



Middle / Upper Primary School | Year levels – Years 4, 5, 6 and 7

Lesson 8: Stop! Colds & Flu Alert!

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Introduce the difference between germs and viruses.

CATCH IT

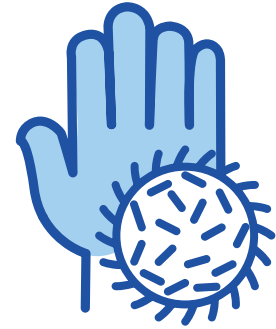
Always use a tissue when you cough and sneeze.

BIN IT

Throw your tissue in the bin as soon as possible.

WASH IT

Wash your hands.



Australian Curriculum Links

- Identify and practice strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).
- Investigate community resources and ways to seek help about health, safety and wellbeing (ACPPS053).
- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058)

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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Outcomes / Activity

News Flash!!

Winter Colds & Flu Season Has Started

Your class has been given the responsibility of creating an awareness campaign about this year's cold and flu season for the entire school. That might include presenting daily news bulletins and updates so that kids can protect themselves and their families.

Students will first need to do some research on symptoms, prevention, and what to do if you are feeling sick. There are useful information websites below.

Useful information websites

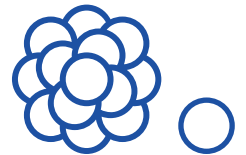
[Kids Health](#)

[Better Health Channel](#)

[Women and Children's Health Network](#)

[Brainpop](#)

[Health for Kids](#)



1. In partners, ask students to write a short announcement that will be broadcast over the school PA system. Keep it short (under 1 minute) and make sure to end with the important 1-2-3 Process: Catch it, Bin it, Wash it! They could also pre-record it.
2. Create a short role-play and/or film about how to prevent catching colds and flu. Students could perform or play it at the weekly assembly.
3. Create posters for the school's hallways, reminding students about how to prevent spreading germs and viruses.
4. Create a post for the class or school blog, reminding parents about the 1-2-3 process to prevent colds and flu. You could also upload their health video message here too.

