



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.
 - 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 | 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-ugZ9ZTSSJh

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, goanimate4schools.com, 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

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

Women and Children's Health Network 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/>