



Healthy Classrooms Lesson Plan

AIM

Students will acknowledge and understand the importance of good hygiene practice in relation to reducing the spread of germs.

They will learn how a sneeze or cough can spread germs to others, and will be encouraged to use good hygiene practices.

ACHIEVEMENT OBJECTIVES

STRAND A

Personal Health & Physical Development

Personal Well-Being & Development • Attitudes & Responsibilities

STRAND D

Healthy Communities & Environments

People & the Environment



Lesson 2

How to help STOP THE SPREAD



PURPOSE

To explore and discuss the spread of germs and teach elements of the 4 Kleenex® SneezeSafe® steps.

INSTRUCTIONS

Use online and library resources to research how germs are spread. Reiterate and discuss the importance of the Kleenex® SneezeSafe® steps. Discuss ways we can all help to stop the spread!

TIP

Prompt the children to answer questions such as...

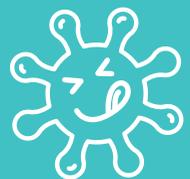
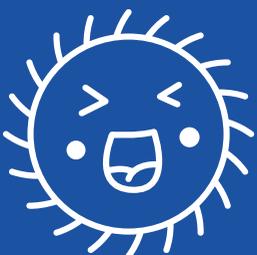
- How do sneezes and/or coughs have the potential to spread germs?
- What are the 4 key things to remember to help stop the spread?

Prompt class discussion to answer questions such as...

- What could happen in our community if people don't follow these steps?
- How can we share what we've learnt with our friends and family to help stop the spread?

TEACHING MESSAGE

If we follow the 4 Kleenex® SneezeSafe® steps and share our knowledge with others, we can help stop the spread of germs and contribute to a safer, healthier community!



sneezesafe.co.nz



Activity 2

Germs TRANSFER BY TOUCH



PURPOSE

To demonstrate how germs can be spread if hands are not washed or sanitised immediately and thoroughly after a sneeze or cough, as well as regularly throughout the day.

INSTRUCTIONS

1 student is nominated to start.

Using either wet hands and glitter OR dry hands and talcum powder/flour the nominated student covers their right hand in glitter/talc/flour.

The student shakes 3 other student's hands.

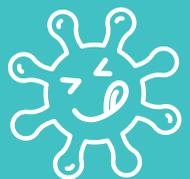
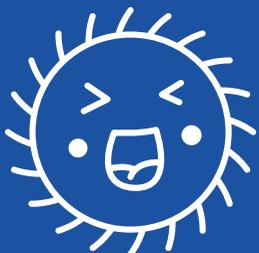
Each of these 3 students then shake hands with 3 others.

Continue until all students hands have been shaken.

- How many people and surfaces have glitter/talc on them – even just one speck?
- To what extent have the germ particles spread through unwashed hands to surfaces and people?

TEACHING MESSAGE

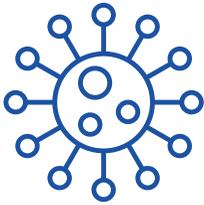
A sneeze (or cough) can easily spread germs to others. It is important to understand and use safe hygiene practices to help to reduce the spread of germs – including regularly and thoroughly washing or sanitising hands – (especially after sneezing or coughing, and touching surfaces).





So Gross!

Fun facts for students

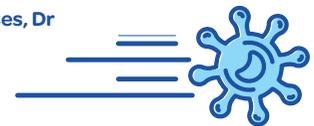


Why is 'the sneeze' the biggest culprit in the transmission of colds and flu?

Published medical journals confirm that the volume of virus particles produced by a sneeze is significantly greater than the volume produced by a cough or nose blow.

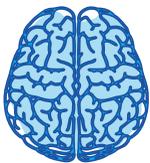
A sneeze is capable of sending cold and flu virus particles at speeds of up to **320 kilometres an hour**, a distance of up to **900mm**, into the air for others to breathe.*

*U.S expert in infectious diseases, Dr Winkler Weinberg



How do our bodies 'choreograph' a sneeze?

When the inside of your nose gets a tickle, a message is sent to a special part of your brain called the sneeze centre.



The sneeze centre then sends a message to all the muscles that have to work together to create the amazingly complicated process that we call the sneeze.

Some of the muscles involved are the abdominal muscles, the chest muscles, the diaphragm, the muscles that control your vocal chords, and muscles in the back of your throat. Don't forget the eyelid muscles!



It is the job of the sneeze centre to make all these muscles work together, in just the right order, to send that irritation flying out of your nose at high speed!!



A good place to start researching

<https://uniteforrecovery.govt.nz/> • www.health.govt.nz
www.fightflu.co.nz/faq/ • <https://www.kidshealth.org.nz/flu-influenza>

For more information about Kleenex® SneezeSafe®:
ph: 0800 733 703

sneezesafe.co.nz

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