

## 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

- SNEEZESAFE® stickers to reward learning.
- Interactive whiteboard resources on [sneezesafe.com.au](https://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](https://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. 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:

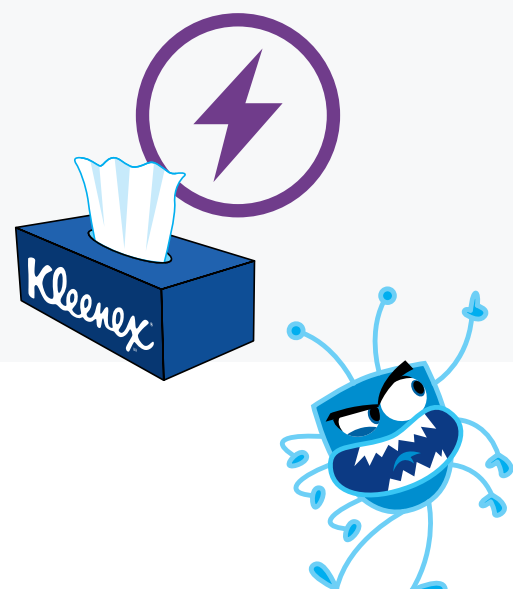
- Start with a clean tissue. Open the tissue.
- Hold the tissue against both nostrils and blow hard, keeping your mouth closed.
- Fold the tissue over and throw it in the bin.
- Wash your hands.

### 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>