

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](http://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](http://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/6JHl2lnWbE8?list=PLrMqXQ2J\\_13uxYIVx9v2He-ugZ9ZTSSJh](https://youtu.be/6JHl2lnWbE8?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](http://toondoo.com), [goanimate4schools.com](http://goanimate4schools.com), [chogger.com](http://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 SNEEZESAFE®.

### Useful information websites

**Kids Health** [www.kidshealth.org](http://www.kidshealth.org)

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

**Women and Children's Health Network** [www.cyh.com](http://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/>