

Welcome to your Lysol® Minilabs Science Journal!

The Lysol® HERE for Healthy Schools program is intended to help stop the spread of illness-causing germs in the classroom through creating hands-on activities that are fun and engaging while teaching the science of germs, and better hygiene behaviors. This book and all hands-on activities were designed in partnership with The GIANT Room, a co-design lab with kids and for kids.

In this journal, you'll find these hands-on activities, including the coolest comics that will teach you what microbes are, where they might live in your school and classroom, how to protect yourself against them, how our bodies fight illness, and ways to clean and disinfect germs to keep ourselves healthy!

You'll meet E. coli and Phage, Wibbly White cells and Stomach Bug, Eugie, Uncle Salmonella, and so many more microbe characters! Then, go to the last chapter to learn new words, review their meaning, and add your own definitions.

Let's get hands-on! (...after we've washed with soap and water, of course.)

- Lysol® & The GIANT Room

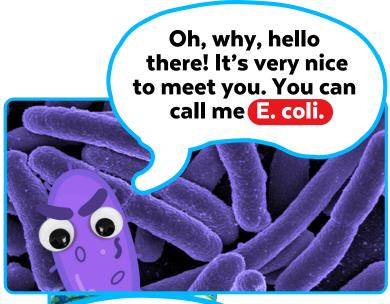
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^{*}See pages 88 and 89 for sources and additional resources used to create this Minilabs Journal and kit materials.

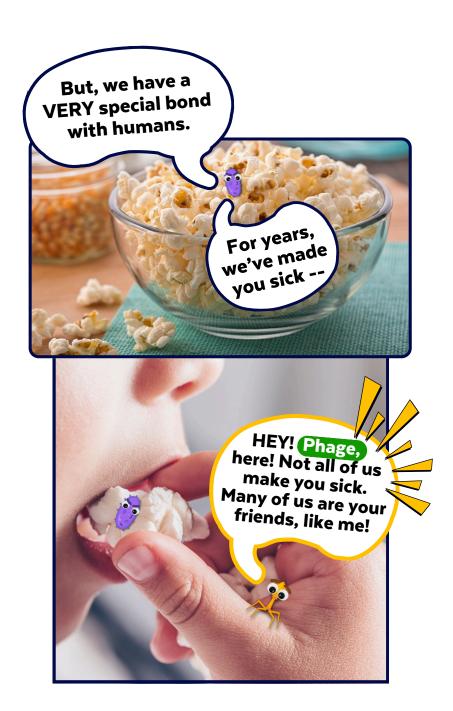
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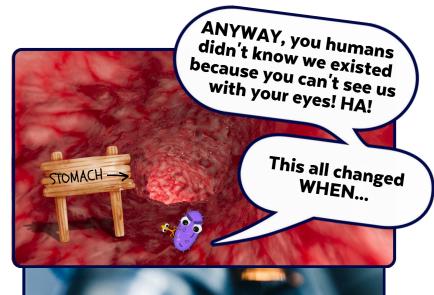
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Meet the MICROBES CHAPTER 1











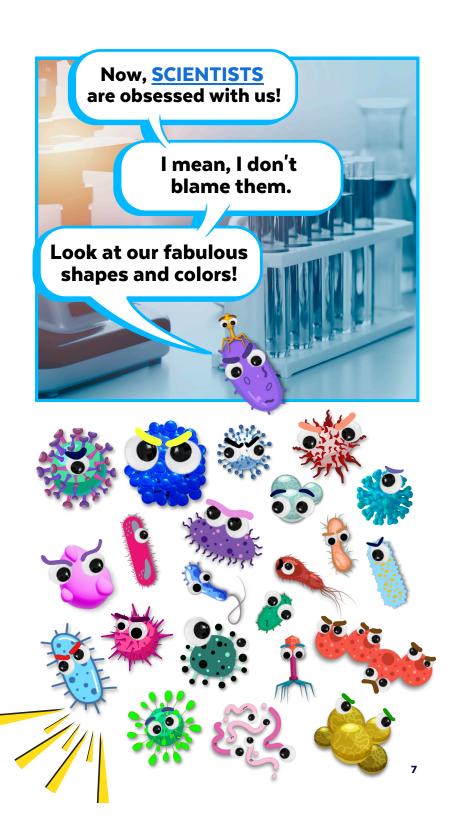
and Hook, discovered us using a MICROSCOPE.

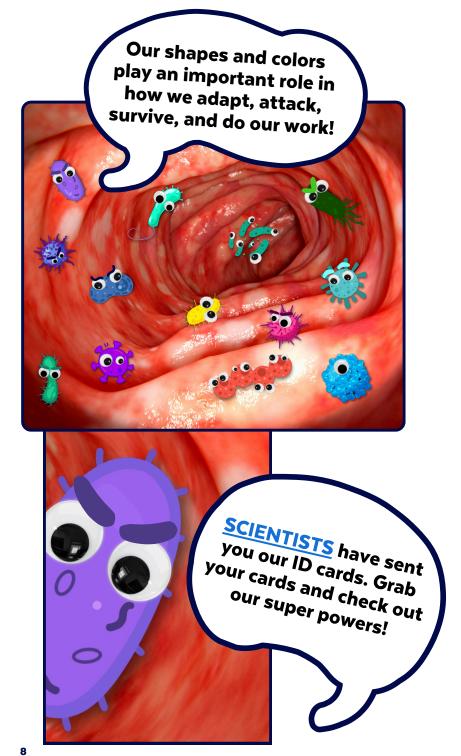


Micro means "small",

ORGANISMS mean "living things."

We are small and alive!





HANDS-ON ACTIVITY

CHECKLIST

Grab 3 Microbe ID
Cards from your
teacher.



Check out your cards!



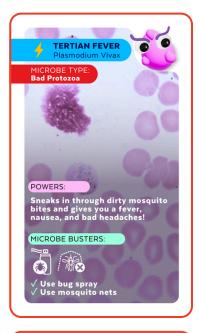
Play games, trade, and collect cards!





Bad Microbes



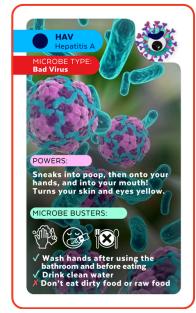














Bad Microbes









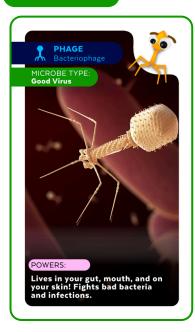








Good Microbes



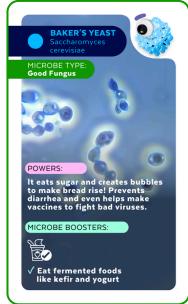


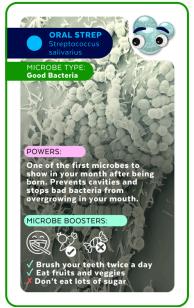




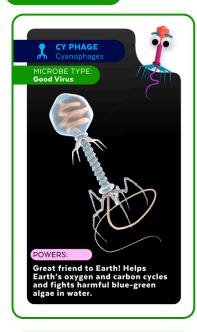






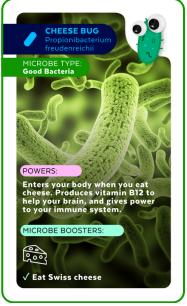


Good Microbes









CHAPTER 2

MICROBES "SCHOOLS

Pssst! Did you know

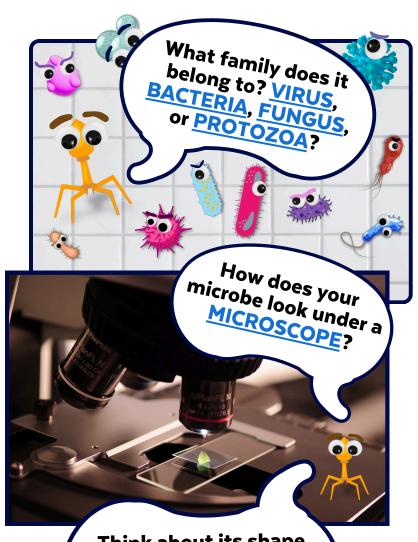
SCIENTISTS have found
millions of microbes in every
square inch of schools?!



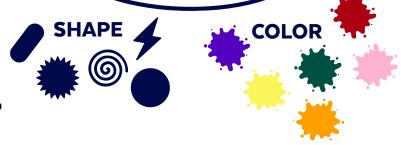
HOTSPOTS are places where a LOT of bad microbes like to hang out.







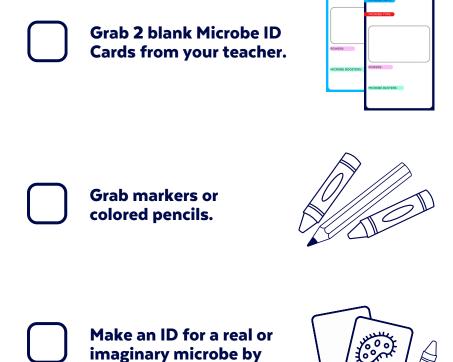
Think about its shape, color, and unique features. Maybe your microbe has spikes, is slimy, or...?





HANDS-ON ACTIVITY

CHECKLIST



drawing and writing on

your blank cards.









After playing outside, at school, on the playground, or at home.

After exercising in the school gym.





After coming home from school.

After coughing, sneezing, or blowing your nose.





After touching garbage.

After touching or feeding a pet.



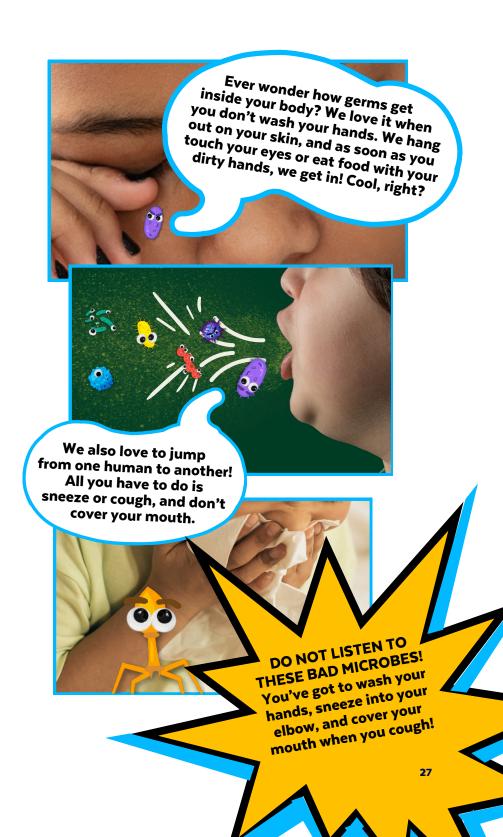


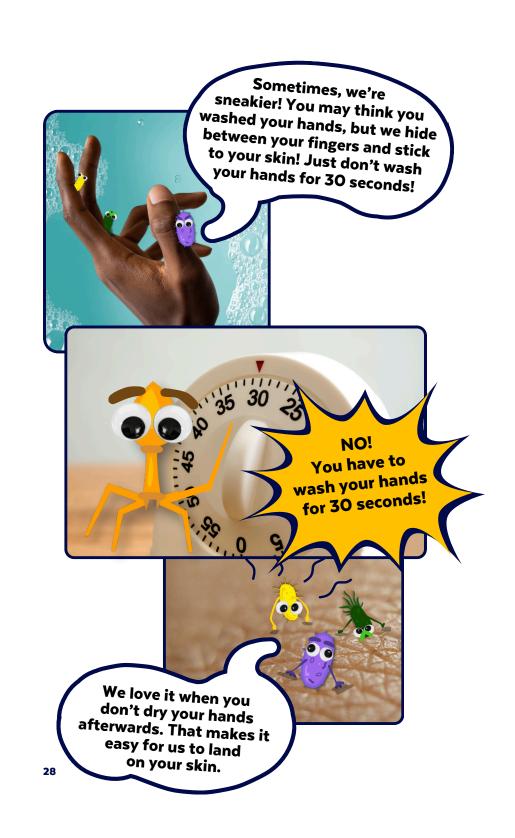
After touching money, like bills and coins.



Protect against BAD MICROBES

CHAPTER 3





UNBELIEVABLE!

You must wash your hands with soap and water, and scrub between your fingers for 30 seconds...





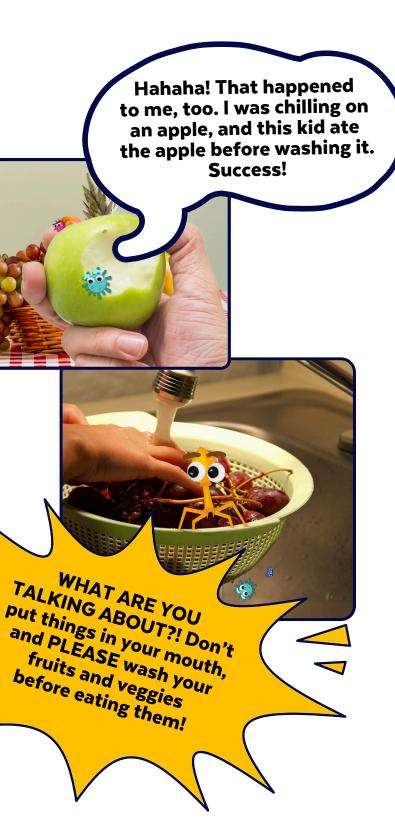
...and then DRY them!





...and this kid put the pencil right into his mouth!





I'm a fungi, and you know where my favorite spot is? Anywhere moist and humid! Like between your toes, when they are sweaty and warm in your shoes. Just don't wash your feet!



Disgusting!
You take showers,
right? You've got to
wash your feet!







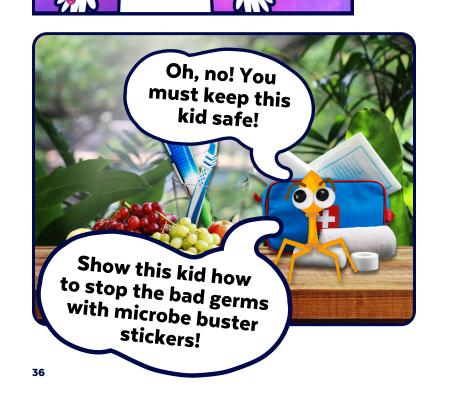




These are all good

HYGIENE habits that
help you stay healthy!





CHECKLIST

Grab one Bad Microbes sticker sheet and one Microbe Busters sticker sheet from your teacher.



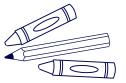
Add bad microbes on the MODEL of the sick child's body on page 38 in your journal.



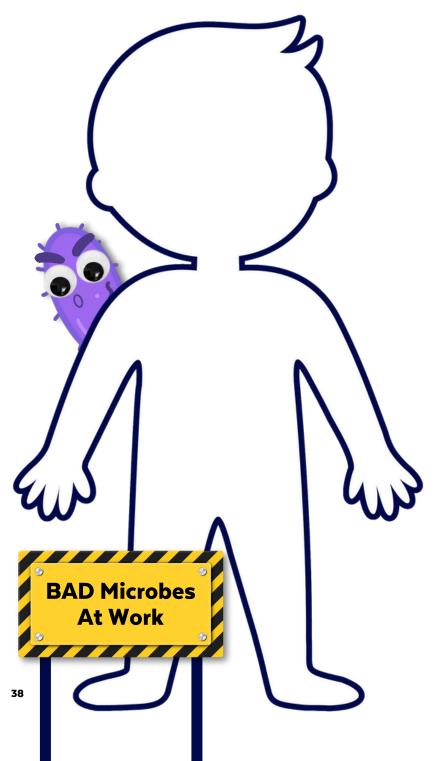
Then, add microbe busters on the MODEL of the healthy child's body on page 39.



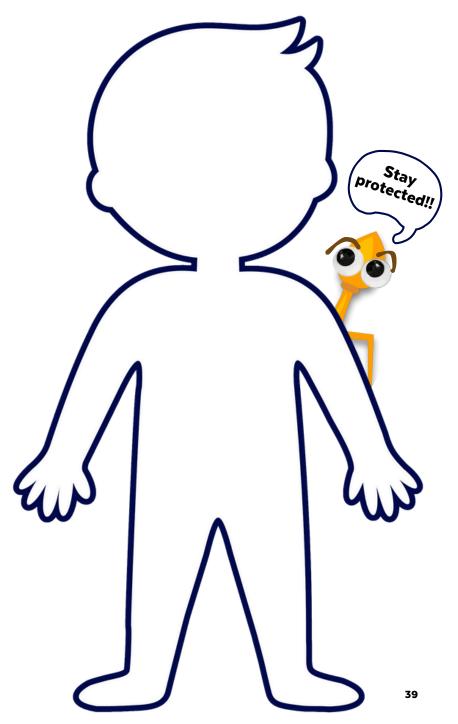
Do you have other ideas on ways you can protect the child? Grab a pencil and draw on the MODEL!



MODEL OF A SICK CHILD'S BODY



MODEL OF A HEALTHY CHILD'S BODY







Wear a mask if you're in a crowded space!



Keep your clothes clean and dry.



Wash your fruits and veggies before eating them.



Take showers.



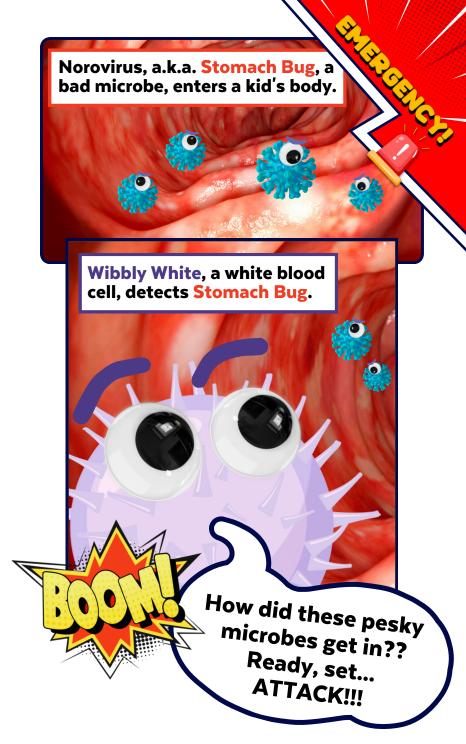
Brush your teeth before going to bed.

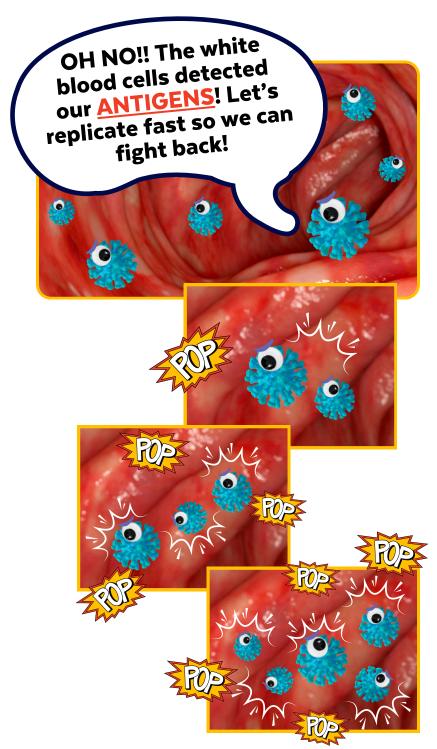


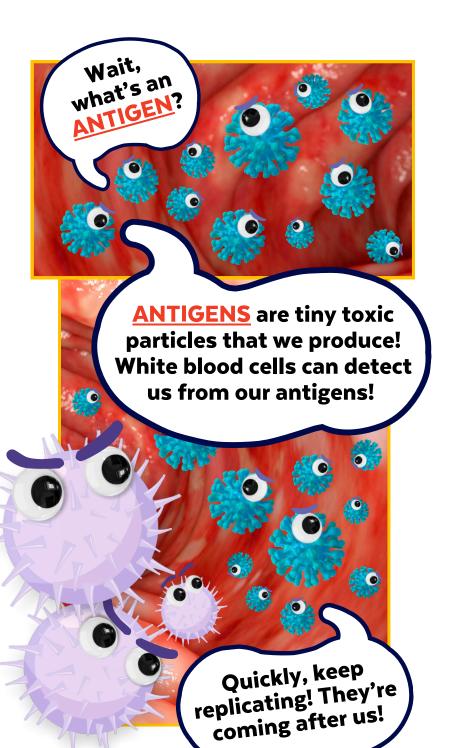
Keep your home clean and tidy.

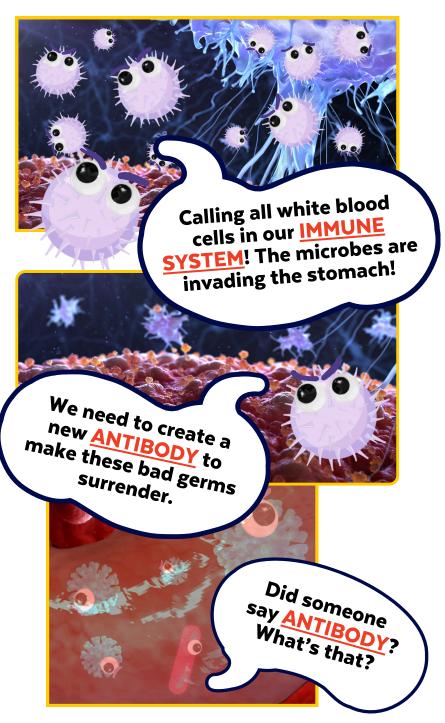


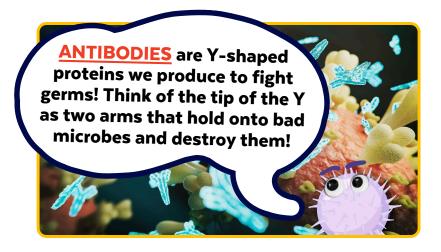
BAD Microbes &Illnesses









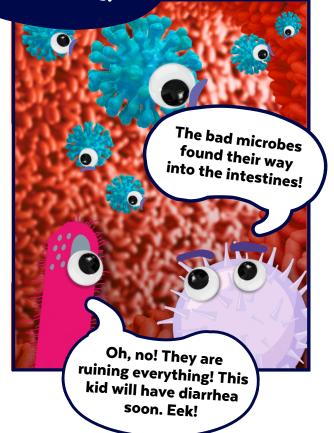


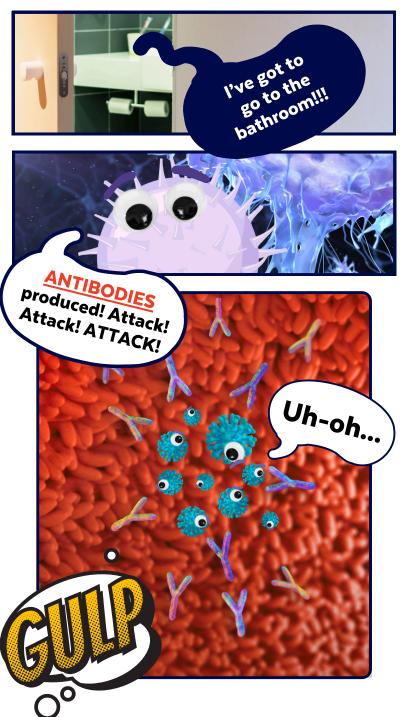
Uh, oh... I'm not feeling too well.

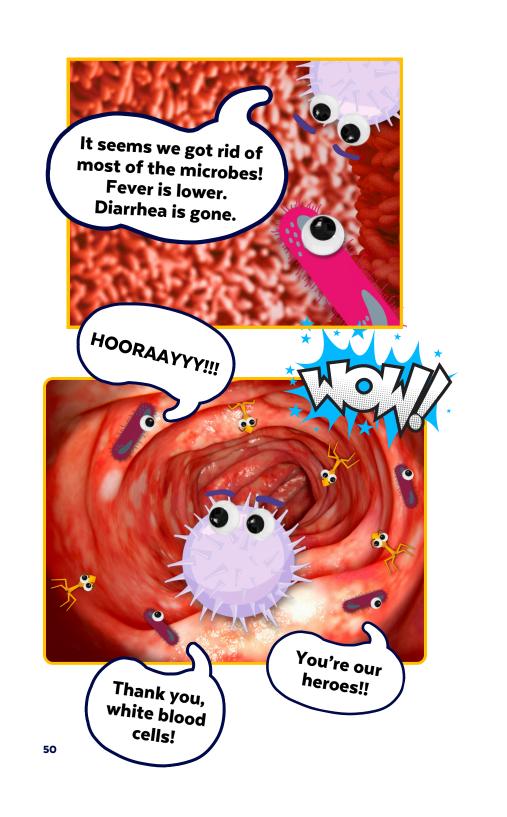




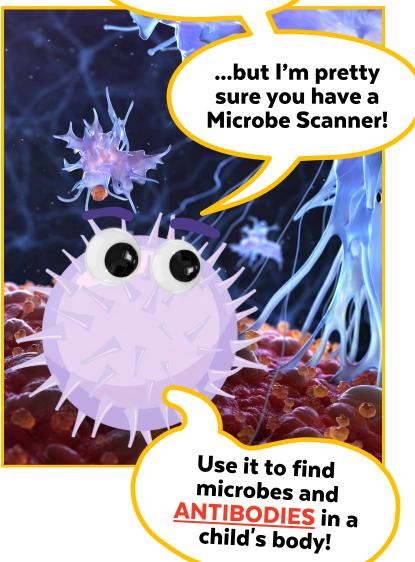
It seems you have a fever. Stay home and rest to help your body fight the germs.



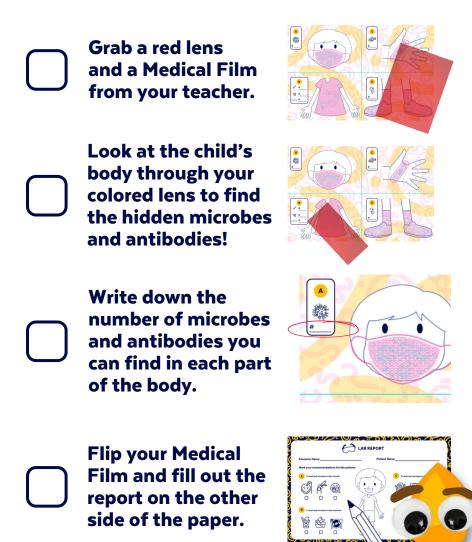




I bet you'd like to see all of these microbes up close! Well, you may not have a MICROSCOPE...



CHECKLIST





CHAPTER 5

Invent to PROBLEM SOLVE

A Mysterious Cat Illness



CHECKLIST





Design an invention to help the sick cats!

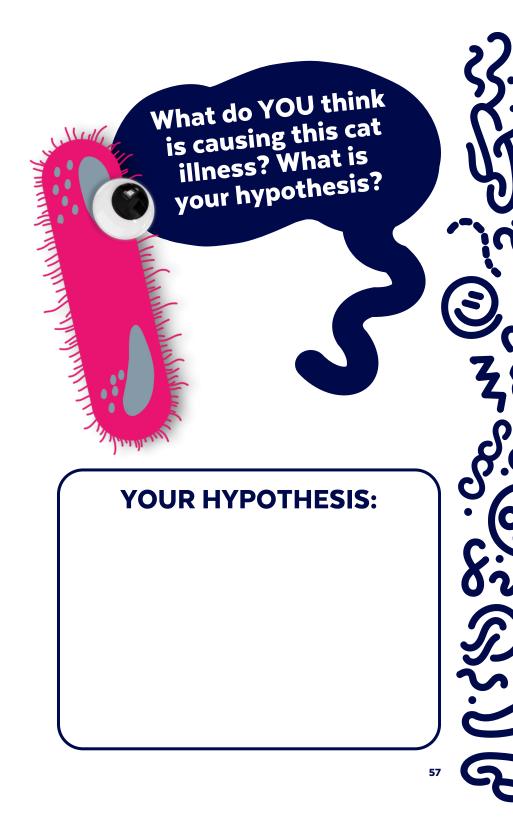


Grab prototyping materials from your teacher and make a MODEL of your invention.



Write about your invention on pages 58 and 59.





Describe

Share about YOUR invention!

ABOUT YOUR INVENTION

1 My invention's name is...

2 To build my prototype I used these materials:

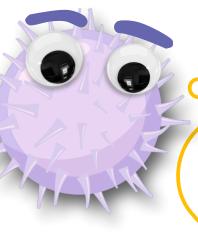
3 My invention helps sick cats by...

Optimize

Test the prototype of your invention, compare, and gather feedback!

MY INVENTION'S STRENGTHS ARE...

MY INVENTION'S WEAKNESSES ARE...



Pssst! Did you know?
You can make your
IMMUNE SYSTEM
stronger by...

Eating foods rich in vitamins, like fruits and veggies.





Eating foods with good bacteria, like yogurt!

Not eating a lot of sugar!





Staying active!

Going to bed early and getting enough sleep.



AND once you are already sick, help STOP spreading your germs by...



Staying home, resting, and taking medicine from your doctor.

Keeping your distance from others.





Washing your hands.

Covering your mouth when you cough and sneeze.





Most importantly, being kind to yourself!

Cleaning and DISINFECTING GERMS

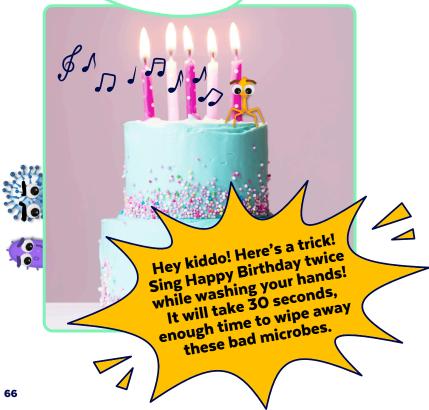












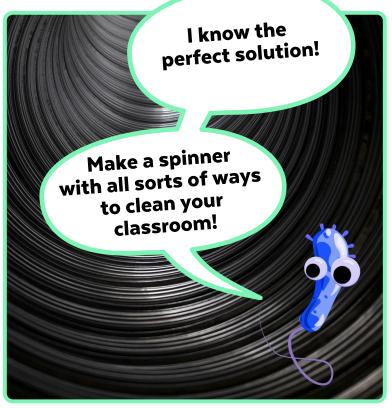


KILLS 99.9% OF VIRUSES & BACTERIA



*When used as directed, Lysol® Disinfecting Wipes and Lysol® Disinfectant Spray kill 99.9% of viruses and bacteria, including cold and flu and the COVID-19 virus, and can be used on many household and classroom surfaces like desktops, door handles, and countertops.





CHECKLIST

| Grab some paper |
|---------------------|
| and a writing tool. |



Think of ways you can keep your classroom clean.



Write down or draw one cleaning task on your paper.



As a class, choose your top options to add to your classroom spinner!



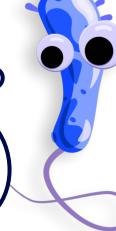


CHAPTER 7

Defeat the BAD Germs

A Timed Experiment







1. Wet your hands with water.

2. Add soap to your hands.



3. Rub your palms together.

4. Scrub your fingers, the tops of your hands, and under your nails. Do it for 30 seconds!





5. Rinse.





HANDS-ON ACTIVITY

CHECKLIST

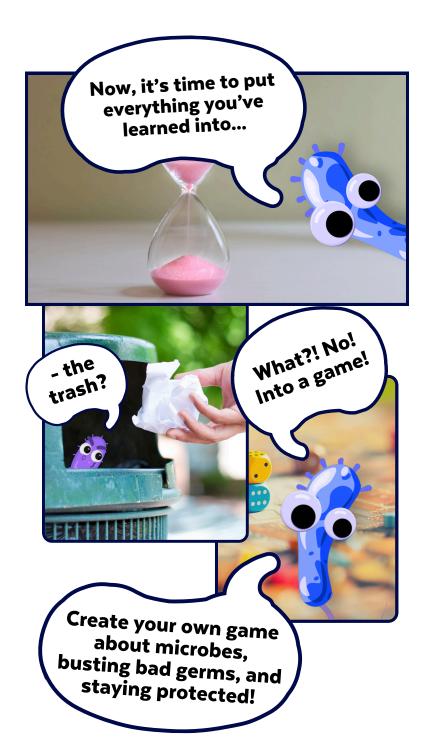
| Form a science committee with a group of your classmates. | |
|---|---|
| Grab one Experiment Tray Paper and 4 pairs of velcro dots and make your tray! | |
| Place your hourglass on your tray and pour the sand inside it to make your hourglass timer! | to |
| Conduct a science experiment to build a 30 second timer. How much sand do you need to add | Sec |
| Record your data and experiment trials in the Lab Report on the next page. | 1100 1004 1004 1004 1005 100 100 100 100 100 100 100 100 10 |

RECORD YOUR EXPERIMENT DATA

| TRIAL # | AMOUNT OF SAND (measured in inches) | # OF SECONDS |
|------------|-------------------------------------|-----------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |

Games FOR Health

CHAPTER 8



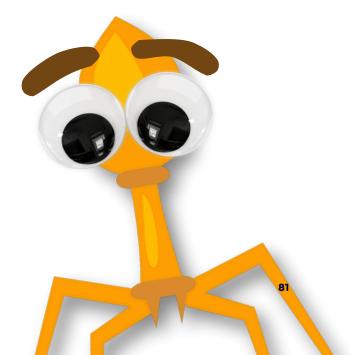
HANDS-ON ACTIVITY

CHECKLIST

| Form a game design team with a group of your classmates. |
|--|
| Gather paper, markers, tape, and scissors. |
| Grab your Microbe ID Cards and your 30-second sand timer. |
| Using your supplies, design your own game about microbes as a team! |
| Write down your game rules on the next page so you can teach others to play your game. |

YOUR GAME RULES

A Scientist's GLOSSARY!



HANDS-ON ACTIVITY

Glossary

MICROSCOPE

A tool that scientists use to zoom in and see things that are REALLY tiny.

MICROBE

Short for microorganism, which is a small living thing - too small to see without a microscope.

ORGANISM

Any living thing like humans, plants, animals, or microbes.

SCIENTIST

A person who makes hypotheses based on research and tests them in experiments so that they learn and share new things about the world around us.

Draw a MODEL to help define the word.

BACTERIA

A type of microbe that can live on its own in many different places, including on skin and inside the body.

VIRUS

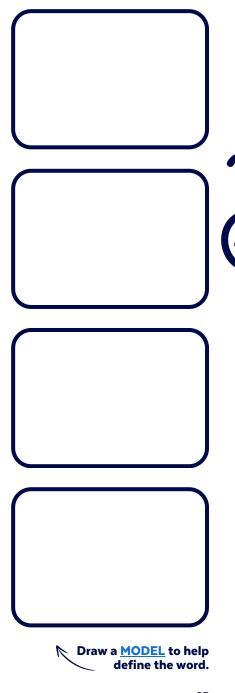
A type of microbe that cannot live on its own and needs to live inside other living cells to grow and multiply.

FUNGUS

A type of microbe that includes molds and yeasts; can cause infections.

PROTOZOA

A type of microbe that is made of just one cell (the tiny building block of life), with a nucleus (the control center) inside.
They can do all the things they need to live, like eating, moving, and growing!





HOTSPOTS

Places you can find many bad microbes like toilets, touch screens, or keyboards!

MODEL

A representation of an object, living thing, process, or system.

MICRO-BIOLOGIST

A scientist that studies microbes and their behaviors.

HYGIENE

Things we can do to help us stay healthy and prevent sickness.



ANTIGENS

Tiny toxic particles that bad microbes produce, leading to production of antibodies.

ANTIBODY

Y-shaped proteins that white blood cells produce to fight bad microbes!

IMMUNE SYSTEM

Our bodies' defense against infections caused by microbes.

ENGINEERING DESIGN

The development of a new or improved object or tool that solves a problem.

Draw a MODEL to help define the word.



The GIANT Room





The GIANT Room is a creative co-design lab that provides opportunities for children, families, and educators to collaborate with designers, policymakers, scientists, artists, and engineers.

In addition, on our GIANT Remix platform, we provide opportunities for children to co-design and co-publish books and games they can read and play with their friends and family.

ABOUT Lysol®





For more than a century, Lysol® has been protecting families from the spread of illness-causing germs. We believe there is nothing more important than keeping our loved ones safe and healthy. For Lysol®, just as it is for parents, protection is an instinctive act of love: an unconditional combination of strength and heart.

About HERE For Healthy Schools

Established in 2019, HERE for Healthy Schools launched with the mission of helping to curb the spread of illness-causing germs in classrooms nationwide. From the creation of interactive lesson plans and physical resources to donating millions of Lysol® Disinfecting products, Lysol® is committed to helping kids learn healthy habits and providing educators with the resources they need to keep their classrooms protected from germs.

References and Additional Resources

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• InformedHealth.org [Internet]. Cologne, Germany: Institute for Quality and Efficiency in Health Care (IQWiG); 2006-. In brief: How does the immune system work? [Updated 2023 Jun 6]. Available from: https://www.ncbi.nlm.nih.gov/books/NBK279364/#

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- WHO. Malaria. https://www.who.int/health-topics/malaria#tab=tab_1
- CDC. Malaria. https://www.cdc.gov/malaria/index.html
- CDC. Blastomycosis. https://www.cdc.gov/blastomycosis/index.html
 CDC. Rabies. https://www.cdc.gov/rabies/
- CDC. Norovirus. https://www.cdc.gov/norovirus/index.html
- CDC. Covid. https://www.cdc.gov/covid/index.htm
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