



Lower Primary School | Year levels – Years 1, 2 or 3

Lesson 3: Catch It!

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Understand what happens to our body when we sneeze.

CATCH IT

Always use a tissue when you cough and sneeze.

BIN IT

Throw your tissue in the bin as soon as possible.

WASH IT

Wash your hands.



Australian Curriculum Links

- Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018).
- Explore actions that help make the classroom a healthy, safe and active place (ACPPS022).

Resources

- SNEEZESAFE® certificate and letter to parents on sneezesafe.com.au

Key Learning Intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

• Catch it!

Germs can spread easily. Always use a tissue to catch your cough and sneeze.

• Bin it!

Germs can live on tissues for several hours. Throw the tissue away as soon as possible.

• Wash it!

Hands can transfer germs. Wash your hands as soon as you can.





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What Happens When We Sneeze?

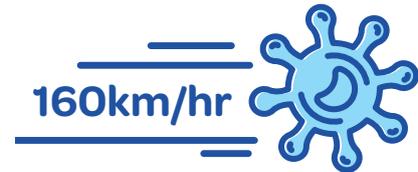
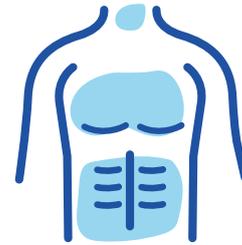
Sneezes can be caused by dust, cold air, pepper, an allergy to pet hair, sunlight, and of course, by a cold virus.

Germs irritate the little hairs inside your nose, and send a message to a part of the brain called the 'sneeze centre'. It then sends a message to all the muscles that have to work together to create the amazingly complicated process we call the sneeze.

Some of the muscles involved to help you sneeze include: the abdominal muscles, the chest muscles, the diaphragm, your voice control muscles and the muscles in the back of your throat. And don't forget about the eyelid muscles!

Did you know that most people close their eyes when they sneeze?

When you sneeze, microscopic bacteria attach to the water vapour exploding from your nose at high speeds - over 160km an hour (that's as fast as Rafael Nadal's tennis serve!)





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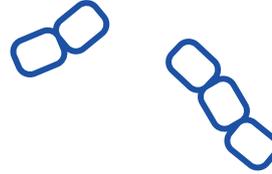
Activities

Cloze Activity

- wash
- sneezes
- sick
- virus
- tissue
- cough
- 160
- hand

Fill in the missing 8 words:

1. You can get sick if someone who is already sick _____ on you.
2. You should always _____ your hands after sneezing.
3. Your sneeze can reach speeds of up to _____ kilometres per hour.
4. Throw your _____ in the bin after you use it.
5. Cover your mouth when you _____.
6. Germs can make you _____.
7. Don't wipe your nose with your _____.
8. The cold _____ spreads to other people, attached to the water sprayed from your nose when you sneeze.



Draw A Sneeze

You will need:

- Pencil
- Paper

What to do:

1. Draw a picture of what happens when you sneeze.

