

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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Kid Scoop FIT & FUN

Join Kid Scoop's SCRUB SQUAD



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 SONG

(Sung to the tune of "Old MacDonald")

Washing hands is sudsy fun
 Scrub! Scrub! Scrub! Scrub! Scrub!
 I wash eight 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.
 More fun hand-washing songs at www.kidscoop.com/kids

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.

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

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

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

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.

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



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

Extra! Extra! 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.

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.

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.

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.

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.

Kid Scoop VOCABULARY BUILDERS

This week's word: **SQUAD**

The noun **squad** means a team or crew that work together.

My **squad** was in charge of cleaning the playground.

Try to use the word **squad** in a sentence today when talking with your friends and family members.

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

Kid Scoop Puzzler

Unscramble each of the mixed-up words.

When should I wash my hands?

- after playing DISTOUE 0 1
- after using the STROMORE R T R
- before eating or KONCOGI 0 0
- 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



Healthy fun! Get a set of FREE hand washing activity pages for your classroom at kidscoop.com/scrub-squad/

Double Double Word Search

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

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

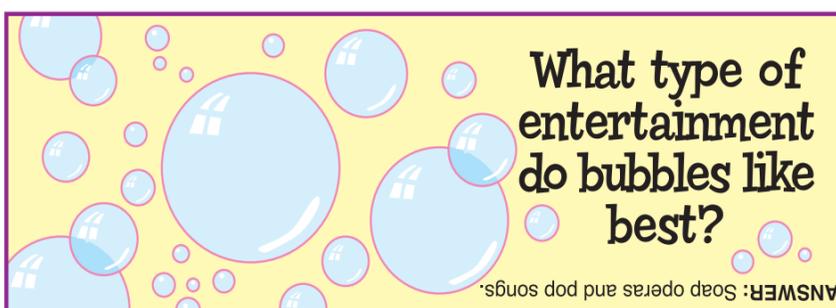
Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

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.



ANSWER: Soap and bubbles.

Write On! 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.

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