

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.
 - 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.



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