



## HERE COMES A SNEEZE OR COUGH

*A lesson plan for young students*

### **Materials:**

- Small mist/squirt bottle
- Water
- Illustration of a face

### **What is a cough?**

- Teacher asks: What is a cough? *Discuss.*
- A cough is ***your body's reaction when something irritates your throat or airways.***

### **What is a sneeze?**

- Teacher asks: What is a sneeze? *Discuss.*
- When something enters your nose, like germs, dust or pollen, a message is sent to a part of your brain.
- Your brain then sends a signal to other parts of your body telling it to work together to make a sneeze happen to push out whatever is bothering your nose.

### **How can you tell you are about to sneeze?**

- Teacher asks: How can you tell when you are about to sneeze?
- You know it is coming; you feel the tickle in your nose, your eyes start to water, your nose wrinkles up, and then it happens... ah choo! You sneeze!
- Point out that when you feel these warning signs, you need get ready with a tissue or your elbow.
- *Pretend to sneeze into your hand and then ask a child if they would want to shake hands with you.*

### **“Pretend Sneeze” Activity**

- Use the “Pretend Sneeze” bottle (small mist/squirt bottle with clean water) to demonstrate how moisture and germs explode out of your mouth and nose when you sneeze.
- If you choose, you can draw, color and cut out a picture of a face or person. Make a small slit where the nose or mouth would be that the tip of the squirt bottle can fit through.

- You can then pretend the face sneezes as you pull the trigger to release the mist, demonstrating how droplets (and germs) are expelled when we sneeze.
- Hold a tissue in front of the spray bottle and show them how the tissue catches the moisture.

## **What do you do after you sneeze or cough?**

- Explain that coughing or sneezing into their arm or a tissue is the best way to capture the germs.
- Talk about throwing away the tissue away after use and then always washing hands.

## **What did we learn?**

- Sneezing and coughing can project germs into the air and onto another person.
- Sneezes and coughs should always be contained in clothing or a tissue.
- Always wash your hands after throwing the tissue away.