

Clean Tag!

Name: _____

Date: 6-11-12 **Grade Level:** K-2 **Class/Classes:** PE, Health, Science

Professions: A variety of health professions

Reference: 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 to share this/these career(s) with your students.

Purpose: Children will understand that germs are spread from one person to another and will learn how hand sanitizer helps reduce the spread of germs on hands. In this combination of freeze tag and tunnel tag, children will try to escape the freeze-effect of a “germ” tagging them, while a “hand sanitizer” frees the “frozen” children, allowing them to run around again.

Materials Needed: None; however teachers may wish to create badges or stickers to help identify the children who are playing the roles of germs and hand sanitizer.

Duration: 15-30 minutes (however long you wish to play)

Instructions:

- Take children outside and have them sit on the grass, if possible. Discuss what hand sanitizer is, as well as how and when it should be used.
- Explain to them that they will be playing “Clean Tag”. Two children will be disease-causing germs; one will be hand sanitizer; and the rest will play as themselves.
- Ask for two volunteers to be the germs and for one to be hand sanitizer.
- Tell the remaining children to run away from the germs, but if one of the germs happen to tag them, they must immediately freeze and stand with their legs far enough apart to make a tunnel through which someone can crawl.
- When children are frozen, the hand sanitizer is the only one who can unfreeze them — by crawling through the tunnel between their legs. Sanitized children are then free to run around again.
- Have the children trade roles at various points during the game.
- Ask the following questions after the game:
 - In our game of tag, the germs caused you to freeze. In real life, what can germs do? [They can make you sick.]
 - What would have happened if no one was playing the part of hand sanitizer? [Most likely everyone would have been frozen by the disease-causing germs.]

Possible extensions include:

- It may be interesting to vary the number of children playing germs and then those playing hand sanitizers. For example, what outcome could the children predict if there was one germ doing the tagging and four hand sanitizers unfreezing the children?

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?

