

SICK & SUFFERING RELATED RESOURCES

EXPERIMENTS

Bread Spread

In this experiment, you will learn just how germy certain surfaces can be, and how to best clean your hands!

Materials:

- Several slices of bread
- Sandwich bags
- Soap and water
- Hand sanitizer
- Marker

Procedure:

- Take one piece of bread and press it between your hands. Place it in a sandwich bag and label it "Unwashed hands".
- Wash your hands with soap and warm water. Press this piece between your hands. Place it in a sandwich bag and label it "Washed with soap and water".
- Take several other pieces of bread throughout your house. Press them onto areas you want to test. Some examples could be the bathroom sink, kitchen sink, door handles, etc... Place these slices in bags, and label them accordingly.
- Finally, use some hand sanitizer to clean your hands. Press a piece of bread between your hands. Place it in a bag labeled "Washed with hand sanitizer".
- Leave the bags for 24-48 hours in a warm area. What do you see? What is the best way to clean your hands?

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Germ Squirm

Wondering why soap helps reduce your chances of getting sick? See how it works with this experiment!

Materials:

- Shallow dish or plate
- Water
- Glitter or pepper
- Dish soap

Procedure:

- Pour some water onto your dish/plate. Make sure it doesn't overflow!
- Sprinkle glitter or pepper on top of the water.
- Dip your finger in some dish soap, then touch it to the water's surface. What happens to the particles on top?

CRAFTS

Build-a-Bacteria

Make your own bacteria so you can see what your body is fighting against!

Materials:

- Book on bacteria, or website with photos of bacteria (ask an adult for help!)
- Craft materials, such as foam balls, construction paper, clay or modeling dough, pipe cleaners, pom poms, buttons, etc...

Procedure:

- Find a bacteria that looks interesting to you.
- Make it with any sort of craft supplies! What did you learn about your bacteria? Can your body fight it off?

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SNACKS

Bite-a-Bacteria

The only healthy way to eat bacteria! Eat your own petri dishes without the risk of getting sick.

Ingredients:

- Gelatin (your flavor of choice)
- Edible garnishes that look like your bacteria!
 - Examples: sprinkles, chocolate chips, nuts, dried fruit

Procedure:

- Research what different bacteria look like on petri dishes. Gather ingredients that look similar.
- Prepare your gelatin according to the instructions on the package (ask an adult for help!)
- Pour the gelatin into a shallow, round mold (you can use real petri dishes, or small bowls and ramekins)
- Add your “bacteria” toppings.
- Let cool and enjoy!

Cytotoxic Tea

Wanna fight the flu like a cytotoxic t cell? Try this tea!

Ingredients:

- 1 cup of water, boiling (ask an adult for help!)
- 1 piece of ginger -or- 1 teaspoon of ground ginger
- 1 teaspoon turmeric
- 1 teaspoon cinnamon
- Juice of ½ lemon
- Honey to taste

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Procedure:

- Add all ingredients, except honey, to a mug.
- Let steep for two minutes.
- Strain out ginger and add honey to taste.
- Enjoy!

BOOKS

Orthodox

Title: Confession (Orthodoxy for Children series)

Author: Fr. Anthony Borisov

Summary: Practical explanation of confession and its importance for our spiritual health.

Grade Level: K - 5

Title: Philo, Rose and the Joy SuperHoly

Author: Mireille Mishriky

Summary: A book exploring how to be joyful, in spite of poor health.

Grade Level: Pre-K - 5

Scientific

Title: I Know How We Fight Germs

Author: Kate Rowan

Summary: A boy and his mother discuss how germs work, and how the body fights back.

Grade Level: K - 2

Title: Your Body Battles a Cold

Author: Vicki Cobb

Summary: Graphic novel-style book describing how the immune system functions.

Grade Level: 2 - 6

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SONGS

Title: Learn Germs Song for Children

YouTube Channel/Artist: Patty Shukla Kids TV

Link: <https://www.youtube.com/watch?v=jPpBrBd4s58&list=LL&index=4>

Title: Wash Your Hands Lyric Video

YouTube Channel/Artist: The Kiboomers - Kids Music Channel

Link: https://www.youtube.com/watch?v=LaePayB_pC4&list=LL&index=2

Title: TanGo to Unction

YouTube Channel/Artist: Rocko's Music Factory - Topic

Link: https://www.youtube.com/watch?v=oZAEPilirWQ&list=RDoZAEPilirWQ&start_radio=1