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.

Remember the last time you had a cold or the flu? Use hand sanitizer should be a ______________ for washing your hands with soap and ______. While sanitizer does kill ___________ germs, it doesn’t do a very good job of getting rid of dirt. Think of hand sanitizer as just a little “touch-up” ___________ washings with good ol’ soap and water.

Hand Sanitizer vs. Soap & Water

Using hand sanitizer shouldn’t be a for washing your hands with soap and sanitizer does kill 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.

**HANDS NITANIZER vs. SOAP & WATER**

**Avoid**

**Sanitize**

**Soap**

**Water**

**Germs**

**Between**

**Replacement**

**Kid Scoop’s SCRUB SQUAD**

Ruth your hands together under warm running water. Make sure to get up to your wrists. Use a generous amount of soap. Liquid soap, powdered soap or a bar soap are all great. SCRUB: Get the palms, back of your hands, wrists, under your nails and between your fingers for at least 20 seconds. Rinse your hands to get rid of the soap (and dirt and germs). Air dry your hands or use a clean towel, either cloth or paper.

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

**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: Health: Students know practicing good personal hygiene habits required to maintain health.

**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.

Standards Links: Vocabulary: Use a variety of standard and adapted vocabulary words.

**Kid Scoop deeks™**

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.

Complete the puzzle with the following words: S, O, U, D. One letter is the correct answer. If you have completed all the rows, the rest of the puzzle is complete.

Standards Links: Letter recognition. Recognizes related sound. Some words are not complete.

**Double Double Word Search**

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

**Hidden in the puzzle:**

**Squid**

**Bubbles**

**Soap**

**Germs**

**Towel**

**Palms**

**Nose**

**Kid Scoop Puzzler**

Unscramble each of the mixed-up words.

When should I wash my hands?

- after playing DISTOUE
- after using the STROMORE
- before eating or KONCOGI
- after petting SANIMLA
- before and after visiting a sick DRFNEI
- after blowing your nose, coughing or sneezing
- after taking out the RATHS

Standards Links: Reading Comprehension: Follow simple written directions.

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

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.