



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

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!

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 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.

