



Reading Guide for Teachers and Educators, Pre-K through 3rd grade

Cold and Flu Etiquette

Before Reading

Introduce the Book

- Show students the front and back covers of the book and read the title with them. Ask what they might read about in a book called Sneezy Louise. Refer to the illustrations. Accept any answer.
- Show students the title page. Discuss the information on the page (title of book, author's name, illustrator's name and publisher).
- After previewing the covers and title page of the book, invite the students to share how the words and illustrations connect to something the students already know.



Take a Book Walk and Set the Purpose

- Flip through some of the illustrations in the book. Ask students to tell how Louise may be feeling based on the pictures. Ask how they know.
- Once it is established that Louise is sick, discuss the expressions and body language of the other characters? Why may they be angry or frustrated at Louise?
- Ask what Louise is doing or not doing that is causing the other characters to be angry or frustrated with her?



During Reading

- Encourage listeners to anticipate what will happen when Louise's eyes get itchy, her throat gets wheezy and her nose gets sneezy.
- Tell the children to share in the action of sneezing providing them with the opportunity to "tell" or "read" along.

After Reading

- Discuss sneezing etiquette. What should Louise have done? (sneezed into her elbow or tissue, washed her hands, used hand sanitizer, walked away from others when she felt a sneeze coming, stayed home, went to a doctor . . .)

IMPORTANT NOTE: DON'T MORALIZE!

Refrain from summarizing the story with statements such as "Do you see how important it is that you listen when your parents tell you to cover your mouth when sneezing?" Kids get messages, even subtle ones. It is important that children enjoy the process of reading. Having a lesson taught in a humorous, gentle manner is more likely to stick than when it is being served like a green vegetable that is good for you. 😊

- Discuss empathy. Ask how the students think Louise is feeling emotionally? Have they ever felt that way? Discuss responding sympathetically to people who are upset, hurt, sick, or overwhelmed.