

Say Ahhh

Content Area: Health- Science

Grade Level: K-5

Goals:

To educate children on the cause, symptoms, treatment and prevention of the common cold and influenza.

To encourage responsible behavior.

Objectives:

Students will learn health practices that prevent the spread of colds and the flu.

Students will learn ways to maintain and improve health.

Students will learn how viruses are spread.

Students will learn that responsibility makes them feel good about themselves and makes others respect and appreciate them.

Materials:

Picture Book Catchin' Cooties Consuelo by Tolya Thompson

Drawing paper

Pencils, Markers, Crayons

Procedure:

1. Read the title and introduction to discover the main idea. Ask: Why do you think the author gave the book this title?
2. Make predictions about the subject.
3. Draw attention to Spanish Key.
4. Read the story. Then ask: What is a germ? (It is a virus or bacteria.) 2. How big is a germ? (It is microscopic. It is invisible.) 3. Where does it live? (Everywhere) 4. How are germs spread? (By contact) 5. How do you prevent germs from spreading? (Washing your hands, avoid touching your face, cover your mouth when you cough or sneeze.)

Follow up Activities:

1. Discuss as a class why vaccination is important to particular groups of vulnerable people, such as the very young, the very old and the ill.
2. Make graphs showing the months and seasons children have the most and least number of colds.
3. Discuss what makes a person responsible. A few character traits to explore would be: Following through on commitments, being reliable and trustworthy, using good judgment, answering for your own actions, not procrastinating.
4. Write and illustrate a poem about the story.
5. Design a get-well card for Consuelo.

Assessment:

1. In few days have the students list symptoms of colds and the flu.
2. List what they should do to treat the symptoms.
3. Have them write a paragraph telling how Consuelo is most like or least like them.

This lesson adheres to National Education Health Standards in grades K-5.