



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

- 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 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-ugZ9ZTSSJh

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

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/>