

Stop the Spread of Germs

Learning Objectives

- I can practice how to prevent the spread of germs when coughing and sneezing.

Teacher Notes

- Follow along with the video.
- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

Lesson Steps: Video Outline [2.2d Video](#)

Step 1 Introduction

- Did you know coughs and sneezes spread diseases?
- How can we stop germs from spreading?
 - cough/sneeze into your elbow, cough/sneeze into a tissue, wash your hands

Step 2 Activity

- Review:
 - Coughs can travel up to 50 mph and contain up to 3,000 droplets of saliva, mucus, irritants and germs.
 - Sneezes can travel up to 100 mph and contain up to 100,000 droplets of saliva, mucus, irritants and germs.
 - We sneeze and cough when our body needs to get rid of something that is bothering it.
- Activity: Germ Tag
 - Teacher will choose 1 or 2 students as the “Germ”.
 - Germs will use a noodle, foam baton or rolled up piece of paper to tag other students with.
 - Round 1: If tagged, students will show the proper way to catch a sneeze and a cough using their sleeve/elbow, then they may return to the activity.
 - Reflect with students after Round 1. Ask students what catching your cough and sneeze does.
 - Round 2: if tagged, students will show the proper way to wash their hands by singing Happy Birthday 2x while showing the correct motions of hand washing.



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- Reflect with students after Round 2. Why is it important to practice singing Happy Birthday while washing our hands?
- Teachers can switch who is a tagger as many times as desired.
- Other variations
 - Germs cover their mouth with one hand to show they are a germ. If tagged by a germ, you become a germ too and cover your mouth and try to tag others. See how long it takes for the germs to take over
 - Add other roles into the tag game representing healthy habits such as exercise, sleep, eating well, handwashing; these students can save those tagged by a germ
- Have a class discussion as needed.

Step 3 Closure

- Can you name the 3 ways you practice stopping the spread of germs?

Assessments

- Pre: Questions will introduce the topic, engage learners, and access prior knowledge.
- Post: The activity will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

Extensions/Connections/Applications

- The teacher can have more discussion as desired with students throughout the lesson.

Resources/References

- [Health Smart VA](#)
- [Kids Health](#)