KEEPING CLEAN!

干净环境，从我做起

TEACHING CHILDREN ABOUT HYGIENE

卫生相关的知识

A MESSAGE...

Kiddiwinkie Schoolhouse believes that children need to **Learn Curiously** and **Live Creatively**, ensuring that they have fun as they make sense of the world around them. With delicate issues shared on the news today, our young charges need to have knowledge of what is important to them. They can then take charge of their learning and above all, their personal hygiene practices.

Keeping Clean! is developed as a learning resource for families and educators. It explains about viruses in an explicable manner and focuses on keeping others and oneself safe and healthy. We hope that with this learning resource, children will acquire a deeper understanding of viruses through various fun activities and continue to practice good hygiene habits regardless of the situation.
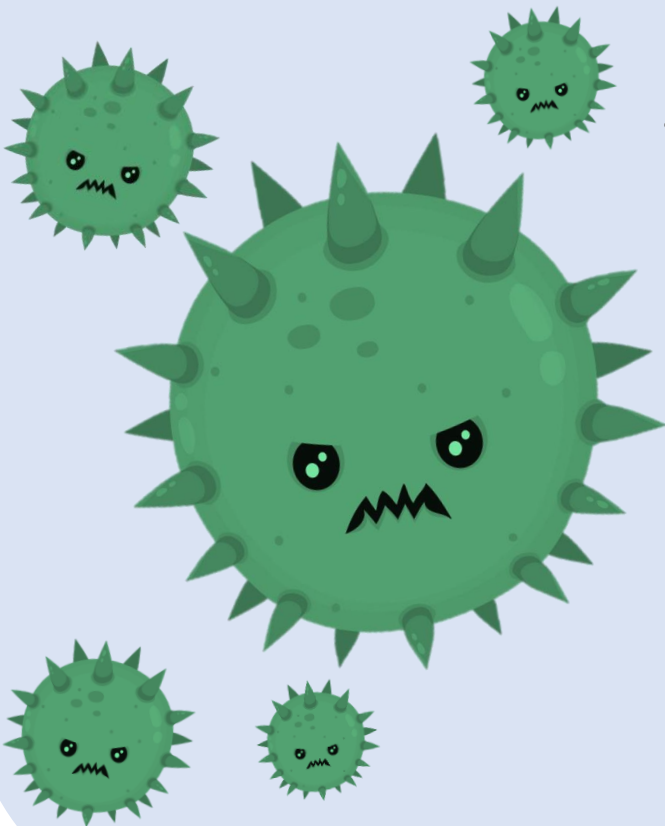
Your partner-in-education,
Kiddiwinkie Schoolhouse

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WHAT ARE VIRUSES?

什么是病毒？

There are many types of germs around us. One of them is called a virus. What is a virus and why is it bad for us?

我们身边有很多种细菌，其中一种是病毒。什么是病毒？为什么对我们不好呢？

Viruses need to be inside a living thing to grow. When viruses get inside people's bodies, they can spread and make people sick.

病毒只能在生物里存活。当病毒进入人们的身体时，他们能扩散并使人生病。

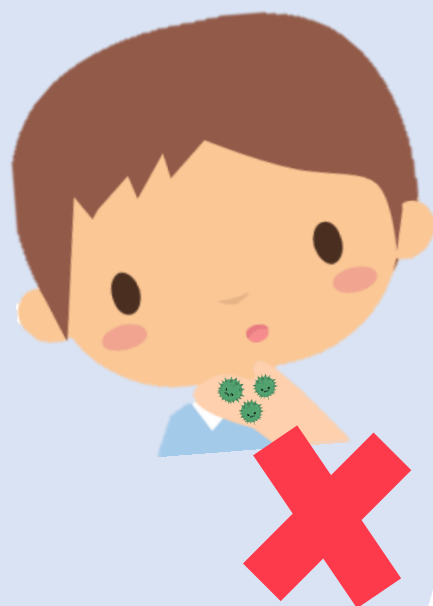# HOW ARE VIRUSES SPREAD?

病毒如何传播？

Most viruses are spread through the air when one coughs or sneezes.
大部分的病毒是透过空气传播，例如吸入感染者咳嗽或是打喷嚏时喷出的飞沫。

Some are passed from person to person, such as shaking hands with someone who is sick and then touching your own face!
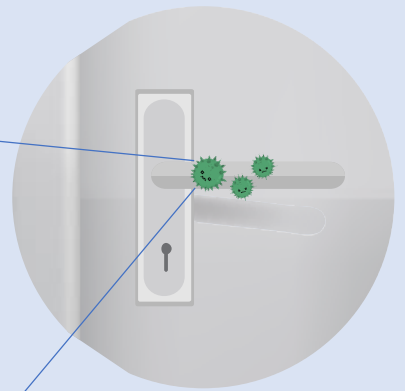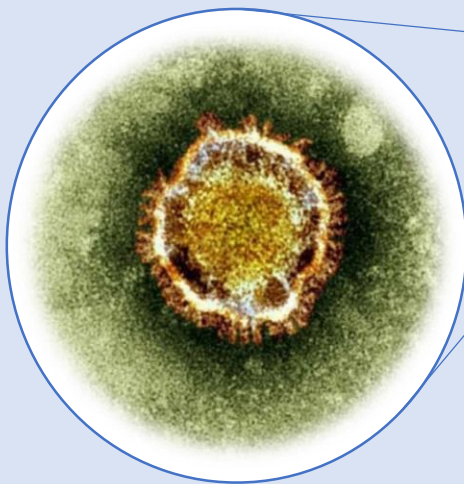有些病毒是通过人传人，例如与被感染的人握手然后再触摸口、鼻或眼睛。

WHERE ARE THESE VIRUSES?

这些病毒在哪里？

Most viruses cannot survive very long if they are not inside a living thing, but some can live for a short time on a surface like door handles or table tops!
Thus, it is important to wash our hands regularly.

大部分的病毒只能在身体内存活。其中一部分的病毒在物体表面如桌面或是门把上也能存活一段时间。因此，培养勤洗手的习惯非常重要。

You can only see viruses under a microscope!
我们只能在显微镜下看见病毒的模样！

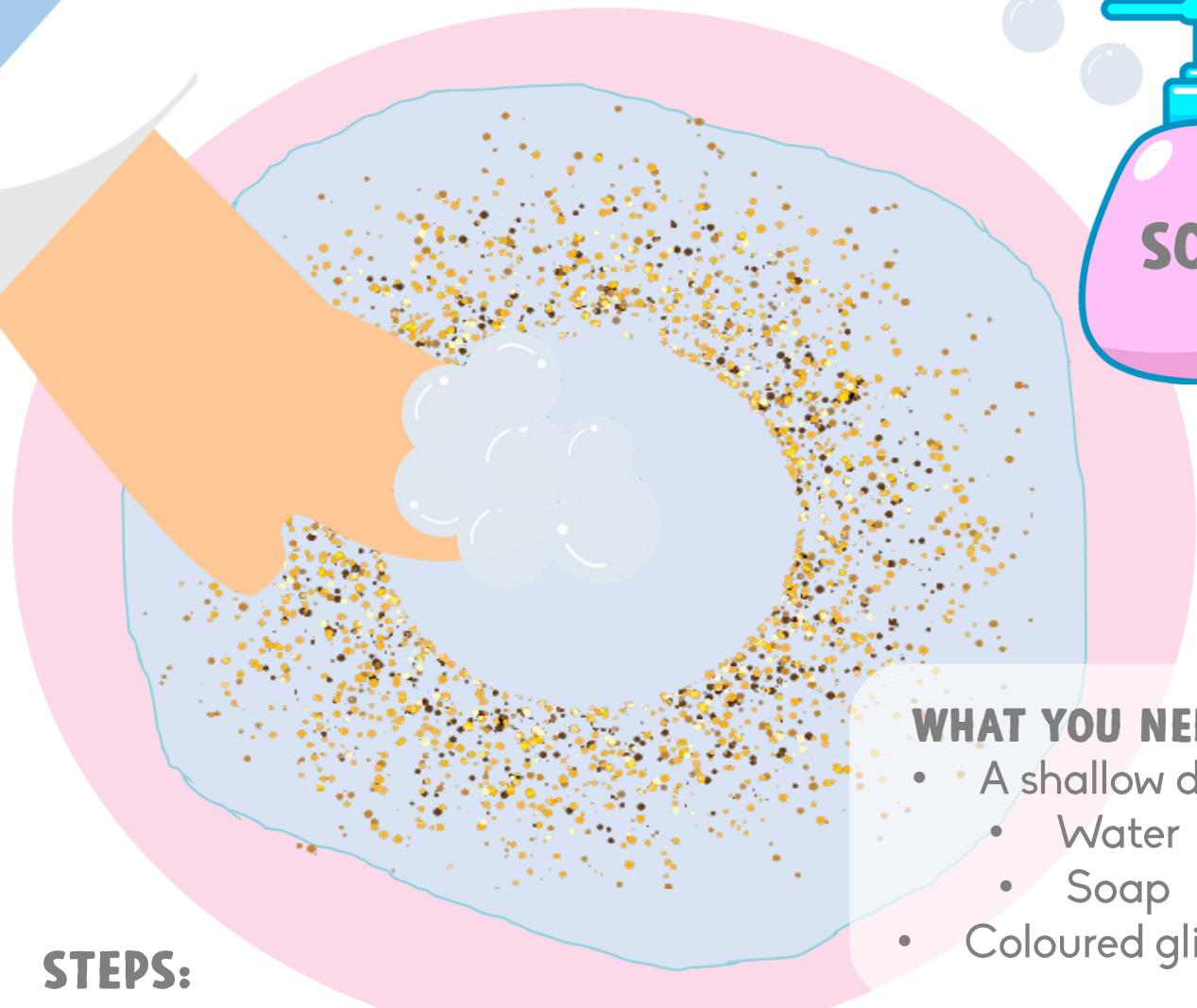# WASH YOUR HANDS...
什么时候要洗手？

- When you enter school or your home
  当你踏入学校或是回到家时
- Before and after your meal
  饭前饭后
- After outdoors
  户外活动之后
- If you sneeze or cough into your hands
  当你咳嗽或打喷嚏时用手捂着嘴巴
- After interacting with animals
  与动物互动之后
- After using the washroom
  使用厕所后

IMPORTANCE OF SOAP

A VISUAL ACTIVITY

From this activity, you will be able to see how soap helps with germ prevention!

SOAP

WHAT YOU NEED:
- A shallow dish
- Water
- Soap
- Coloured glitter

STEPS:
1. Pour water into the shallow dish.
2. Sprinkle glitter into the water. (The glitter represents the germs.)
3. Dip your index finger into soap, then dip the soaped finger into the centre of the dish.
4. Watch as the glitter moves to the edge of the water, away from the soap!

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HAND-WASHING TIME!

The best way to get rid of germs is to wash our hands regularly with soap! Sing along to these songs to ensure that you have washed your hands sufficiently.

LET'S SOAP!
(SUNG TO THE TUNE OF FRÈRE JACQUES)

Invite children to wet their hands with water and to pump soap into the palm of their hands.
Lather the soap and make lots of bubbles!

Top and bottom,
Top and bottom,
In between, in between.

All around your hands,
All around your hands,
Scrub them clean,
Scrub them clean!

HAND-WASHING TIME!

The best way to get rid of germs is to wash our hands regularly with soap! Sing along to these songs to ensure that you have washed your hands sufficiently.

HAND-WASHING SONG
(SUNG TO THE TUNE OF HÄNSCHEN KLEIN)

Invite children to wash the soap off their hands entirely

Wash your hands,
Wash your hands,
Make the germs all go away!

Wash your hands,
Wash your hands,
Do it every day!

COVER UP!
A CRAFT ACTIVITY

Create a paper plate craft to serve as a reminder about covering our mouths and noses when we sneeze!

WHAT YOU WILL NEED:

- Paper plate
- Coloured paper
- Tissue
- Coloured markers
- Glue/stapler
- Scissors

Remember this rule,
won't you please,
cover your mouth,
when you cough and sneeze!

STEPS:

1. Draw a face onto the paper plate.
2. Trace your hand onto the coloured paper and cut it out.
3. Cut out the rhyme from this page.
4. Glue the tissue over the "mouth" of your paper plate face, then glue the hand over the tissue
5. Finally, attach the rhyme onto your craft!

童谣 RHYME

饭前饭后要记得洗手，肮脏的小手更吸引病毒！
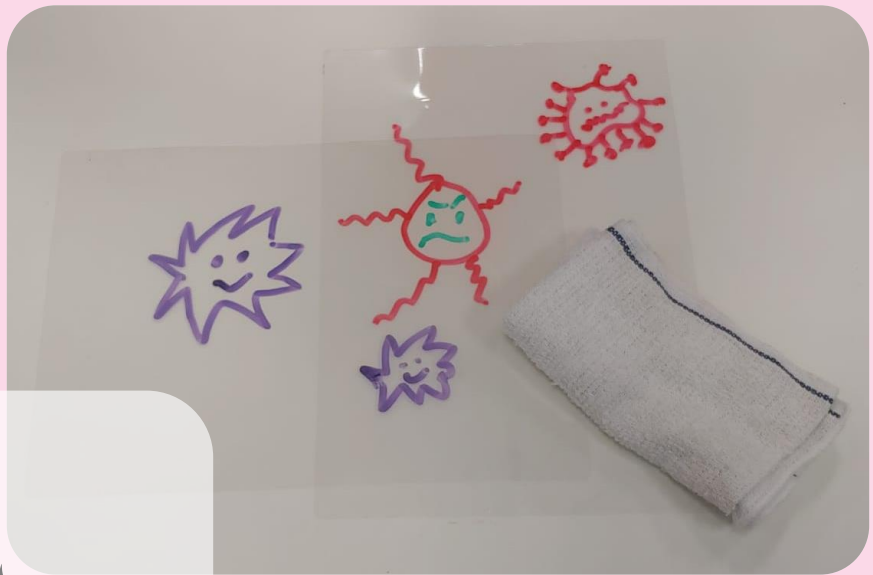It is important to wash your hands before and after meals!

念一念：

拍拍手，吃果果，

小手脏，别碰我。

洗洗手，洗洗手，

病毒细菌远离我。

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清洁游戏
CLEAN UP VIRUS!

打扫环境保持干净能帮助减少病毒扩散的可能性！
Keeping the environment clean will help to reduce the spread of viruses and prevent us from falling sick.

准备：
- 塑料纸
- 抹布
- 白板马克笔

步骤：
1. 爸爸妈妈在塑料纸上画上"小病毒"，摆放在家中各个角落。
2. 请幼儿找出"小病毒"，用布擦干净。

WHEN YOU ARE NOT FEELING WELL...
当你感到不适时…

Inform an adult. They will bring you to a doctor to get checked.
通知身边的大人，请他们带你去看医生检查身体。

Cover your mouth and nose with a tissue when you cough or sneeze! Throw the tissue away immediately.
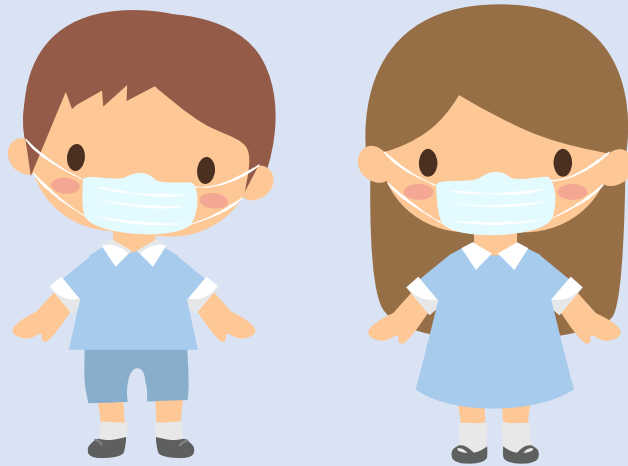咳嗽或打喷嚏时用纸巾遮着鼻和口！然后记得马上把纸巾丢进垃圾桶里。

WHEN YOU ARE NOT FEELING WELL...
当你感到不适时…

Do stay at home and rest until you are well again to come out to play!

留在家中休息直到康复后再出门玩！

If you have to go outside, wear a mask! This way, you will not spread your virus to others.

如果需要到户外，记得戴口罩！这样就能避免病毒传染给他人了。

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When everyone does their part to keep clean, there will be less germs being spread around.
保持卫生，人人有责。

Let's work together towards a healthier and cleaner community!
让我们一起共创一个健康干净的家园！

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Vision: To ignite creativity and nurture resilient leaders of tomorrow
Mission: We provide a holistic programme in an engaging learning environment that fuels curiosity and embraces diversity
Core Values: Creativity Happiness Innovation Leadership Determination