Day 5: Stop the Spread of Germs by Catching a Sneeze

Goal: To help children understand that they can spread germs with a sneeze or cough, and how to cough or sneeze properly.

Supplies:

Song—Here Comes a Sneeze
Book—Germs Are Not for Sharing
Activity—The "Fake Sneeze" and Here Comes a
Sneeze song with motions

Need clean spray bottle and clean water, tissues and a small trash can

A. Music—Here Comes a Sneeze Discuss:

- What is the difference between a cough and a sneeze?
- The song said "Here comes a sneeze." How can you tell a sneeze is coming?

B. Activity 5—*Here Comes a Sneeze* (See next page for details.)

C. Storytime—Germs Are Not for Sharing

Focus on the last part of the book about how to sneeze.

Discuss:

- Coughing or sneezing on other people can make them sick.
- You need to throw your tissue away immediately after sneezing into it.
- Always wash your hands after coughing or sneezing.

D. Sing—1. Here Comes a Sneeze

2. A 20-Second Scrub-a-Dub

(to sing in your head while hand washing)

E. Review

- Coughing and sneezing are common ways we accidentally share germs with others.
- To avoid sharing germs, we can use our elbows to "catch a sneeze" or "catch a cough."



Remember the Everyday Songs!

- Because I Care Lullaby to start nap time.
- Clean Up the Room to signal clean up time.

Activity 5: Here Comes a Sneeze

Today's activity is learning a fun song with motions.

- 1. Teacher asks: What is a cough? Discuss.
- Teacher asks: What is a sneeze? Discuss.
- 3. Teacher asks: The song says "Before I cough or sneeze, I am ready, set, go." How can you tell when you are about to sneeze? Point out that when you feel these warning signs, you need get ready with a tissue or your elbow.
- 4. Use the "Pretend Sneeze" bottle to demonstrate how moisture and germs explode out of your mouth onto your friends when you sneeze. You can then hold a tissue in front of the spray bottle and show them how the tissue catches the moisture.
- 5. Give each child a large tissue or a table napkin. Encourage them to use this as a prop—when the song says "here comes a sneeze" to make a *small* cough into the napkin and when the song says "here comes a sneeze" to make a *small* sneeze into the napkin.
- **6.** Talk about throwing away the tissue away after use.
- 7. Talk about what to do when you don't have a tissue—when the song says "here comes a cough, here comes a sneeze" that is a warning to get your elbow ready.
- 8. Now act out the song two times.

 Encourage each child to act out the proper motions even if they do not sing.







Give each child a large tissue or a table napkin.



Ask what you do when you don't have a tissue.

Takeaway Lesson: Sneezing can project germs onto another person, and sneezes should be contained in clothing or a tissue—and always wash your hands.