

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 3—5)

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 respiratory etiquette.

Prevent the spread of illness.

Required Materials:

- ☐ Chalkboard
- ☐ Chalk
- ☐ Mist spray bottle
- ☐ Water
- ☐ Tissues

Optional Materials:

- ☐ Dark construction paper
- ☐ Avery® 5293 labels
- ☐ Computer with Internet access

Anticipatory set/lead in:

Question the students:

- ☐ Who has ever been sick?
- ☐ Who knows what makes people sick?
- ☐ What are the names of organisms that make you sick? (bacteria, viruses)
- ☐ What do you think germs look like?
- ☐ Where are germs found?
- ☐ Can you see germs?
- ☐ How are germs spread?
- ☐ How can we prevent spreading germs to others?
- ☐ Which of these organisms can be killed by an antibiotic?
- ☐ Which of these organisms is not killed by an antibiotic?
- ☐ Which organism causes the cold and flu?
- ☐ Which of these organisms cause strep throat?
- ☐ 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 viruses and bacteria?



**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 two types of germs: bacteria and viruses.
- 3 Compare differences between bacteria and viruses. Antibiotics can kill bacteria.
- 4 Compare similarities between bacteria and viruses. Both can cause infection, make you feel ill, cause fever, chills, headache and coughing. They are not visible to the naked human eye and require a microscope to be visible.
- 5 Use a fine mist spray bottle to demonstrate how cough/sneeze particles containing germs are expelled into the air when a person coughs or sneezes. 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.
- 6 Ask students ways to prevent cough/sneeze particles from being expelled into the air.
- 7 Once a student suggests to cover the cough/sneeze, simulate coughing/sneezing into your hand and spray the mist into your hand. Then touch the students by shaking their hands, touching their faces, pencils, etc. Exaggerate and repeat cough to ensure you have enough mist for them to feel the moisture on the object you touch.
- 8 Regain attention of the class by asking how many students felt the wetness from the mist. Explain that the wetness was like the bacteria/viruses in your cough/sneeze, and whoever was touched now has the bacteria/viruses on them.
- 9 Explain “secondary transmission” by identifying a student who was touched then touched something else such as a book, door, desk, etc.
- 10 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/classroom? What if there are no tissues around, then what could you use?”
- 11 Demonstrate coughing/sneezing into a tissue, ensuring that mouth and nose are completely covered. Emphasize how used tissues should be immediately thrown in the trash.
- 12 Have students demonstrate respiratory etiquette.
- 13 Discuss hand washing after coughing or sneezing into the bare hand.
- 14 Ask how many students think they know the proper way to wash their hands.
- 15 Assess by having students demonstrate correct handwashing procedure.



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 3rd — 5th grade students.

- ☐ Lesson Plan, Procedures, KWL Template
- ☐ Picture Activities
- ☐ Connect the Dots
- ☐ Color/Sequencing Activities
- ☐ Mazes
- ☐ Word Searches
- ☐ Big Words, Little Words
- ☐ Sticker Activities
- ☐ Word Scramble
- ☐ Fill in the Blank
- ☐ Crossword Puzzle
- ☐ Pledge

Continuation:

Stickers have been provided. The enclosed CD-ROM contains a PDF file for later reprints on Avery® 5293 labels.

Other Resources:

<http://www.drgreene.org/funclinic/>

http://www.drgreene.org/funclinic/c_germs.html (zap the germs and bacteria)

<http://www.kidshealth.org/kid/word/> (use medical dictionary to look up words bacteria, virus, antibiotic)

NOTE TO TEACHER:

Many schools utilize the “Glo Germ” kit to demonstrate 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 5, 6 and 7 on the previous page. The “Glo Germ” product is clear and not detectable until illuminated by a black light. Often it is placed on a door knob before class. Later the class searches 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

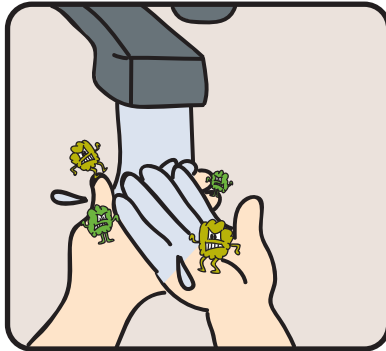


HAND WASHING INSTRUCTIONS

How to wash your hands:

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

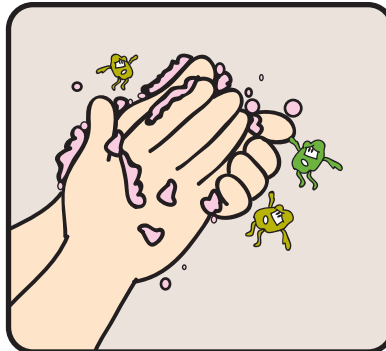
- 1** Wet your hands with water.



- 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.

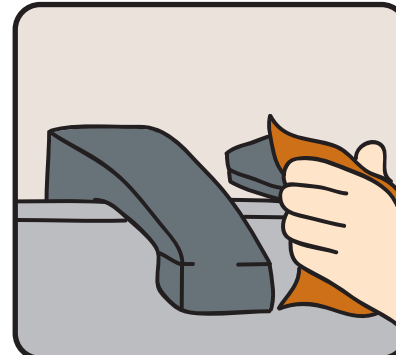
- 4** Rinse your hands with water.



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



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





Name: _____

BE a HEALTHY HERO PICTURE ACTIVITY

Draw a line between the two pictures of Hank that match.





Name: _____

BE a HEALTHY HERO PICTURE ACTIVITY

Put the pictures of Haley in order by numbering them.

Number: _____



Number: _____



Number: _____

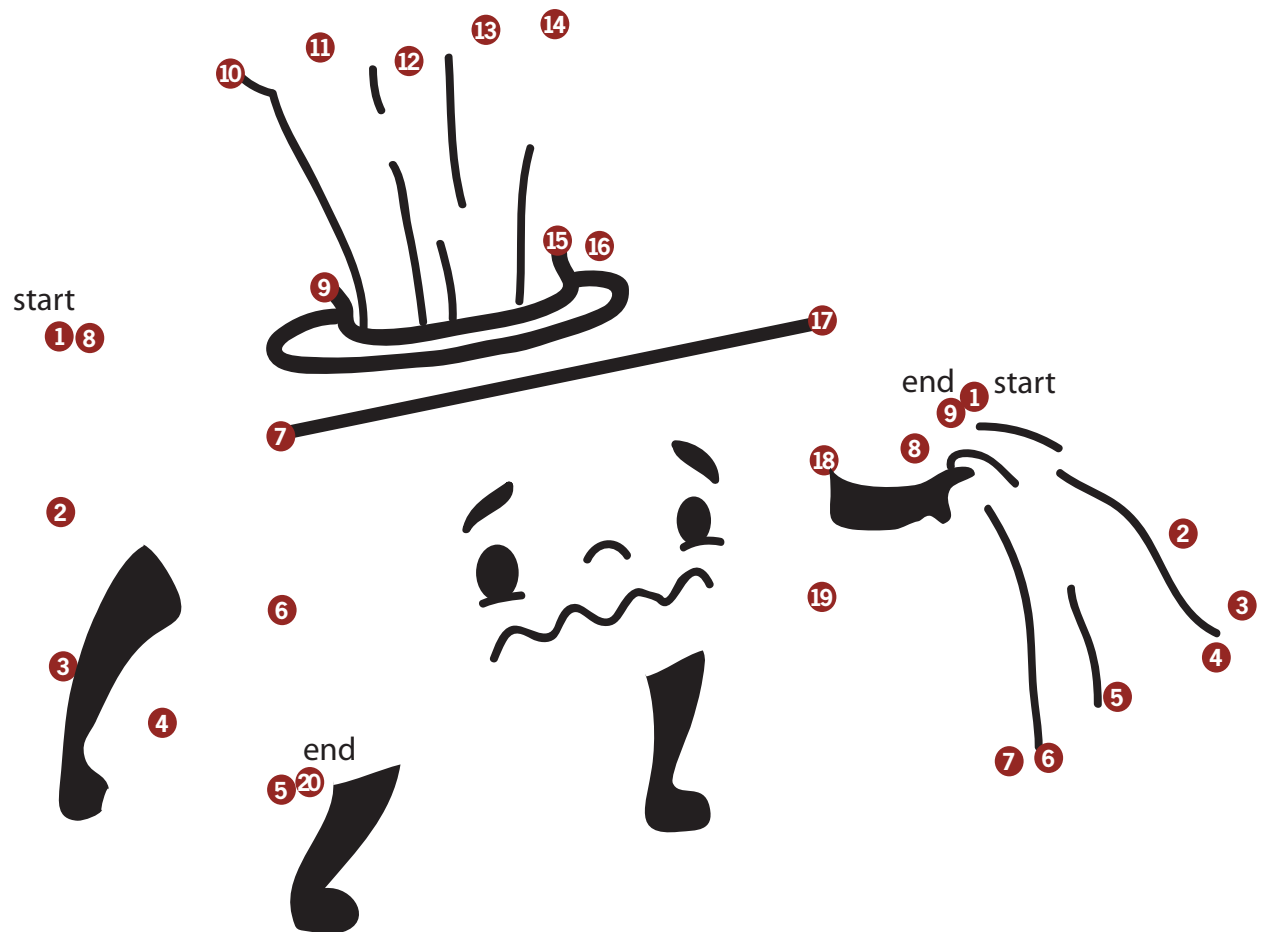




Name: _____

COVER YOUR COUGH AND SNEEZE PLEASE!

Connect the dots to find something you can cover your mouth and nose with to catch germs. There are two pictures to complete.



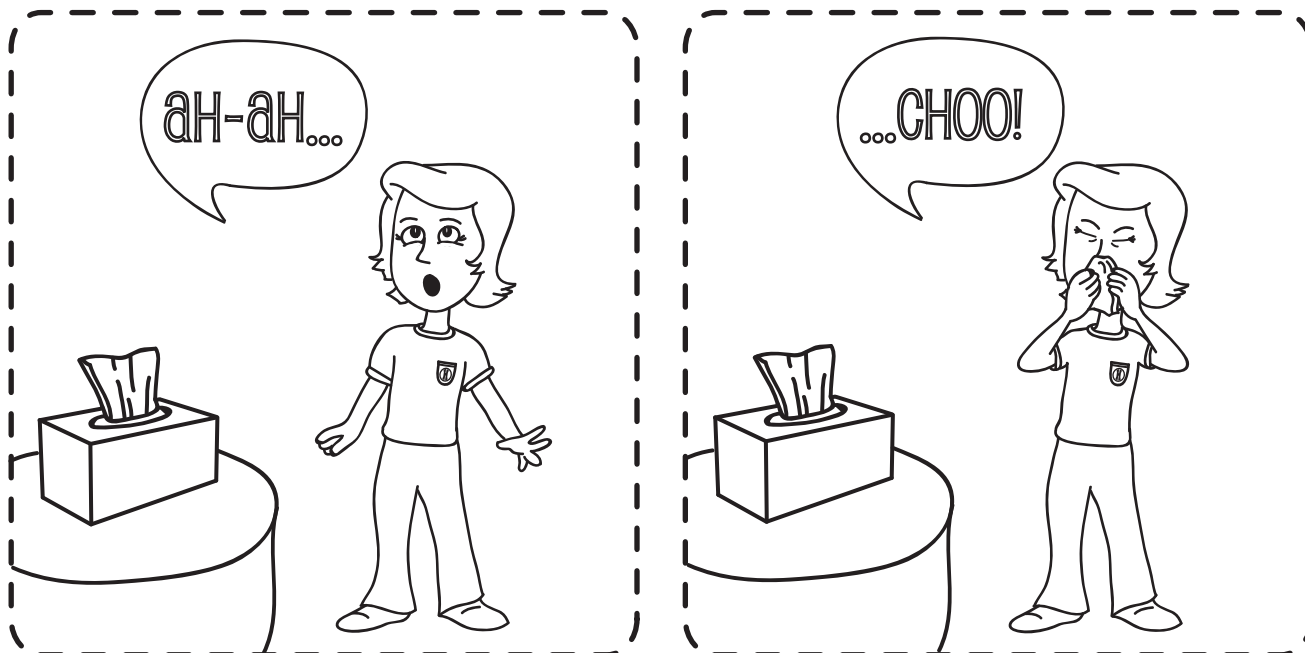
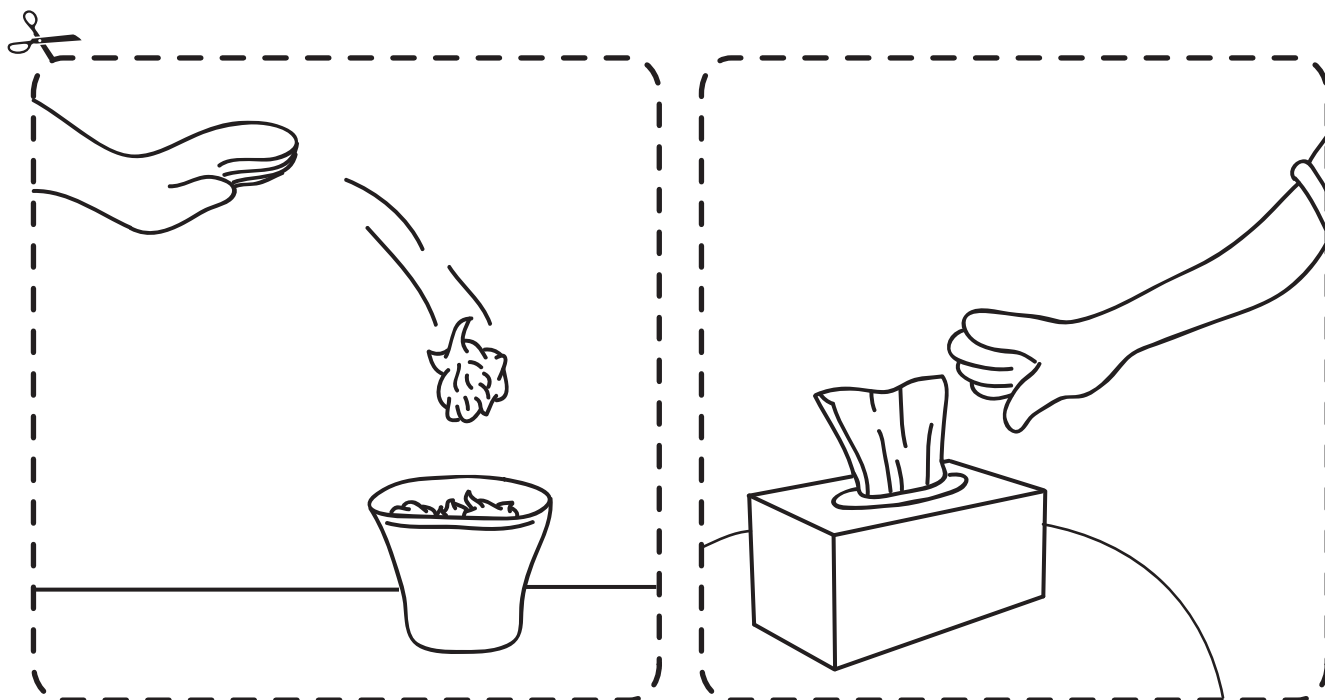
Be sure to throw it away after you use it!



Name: _____

HOW TO COVER YOUR COUGHS AND SNEEZES

Help Hannah be a Healthy Hero by covering her mouth with a tissue when she coughs or sneezes and then throws the tissue away. 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 Hannah into the correct box showing the steps she takes to keep germs away and become a Healthy Hero.

1

2

3

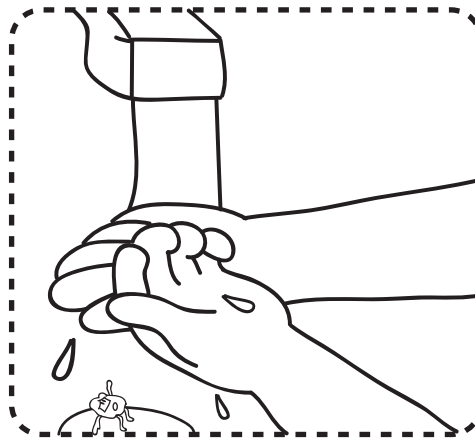
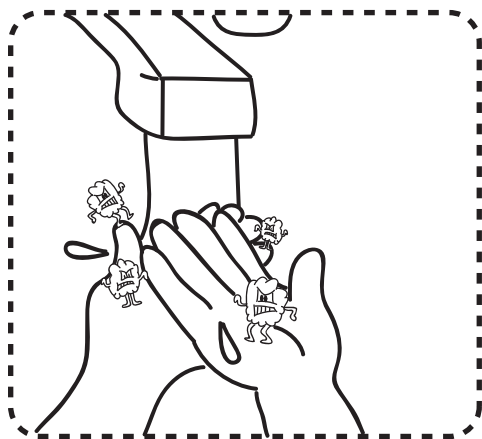
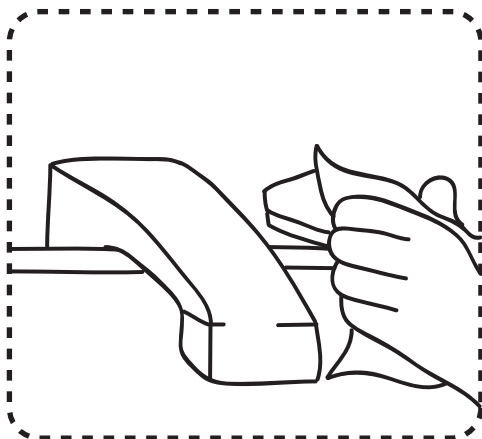
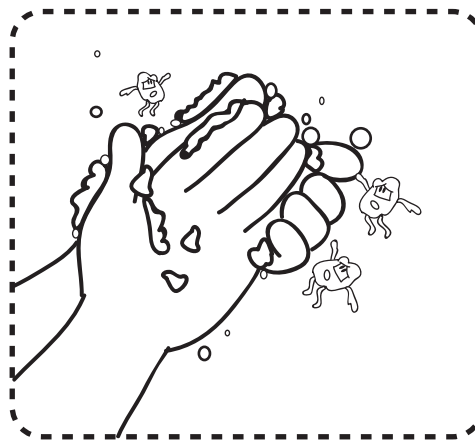
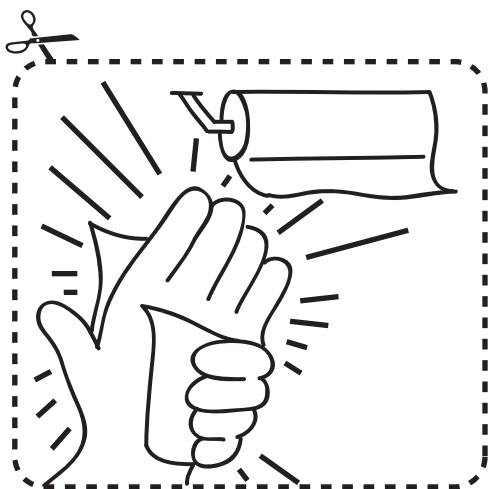
4



Name: _____

Be a HEALTHY Hero!

Keep germs away by washing after you sneeze into your hand. Color the pictures, cut them out and put them in the correct order on the next page.





Name: _____

Be a HEALTHY Hero!

Place the pictures into the correct box showing the steps it takes to keep germs away and become a Healthy Hero.

1

2

3

4

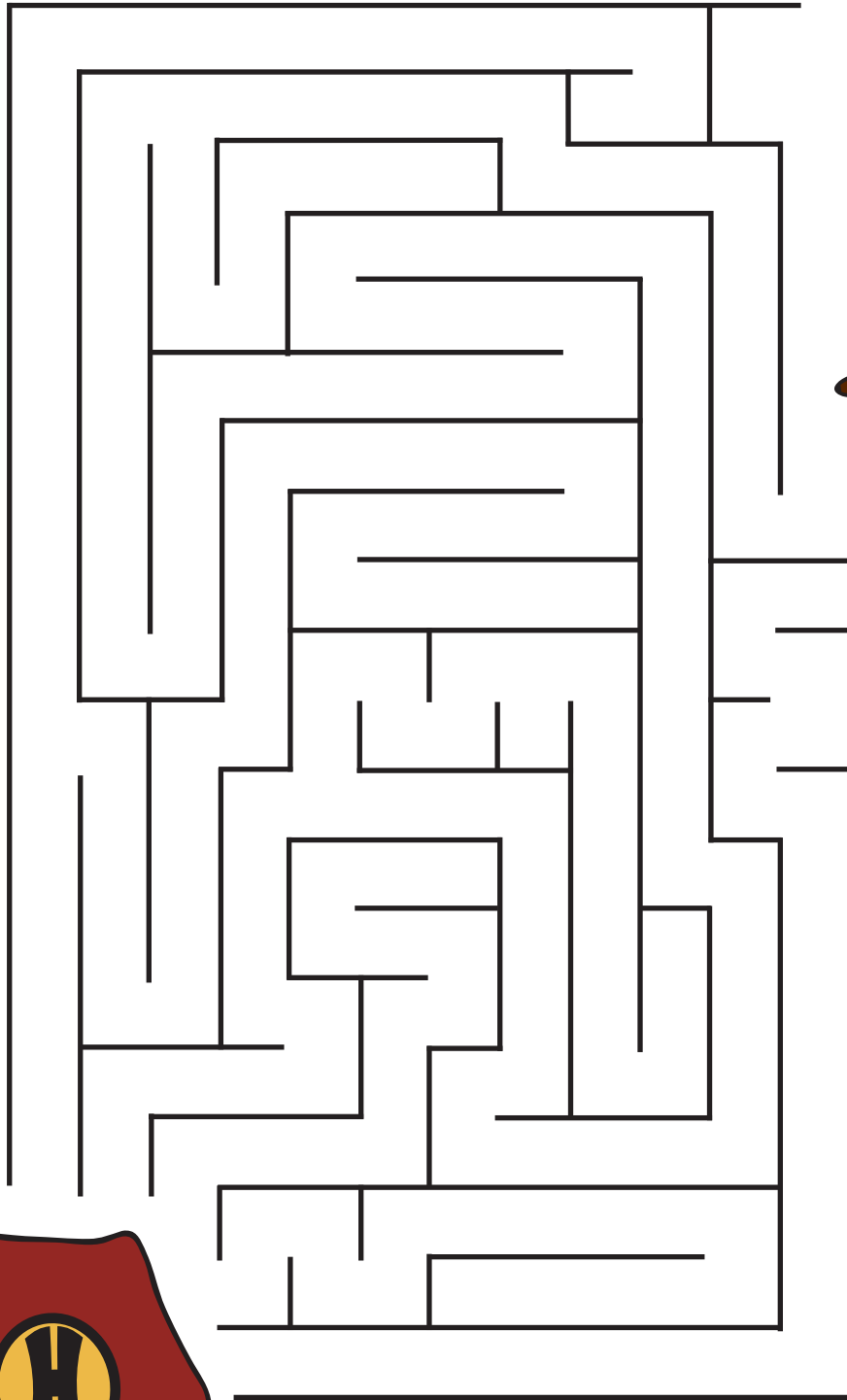
5

6



Name: _____

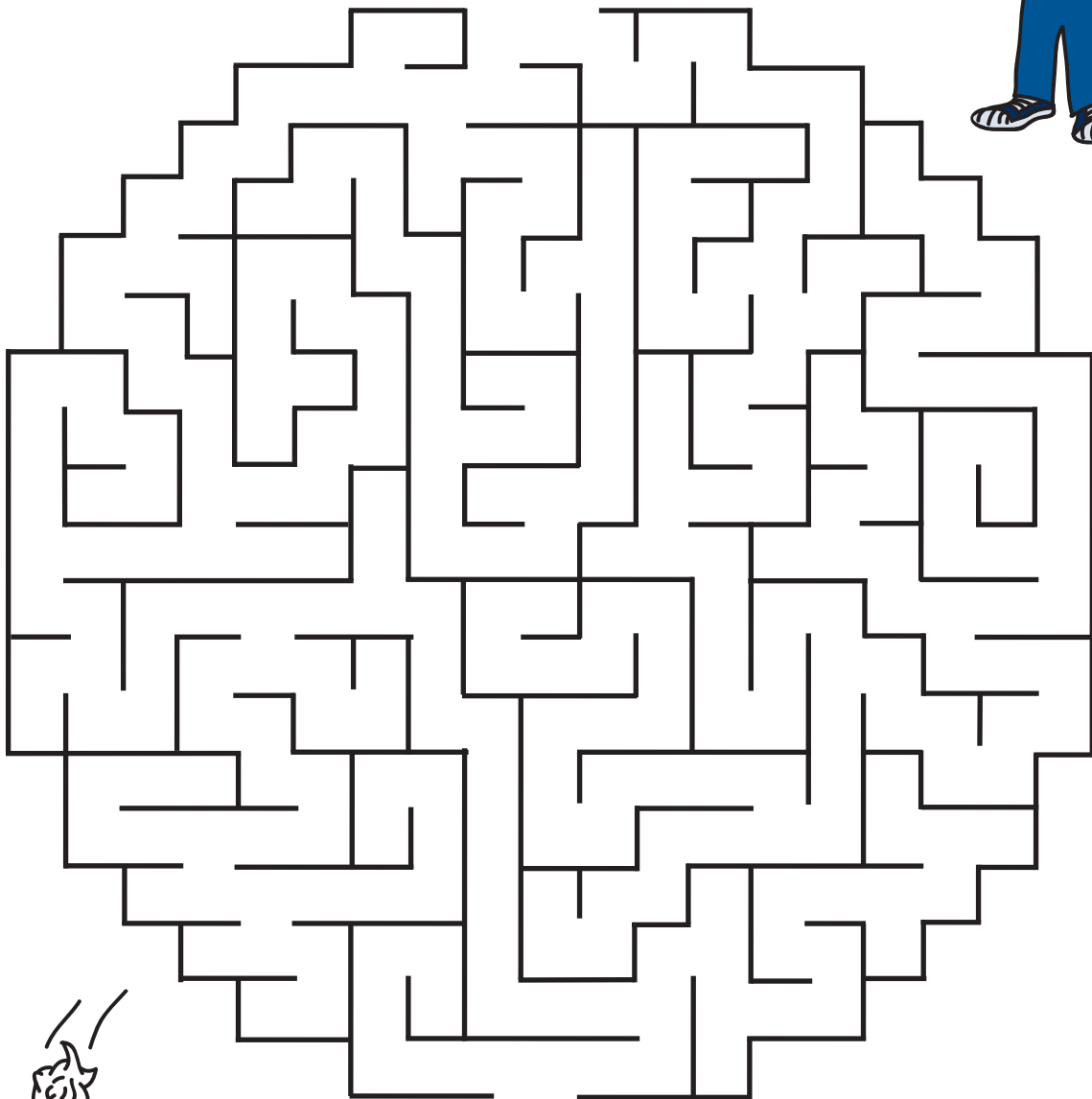
HELP HANNAH FIND Her cape





Name: _____

HELP HANK THROW HIS TISSUE AWAY





Name: _____

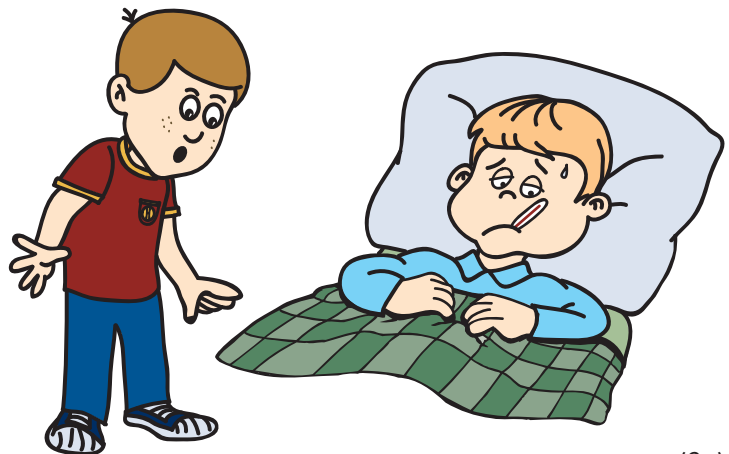
WORD SEARCH

Words can be top-bottom, left-right, diagonal or backwards.

E	I	Y	U	V	Y	W	H	E	A	L	T	H	Y	M
L	D	C	O	L	D	S	L	T	D	P	W	B	J	G
B	R	J	S	L	I	H	U	W	S	G	F	W	S	N
O	P	Q	G	O	J	K	I	X	T	E	W	A	B	L
W	C	I	T	W	A	S	H	T	N	R	L	R	F	W
R	A	R	Y	C	S	Q	X	P	U	M	Z	M	R	H
I	Q	T	N	J	I	G	D	E	B	S	A	S	D	P
A	V	A	E	R	C	P	N	W	X	J	S	F	G	X
C	K	M	D	R	K	Z	I	A	Z	Q	P	E	U	B
O	A	S	L	E	O	S	O	A	P	X	B	M	W	S
U	H	A	N	D	S	D	J	X	M	A	Q	N	U	L
G	S	M	Y	E	Z	V	F	L	U	H	X	R	P	E
H	U	B	N	J	E	A	C	M	R	F	I	L	S	E
U	X	D	A	B	T	Z	H	N	M	V	Y	W	X	V
A	Z	T	I	S	S	U	E	U	Q	K	Z	A	D	E

**COLDS
COUGH
ELBOW
FLU
GERMS
HANDS
HEALTHY
SICK**

**SLEEVE
SNEEZE
SOAP
TISSUE
WARM
WASH
WATER**





Name: _____

WORD SEARCH

Words can be top-bottom, left-right, diagonal or backwards.

B	I	Y	U	V	Y	D	E	L	B	O	W	B	J	D
A	D	S	D	L	O	C	H	E	A	L	T	H	Y	A
C	R	J	S	M	I	S	U	W	Y	S	F	U	Z	N
T	P	P	I	S	J	K	L	X	E	C	M	N	B	W
E	C	I	T	O	I	B	I	T	N	A	E	R	A	D
R	R	G	R	A	C	S	Q	X	P	U	J	R	E	D
I	W	O	S	P	P	I	Z	D	L	B	M	A	W	G
A	V	A	T	R	Z	C	P	F	F	X	J	M	G	N
C	Z	F	T	C	A	K	N	W	H	P	Q	L	E	F
O	A	H	L	E	O	I	G	N	I	H	S	A	W	S
U	H	A	N	D	R	D	J	X	G	R	Q	N	U	N
G	S	M	E	Y	Z	V	Z	R	P	H	X	R	P	E
H	U	B	N	J	I	D	D	V	F	F	I	L	S	E
U	X	T	I	S	S	U	E	N	M	V	Y	W	X	Z
A	Z	Q	R	K	M	W	G	U	S	L	E	E	V	E

ANTIBIOTIC
BACTERIA
COLDS
COUGH
DOCTOR
ELBOW
GERMS

HAND
HEALTHY
INFLUENZA
SICK
SLEEVE
SNEEZE
SOAP

TISSUE
VIRUS
WARM
WASHING
WATER





Name: _____

BIG WORDS, LITTLE WORDS

How many little words can you make out of the big word **INFLUENZA**?

How many little words can you make out of the big word **BACTERIA**?



Name: _____

FUN WITH STICKERS

How healthy are their hands? Put the correct sticker in the circle.



PLACE STICKER
HERE

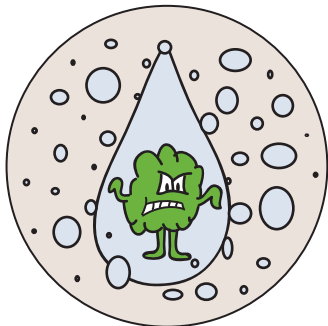
GermY Hands



PLACE STICKER
HERE

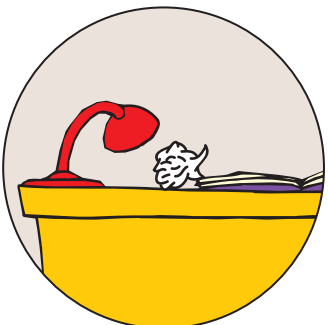
Clean Hands

Which two go together? Put the correct sticker in the circle.



PLACE STICKER
HERE

Catching Germs



PLACE STICKER
HERE

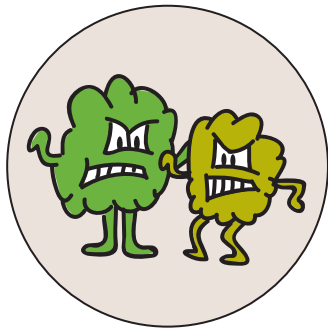
Live Germs



Name: _____

FUN WITH STICKERS

What are the opposites? Put the correct sticker in the circle.



PLACE STICKER
HERE

Dead germs



PLACE STICKER
HERE

Not Catching Germs



PLACE STICKER
HERE

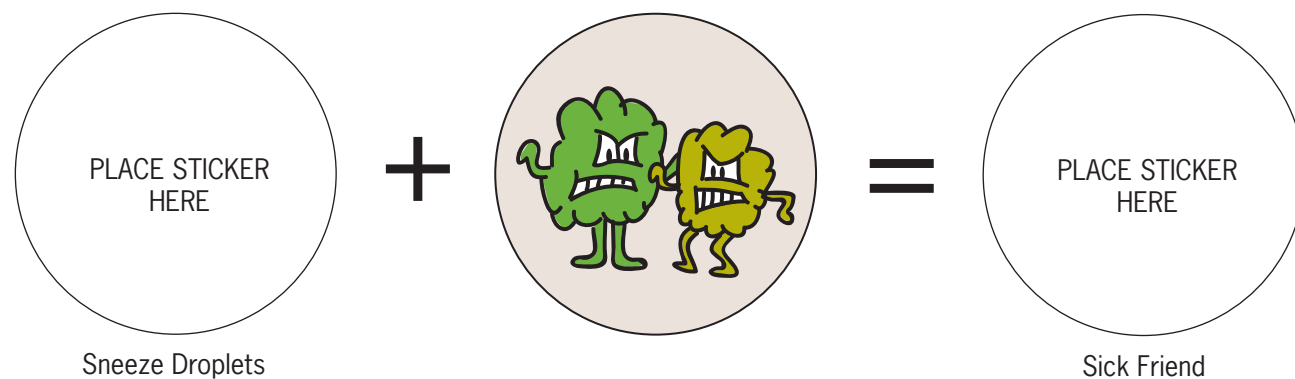
Healthy Henry



Name: _____

FUN WITH STICKERS

Put the stickers in the circles for healthy math.





Name: _____

WORD SCRAMBLE

1. srivu _____
2. evlese _____
3. gohuc _____
4. dhna sgiwhna _____
5. tricabae _____
6. sldoc _____
7. zesene _____
8. stisue _____
9. lteahyh _____
10. ksci _____
11. merg _____
12. wlboe _____

WORD BANK

healthy
colds
cough

sneeze
virus
elbow

tissue
germ
hand washing

sleeve
sick
bacteria



Name: _____

FILL IN THE BLANK

Based on what you have learned, complete the following sentences using the word bank below. You do not have to use all of the words listed, and you may use some words more than once.

- 1 Coughing and sneezing release _____ into the air.
- 2 You can safely catch your sneeze or cough in your _____.
- 3 Wash your _____ and surfaces often.
- 4 Wash your hands with _____ and warm water.
- 5 Cover your mouth with a/an _____ when you cough or sneeze.
- 6 If you don't want to catch a cold or the flu, _____ your hands often.
- 7 After you use a tissue, put it in the _____.
- 8 If you cough or sneeze into your hands, _____ with soap and water.



WORD BANK

wash
hand
trash

tissue
germs
hands

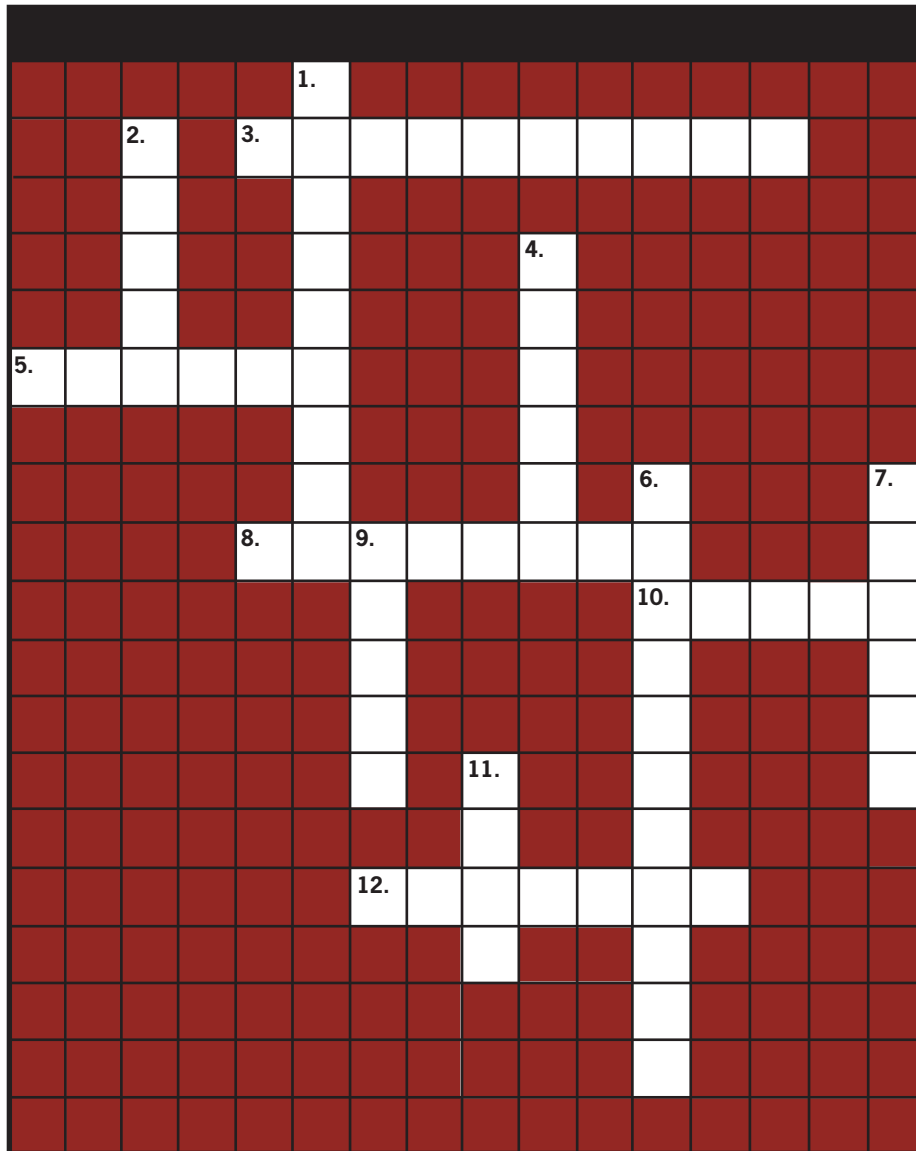
soap
sleeve
elbow





Name: _____

HEALTHY HANK CROSSWORD PUZZLE



ACROSS

- 3. Type of drug used to kill bacteria, but not viruses
- 5. Blow your nose into
- 8. Antibiotics kill this
- 10. A person who cares for the sick
- 12. Not sick

DOWN

- 1. Medical term for the flu
- 2. These can cause disease
- 4. Physician
- 6. Do this with warm water for 20 seconds or more
- 7. Every time you do this you send millions of germs into the air from your nose and mouth
- 9. Every time you do this you send millions of germs into the air from your mouth
- 11. Use this with water to clean your hands



Name: _____



MY HEALTHY PLEDGE

I, _____, pledge to stay healthy and prevent illness by covering my coughs and sneezes.

I will catch germs in my sleeve if a tissue is not available.

If I use tissues to cover my coughs and sneezes, I pledge to throw away the used tissue immediately.

If I use my hands to catch my germs, I will wash my hands with soap and water.

I'm a Healthy Hero.

Name: _____

Date: _____