



Lesson  
1

Lower Primary School | Year levels – Foundation to Year 2

# GERMS ON THE MOVE

## HOW GERMS SPREAD

### LEARNING PURPOSE

- Teach recommended health guidelines to stop the spread of viruses.
- Learn the correct way to use a tissue.

**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 people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy (ACPPS003).
- Identify actions that promote health, safety and wellbeing (ACPPS006).

### Resources

- SNEEZESAFE® stickers to reward learning.
- Interactive whiteboard resources on [sneezesafe.com.au](http://sneezesafe.com.au).
  - SNEEZESAFE® games to reinforce learning.
  - SNEEZESAFE® stories teaching good respiratory and hand hygiene.
- SNEEZESAFE® certificate and letter to parents on [sneezesafe.com.au](http://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.



## Introduction

Colds are bad because they make us feel unwell. Today we are going to learn how we can help people, friends and family, to stop catching colds.

Germs are tiny living things all around us. They're so small we can't see them but they're in the air, on our hands and on objects.

Some germs are cold germs. If we get cold germs in our bodies, we can get a cold and feel unwell. People who have colds spread these germs when they sneeze or wipe their nose. We can stop cold germs by using tissues.

We're now going to learn how to use a tissue to stop germs spreading and there will be a special sticker for everyone who learns to use a tissue properly.

### Students should learn to do all of the following:

- Start with a clean tissue. Open the tissue.
- Hold the tissue gently against both nostrils and blow hard, keeping your mouth closed.
- Fold the tissue over and throw it in the bin.
- Wash your hands.

### ACTIVITY 1: COLD AND FLU GERMS TRANSFER BY AIR

#### You will need:

- Water spray bottle
- Food dye (optional)

#### What to do:

- Fill an empty, clean spray bottle with water.
- Simulate the spread of a sneeze by spraying into the air, reaching surfaces and people.
- Spray into a tissue to show how a tissue catches all of the water (for this part you could add blue food dye to show more clearly).
- Explain that this is how germs spread and how important it is to use a tissue to cough and sneeze.

### ACTIVITY 2: COLD AND FLU GERMS TRANSFER BY TOUCH

#### You will need:

- Talcum powder
- Paint or gel

#### What to do:

- Show how germs spread when hands are not washed straight after coughing and sneezing.
- One pupil puts powder, paint or gel on their right hand.
- The same pupil shakes hands with 3 pupils and those 3 pupils shake hands with 3 others. Continue until all hands have been shaken.
- Take video of the children as they are doing this and show it back to them.

**Explain how easily cold and flu germs can spread. Even though only one student started out being 'infected', not washing their hands will 'infect' others easily.**

## Lesson 2

Lower Primary School | Year levels – Foundation to Year 2

# COVER AND SMOTHER!

## COVER YOUR MOUTH

### LEARNING PURPOSE

- Teach recommended health guidelines to stop the spread of viruses.
- Recognise and practice correct respiratory hygiene.



#### 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 actions that promote health, safety and wellbeing (ACPPS006).
- Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018).

### Resources

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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.



## Introduction

Colds are bad because they make us feel unwell. Explain how today we are going to learn how we can help people, friends and family, to stop catching colds.

Germs are tiny living things all around us. They're so small we can't see them but they're in the air, on our hands and on objects.

Some germs are cold germs. If we get cold germs in our bodies, we can get a cold and feel unwell. People who have colds spread these germs when they sneeze or wipe their nose. But we can stop cold germs by using tissues!

We're now going to learn how to use a tissue to stop germs spreading and there will be a special sticker for everyone who learns to use a tissue properly.

### Students should learn to do all of the following:

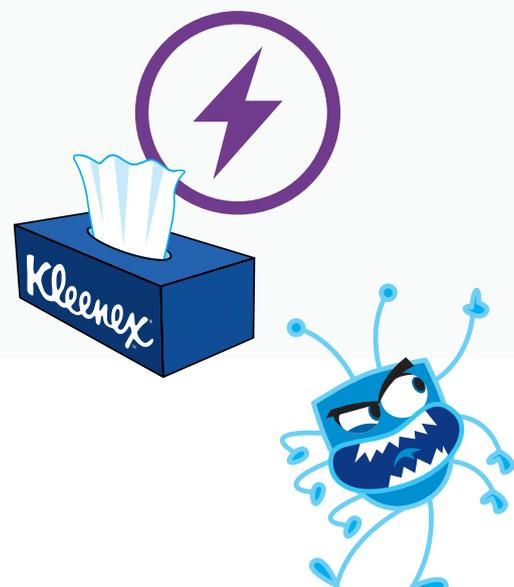
- Start with a clean tissue. Open the tissue.
- Hold the tissue against both nostrils and blow hard, keeping your mouth closed.
- Fold the tissue over and throw it in the bin.
- Wash your hands.

### ACTIVITY 1: COVER YOUR MOUTH AND NOSE

- Take a digital picture of each child, or pair each child up and take each other's image.
- Print out on A4 paper; alternatively have the children draw a picture of their face onto art paper.
- Then have each child trace a handprint of their hand onto art paper and cut out.
- Use a tissue and crumple it over the mouth and nose (as if the image was blowing their nose).
- Then glue the hand cut-out over the tissue, in the position which a child might use if they were using a tissue.
- Write a sentence underneath about good sneeze safe habits.
- Laminate and display around the classroom as a reminder during colds and flu season.<sup>^</sup>

### ACTIVITY 2: HERE'S ONE WE MADE BEFORE

- Put students in pairs to play the roles of Catch it Kate and Wash it Will.
- Using the class tablets, they may record a short video message showing the correct way to Catch it, Bin it, Wash it.
- Can they imagine another character who might also be included e.g. George the Germ?



<sup>^</sup>Source and more ideas at: <http://www.squidoo.com/cold-flu>

# Lesson 3

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

## CATCH IT! SNEEZES

### 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® stickers to reward learning.
- Interactive whiteboard resources on [sneezesafe.com.au](http://sneezesafe.com.au).
  - SNEEZESAFE® games to reinforce learning.
  - SNEEZESAFE® stories teaching good respiratory and hand hygiene.
- SNEEZESAFE® certificate and letter to parents on [sneezesafe.com.au](http://sneezesafe.com.au).

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Throw the tissue away as soon as possible.
- **Wash it**  
Hands can transfer germs.  
Wash your hands as soon as you can.



## What happens when we 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. 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 are the abdominal muscles, the chest muscles, the diaphragm, the muscles that control your voice and the muscles in the back of your throat. And don't forget about the eye lid muscles! Did you know that you close your eyes when you sneeze?!

It's 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 – over 160km an hour – that's as fast as a Roger Federer tennis serve! Sneezes can be caused by dust, cold air, pepper, an allergy to pet hair, sunlight and of course, by a cold virus. The virus irritates your nose and when you sneeze microscopic cold bacteria attaches itself to all that water vapour exploding from your nose^.

### ACTIVITY 1: CLOZE ACTIVITY

#### Fill in the missing words †

sneezes    sick    tissue    wash    cough    160    virus    hand    (8 words)

1. You can get sick if someone who is sick \_\_\_\_\_ on you.
2. You should always \_\_\_\_\_ your hands after sneezing.
3. You sneeze at speeds of about \_\_\_\_\_ kilometres per hour.
4. Throw your \_\_\_\_\_ in the bin after using.
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.

### ACTIVITY 2: DRAW A PICTURE OF WHAT HAPPENS WHEN YOU SNEEZE.



^Source: <http://kidshealth.org/kid/talk/qa/sneeze.html>

†Adapted from Germbusters: [www.health.qld.gov.au](http://www.health.qld.gov.au)

Lesson  
4

Middle Primary School | Year levels – Years 3 and 4

# MICRO-ORGANISMS

## TINY LIVING THINGS

### 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 practise strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).

### Resources

- SNEEZESAFE® stickers to reward learning.
- Interactive whiteboard resources on [sneezesafe.com.au](http://sneezesafe.com.au).
  - SNEEZESAFE® games to reinforce learning.
  - SNEEZESAFE® stories teaching good respiratory and hand hygiene.
- SNEEZESAFE® certificate and letter to parents on [sneezesafe.com.au](http://sneezesafe.com.au).

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Always use a tissue to catch your cough and sneeze.
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Throw the tissue away as soon as possible.
- **Wash it**  
Hands can transfer germs.  
Wash your hands as soon as you can.



## Introduction | Life processes and living things

### Micro-organisms are tiny living things:

- Micro-organisms are so small that you can't see them without a strong microscope.
- Bacteria and viruses are micro-organisms and enter the body through breathing in, drinking or eating.
- Harmful micro-organisms can cause illness.
- The flu is caused by the influenza virus.
- There are more than 200 viruses that cause colds.
- Cold and flu viruses are spread through coughs, sneezes and touching infected people or objects.

### SNEEZESAFE® FUN FACTS

- Your body can sneeze over 100 miles an hour (161 kilometres per hour), faster than a car travels on the road unless you're at a racetrack!
- Once you've been in contact with a cold virus, it takes 2 to 3 days for cold symptoms to begin.
- About 3,000 droplets can fly out of your mouth when you cough.
- About 40,000 droplets can fly out of your mouth when you sneeze.
- If a person is ill, a single cough may contain over two hundred million tiny germs.
- Almost everyone closes their eyes when they sneeze.
- You use many different muscles in the body when you sneeze, such as your tummy, chest, throat and eyelids.

### ACTIVITY 1: FUN FACTS - ARE THESE SENTENCES TRUE OR FALSE?

- Most micro-organisms cannot be seen with a microscope.
- All micro-organisms are harmless.
- Some micro-organisms can cause illness.
- Bacteria and viruses are both types of micro-organisms.
- Viruses can spread through coughs and sneezes.
- Micro-organisms cannot spread through the air.
- Using a tissue when you cough and sneeze can help stop the spread of viruses.

### ACTIVITY 2: MAKE A PICTURE DICTIONARY

Find an image or clip art that represents these words (or use the Fun Facts). Try Power Point or Publisher to present your work.

- Bacteria
- Microbe
- Micro-organism
- Virus
- Germ
- Breathe
- Tissue
- Sneeze
- Cough

# Lesson 5

Middle Primary School | Year levels – Years 3 and 4

## WASH IT! HANDWASHING

### LEARNING PURPOSE

- Teach recommended health guidelines to stop the spread of viruses.
- Understand how handwashing prevents the spread of 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 practise strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).

### Resources

- SNEEZESAFE® stickers to reward learning.
- Interactive whiteboard resources on [sneezesafe.com.au](http://sneezesafe.com.au).
  - SNEEZESAFE® games to reinforce learning.
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Wash your hands as soon as you can.



## Introduction | Handwashing the correct way.

Do you sing Happy Birthday in your class? Do you sing it twice, once for luck?!

That's how long it takes to wash the germs thoroughly away from your hands (or about 15 seconds).

### Here's an 8-step guide that will leave your hands squeaky clean.

First, wet your hands with running water, turn off the tap and lather up that soap.

1. Rub palm to palm
2. Between your fingers
3. Back of your hands
4. Bottom of your thumbs
5. Back of your fingers
6. Twirl your fingernails in the middle of the each palm
7. Last but not least, wash your wrists.
8. Rinse and dry

And here's a cool video on washing your hands – Wash Your Hands by the Preschool Popstars

<https://www.youtube.com/watch?v=sNACs7TYySg>

### ACTIVITY 1: STORYBOARD SEQUENCING

Children find and print images of the following (or teacher-supplied, sourced as screen grabs from SNEEZESAFE® online collateral).

- child washing hands
- child coughing
- child eating food after sneezing
- child binning tissue
- child blowing nose with tissue
- child sneezing over their friend

Order the sequence and create an A3 poster (try Power Point or Publisher).

Write a sentence underneath each picture using **do's** and **don'ts** of staying sneeze safe.

#### Alternatively

Give children one sheet each containing jumbled images for them to cut and paste onto A3 paper.

### ACTIVITY 2: BILLY GORILLY

Watch this clip from Billy Gorilly Kids TV

[https://youtu.be/Vr6GQN-z\\_2s](https://youtu.be/Vr6GQN-z_2s)

Create your own handwashing message from Catch it Kate and Wash it Will, using an ipad stop-motion app (e.g. Smoovie or StoMo ).

You will need playdough to create the characters, or you could use plastic figurines such as Lego.





Lesson  
6

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

# ATCHOO!

## CATCHING A COLD

### LEARNING PURPOSE

- Teach recommended health guidelines to stop the spread of viruses.
- Describe what happens to your body when you catch a cold.

**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

- Investigate community resources and ways to seek help about health, safety and wellbeing (ACPPS053).
- Plan and practise strategies to promote health, safety and wellbeing (ACPPS054).
- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058).

### Resources

- SNEEZESAFE® stickers to reward learning.
- Interactive whiteboard resources on [sneezesafe.com.au](http://sneezesafe.com.au).
  - SNEEZESAFE® games to reinforce learning.
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Throw the tissue away as soon as possible.
- **Wash it**  
Hands can transfer germs.  
Wash your hands as soon as you can.

## Introduction | What happens when you catch a cold or flu?

Do you know that there are over 200 viruses that can make you feel sick with a cold? Despite what some people might say, you don't catch a cold from feeling cold – the virus has to be there too!

### WATCH

#### Flu attack! How a virus invades your body

<http://www.watchknowlearn.org/video.aspx?VideoID=19007&CategoryID=1518//watchknoPlease%20co>

#### Please cover your mouth!

[https://youtu.be/6JHl2InWbE8?list=PLrMqXQ2J\\_13uxYIVx9v2He-uqZ9ZTSSJh](https://youtu.be/6JHl2InWbE8?list=PLrMqXQ2J_13uxYIVx9v2He-uqZ9ZTSSJh)

### ACTIVITY 1: SMALL GROUP WORK

List the symptoms e.g. scratchy throat, headache, runny nose, sneezing, temperature etc and put them in the order that you might experience when you are feeling unwell.

### ACTIVITY 2: THE WHOLE CLASS

- Share your list with the class and agree on the order of symptoms.
- Show the class a digital thermometer, and talk about 'temperature' – what is normal (37°C), what is high (above 38°C for 24 hours) and when to see the doctor.
- Using the book-marked websites, book resources and video clips, have students choose one of the following activities:
  - Using Smart Art, SlideShow or similar, create a flow chart which shows the symptoms of a cold and how it progresses in one person.
  - Create a quiz or survey using apps such as Polar or Polldaddy which show the difference between a common cold and influenza.
  - Using [toondoo.com](http://toondoo.com), [goanimate4schools.com](http://goanimate4schools.com), [chogger.com](http://chogger.com) (or similar) create the story of a sneeze as it spreads germs from one student to the next!
- Include what to do to prevent germs spreading and be sneeze safe.

### Useful information websites

**Kids Health** [www.kidshealth.org](http://www.kidshealth.org)

**Better Health Channel** <http://www.betterhealth.vic.gov.au>

**Women and Children's Health Network** [www.cyh.com](http://www.cyh.com)

**Brainpop** <https://www.brainpop.com/health/diseasesinjuriesandconditions/viruses/>

**Health for Kids** <https://www.healthforkids.co.uk/staying-healthy/sneezing-coughs-and-colds/>

Lesson  
7

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

# WHEN COLD BUGS ATTACK!

## COLD AND FLU SYMPTOMS

### LEARNING PURPOSE

- Teach recommended health guidelines to stop the spread of viruses.
- Describe what happens to your body when you catch a cold.



#### 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

- Investigate community resources and ways to seek help about health, safety and wellbeing (ACPPS053).
- Plan and practise strategies to promote health, safety and wellbeing (ACPPS054).
- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058).

### Resources

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- Interactive whiteboard resources on [sneezesafe.com.au](http://sneezesafe.com.au).
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## What should you do to help the symptoms of a cold or the flu?

Oh dear, despite making sure that you have caught it, binned it and washed it – somehow you have still caught a cold and feel very unwell!

Don't worry, there are things that you can do to help yourself recover fast from illness.

### WATCH

#### Awkward moments when you're sick!

[https://youtu.be/yvLIQfisgDA?list=PLrMqXQ2J\\_13uxYIVx9v2He-uqZ9ZTSSJh](https://youtu.be/yvLIQfisgDA?list=PLrMqXQ2J_13uxYIVx9v2He-uqZ9ZTSSJh)

### ACTIVITY 1: TELL A STORY IN 5 PHOTOS

A five photo story is a collection of five images which tell a story without using any text, audio or video. The five photos 'stand alone' as a story. Pixntell (<http://www.pixntell.com/>) is a useful app for this, or try something as simple as Slideshare.

1. Planning – before taking images (or finding online), have students create a storyboard of the sequence of the images.
2. Post images into app.
3. You can even share to the school social media site or upload to the class blog.

#### Some prompts to consider

- "I got a cold"
- The sneeze
- Germs galore
- What not to do when you're sick!

### ACTIVITY 2: DESIGN A CARD

Someone in your class is sick. Design and write a Get Well card to send to them.

## Useful information websites

**Kids Health** [www.kidshealth.org](http://www.kidshealth.org)

**Better Health Channel** <http://www.betterhealth.vic.gov.au>

**Women and Children's Health Network** [www.cyh.com](http://www.cyh.com)

**Brainpop** <https://www.brainpop.com/health/diseasesinjuriesandconditions/viruses/>

**Health for Kids** <https://www.healthforkids.co.uk/staying-healthy/sneezing-coughs-and-colds/>



Lesson  
8

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

# STOP! COLDS AND FLU ALERT

## PUTTING IT ALL TOGETHER

### LEARNING PURPOSE

- Teach recommended health guidelines to stop the spread of viruses.
- Put together a targeted health awareness campaign for the school population.



#### 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 practise 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® stickers to reward learning.
- Interactive whiteboard resources on [sneezesafe.com.au](http://sneezesafe.com.au).
  - SNEEZESAFE® games to reinforce learning.

– SNEEZESAFE® stories teaching good respiratory and hand hygiene.

- SNEEZESAFE® certificate and letter to parents on [sneezesafe.com.au](http://sneezesafe.com.au).

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- **Wash it**  
Hands can transfer germs.  
Wash your hands as soon as you can.

## NEWS FLASH! WINTER 2018 COLDS AND 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.

It will have four major components and you will need to do some research first on symptoms, prevention, and what to do if you are feeling sick.

There are useful information websites below.

## ACTIVITIES

1. With a partner, write a short announcement that will be broadcast over the school PA system. Keep it short (under 2 minutes) and make sure that you remember to finish with the important message of **Catch it, Bin it, Wash it!** You could also pre-record it.
2. Create a short role-play and/or film about how to prevent catching colds and flu. You will perform or play it at the weekly assembly.
3. Create posters for the school's hallways, reminding everyone about how to prevent spreading germs and viruses.
4. Create a post for the class or school blog, reminding parents about the three-step way to prevent colds and flu. You could also upload your health video message there too.

## Useful information websites

**Kids Health** [www.kidshealth.org](http://www.kidshealth.org)

**Better Health Channel** <http://www.betterhealth.vic.gov.au>

**Women and Children's Health Network** [www.cyh.com](http://www.cyh.com)

**Brainpop** <https://www.brainpop.com/health/diseasesinjuriesandconditions/viruses/>

**Health for Kids** <https://www.healthforkids.co.uk/staying-healthy/sneezing-coughs-and-colds/>

