

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## **Tiny Tissues & Germ Ninjas: Pre-K Disease Defense Training**

Goes beyond basic handwashing to target higher-order evaluation of cross-contamination risks and hygiene choices through interactive scenarios.

---

**1. Sophie is at the playground. She sees a toy covered in sticky, wet mud. Should she pick it up and then eat her snack with those same hands?**

- A. Yes, mud is just dirt and cannot make you sick.
- B. No, because bugs we can't see live in the mud and might get on her food.
- C. Yes, if she wipes her hands on her pants first.
- D. No, but only if the mud smells bad.

**2. If you have a tickle in your nose and no tissue, the best way to stop a 'germ explosion' is to sneeze into the middle of the room.**

- A. True
- B. False

**3. Leo is sick and wants to share his \_\_\_ with a friend. This is a bad idea because germs can travel from his mouth to the friend's mouth.**

- A. Water bottle
- B. Picture book
- C. Favorite block
- D. Rug

**4. The 'Germ Ninja' needs to wash his hands. Which of these is the MOST important thing to use to make sure the germs actually leave his skin?**

- A. Cold water only
- B. A dry towel
- C. Slippery soap
- D. A quick shake

**5. Is it a good idea to hug a friend who is coughing and has a very runny nose?**

- A. True
- B. False

**6. A piece of apple falls on the bathroom floor. What is the safest choice to keep your tummy happy?**

- A. Pick it up and eat it quickly.
- B. Blow the dust off and eat it.
- C. Put it in the bin and get a clean piece.
- D. Lick it to see if it's dirty.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**7. To be a health hero, you should wash your hands for as long as it takes to sing \_\_\_\_.**

- A. One tiny word
- B. Happy Birthday twice
- C. A whole movie song
- D. Nothing at all

**8. Can you tell if a toy is covered in germs just by looking at it with your eyes?**

- A. True
- B. False

**9. Why do we wear shoes when we play outside in the prickly grass or sand?**

- A. To hide our colorful socks.
- B. To keep germs and sharp things away from our skin.
- C. So we can run slower.
- D. Because shoes like to go for walks.

**10. If you touch a \_\_\_, you must wash your hands immediately before touching your eyes or mouth.**

- A. Pet turtle or frog
- B. Stuffed animal
- C. Clean pillow
- D. Fresh t-shirt