



Lesson 1: Germs on the move

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Learn the correct way to use a tissue.

CATCH IT

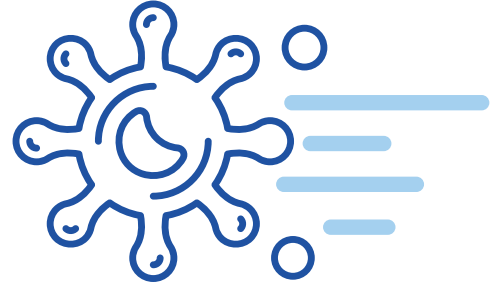
Always use a tissue when you cough and sneeze.

BIN IT

Throw your tissue in the bin as soon as possible.

WASH IT

Wash your hands.



Australian Curriculum Links

- Identify people and demonstrate protective behaviors and other actions that help keep themselves safe and healthy (ACPPS003).
- Identify actions that promote health, safety and wellbeing (ACPPS006).

Resources

- SNEEZESAFE® certificate and letter to parents on 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.





Lesson 1: Germs on the move

Outcomes

What Are Germs?

Germs are tiny living things that are all around us. They're so small we can't see them without a microscope, but they are in the air, on our hands and on objects.

Some germs are 'cold' germs. If we get cold germs in our bodies, we can catch a cold and feel sick. People who have a cold can spread these germs when they sneeze, cough or wipe their nose.

When we get a cold, we can help keep our friends and family safe from germs by using a tissue, and washing our hands.

Let's find out how to use a tissue to stop germs spreading. There are special stickers for everyone who can use a tissue properly.

Students should learn to do all of the following:



1 Grab a clean tissue from the box.



2 Open up the tissue, then fold it in half.



3 Hold the tissue gently against both nostrils and blow hard, keeping their mouth closed.



4 Fold the tissue over and throw it in the bin.



5 Wash their hands without touching anything else on the way.



Lesson 1: Germs on the move

Activities

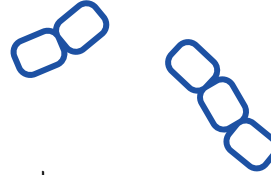
Cold And Flu Germs Travel By Air

You will need:

- Water spray bottle
- Food dye (optional)

What to do:

1. Fill an empty, clean spray bottle with water.
2. Simulate the spread of a sneeze by spraying into the air, reaching surfaces and people (have some fun and pretend it's a real sneeze!).
3. Spray into a tissue to show how a tissue catches all of the water (for this part you could add blue food dye to show more clearly).
4. Explain that this is how germs spread and how important it is to use a tissue to cough and sneeze to stop the spread of germs.



Cold And Flu Germs Travel By Touch

You will need:

- Talcum powder
- Paint or gel

What to do:

1. Explain how germs spread via human touch, for example if hands are not washed straight after coughing or sneezing.
2. Put talcum powder, paint or gel on the right hand of one willing student.
3. Ask that student to shake hands with three other students
4. Ask those three students to shake hands with three others. Continue until all hands have been shaken.
5. Take a video of the students as they are doing this, and play it back to them.
6. Explain how easily cold and flu germs can spread. Even though only one student started out being 'infected', not washing their hands will 'infect' others easily.

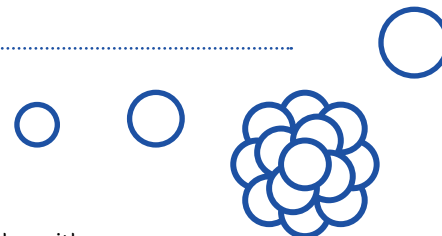
Sneezesafe® Badges

You will need:

- Paper or cardboard
- Double sided tape of safety pins
- Pencils or textas to decorate

What to do:

1. Give each child the resources you want them to make a badge with.
2. Ask students to design and create their own Sneezesafe® badges.
3. Encourage them to use words or pictures that represent proper tissue use, as per Lesson 1.
4. Students are allowed to wear their badge when they have demonstrated a knowledge of proper tissue use, as per Lesson 1.





Lesson 2: Cover & Smother!

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Learn the correct way to use a tissue.

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

- Identify actions that promote health, safety and wellbeing (ACPPS006).
- Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018).

Resources

- SNEEZESAFE® certificate and letter to parents on sneezesafe.com.au

Key Learning Intention

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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.





Lesson 2: Cover & Smother!

Outcomes

What Are Germs?

Germs are tiny living things that are all around us. They're so small we can't see them without a microscope, but they are in the air, on our hands and on objects.

Some germs are 'cold' germs. If we get cold germs in our bodies, we can catch a cold and feel sick. People who have a cold can spread these germs when they sneeze, cough or wipe their nose.

We can help keep our friends and family safe from cold germs by using a tissue, and washing our hands.

Let's find out how to use a tissue to stop germs spreading. There are special stickers for everyone who can use a tissue properly. (The class could create their own Sneezesafe® badges).



Students should learn to do all of the following:



1 Grab a clean tissue from the box.



2 Open up the tissue, then fold it in half.



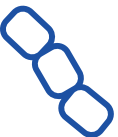
3 Hold the tissue gently against both nostrils and blow hard, keeping their mouth closed.



4 Fold the tissue over and throw it in the bin.



5 Wash their hands without touching anything else on the way.





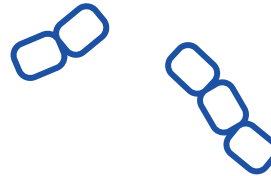
Lesson 2: Cover & Smother!

Activities

Cover Your Mouth And Nose

What to do:

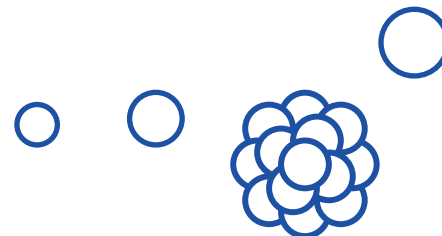
1. Take a photo of each child, or pair each child up to take each other's photo.
2. Print the photos out on A4 paper; or have the children draw a picture of their face.
3. Ask each student to trace their hand onto art paper and cut it out.
4. Each student takes a tissue and crumples it over the mouth and nose of the face picture (to simulate blowing their nose).
5. Glue the hand cut-out over the tissue, as if they were using a tissue.
6. Students can write a sentence underneath about good Sneezesafe® habits.
7. Laminate and display these artworks around the classroom as a reminder during the cold and flu season.



How-To Videos

What to do:

1. Put students' in pairs to play the roles of "Catch it Kate and Wash it Will."
2. Invite students to record a short video (on class iPads or tablets) demonstrating the correct way to Catch it, Bin it, and Wash it.
3. Can they imagine another character who might also be included? *e.g. George the Germ.*





Lower Primary School | Year levels – Years 1, 2 or 3

Lesson 3: Catch It!

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Understand what happens to our body when we sneeze.

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

- Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018).
- Explore actions that help make the classroom a healthy, safe and active place (ACPPS022).

Resources

- SNEEZESAFE® certificate and letter to parents on sneezesafe.com.au

Key Learning Intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

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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.





Lower Primary School | Year levels – Years 1, 2 or 3

Lesson 3: Catch It!

Outcomes

What Happens When We Sneeze?

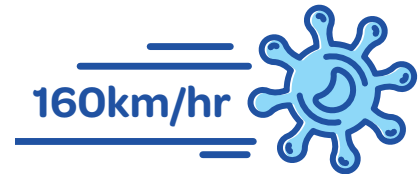
Sneezes can be caused by dust, cold air, pepper, an allergy to pet hair, sunlight, and of course, by a cold virus.

Germs irritate the little hairs inside your nose, and send a message to a part of the brain called the 'sneeze centre'. It then sends a message to all the muscles that have to work together to create the amazingly complicated process we call the sneeze.

Some of the muscles involved to help you sneeze include: the abdominal muscles, the chest muscles, the diaphragm, your voice control muscles and the muscles in the back of your throat. And don't forget about the eyelid muscles!

Did you know that most people close their eyes when they sneeze?

When you sneeze, microscopic bacteria attach to the water vapour exploding from your nose at high speeds - over 160km an hour (that's as fast as Rafael Nadal's tennis serve!)





Lesson 3: Catch It!

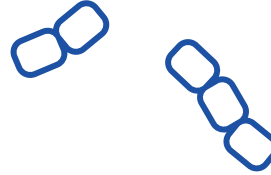
Activities

Cloze Activity

- wash
- sneezes
- sick
- virus
- tissue
- cough
- 160
- hand

Fill in the missing 8 words:

1. You can get sick if someone who is already sick _____ on you.
2. You should always _____ your hands after sneezing.
3. Your sneeze can reach speeds of up to _____ kilometres per hour.
4. Throw your _____ in the bin after you use it.
5. Cover your mouth when you _____.
6. Germs can make you _____.
7. Don't wipe your nose with your _____.
8. The cold _____ spreads to other people, attached to the water sprayed from your nose when you sneeze.



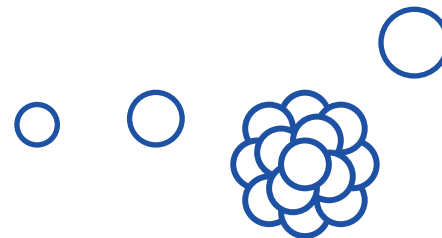
Draw A Sneeze

You will need:

- Pencil
- Paper

What to do:

1. Draw a picture of what happens when you sneeze.





Lesson 4: Microorganisms

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Introduce the difference between germs and viruses.

CATCH IT

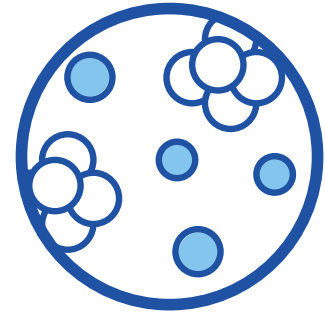
Always use a tissue when you cough and sneeze.

BIN IT

Throw your tissue in the bin as soon as possible.

WASH IT

Wash your hands.



Australian Curriculum Links

- Identify and practice strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).

Resources

- SNEEZESAFE® certificate and letter to parents on sneezesafe.com.au

Key Learning Intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

• Catch it!

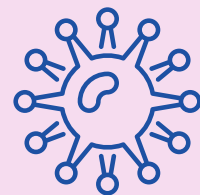
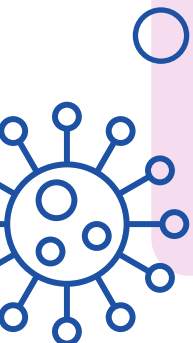
Germs can spread easily. Always use a tissue to catch your cough and sneeze.

• 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.





Lesson 4: Microorganisms

Outcomes

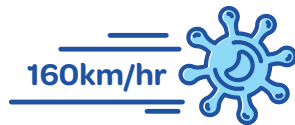
Tiny Living Things

Microorganisms are tiny living things. They are so small that without a strong microscope, you can't even see them! Bacteria and viruses are microorganisms, and they enter the body through breathing in, drinking and eating.

- Harmful microorganisms can cause illness.
- The flu is caused by the influenza virus.
- There are more than 200 viruses that cause colds.
- Cold and flu viruses are spread through coughs, sneezes and touching infected people or objects.



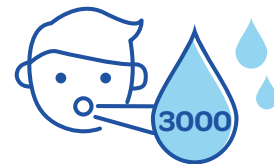
Sneezesafe® Fun Facts



Your body can sneeze at up to **160 kilometres per hour**; faster than a car travels on the road.



Once you've been in contact with a cold virus, it takes **2 to 3 days for cold symptoms to start**.



About **3,000 droplets can fly out of your mouth** when you cough.



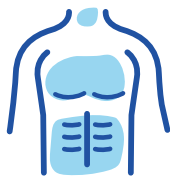
About **40,000 droplets can fly out of your mouth** when you sneeze.



If a person is ill, a single cough may contain over **200 million tiny germs**.



Almost everyone **closes their eyes when they sneeze**.



You use many different muscles in the body when you sneeze, such as your **tummy, chest, throat and eyelids**.





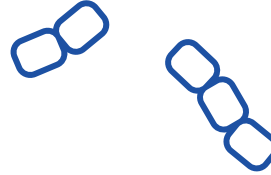
Lesson 4: Microorganisms

Activities

True or False?

(you could play this as a game of elimination)

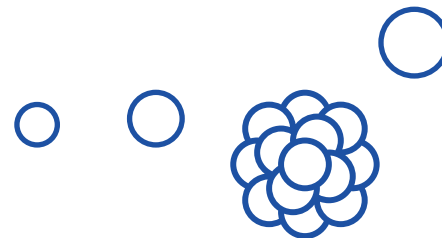
1. Most microorganisms cannot be seen with a microscope.
2. All microorganisms are harmless.
3. Some microorganisms can cause illness.
4. Bacteria and viruses are both types of microorganisms.
5. Viruses can spread through coughs and sneezes.
6. Microorganisms cannot spread through the air.
7. Using a tissue when you cough and sneeze can help stop the spread of viruses.



Make A Picture Dictionary

Ask students to find an image or clip art that represents these words (or use the Fun Facts). Students can use PowerPoint or Google Docs to present their picture dictionary.

- Bacteria
- Microbe
- Microorganism
- Virus
- Germ
- Breathe
- Tissue
- Sneeze
- Cough





Lesson 5: Wash It!

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Introduce the difference between germs and viruses.

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

- Identify and practice strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).

Resources

- SNEEZESAFE® certificate and letter to parents on sneezesafe.com.au

Key Learning Intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

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• 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.





Lesson 5: Wash It!

Outcomes

Hand Washing The Correct Way!

Do you sing Happy Birthday in your class? Do you sing it twice, for good luck?! That's how long it takes to thoroughly wash the germs off your hands (about 15 seconds).

And here's a fun video about washing your hands:

[Wash your Hands by the Preschool Popstars](#)

8 Step Guide that will leave your hands free of germs!

First, wet your hands with running water, turn off the tap and squeeze on a drop of soap.



1. Rub palm to palm



2. Between your fingers



3. Back of your hands



4. Bottom of your thumbs



5. Back of your fingers



6. Twirl your fingernails in the middle of each palm



7. Wash your wrists



8. Rinse and dry



Lesson 5: Wash It!

Activities

Sneezesafe® Storyboard

Ask students to find and print images of the following (or take screen grabs from the Sneezesafe® online resources and supply them to your class).

1. Child washing their hands.
2. Child coughing.
3. Child eating food after sneezing.
4. Child putting a tissue in the bin.
5. Child blowing their nose with a tissue.
6. Child sneezing on their friend.

Put the pictures in the correct order, and create an A3 poster (PowerPoint or Google Docs). Write a sentence underneath each picture using **Do's** and **Don'ts** of staying Sneezesafe®.

Alternatively, give students one sheet each containing jumbled images for them to cut and paste in the correct order onto A3 paper

Billy Gorilly

Using an iPad stop-motion app (e.g. **Smovie** or **StoMo**),

ask students to create their own hand washing message from 'Catch it Kate' and 'Wash it Will'.

Students will need play-dough or Lego to create their animation characters.



Lesson 6: ATCHOO!

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Introduce the difference between germs and viruses.

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 practice 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® certificate and letter to parents on sneezesafe.com.au

Key Learning Intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

• Catch it!

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• Wash it!

Hands can transfer germs. Wash your hands as soon as you can.





Upper Primary School | Year levels – Years 5, 6 and 7

Lesson 6: ATCHOO!

Outcomes / Activities

What Happens When You Catch A Cold or Flu!

Do you sing Happy Birthday in your class? Do you sing it twice, for good luck?! That's how long it takes to thoroughly wash the germs off your hands (about 15 seconds).

Watch:

[Flu attack! How a virus invades your body](#)

[Please cover your mouth!](#)



Small Group Work

In small groups, ask students to list the symptoms they feel when they have a cold or flu (e.g. scratchy throat, headache, runny nose, sneezing, temperature) and put them in the order they are normally experienced.

The Whole Class

Share the list of symptoms with students, and agree (as a group) on the order they are normally experienced.

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.





Lesson 7: When Germs Attack!

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Introduce the difference between germs and viruses.

CATCH IT

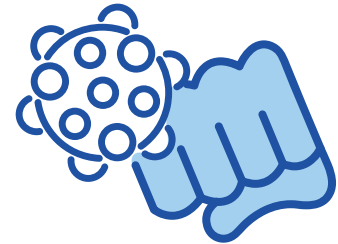
Always use a tissue when you cough and sneeze.

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 practice strategies to promote health, safety and wellbeing (ACPPS054).
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Resources

- SNEEZESAFE® certificate and letter to parents on 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.





Upper Primary School | Year levels – Years 5, 6 and 7

Lesson 7: When Germs Attack!

Outcomes

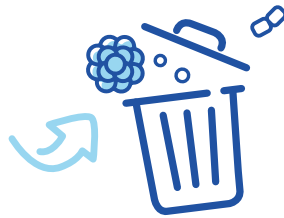
What Should You Do To Help The Symptoms Of A Cold Or Flu?

Sometimes, even when we have been SneezeSafe® by 'catching it, binning it and washing it', you can still catch a cold and feel sick. Don't worry, there are ways to help yourself recover faster and feel better.



Catch it!

Always use a tissue when you cough or sneeze.



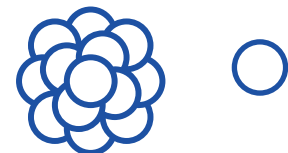
Bin it!

Throw the tissue in the bin as soon as possible.



Wash it!

Wash your hands.





Lesson 7: When Germs Attack!

Activities

Tell A Story In 5 Photos

A five photo story is a collection of five images that tells a story without using any text, audio or video. Students can use Google Sheets.

1. Before taking photos (or finding images online), ask students to create a quick storyboard.
2. Load photos or images onto the app.
3. Consider sharing the 5 photo stories to the school social media site or upload to the class blog.

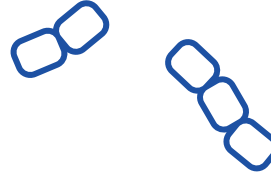
Some prompts to consider:

- “I got a cold”
- The sneeze
- Germs galore
- What NOT to do when you’re sick!

Design A Card

Pretend someone in the class is feeling sick and has stayed home today. Ask students to design and write a Get Well card for them.

Ask them to write some suggestions for their sick friend to feel better.





Middle / Upper Primary School | Year levels – Years 4, 5, 6 and 7

Lesson 8: Stop! Colds & Flu Alert!

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Introduce the difference between germs and viruses.

CATCH IT

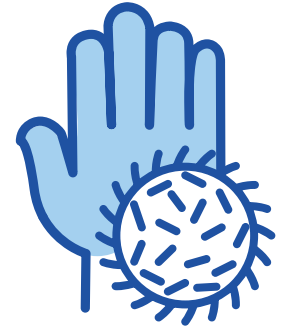
Always use a tissue when you cough and sneeze.

BIN IT

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WASH IT

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Australian Curriculum Links

- Identify and practice strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).
- Investigate community resources and ways to seek help about health, safety and wellbeing (ACPPS053).
- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058)

Resources

- SNEEZESAFE® certificate and letter to parents on sneezesafe.com.au

Key Learning Intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

• Catch it!

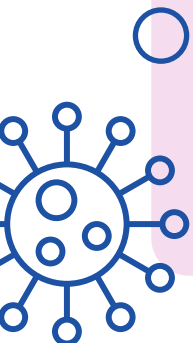
Germs can spread easily. Always use a tissue to catch your cough and sneeze.

• Bin it!

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• Wash it!

Hands can transfer germs. Wash your hands as soon as you can.





Middle / Upper Primary School | Year levels – Years 4, 5, 6 and 7

Lesson 8: Stop! Colds & Flu Alert!

Outcomes / Activity

News Flash!!

Winter Colds & Flu Season Has Started

Your class has been given the responsibility of creating an awareness campaign about this year's cold and flu season for the entire school. That might include presenting daily news bulletins and updates so that kids can protect themselves and their families.

Students will first need to do some research on symptoms, prevention, and what to do if you are feeling sick. There are useful information websites below.

Useful information websites

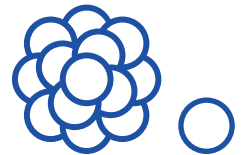
[Kids Health](#)

[Better Health Channel](#)

[Women and Children's Health Network](#)

[Brainpop](#)

[Health for Kids](#)



1. In partners, ask students to write a short announcement that will be broadcast over the school PA system. Keep it short (under 1 minute) and make sure to end with the important 1-2-3 Process: Catch it, Bin it, Wash it! They could also pre-record it.
2. Create a short role-play and/or film about how to prevent catching colds and flu. Students could perform or play it at the weekly assembly.
3. Create posters for the school's hallways, reminding students about how to prevent spreading germs and viruses.
4. Create a post for the class or school blog, reminding parents about the 1-2-3 process to prevent colds and flu. You could also upload their health video message here too.

