

Bring out the

HEALTHY HEROES

in your school



respiratory etiquette for OHIO elementary schools



Lesson Plans for Grades: K—2 and 3—5



HANK AND HANNAH TEACH HEALTHY HABITS

Respiratory Etiquette Lesson Plan (Grades K—2)

Objectives:

Student will be able to identify ways to decrease the spread of germs.

Student will be able to demonstrate cough/sneeze etiquette.

Student will be able to demonstrate hand washing technique.

Goals:

Improve and increase use of proper respiratory etiquette.

Prevent the spread of illness.

Required Materials:

- ☐ Chalkboard
- ☐ Chalk
- ☐ Mist spray bottle
- ☐ Water
- ☐ Tissues
- ☐ Crayons (including white)
- ☐ Scissors
- ☐ Glue

Optional Materials:

- ☐ Dark construction paper
- ☐ Computer with Internet access

Anticipatory set/lead in*:

Question the students:

- ☐ Who has ever been sick?
- ☐ Who knows what made them sick?
- ☐ Can you see those germs?
- ☐ Where are germs found?
- ☐ How can we prevent spreading our germs to others?
- ☐ How can we get rid of germs and prevent getting sick?
- ☐ Who knows how long you have to wash your hands to get rid of the germs?

**Know What I Learned (KWL) chart can be created while doing the lead in. A template is provided immediately following the lesson plan.*





STEP BY STEP PROCEDURES:

- 1 As a group, create a KWL chart about germs:
 - K** — What the students already **K**now
 - W** — **W**hat the students would like to know
 - L** — Complete at the end of the lesson on what students **L**earned
- 2 Discuss that germs are not visible to the naked human eye. Use a fine mist spray bottle to demonstrate how cough/sneeze particles containing germs are spewed into the air. This can be demonstrated visually by simulating a cough while spraying the mist over a black table, dark construction paper or onto a chalk board.
- 3 Ask students ways to prevent cough/sneeze particles from spewing into the air. The key is to cover their cough/sneeze.
- 4 Once a student suggests to cover the cough/sneeze, simulate coughing/sneezing into your hand by spraying the mist into your hand. Then touch the students, shake their hand, touch their face, touch their pencils, etc. Exaggerate and repeat cough to ensure you have enough mist on your hand for them to feel the moisture on the object you touch.
- 5 Regain attention of class by asking how many students felt the mist. Explain that the wetness from the mist was like the germs/bacteria/viruses in your cough/sneeze; whoever was touched now has the germs/bacteria/viruses on them.
- 6 Explain “secondary transmission” by identifying a student who was touched and then touched something else such as a desk, book, door etc.
- 7 Explain that this is how germs are spread person to person.
**This would be a good place to insert the “fun with stickers” activity.*
- 8 Have students brainstorm ways to cover their mouths/noses to catch their germs (e.g. coughing into tissues or elbow). You may need to use lead-in questions such as, “what can be used if you’re in the bathroom or classroom?” “If there are no tissues around, what could you use?”
- 9 Demonstrate coughing/sneezing into sleeve. Explain how this catches germs and prevents transmission through the air and secondary contamination after coughing/sneezing into the hands.
- 10 Have students demonstrate respiratory etiquette by coughing into sleeve.
- 11 Demonstrate coughing/sneezing into a tissue, ensuring that mouth and nose are completely covered. Emphasize that used tissues are immediately thrown in the trash.
- 12 Have students demonstrate this.
- 13 Discuss hand washing after coughing or sneezing into a bare hand.
**This is a good point to have the child do the hand washing sequence activity.*
- 14 Teach class hand washing song, then practice washing hands and turning off faucet with paper towel. Song should be sung twice per hand washing. (This can be a simulated activity).



STEP BY STEP PROCEDURES:

Assessment:

- ☐ Complete “What I learned” section of KWL chart.
- ☐ Demonstrate cough/sneeze etiquette.
- ☐ Demonstrate hand washing technique.

Classroom Activities:

A variety of activities with varying levels of difficulty have been created for classroom use. The following are activities for kindergarten — 2nd grade students.

- ☐ Songs
- ☐ Connect the Dots
- ☐ Coloring Pages
- ☐ Coloring Page/Sequencing Activity
- ☐ Maze
- ☐ Puzzle

NOTE TO TEACHER:

Many schools utilize the “Glo Germ” kit to demonstrate the transmission of germs between people and objects. If your classroom has this kit or other similar products, you may use them in place of steps 4, 5 and 6 on the previous page. The “Glo Germ” product is clear and not detectable until a black light illuminates it. Often it is placed on a door knob before class, followed later by a search for how it spread. Students often have it on their faces, hands, desks, etc. See <http://www.glogerm.com> and the resources section of this kit for more teaching resources.





KWL CHART

Before you begin this lesson, complete the first two columns with student input. After the lesson, complete the last column:

Respiratory Etiquette		
(K) What I Know	(W) What I Want to Know	(L) What I Learned

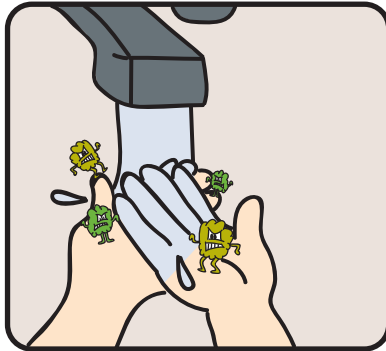


HAND WASHING INSTRUCTIONS

How to wash your hands:

Use soap and water to wash your hands. Water alone does not get rid of germs.

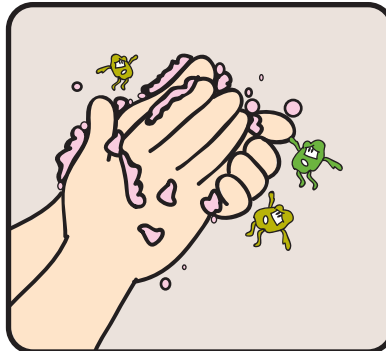
- 1** Wet your hands with water.



- 2** Add soap.



- 3** Rub your hands together at least 20 seconds.



Make sure you wash the backs of your hands, wrists, between your fingers and under your nails.

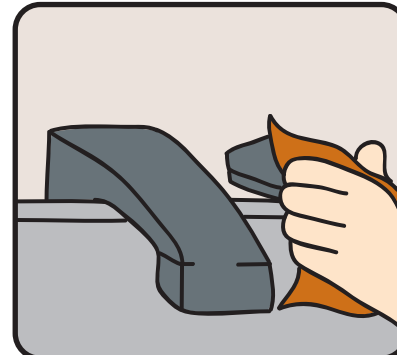
- 4** Rinse your hands with water.



- 5** Dry your hands with a paper towel.

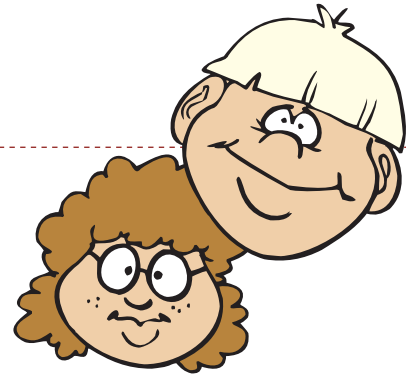


- 6** Turn faucet off and open the bathroom door with a paper towel.





SONGS FOR THE CLASSROOM



Sung to the tune of "The Alphabet Song"

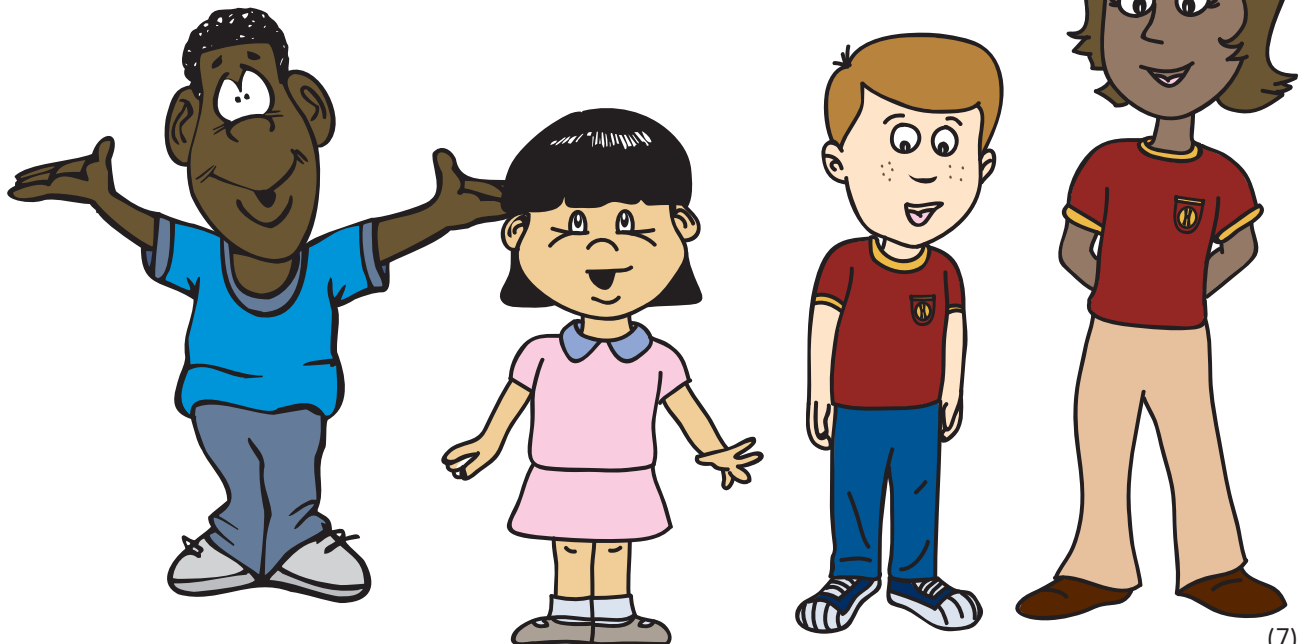
Now I wash my hands so clean, staying well is up to me.
Scrub and rub those germs away.
Down the drain they are to stay.
I will wash my hands each day.
To keep those germs far away!

Sung to the tune of "Row, Row, Row Your Boat"

Cough, cough, cough and sneeze into your sleeve.
Catch those germs before they land on top of me.

Sung to the tune of "London Bridge is Falling Down"

Dirty tissues go in the trash, in the trash, in the trash.
Dirty tissues go in the trash, throw the germs away.

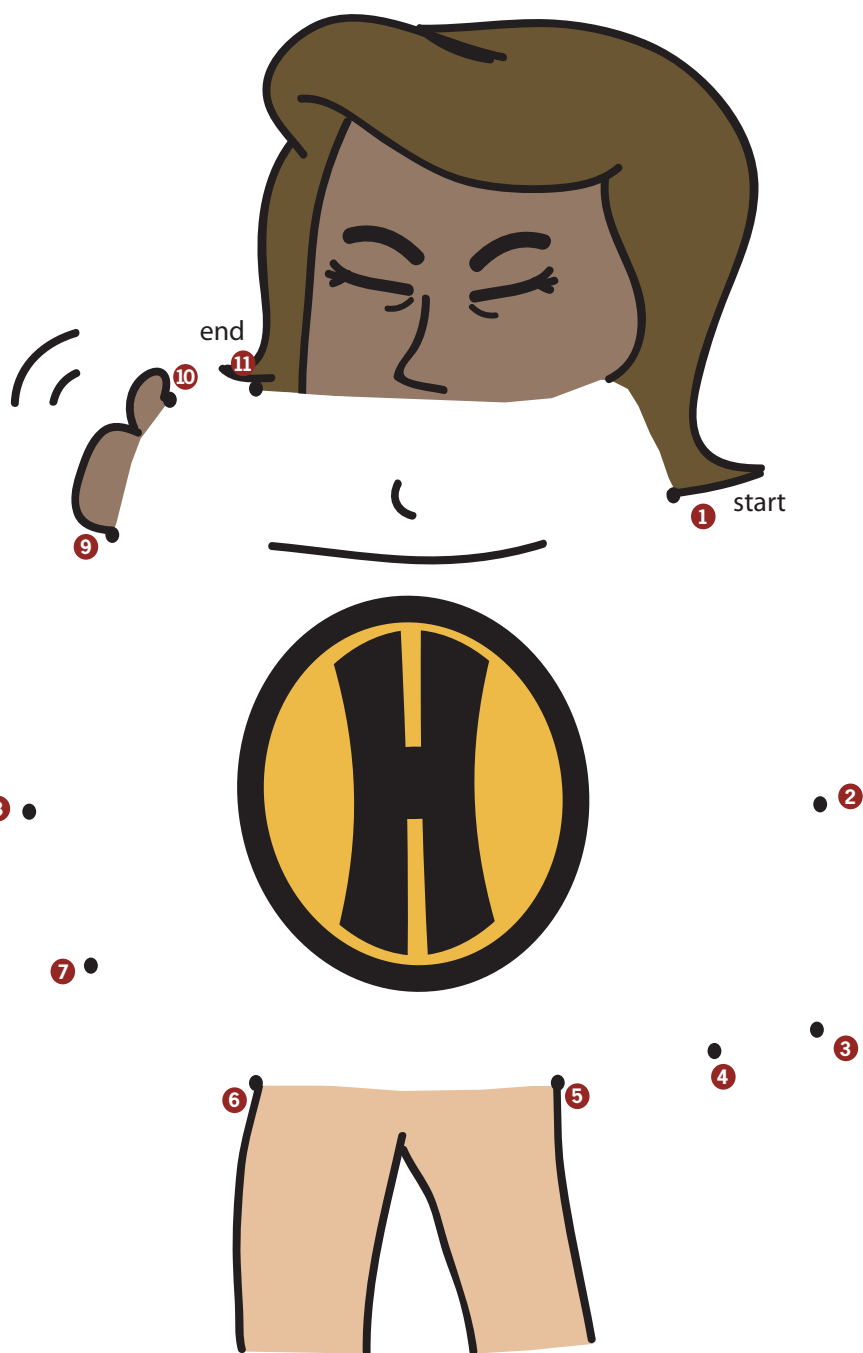




Name: _____

CATCH YOUR GERMS BEFORE THEY GET AWAY!

Connect the dots to find the best place to catch a cough or sneeze.



Be a healthy hero. Catch germs in your _____ !

A: Sleeve or elbow



Name: _____

cover YOUR COUGH





Name: _____

WASH YOUR HANDS

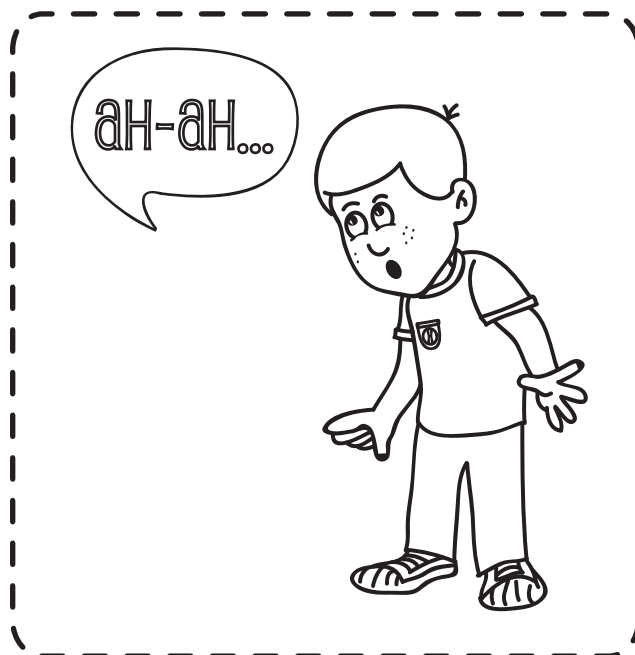
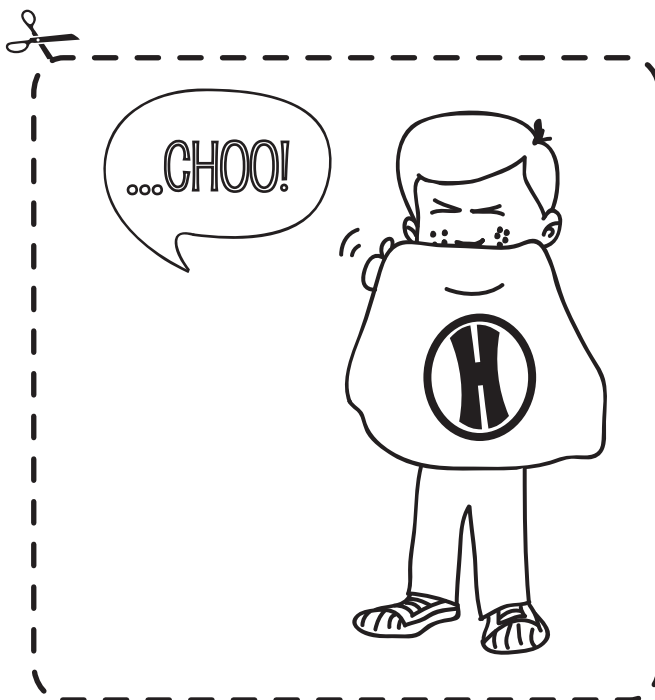




Name: _____

HOW TO COVER YOUR COUGHS AND SNEEZES

Help Hank be a Healthy Hero by doing the sleeve sneeze. Color the pictures, cut them out and put them in the correct order on the next page.





Name: _____

HOW TO COVER YOUR COUGHS AND SNEEZES

Show the steps to be a Healthy Hero. Place the pictures of Hank into the correct box showing the steps he takes to keep germs away and become a Healthy Hero.

1

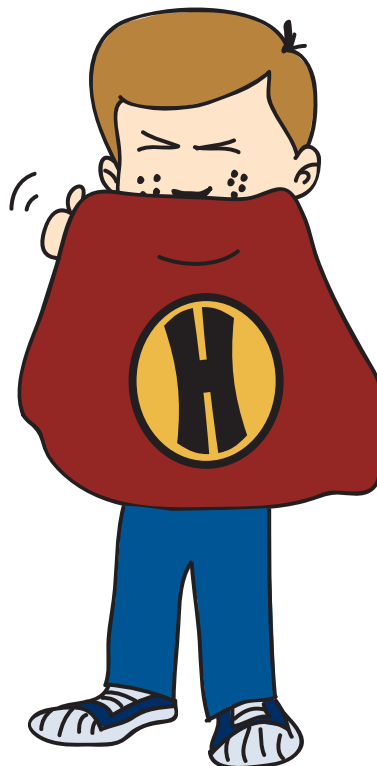
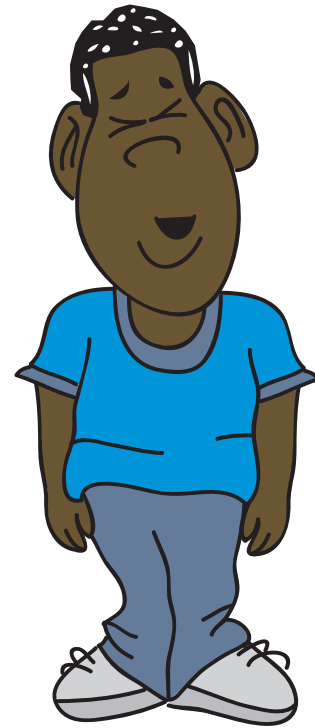
2



Name: _____

Be a HEALTHY HERO PICTURE activity

Circle the best way to cover your cough.

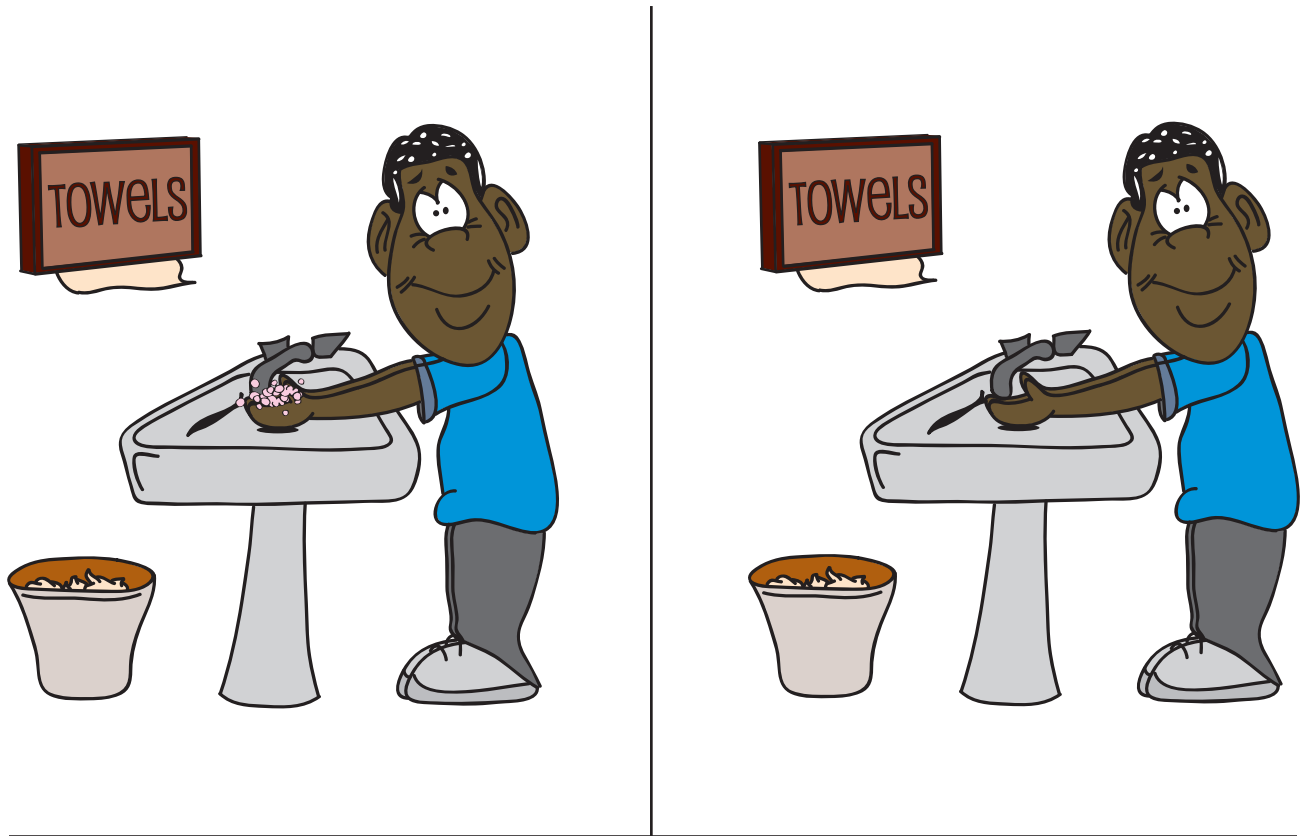




Name: _____

BE a HEALTHY HERO PICTURE activity

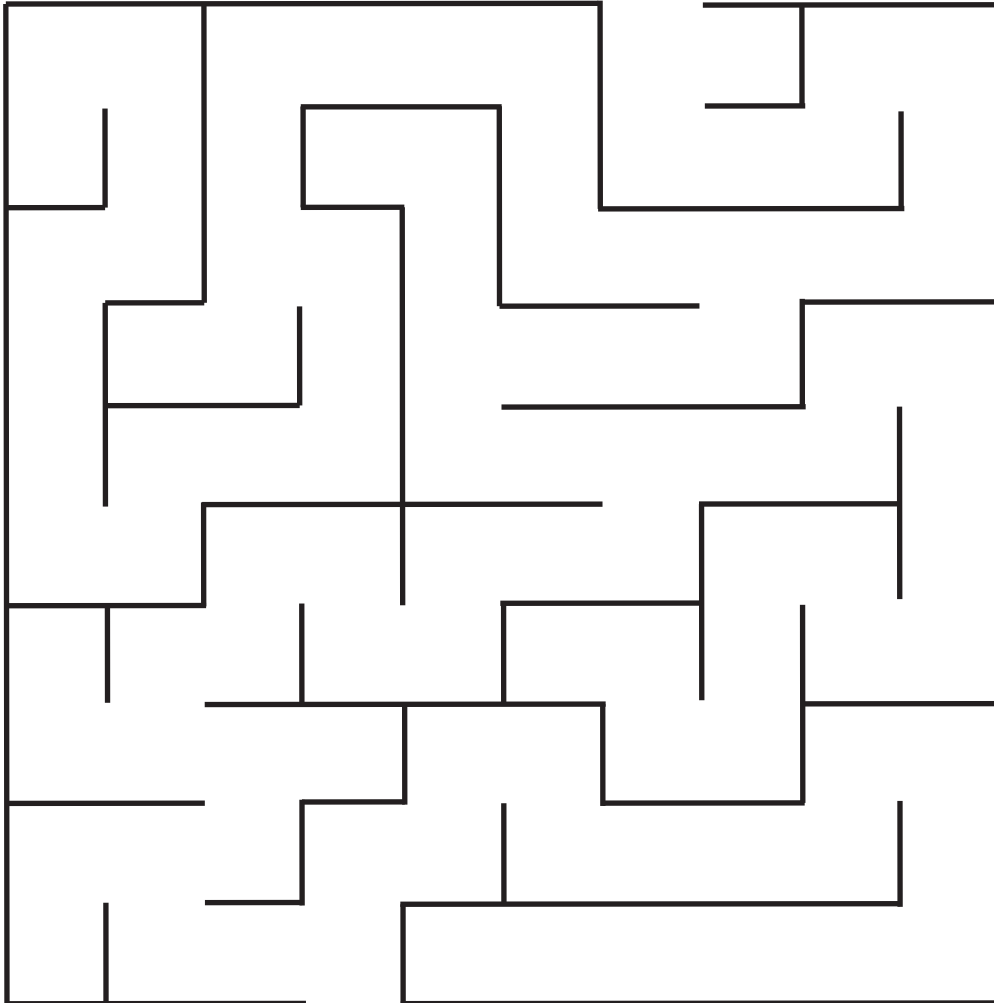
Circle the picture that is not like the others.





Name: _____

HELP HENRY FIND SOAP AND WATER

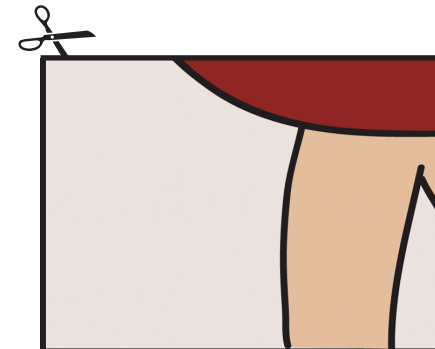
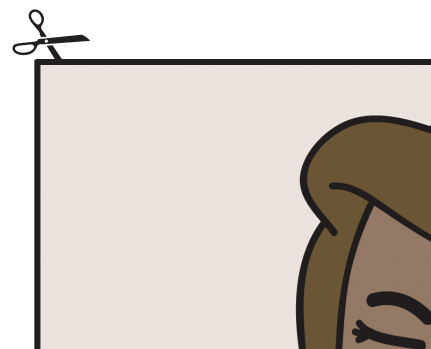
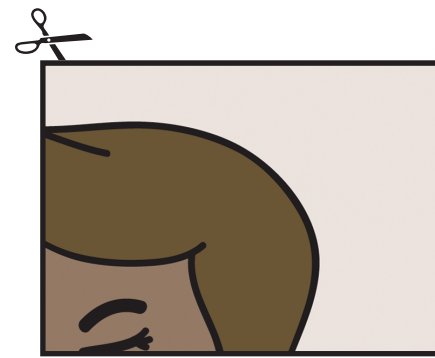
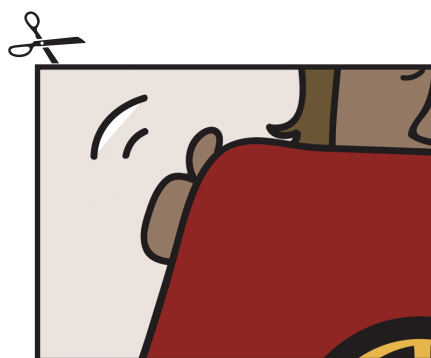
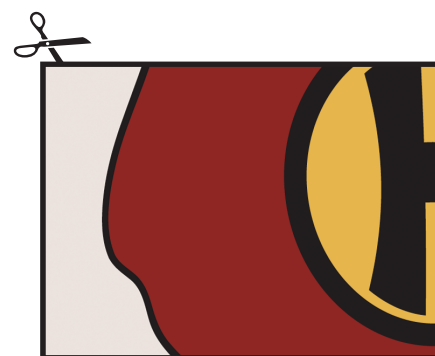
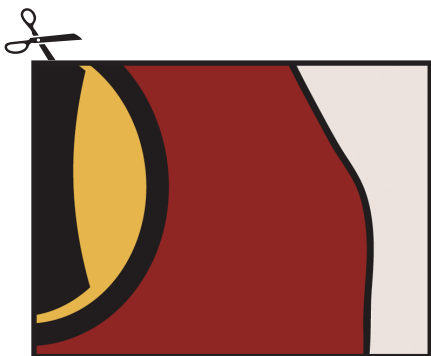
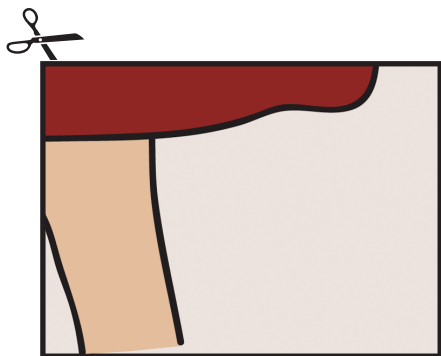




Name: _____

HEALTHY HERO PUZZLE

Cut out the pictures below and use them as puzzle pieces on the next page. Help Hannah be a Healthy Hero.





Name: _____

HEALTHY HERO PUZZLE

Use the pieces you have cut out from the previous page to complete the puzzle.

