

Hygiene Awareness (for teachers to present) Primary School Years 1 to 4

(NB One of AYF's main goals is meningococcal disease MD awareness BUT we do not mention the term MD until year 5. This is a hygiene lesson (for teachers to present) and if students put into practice these hygiene principles then they will help protect themselves against MD bacteria along with cold and flu bugs.)

Age Group: Years 1 to 4

Duration: 40 minutes

Links to HPE Learning Outcomes:

- Students know and understand health and physical activity concepts that enable informed decisions for a healthy, active lifestyle.
- Students demonstrate self-management skills which enable them to make informed decisions for healthy, active lifestyles.

Lesson Aims

- Students understand that our bodies have good and bad bacteria and bad bacteria can make you very sick.
- Students understand the AYF motto of "be aware and don't share" and safe hygiene practices/strategies.
- Students understand to tell their parents when they feel sick.

Resources & Equipment

- Power point from www.amandayoungfoundation.org.au
- Laptop/projector/smartboard
- You tube animation
<http://www.youtube.com/watch?v=jDwrTJ9qgPM>
- Mystery bag (see notes)

Lesson Summary

- This lesson is used as an introduction to the world of bacteria. Depending on your classes abilities you may do the whole lesson or parts and the lesson plan is written so that you can reduce activities to save time if you wish. We have provided follow up activities to reinforce the important learning outcomes. Our main message is Be Aware Do Not Share (anything from your mouth)

as Meningococcal Disease and colds, flus and viruses are passed through mucus contact eg kissing, coughing sneezing, sharing drinks. Your students will learn valuable hygiene information to prevent the spread of infection.

Lesson Plan

Time	Activity	Resources
10 mins	<p>Introduction</p> <p>Display first power point slide. Talk briefly about Amanda (riding her horse) and how she became very sick from a bad bacteria/bug. Her parents don't want any other child to be sick with this bug so that is why we are going to learn how to protect ourselves and to do things to keep ourselves as healthy as possible. Play the Protect Don't Infect video – http://www.youtube.com/watch?v=jDwrTJ9qqPM</p> <p>Ask the students what they have learned from the video? (Important to wash hands properly, cough/sneeze into your elbow, use tissues/sanitizer, stay home if you are sick etc)</p>	<p>Protect Don't Infect Video</p> <p>Smart board or equivalent</p>
5 mins	<p>Discuss good and bad germs (bacteria)</p> <p>Explain how we need GOOD bacteria to KEEP US HEALTHY. The GOOD bacteria are like our body's ARMY – fighting to protect us. Sometimes when the army is busy – bad bacteria get in and make us sick. Some bad bacteria live at the back of our throat and nose. WE can pass this bacteria with our saliva or mucus – eg kissing, sharing food and drinks, coughing and sneezing over one another.</p>	<p>Power point</p> <p>Slide 1 & 2</p>
3 mins	<p>How many bacteria live in our mouth?</p> <p>Explain our mouths have more bacteria than the bin!! But most of it is good bacteria. Ask the children to guess the right number with a show of hands. Lead into the importance of NOT sharing anything from our mouth. And introduce Melrose Mare – she counts out in 100's with her leg and the students count with her – 100, 200, 300, 400, 500!!</p>	<p>Power point slide 3 & 4</p> <p>Horse hand puppet or card</p>
6 mins	<p>BE AWARE DO NOT SHARE</p> <p>Using the mystery bag in tandem with slide 5 – have a student hold the bag and use Melrose Mare to pull an item out of the bag, one at a time, and the students match try and match that item with the pictures on the power point slide. Discuss each item – if you share this – can you get Meningococcal</p>	<p>Power point slide 5</p> <p>Mystery bag</p>

	disease? NOTE – we are stressing to not share anything from your mouth BUT it is important to share things in general. In primary school we learn Sharing is Caring....share toys/games/books etc	
5 mins	Ginger Bread Man Discuss symptoms of feeling sick. Ask students how they have felt when they have been sick with a cold etc. The ginger bread man is smiling because he feels better after getting his medicine BUT describe how sick he might be – eg temperature, headache, sore muscles etc.	Power point slide 6
5 mins	Good Hygiene Discuss sneezing and coughing into a tissue or your elbow (preferably) as in the video and the importance of washing your hands properly. If you cough or sneeze into your hand – wash or sanitise before touching anything or eating. Emphasise – do not share anything from your mouth – food drinks – do not cough or sneeze in anyone’s direction.	Power point slide 7
5 mins	Songs Sing the “Bug Song” to the tune of Baa Baa Black Sheep – then get the whole class sing along. Sing “If You’re Healthy Song” to the tune of If You’re Happy and You Know It... - then get the whole class to sing along.	Power point slides 8 & 9
??	Questions Reinforce – student’s job is to Be Aware & Do not Share and to tell their parents when they feel sick – it is up to their parents to take action. So tell them not to worry as their parents/carers know what to do (information sent home in parent newsletter)	

Notes

Mystery Bag

Fill a canvas bag with a number of everyday objects – the aim here is for students to identify what everyday objects they okay to share and which should not be shared. Any objects that are placed in your mouth should not be shared.

Some ideas for objects are:

SHARE	DO NOT SHARE
DVD	Toothbrush
Variety of toys	Drink (bottle or cup)
Pens & Pencils (although you need to make a comment about not sucking on the end & sharing.)	Lollipop
Stapler	Mouth Guard
Book	Straw
Necklace	Lipstick/lip gloss
Mobile phone	Cutlery
Hairbrush	Musical Instrument, eg recorder
Sunglasses	Chewing Gum

Bug Song (to the tune of Baa Baa Black Sheep)

GermS – GermS – BugS – BugS
We must be aware
Eat – Eat – Drink – Drink
BUT DO NOT SHARE

Blow into the tissue
Sneeze into your sleeve
Wash your hands before you eat
So the bugs will leave.

'If You're Healthy' Song (to the tune of If You're Happy & You Know It)

If you're healthy and you know it sneeze like this [mime sneezing into elbow]
If you're healthy and you know it sneeze like this
If you're healthy and you know it
Then you really ought to show it
If you're healthy and you know it sneeze like this.

If you're healthy and you know it do not share [etc]

If you're healthy and you know it wash your hands [etc]

Extension Activities

1. Complete the AYF junior primary worksheets – prevention & colouring in – provided as part of the program.
2. Give students a template of a body (or the ginger bread man) and ask them to colour the parts of the body where they have felt sick in RED – discuss the importance of telling your parents when you feel sick.
3. Review the songs from the lesson plan and act out appropriate parts (eg sneeze into your sleeve)
4. Invite the school nurse (if there is one available) or a health professional parent or a community health nurse to visit and talk to the class about the importance of good hygiene.
5. Students draw "good" bacteria and "bad" bacteria – review their role/s in affecting our bodies.
6. Students bring their teddy bears to school and role-play looking after him. What would you tell your teddy to do to keep him safe from getting sick from bad germs? Talk about Goldilocks and the 3 Bears – read the beginning of the story – should Goldilocks really have eaten someone else's porridge – why?