



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Having a cold is the #1 reason elementary students miss school. The flu ranks a close second, and can result in a week of missed class time. The following activities will help your students learn how to protect themselves from both the common cold and the flu.

## Related KidsHealth Links

### Articles for Kids:

#### Chilling Out With Colds

[KidsHealth.org/en/kids/colds.html](http://KidsHealth.org/en/kids/colds.html)

#### Flu Center

[KidsHealth.org/en/kids/center/flu-center.html](http://KidsHealth.org/en/kids/center/flu-center.html)

#### The Flu: Stop the Spread

[KidsHealth.org/en/kids/flu-spread.html](http://KidsHealth.org/en/kids/flu-spread.html)

#### Who Needs a Flu Shot?

[KidsHealth.org/en/kids/flu-shot.html](http://KidsHealth.org/en/kids/flu-shot.html)

#### Why Do I Need to Wash My Hands?

[KidsHealth.org/en/kids/wash-hands.html](http://KidsHealth.org/en/kids/wash-hands.html)

### Article for Teachers:

#### Tips From School Nurses on Keeping Students Healthy

[KidsHealth.org/en/parents/healthy-nurse-tips.html](http://KidsHealth.org/en/parents/healthy-nurse-tips.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What can you do to protect yourself from getting a cold or the flu?
2. Are colds contagious? Is the flu contagious?
3. How many days of school might you miss if you have the flu? If you have a cold?
4. Are there different types of flu? Are there different kinds of cold viruses?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Viral Messages

#### Objectives:

Students will:

- Learn facts about the flu
- Create a public service announcement about flu prevention

#### Materials:

- Computer with Internet access, KidsHealth.org articles at [KidsHealth.org/en/kids/center/flu-center.html](http://KidsHealth.org/en/kids/center/flu-center.html)
- “Viral Messages” handout

#### Class Time:

- 1 hour

#### Activity:

It’s that time of year again: flu season. Your local radio station, WKHN (KidsHealth News), needs your class to get the news out about how kids can protect themselves from the flu. First, go to KidsHealth.org and read all about the flu, especially about prevention methods and immunizations. With a partner, write a short public service announcement (PSA) using the “Viral Messages” handout as a guide. Write your PSA, then time yourself reading it to keep it less than 30 seconds long. Make sure you use some catchy phrases so kids will remember your message. Then as a class, we’ll vote for the top PSAs and read them during the school’s morning announcements.

#### Extension:

Create posters for the school’s hallways, or a video for a school assembly, reminding everyone to get their flu shots.



## Musical Colds

### Objectives:

Students will:

- Identify signs and symptoms of the common cold
- Learn how the common cold is prevented, spread, and treated

### Materials:

- Large beach ball
- “Musical Colds” handout for teachers
- Fine-point permanent markers

### Class Time:

- 30 minutes

### Activity:

Instead of musical chairs, today we’re going to play Musical Colds so we can learn important facts about the common cold and how to keep it away so you stay healthy and stay in school. We’ll sit in a big circle and pass around the “cold” ball while we listen to music. If you have the “cold” ball when the music stops, read the fact that’s closest to your right thumb aloud to the class. If you read a fact that a classmate already read aloud, everyone has to do a fake cough or sneeze into their elbows to show that we remembered that fact. That way, we also get to practice the best way to cough or sneeze to avoid spreading cold germs. (Note to teachers: Make sure everyone washes their hands before playing!)

### Extensions:

Hand washing is one of the best ways to avoid spreading cold and flu germs. Have your students make laminated hand washing reminder signs on index cards that they can display in their homes and in school lavatories to remind friends and family of the importance of hand washing.

## Reproducible Materials

### Handout: Viral Messages

[KidsHealth.org/classroom/3to5/problems/conditions/colds\\_flu\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/colds_flu_handout1.pdf)

### Handout: Musical Colds

[KidsHealth.org/classroom/3to5/problems/conditions/colds\\_flu\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/colds_flu_handout2.pdf)

### Quiz: Colds and Flu

[KidsHealth.org/classroom/3to5/problems/conditions/colds\\_flu\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/colds_flu_quiz.pdf)

### Answer Key: Colds and Flu

[KidsHealth.org/classroom/3to5/problems/conditions/colds\\_flu\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/colds_flu_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Viral Messages

Instructions: Write a public service announcement (PSA) about flu prevention to be read during morning announcements. Get ideas from the articles at KidsHealth.org and write them in the Notes section below. Then use your notes to write your PSA, making sure it's less than 30 seconds long. Use some catchy phrases so kids will remember your message!

### Notes

Flu facts: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How to protect yourself from the flu: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How to avoid spreading the flu to other people: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What to do if you have the flu: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## Musical Colds

Note to instructor: Write these facts on a large beach ball with fine-point permanent markers. If necessary, you can find more facts at [KidsHealth.org/kid/centers/flu\\_center.html](http://KidsHealth.org/kid/centers/flu_center.html).

A cold is a nose, ears, and throat infection

A rhinovirus is a type of cold virus

Your immune system protects you from colds

Sneezing and coughing spread colds through mucus droplets in the air

Cold germs stick to the inside of your nose

Runny noses and sneezing keep colds from getting farther into your body

A sneeze shoots out at more than 100 miles per hour

Washing your hands helps prevent spreading germs

Coughing and sneezing into your elbow helps prevent spreading germs

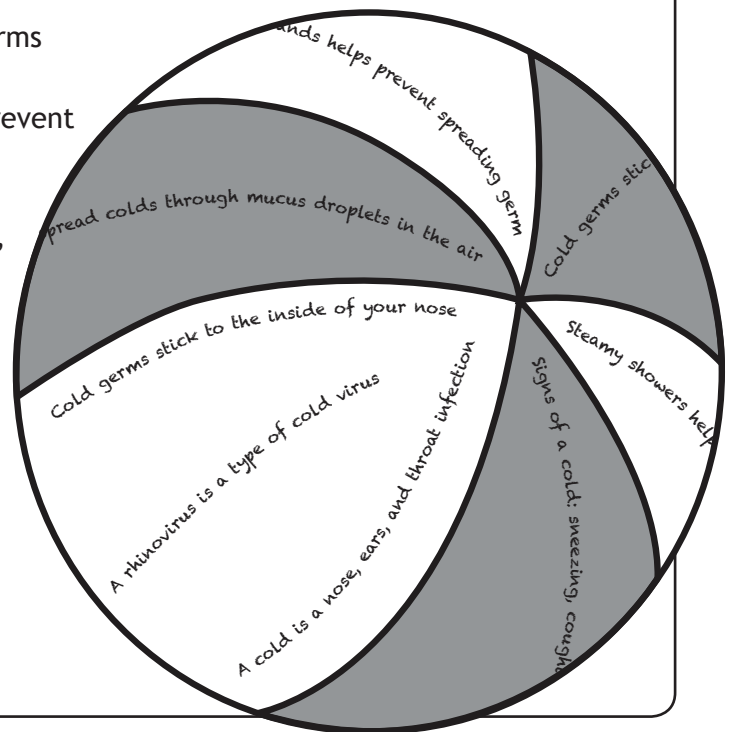
Signs of a cold: sneezing, coughing, being tired, runny or stuffy nose

Warm drinks can help soothe sore throats

Cold or frozen foods such as ice cream or Popsicles can help soothe sore throats

Steamy showers help stuffy noses

Eating right and resting help you feel better





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. The flu is caused by the \_\_\_\_\_ virus.
2. Flu symptoms can be:
  - a. mild fever and chills
  - b. cough
  - c. body aches
  - d. all of the above
3. True or false: Doctors recommend that everyone older than 6 months should get a flu vaccine every year.
4. True or false: You can get infected by flu germs just by standing next to someone who has the flu.
5. \_\_\_\_\_ is the best thing you can do to avoid getting cold and flu germs.
6. The most common type of cold virus is the:
  - a. hippovirus
  - b. dinovirus
  - c. rhinovirus
  - d. all of the above
7. Your \_\_\_\_\_ system protects your body from germs and illness.
8. True or false: You can catch a cold if you breathe in cold viruses on mucus droplets in the air.
9. True or false: You can catch a cold if you don't dress in warm clothes.
10. You might have a cold if you're:
  - a. hungry
  - b. coughing and sneezing
  - c. alert and full of energy
  - d. all of the above



## Quiz Answer Key

1. The flu is caused by the \_\_\_\_\_ *influenza* \_\_\_\_\_ virus.
2. Flu symptoms can be:
  - a. mild fever and chills
  - b. cough
  - c. body aches
  - d. all of the above
3. True or false: Doctors recommend that everyone older than 6 months should get a flu vaccine every year.
4. True or false: You can get infected by flu germs just by standing next to someone who has the flu.
5. \_\_\_\_\_ *Washing your hands* \_\_\_\_\_ is the best thing you can do to avoid getting cold and flu germs.
6. The most common type of cold virus is the:
  - a. hippovirus
  - b. dinovirus
  - c. rhinovirus
  - d. all of the above
7. Your \_\_\_\_\_ *immune* \_\_\_\_\_ system protects your body from germs and illness.
8. True or false: You can catch a cold if you breathe in cold viruses on mucus droplets in the air.
9. True or false: You can catch a cold if you don't dress in warm clothes.
10. You might have a cold if you're:
  - a. hungry
  - b. coughing and sneezing
  - c. alert and full of energy
  - d. all of the above