

Join Kid Scoop's **SCRUB SQUAD**

Doctors around the world agree that one of the best ways to avoid getting sick and spreading germs is to wash your hands.



Remember the last time you had a cold or the flu?

It was pretty miserable. You sneezed, coughed and had no energy. But there's an easy way to avoid all that: Just join Kid Scoop's SCRUB SQUAD.

HOW TO JOIN: You join automatically every time you wash your hands!

Standards Links: Health: Know basic personal hygiene habits required to maintain health.

Experts say that washing your hands for at least **20 seconds** is the best way to make sure you remove germs and gunk. Memorize and sing this song while you scrub to help you wash long enough.

THE **SCRUB SQUAD** (Sung to the tune of "Old MacDonald") **SONG**

Washing hands is sudsy fun
Scrub! Scrub! Scrub! Scrub! Scrub!
I wash ten fingers and two thumbs
Scrub! Scrub! Scrub! Scrub! Scrub!
With a little soap here
And a little more there
Bubbles here
Bubbles there
Give those germs a splashing scare!
Washing hands is sudsy fun
Scrub! Scrub! Scrub! Scrub! Scrub!

If your hands are extra dirty,
sing this second verse and
keep on scrubbing!

Now my hands are getting clean
Scrub! Scrub! Scrub! Scrub! Scrub!
Even dirt that can't be seen
Scrub! Scrub! Scrub! Scrub! Scrub!
With a little soap here
And a little more there
Bubbles here
Bubbles there
Watch them floating in the air
Now my hands are nice and clean
Scrub! Scrub! Scrub! Scrub! Scrub!

Standards Links: Music: Memorize and sing simple songs.

HAND SANITIZER vs. SOAP & WATER

Using hand sanitizer shouldn't be a _____ for washing your hands with soap and _____. While sanitizer does kill _____, it doesn't do a very good job of getting rid of _____ dirt. Think of hand sanitizer as just a little "touch-up" _____ hand washings with good ol' soap and water.



Fill in the missing words.

WATER GERMS BETWEEN
REPLACEMENT VISIBLE

THE SCRUB SQUAD 5 STEP PLAN



1 Rub your hands together under warm running water. Make sure to get wet up to your wrists.



2 Use a generous amount of soap. Liquid soap, powdered soap or bar soap are all great.



3 SCRUB: Get the palms, back of your hands, wrists, under your nails and between your fingers for at least 20 seconds.



4 Rinse your hands to get rid of the soap (and dirt and germs).



5 Air dry your hands or use a clean towel, either cloth or paper.

How many **hands** and **bubbles** can you find on this page?

Standards Links: Health: Students know practicing good personal hygiene is a way to prevent or reduce risk of disease.

FIT & FUN™

Hand Exercises

Now that your hands are nice and clean, they could use a little exercise. Try these:

Stretch & Squeeze

Spread your fingers out as far as possible. Feel that s-t-r-e-t-c-h? Now squeeze them into two tight fists.
Repeat 10 times.

Helicopter Hands

Extend your arms straight out, level with your shoulders. Slowly start twirling your arms in a circular motion. Spin them faster and faster for 60 seconds.

The Big Reach

Stand with your feet slightly apart. Reach your hands up, up, UP as high as you can. Now bend and reach for your toes.
Repeat 10 times.

Pat on the Back

Hold your hands out in front of you. Reach over your shoulders and pat your back for 30 seconds. Cross your arms and try again. Do this for 30 seconds.
You deserve a pat on the back!

Standards Links: Physical Education: Use a variety of basic and advanced movement forms.

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Synonym Search

A **synonym** is a word that means the same or nearly the same thing as another word. Search the newspaper for synonyms for the word **CLEAN**. Then, look for synonyms for the word **DIRTY**. Which were easier to find?

Standards Links: Vocabulary: Identify grade-level appropriate vocabulary in reading.

Puzzler

Unscramble each of the mixed-up words.

When should I wash my hands?

- after playing DISTOUE O _ _ _ _ I _ _ _
- after using the STROMORE R _ _ _ T R _ _ _
- before eating or KONCOGI O O _ _ _ _
- after petting SANIMLA _ _ _ _ _ L S
- before and after visiting a sick DRFNEI F _ _ _ _
- after blowing your nose, coughing or sneezing
- after taking out the RATHS T _ _ _ _

Standards Links: Reading Comprehension: Follow simple written directions.

Kid Scoo-doku™

Complete the grid by using all the letters in the word SQUAD in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

S				Q
Q	D			
U			D	
A		Q		
D			Q	S

What type of entertainment do bubbles like best?

ANSWER: Soap operas and pop songs.

Name:

Bubble Trouble

Someone put too much detergent in the washing machine, and now your town is getting covered in soapsuds! Write a news article describing the scene.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Scrubbing the News

Select three paragraphs in a newspaper article. Can you scrub away some of the words to make shorter sentences without losing important details?

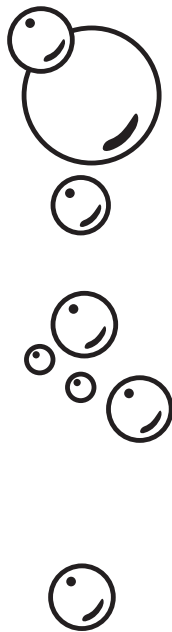


Standards Links: Reading Comprehension: Understand the main idea.

Kid Scoop Jumbo Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.
Then see how many of these words you can find in today's newspaper.

SANITIZER
BATHROOM
COUGHING
MEMORIZE
BUBBLES
SQUAD
ELBOW
SCRUB
DIRTY
AVOID
GERMS
TOWEL
PALMS
NOSE
SOAP



S	T	H	G	P	A	O	S	D	B
M	O	S	N	A	E	L	C	A	U
R	W	C	I	L	A	N	T	U	B
E	E	R	H	M	Y	H	O	Q	B
G	L	U	G	S	R	T	N	S	L
D	W	B	U	O	A	S	R	H	E
M	E	M	O	R	I	Z	E	I	S
I	N	M	C	W	A	V	O	I	D
G	R	E	Z	I	T	I	N	A	S

Standards Link: Letter sequencing. Recognized identical words.
Skim and scan reading. Recall spelling patterns.

WEB SITE recommendations from the Kid Scoop Librarian

Printable Pages

kidscoop.com/shop/download_edition/germ_patrol/

A free download edition of Kid Scoop used by thousands to stay healthy.

Kids Health

kidshealth.org/parent/general/sick/hand_washing.html

Kids Health speaks to adults about why it is so important for everyone, especially kids, to wash their hands.

Earth Kids

earthskids.com/basic_handwashing_info.htm

Earth Kids site on hand washing includes experiments, crafts and coloring pages.

BOOK recommendations

Clap Your Hands

by Lorinda Bryan Cauley

"We have lots of fun with this book in my house. My kids like the fun instructions and I like that it's a long activity rhyme that helps dissipate some of their (usually boundless) energy."

Washing Your Hands!

by Barbara McNamara

The first-grade class at Robin Hill School learns the best way to get rid of germs in this all-new story of the best-selling series.

Hand, Hand, Fingers, Thumb

by Al Perkins

"This is still our family's favorite book, after some 30 years."

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and PARENTS at www.kidscoop.com

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interactive quiz, poll for kids, games, word searches, book and web
recommendations, jokes, recipes, answers and a whole lot more.