

## CURIOSITY TIME: SNEEZING

**VIDEO:** [Sneezing](#)

**LEARNING OBJECTIVE:** Students will learn why we sneeze and appropriate ways of sneezing to avoid spreading the germs

**FOR AGES:** 4-8 years old

**LESSON TIME:** 1 hour



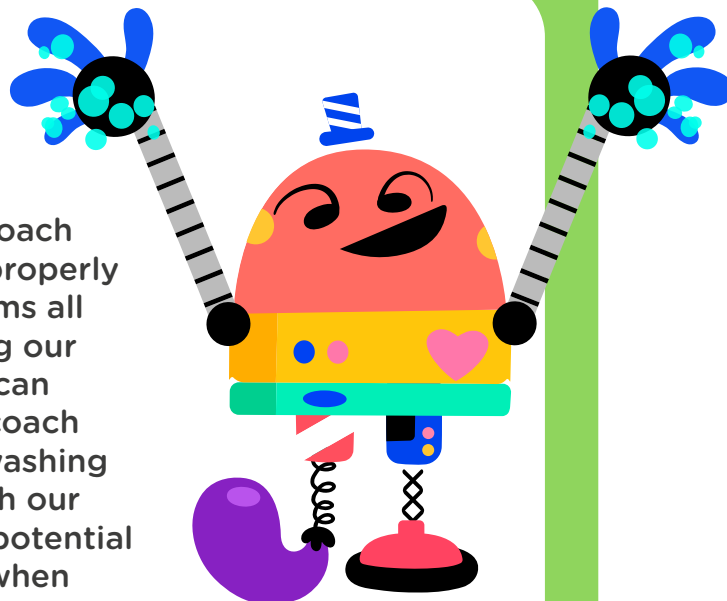
### INTRO (10'):

- Ask your students what they know about sneezing: why do we sneeze? What things make them sneeze?
- Ask for your pupils to sit down on the carpet facing the board, and project [this video](#)
- All together, make a quick run to share out loud 1 new thing you've learned after watching the video

### ACTIVITIES (20'):

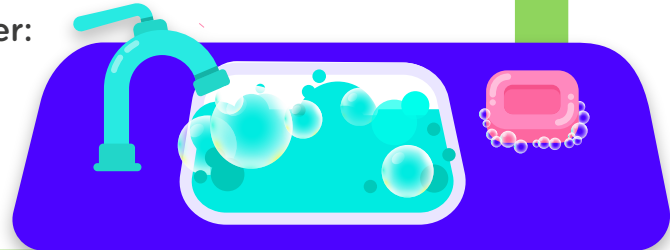
#### ACTIVITY 1

Tell your students that in this video, coach Libby talks about the importance of properly sneezing so that we don't spread germs all around us. If we don't sneeze covering our mouth and nose with a tissue, germs can spread all around us and that is why coach Libby reminds us about how crucial washing our hands is in this process. If we wash our hands often, we avoid spreading the potential germs that might have landed on us when sneezing and as we don't want others to get sick, we must remember to wash our hands after sneezing and coughing.



Here's a little experiment to help your students understand how washing your hands with soap can avoid spreading the germs:

- Fill a bowl with water and add glitter to the surface.
- Place your hands in the bowl covering them with the glitter. Imagine the glitter on your hands are the germs we collect throughout the day if we don't ever wash our hands. For example: after sneezing, after using classroom supplies, after going to the bathroom, after recess etc.
- Now wash your hands with only water: how much of the glitter washes off?
- Add some soap, now what do you think will happen? Has anything changed?



## PRACTICE WORKSHEETS (25'):

### WORKSHEET FOR YOUNGER STUDENTS (PAGE 1)

Students will draw the two ways it is recommended to sneeze in order to keep germs away from others (including oneself). Additionally they will reflect on the importance of washing their hands in order to avoid spreading germs and getting others sick.

### WORKSHEET FOR YOUNGER STUDENTS (PAGE 2)

Students will explain step by step what happens when we sneeze or cough.

*\* The teacher should feel free to use [these materials](#) in any way that matches the needs of their students: promoting independent work, getting students in turns to do the activities on the board, etc.*

## TIDY UP (5'):

Allow for students to clean up the classroom, put materials away, and get ready for the next class.



## ADDITIONAL ACTIVITIES FOR CURIOSITY TIME: SNEEZING

### ART SNEEZING POSTER:

We have learned that covering your mouth and nose with a tissue whenever you sneeze or cough is the best way to avoid spreading germs and viruses. Did you know that in the world of arts and crafts there is a material called “tissue paper”? Well, today we will use it to depict a virus on the poster! Here’s the list of the materials you will need: different shades of green tissue paper, liquid glue, 2 googly eyes, a sheet of black construction paper, scissors (optional, as you can rip the paper with your hands), and a black marker. Your goal is to create a poster explaining how you need to sneeze into a tissue in order to avoid spreading germs and viruses everywhere. Make sure your poster includes an explanation on how to correctly use a tissue, and create an angry virus with the tissue paper as part of the design of the poster. Share your poster with others and have lots of fun!

### VIDEO CAMPAIGN HOW TO PROPERLY SNEEZE:

Now that you’ve learned about the importance of covering your mouth and nose when sneezing so that you are not spreading germs, we would like you to think of a video campaign that helps others understand why sneezing correctly is so important. Your video must include:

1. An explanation of why you need to cover BOTH your nose and mouth.
2. How to sneeze without spreading germs (sneezing into a tissue, or sneezing onto the upper part of your arm if you don’t have a tissue available)
3. A demonstration of what would happen if you didn’t cover your nose and mouth when you sneeze
4. An explanation about the importance of washing your hands after sneezing



OPTIONAL: Think of a fun and catchy slogan/phrase that will stick with others about the importance of sneezing and coughing ‘correctly’!

### CRAFT SNEEZING FRIEND:

To do this very simple yet fun activity, you will need a paper plate, scissors, a spray bottle filled with water. This is a good activity to learn about how easily germs can spread and why we need to make sure we wash our hands often.

- Step 1: Take a paper plate and draw a face, cut a small hole for the nose.
- Step 2: Attach a water spray bottle with water and poke it through the hole.
- Step 3: Invite children to gather around and do a little role play to make their new ‘friend’ sneeze.