

Lessons and Activities Guide for Teachers and Educators

Pre-K through 3rd grade

Cold and Flu Etiquette

Promote health by introducing and encouraging Cold and Flu Etiquette through the use of picture books, class discussions, art, song and movement.

Lessons in Cold and Flu Etiquette encourage:

- The recognition of safety risks and healthy practices.
- Students to identify ways to keep a healthy environment for themselves as well as for others.
- Body awareness.
- An understanding of science, biology and how germs are transmitted.



Class Discussions on Cold and Flu Etiquette:

Lead a Discussion in Cough and Sneezing Etiquette.

After reading *Sneezy Louise* to the class, encourage suggestions as to what Louise should have done when she felt that she was going to sneeze.

Possible answers:

- Stayed in bed
- Went to the doctor
- Walked away from others or turned her head away from them
- Sneezed into her elbow
- Sneezed into a tissue then threw the tissue away
- Washed her hands after sneezing.
- Used hand sanitizer

Discuss proper ways of covering sneezes and coughs

Read or act out sneezing and coughing scenarios. Purposely forget to do something that may prevent spreading germs. Ask the children if you did the right thing and if not, identify what you should have done differently.

Example: Sneeze into a tissue, throw the tissue away but do not wash your hands or use sanitizer.



Create a Visual List!

Brainstorm ways to prevent from getting sick or from getting others sick. List them on a large sheet of Chart Paper or Poster Board.

Possible answers:

- Eat Healthy
- Exercise
- Wash your hands regularly
- Cough and sneeze properly
- Stay away from others who are not feeling well
- Don't share food or drink with others
- Stay home when you don't feel well
- Get a flu shot (or other vaccinations)
- Go to the doctor for check-ups
- Take medication if your doctor tells you to



Science Lesson - Spreading of Germs and Viruses

Glitter Experiment:

Objective: Demonstrate how quickly and easily germs and viruses are spread. Demonstrate the value of "hand washing" as a means of preventing viruses from spreading.

Materials Needed:

- Colored Glitter
- Large pan

****If you don't mind a little mess, this is an effective way of demonstrating how germs spread. Have a vacuum ready for clean-up or take the group outside. ☺**

1. Pour the colored glitter in the pan.
2. Select a student to put both hands into the glitter.
3. Tell the student to pretend to sneeze into his or her hands.
4. Show the class how much glitter sticks to his or her hands.

Teachable moment: Explain that the glitter represents germs. We can't see germs but we can see the glitter and we will be able to see how they spread from one person to another.

5. Now have that student shake hands with other students. Observe how much glitter others now have on their hands.
6. Ask the infected student to touch a desk or a doorknob. Observe how glitter is left behind.

Teachable moment: Note how easy it is to spread glitter (germs) to others and to leave them behind on surfaces. Explain that spreading germs is how we catch colds or spread the flu.

7. Have the student show that by simply washing his or her hands with soap and water, the "glitter" germs will disappear

Alternative:

As an alternative, a ball covered with stickers may be used.

1. Hold up the ball and inform the class that the stickers on the ball represent germs from someone who forgot to cover their mouth when they sneezed.
2. Toss the ball to one child and have them remove a sticker. Then have that child toss it to another who will also remove a sticker.
3. Ask what is happening to the germs or viruses.

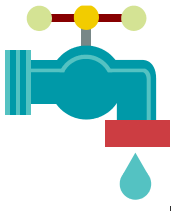


Song:

Sing to the tune of *Row, Row, Row Your Boat*:

Cover, cover, cover your mouth gently when you sneeze.

Use tissues, your elbow then wash your hands, NO colds for us, please!



Class Discussions on Hand Washing:

Discuss *The 6 Magic Moments for Washing Hands and Why*

(Refer to the attached worksheet provided by The Canadian Red Cross and to the worksheet with Sneezy Louise illustrations).

List these moments on a large poster board or on the chalkboard.

- Before and after eating
- After playing (indoors or outdoors)
- After going to the bathroom
- After coughing and sneezing
- After touching a pet
- After being near someone who is sick



Art Suggestion for *6 Magic Moments for Hand Washing:*

Classroom posters:

Materials Needed:

- Construction paper
- markers or crayons
- a variety of magazines glue or glue sticks
- scissors

1. Explain to the children that, they will be making a poster that will be displayed around the classroom. The posters will be reminders as to when we should all wash our hands in order to prevent colds and viruses.
2. Allow the children to pick any of the *6 Magic Moments* as a theme for their poster.
3. Distribute magazines and encourage the children to draw or cut and paste any picture or text that will help them get the message across in their poster.
4. Display the posters around the classroom, some randomly and some strategically (in bathroom, by sink, near the class pet, where they hang their coats when they come in from the outside, etc).