



Bubble Art



Key Messages

- Making faces and hands clean can be fun
- Soapy bubbles help to keep us clean
- Clean hands and faces help to stop the spread of germs

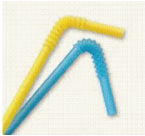
Appropriate Age Range

- Early Childhood and Lower Primary School

What you need:



3 x plastic bowls



1 x clean straw for each child



Food colouring - 3 x colours



Bubble mixture



White paper

Time: 15-20 minutes

What to do:

1. Put a small amount of bubble mixture into each bowl.
2. Add 3 x drops of food colouring to each bowl. Use 1 x colour per bowl.



3. Place straw into bubble mixture.
Blow gently until bubbles come to
the top of the bowl.



4. Place sheet of paper on top of the bowl so that the bubbles form a pattern on the paper.



5. Let sheet dry then blow bubbles into next colour bowl and place paper on top to create pattern in a different colour.



6. Leave sheet to dry.

Other Activities

Bubble Play:

Use bubble wands to play with bubbles. Make a wand by making a circle from a pipe cleaner or wire coat hanger.



Thank you to Amoonguna community for participation in the workshop and permission to use images in this booklet.

Make your own bubble mixture

Place 1/4 cup dishwashing mixture into a small container. Add 1/4 cup water and a pinch of salt and mix gently. (Do not shake.)



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Glitter Game



Key Messages

- What are germs and bacteria
- Some germs make us sick
- How is trachoma spread
- Hand and face washing help to stop the spread of germs by washing them away

Appropriate Age Range

- Primary School

What you need:



Glitter



Hand cream



Soap



Hand washing area



Optional:
Small soft ball

Time: 30 minutes

What to do:

1. Tell the group that some germs and bacteria can make people sick. Trachoma is caused by a germ / bacteria which makes peoples' eyes sore and can lead to blindness.
2. Tell the group that germs are so small that we cannot see them. They hide in places on our hands but can easily be spread from one person to another.



3. Ask the group to rub some hand cream into their hands. Then sprinkle some glitter onto the hands of two or three people.



4. Say that glitter represents germs and we are going to look at how easily they are shared with other people.

5. Ask group to touch hands with other people in the group.



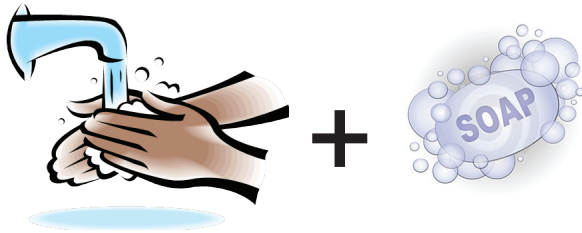
6. Watch how the glitter is now on everyone's hands. Is there glitter anywhere else people have touched (floor, faces, etc?)
7. Talk about how easily the glitter 'germs' moved to all people and that this is how germs can make lots of people sick.

8. Ask group to shake their hands in the air. Does the glitter come off?
9. Ask group to rub their hands together. Does the glitter come off?
10. Ask group to wash their hands with water only.



11. Talk about how much glitter was washed off their hands

12. Ask group to wash their hands with soap and water



12. Was any more glitter washed off hands? Talk about how much soap helps us to wash our hands better.

Another way to play the game:

1. Ask group to rub hand cream into their hands.
2. Rub a small amount of hand cream onto a small soft ball. Sprinkle glitter over ball.
3. Throw ball to one person in the group who then throws to another person
4. Look at how the glitter is now on each person's hands and talk about how germs can also be spread from sharing objects such as towels.



Healthy Home



Key Messages

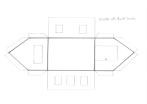
- Support for clean faces includes having clean water, soap, tissues, mirror and rubbish bins
- Do not share towels/bedding as this helps infections to spread
- Practice regular hand and face washing

Appropriate Age Range

- Upper Primary and Secondary School

What you need:

Templates



A3 light cardboard house template
- front house



A3 light cardboard house template
- back - room layout



Roof - cut from A3 light cardboard -
makes 4 x rooves



Resource sheet

Materials

Strong glue, scissors, coloured pencils

Supporting resources

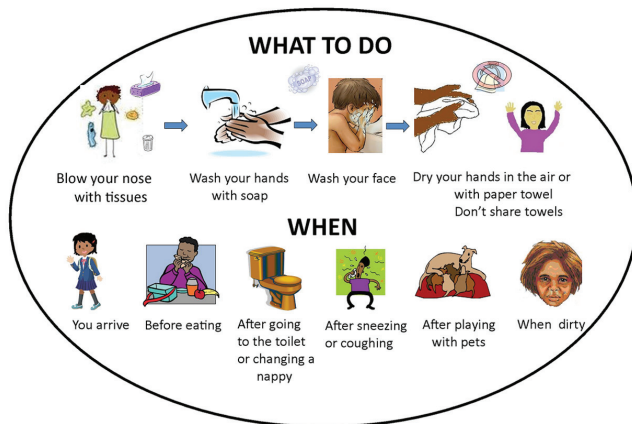
Living in a house DVD

Masking tape for community street layout

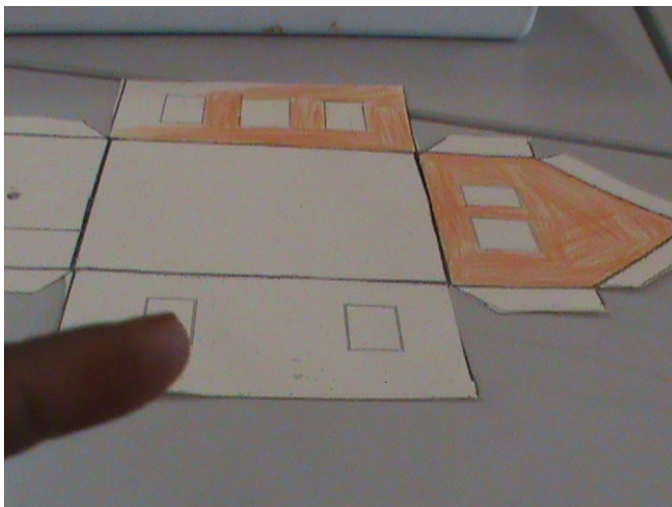
Time: Construction requires 40 minutes

What to do:

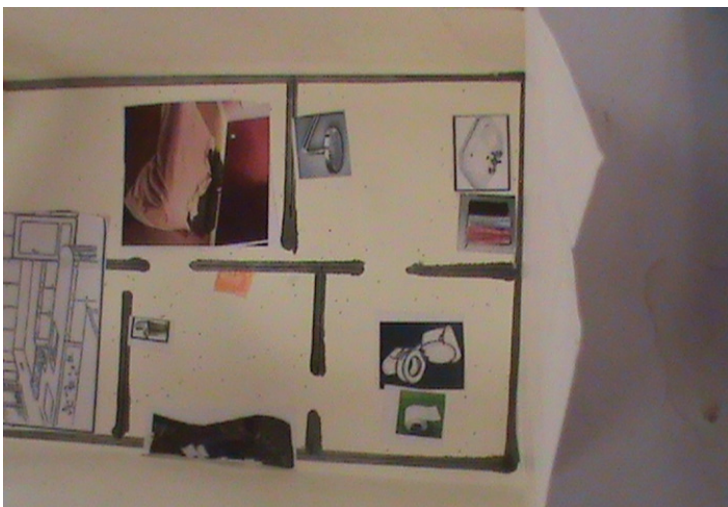
1. Reinforce the 4-step personal hygiene practice that aims to reduce trachoma and other infections spreading
2. Talk about what a healthy house needs to support clean hands and clean face



3. Cut out house template
4. Colour in side walls, windows and doors
5. Carefully cut out front door along three sides - and fold along the attached side (so you can see inside your home)



6. Turn over housing template to the room layout
7. Plan the rooms for your healthy home
8. Cut out household items from your resource sheet and paste into the floor plan



9. Fold your house along the dark scored lines and glue flaps to side walls holding firmly in place until the glue sets



10. Fold roof along dotted line and paste on the flaps along the roof line of your house

Other Activities

Healthy community

Lay out a community design on the floor with masking tape. Place healthy homes in your community. Discuss how your community can be a healthy place by stopping infections.

Who can help

Learn about environmental health workers and how you can support them by listening to *Living in a house* DVD.



Now we're livin' in a house

Song Lyrics

Aboriginal environment health workers
They look after our sewerage system
Domestic hygiene and dog health,
Rubbish and environmental management
Pest control and water supply

Now you're livin' in a house learn to look after it,
Now we're livin' in a house we've gotta keep it clean
Now we're all livin' in a house
Let's keep the healthy living style

You don't want this
You don't want this sick dog
You don't want this cockroach,
You don't want ants hangin' around you,
I don't want dirty mattresses,
You don't want this
I don't want headlice or ring worms.....



Masks



Key Messages

- Why our eyes are special
- Clean faces = strong eyes
- Clean hands and faces help to stop the spread of germs

Appropriate Age Range

- Early Childhood and Lower Primary School

What you need:



1 x paper plate for each child



Scissors



Paddle pop stick
(or string or elastic)



Sticky tape



Textas, pencils or crayons



Glitter, wool, sequins or other
things to decorate

Time: 45 minutes

What to do:

1. Talk to children about how eyes help us to see. Talk about all the things we see every day and how hard it would be if we could not see.
2. Draw eyes onto the paper plate with a texta. Cut out the eye shapes.



3. Ask children to draw a mouth and nose on their mask and to decorate their mask.

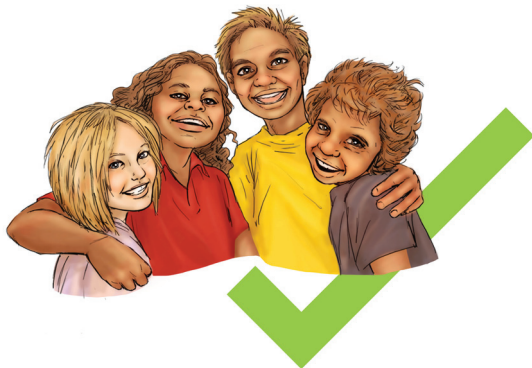


4. Stick a paddle pop stick onto the back of the mask using sticky tape. This will help the children to hold their mask.



Or, punch one small hole on both sides of the mask and tie string or elastic to let you tie the mask onto the child's head.

5. Talk about how trachoma is caused by a germ that lives in eyes and noses. Talk about how washing your face and keeping it clean will help to stop germs spreading.



6. Ask children to wear their masks at a special activity or when their parents come to collect them.



Other Activities

Pre-made masks

Use pre-made masks to decorate



Clean and dirty faces

Spread glue over the 'cheeks' and nose area of the mask and sprinkle with glitter or sand to make a dirty face.



Puppets



Key Messages

- What are germs - some germs can make us sick
- How is trachoma spread
- Hand and face washing help to stop the spread of germs and bacteria

Appropriate Age Range

- Primary School

What you need:



Paper or cardboard template person and clothes (see back page).
Cut these out for younger children.



Textas, crayons or pencils



Sticky tape



Glue



Paddle pop sticks

Time: 30-40 minutes

What to do:

1. Talk to the children about germs and that keeping our hands, faces and bodies clean helps to wash away germs, helping us to stop germs spreading to other people.



2. Colour in and decorate a person template and some clothes



3. Cut around the person template and clothes (if not already cut out)



4. Stick clothes onto person template using glue



5. Use the sticky tape to attach a paddle pop stick to the back of the person to use as a handle



6. Use the puppets to act out and tell stories of hand and face washing activities



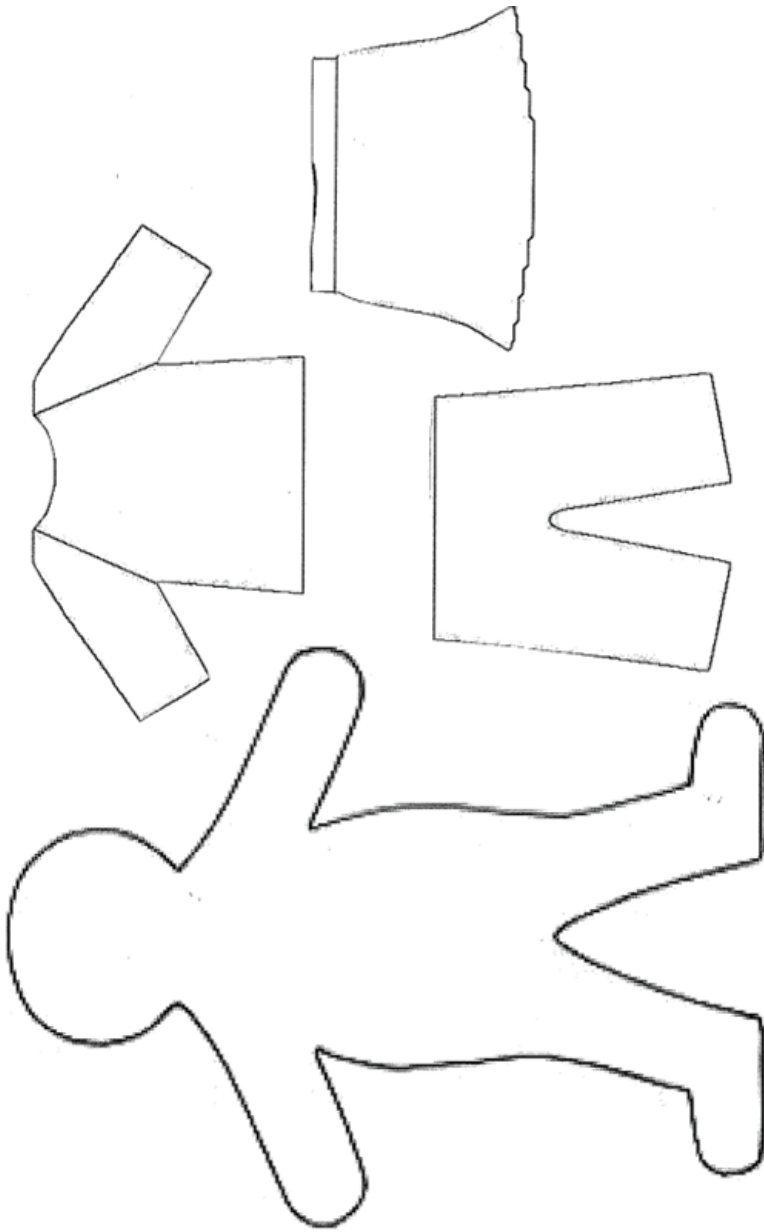
Other Activities

Felt templates can also be purchased to use as puppets from Educational Experience

www.edex.com.au

Ph: 02 4923 8222





Can be enlarged on photocopier



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Soap Making



Key Messages

- Making clean hands and faces fun
- Soap helps to clean our hands
- Clean hands and faces are needed to help stop the spread of germs and bacteria

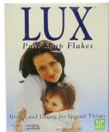
Appropriate Age Range

- Primary School to Adult

What you need:



Plastic bowl



Lux soap flakes



Spoon



Warm water (water can be kept warm in a thermos)



Food colouring

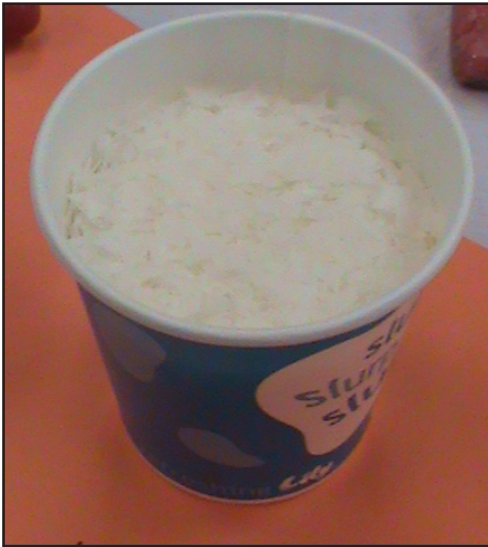


Scented oil

Time: 45 minutes

What to do:

1. Put 1 x cup of soap flakes into a bowl



2. Add 3 x dessert spoons of warm water to the soap flakes



3. Add 3 x drops of food colouring to the soap mix



4. Add 2 x drops of scented oil to the soap mix



5. Mix together with your hands



6. Roll mixture into balls



Other Activities

7. Squash flat and then cut into shapes with cookie cutters



8. Leave to dry for a few days until hard

Clean Hands and Faces

Children will need to scrub their hands and nails clean to remove the soap and food colouring.

Talk about washing away the germs when washing hands.

After hands are clean ask children to wash their faces to wash away the germs near their eyes, nose and mouth. Talk about how trachoma germs live in the germs on hands and faces.





Make a Germ

(Early Childhood)



Key Messages

- What are germs - germs make us sick
- How is trachoma spread
- Hand and face washing help to stop the spread of germs

Appropriate Age Range

- Early Childhood

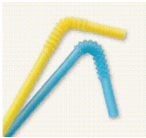
What you need:



Paper



Paint



Straws



Textas



Optional:
Stick on eyes

Time: 20 minutes

What to do:

1. Tell the group that germs are tiny (so small that you cannot see them) and can make people sick. Germs can easily move from one person to another so you can make your friends sick.
2. Some germs can hurt your eyes and make them red and sore
3. Washing our hands and faces can help to get rid of the germs



4. Give each child a sheet of paper



5. Place 3-4 blobs of paint onto the paper



6. Give each child a straw and help them to blow the paint so that it moves away from the blob



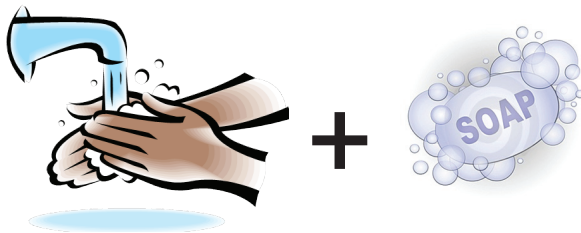
7. Let paint dry

8. Decorate the painted 'germs' by drawing or sticking on eyes, noses and mouths



Other Activities

9. Help children to wash their hands and faces



9. Watch how the paint washes off the hands and talk about how the germs have also washed off.

Personal Hygiene Routine



Blow nose
(with a tissue)
Put tissue in bin



Wash hands
(with soap and water)



Wash face



Dry hands and face
(with paper towel - put paper in bin)
If there is no paper towel dry hands and face
in the air



Make a Germ

(Primary School)



Key Messages

- What are germs - some germs can make us sick
- How is trachoma spread
- Hand and face washing help to stop the spread of germs

Appropriate Age Range

- Primary School

What you need:



Plasticine or playdough (see recipe on back of booklet)



Optional:
Picture of an eye



Things to decorate germ with -
wobbly eyes, pipe cleaners, wool
etc.



Time: 30-40 minutes

What to do:

1. Talk to children about germs:

- some germs can make people sick
- germs live in sick eyes, runny noses and ears
- germs can easily spread from places and things like door handles and pencils onto hands and faces
- germs can be spread from peoples' hands to another person



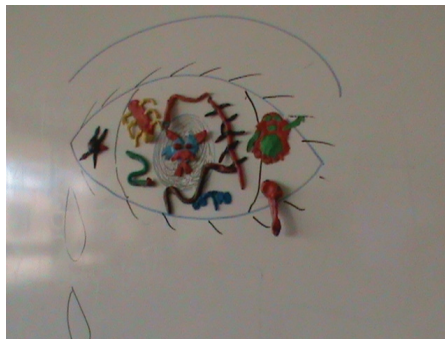
2. Tell the children germs are so small that you cannot see them
3. Give each child a small piece of plasticine or playdough



4. Ask children to make a very small germ with the plasticine. Remind children germs are very small so they need to make their germ as small as they can



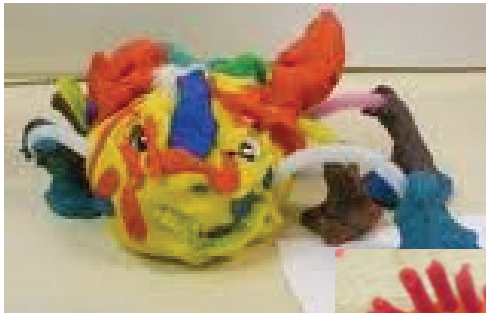
5. Place a large picture of an eye onto a table and ask the children to put their germs into the eye.



6. Talk to the children about how trachoma germs can get into eyes from someone who has the trachoma germ with dirty hands and faces and that this can lead to sore eyes and may lead to blindness

Other Activities

Children can make and decorate their own bigger germ.



Make your own playdough

2 cups plain flour

1 cup salt

1 tablespoon cooking oil

1/2 to 1 cup cold water

2 drops food colouring

Method

1. Put flour and salt into a bowl
2. Add oil and food colouring to 1 cup water
3. Mix water into flour mixture. Mixture should easily make a ball when squeezed. If too dry add more water one spoonful at a time.