

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.
2. *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.