have already put their hands or mouths on.*
6. *I should only wipe my mouth with a clean napkin, not my germy hands.*
7. *When I sneeze, I need to cover my mouth with a tissue or sneeze into my shoulder or elbow.*

"Well, thanks for helping me to stay away from bad germs. I sure don't want to get Wormgerm again. Though some bacteria and viruses can make you sick, you usually begin to feel better after a day or two. It's okay to play and get dirty, but don't forget it's important to clean up afterward. There are many ways to help avoid getting sick. I need to remember them, and so should you. Do you think you can remember them?"

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A **Nurse** is a person who cares for people who are sick or disabled. The nurse may check the patient before the doctor sees them. They may check the ears, throat, eyes, or blood pressure.

Do you know a nurse?

Where can a nurse work? *(school, clinic, hospital…)*

Do you know your school nurse?

How do nurses help you?