Healthy Classrooms Lesson Plan

AIM

Students will acknowledge and understand the importance of good hygiene practice in relation to reducing the spread of germs.

They will learn how a sneeze or cough can spread germs to others, and will be encouraged to use good hygiene practices.

ACHIEVEMENT OBJECTIVES

STRAND A

Personal Health & Physical Development

Personal Well-Being & Development • Attitudes & Responsibilities

STRAND D

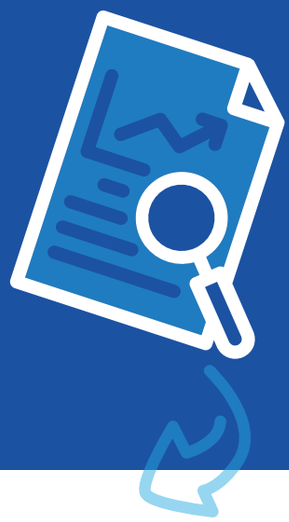
Healthy Communities & Environments

People & the Environment

sneezesafe.co.nz

Lesson 1

The art of the AHHH-CHOOO!!



PURPOSE

To explore and discuss the 'science of sneezing' and teach elements of the 4 Kleenex® SneezeSafe® steps.

INSTRUCTIONS

Use online and library resources to research the 'science of sneezing'. Teach and discuss the importance of the Kleenex® SneezeSafe® steps.

TIP

Suggest search terms and/or prompt the children to answer questions such as...

- How many germ droplets are produced by a sneeze?
- How far and fast can they travel?
- Which muscles are used to execute a sneeze?

TEACHING MESSAGE

A sneeze (or cough) can easily spread germs to others. It's important to understand and use good hygiene practices to reduce the spread of germs.

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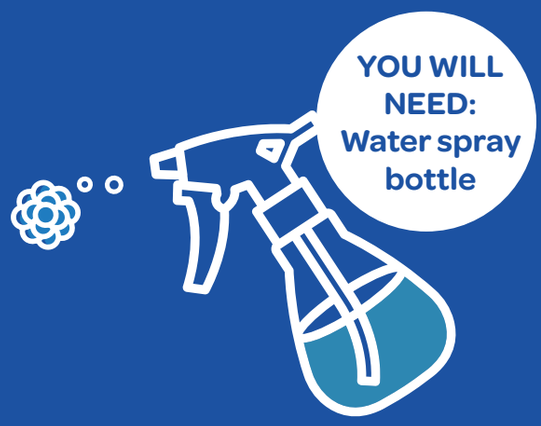

Activity 1

Germs
TRANSFER BY AIR

PURPOSE

To demonstrate how germs can be transferred to surfaces and surrounding people by sneezing and coughing.

INSTRUCTIONS

Using a clean spray bottle filled with water, the teacher simulates a sneeze or cough by spraying water into the air. Ensure the water lands on surfaces and people within a 1 metre radius.

TIP

Check how far the spray bottle can reach before the lesson

- How many people and surfaces have water on them?
- To what extent have the germ particles spread through the air to surfaces and people?

TEACHING MESSAGE

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So Gross!

Fun facts for students

Why is 'the sneeze' the biggest culprit in the transmission of colds and flu?

Published medical journals confirm that the volume of virus particles produced by a sneeze is significantly greater than the volume produced by a cough or nose blow.

A sneeze is capable of sending cold and flu virus particles at speeds of up to **320 kilometres an hour**, a distance of up to **900mm**, into the air for others to breathe.*

*U.S expert in infectious diseases, Dr Winkler Weinberg

How do our bodies 'choreograph' a sneeze?

When the inside of your nose gets a tickle, a message is sent to a special part of your brain called the sneeze centre.

The sneeze centre then sends a message to all the muscles that have to work together to create the amazingly complicated process that we call the sneeze.

Some of the muscles involved are the abdominal muscles, the chest muscles, the diaphragm, the muscles that control your vocal chords, and muscles in the back of your throat. Don't forget the eyelid muscles!

It is the job of the sneeze centre to make all these muscles work together, in just the right order, to send that irritation flying out of your nose at high speed!!

A good place to start researching

https://uniteforrecovery.govt.nz/ • www.health.govt.nz

www.fightflu.co.nz/faq/ • https://www.kidshealth.org.nz/flu-influenza

For more information about Kleenex® SneezeSafe®:
ph: 0800 733 703

sneezesafe.co.nz