



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.
 - SNEEZESAFE® games to reinforce learning.
 - SNEEZESAFE® stories teaching good respiratory and hand hygiene.
- 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.



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.