



LESSON 3 B HOW CAN YOU PROTECT YOURSELF FROM GERMS?

60
MINS TOTAL

Learning Intentions

By the end of this lesson, students should be able to:

- › List the ways to combat germs
- › Identify what items are useful for good hygiene practice

Resources

To deliver this lesson, you will need **either** the following items **or** large printed images of the following items:

- › A backpack (preferably a child's backpack)
- › Soap
- › A bottle of water
- › A clean towel
- › Hand sanitiser
- › Band-aids
- › Tissues/handkerchiefs

If you are delivering the full 1-hour lesson, you will also need:

- › Student Worksheet 1C – 1 per student

Preparation

Before the lesson begins, place the following items inside the **backpack**:

- › Soap
- › A bottle of water
- › A clean towel
- › Hand sanitiser
- › Band-aids
- › Tissues/handkerchiefs

If you don't have these items, you could print out large images of these items or you could present these large images digitally.

Curriculum Links

- › Health & Physical Education: Being Healthy, Safe and Active Foundation - [ACPPS003](#) /Years 1 & 2 - [ACPPS018](#)
- › Supporting Outcomes Health & Physical Education: Movement and Physical Activity Foundation - [ACPMP014](#) /Years 1 & 2 - [ACPMP032](#)



Teacher Tip

Consider making a A4 or A3 sized printout of Poster 1A and display in the classroom and in the school hall.

1- SET THE SCENE

10
MINS ESSENTIAL

ASK

- › **Replay the animation**

Ask students to list all of the different ways that we can protect against germs. Examples could include:

- › Washing our hands with soap
- › Bathing/showering our bodies
- › Keeping our environment clean
- › Social distancing
- › Wearing masks, gloves or other protective clothing
- › Using antiseptics and disinfectants
- › Vaccines



Teacher Tip

STUDENTS FEELING QUIET?

Bring the activity to life by framing it around a real-life example that students can relate to. For example, ask them about the different ways that we can protect ourselves against COVID-19.

Explain

- There are lots of different ways we can protect ourselves and others from germs
- No single method is completely effective. For example, vaccines only work against certain types of germs
- There are, however, things that we can all do on a regular basis to protect ourselves and others
- In this lesson, we are going to read a story about the characters we saw in the cartoon and explore how they protect themselves and others from germs

2 - WHAT'S IN LI'S BACKPACK?

10
MINS

OPTIONAL

Read

Read the story below aloud.

LI'S BACKPACK

Since his adventure in the Hidden Reach, Li has been paying lots of attention to where germs might be hiding and making sure he always uses soap and water for at least 20 seconds when he washes his hands. He's even got his family thinking more about germs.

But he's a Hidden Reach hero now - he could be called back by the Protector at any time! And a true adventurer is always ready for action. He needs to make sure his trusty backpack is full of things that he could use to protect himself and the other adventurers from germs. What do you think he should take?



Ask

- **Show** your prepared backpack or printed images
- **Ask** students to **guess** what's inside Li's backpack to protect him and his friends from germs
- Each time an item is guessed correctly:
 - **Remove** the item from the backpack (or reveal the image)
 - **Ask** students **why** the item might be useful and **what** it might be used for
 - **Place** the item/image somewhere around the room where it can be easily seen



Teacher Tip

MANAGING ROGUE ANSWERS

Students may come up with a wide range of suggestions here. Try to keep them focused on practical items that you could carry around with you.

Hand sanitiser is a valid item for this activity, but remind students that it should only be used under adult supervision.



3 - STORY: LI TO THE RESCUE

20
MINS ESSENTIAL

Read

- **Read** the story below aloud
- At each **checkpoint, stop reading** and ask students to **move** to the item/picture in the room that they think might help the characters in the situation that has arisen
- **Ask** students to **explain** why they have chosen the item they have moved to, and **discuss** using the **notes** provided



LI TO THE RESCUE: PART 1

“Ahhhhhhh-oof!” Li lands on the forest floor next to Bruno, Chara and Skye. “We’re back! But why?”

The Protector runs over to them, carrying a bowl of fruit. “I’ve brought you here to stop something awful from happening.” She points at Bruno. He’s holding an open lunchbox and is about to pick up a sandwich – with muddy fingers! Yuck! What about all the germs? “Wait a minute...” Li thinks. “I have something for that!”

What should Li give to Bruno?



CHECKPOINT 1

ANSWER: Soap and clean water; a clean towel.

Notes:

- You should always wash your hands before eating, to stop germs on your hands from getting inside your body
- Soap and water are best
- If soap and water are not available, hand sanitiser may be an appropriate substitute, but only if an adult is around to help
- Wet hands spread germs more easily than dry hands, so it’s important to dry your hands well on a clean towel after washing them



LI TO THE RESCUE: PART 2

Bruno washes his hands with the soap and water, and counts down from 20 loudly. Then he dries his hands on the towel. “Done!” he shouts. He throws his arms excitedly into the air and knocks the Protector’s fruit bowl out of her hands. SMASH! “Oops...”

Skye goes over to help pick up the pieces. “Sorry we broke your bowl,” she says to the Protector. “Ouch!” The sharp bits of broken bowl have cut Skye’s finger.

“Don’t worry!” yells Li. “I’ve got something in my backpack for this!”

Which items from Li’s backpack might help Skye?



CHECKPOINT 2

ANSWER: Band-aids; clean water.

Notes:

- When prompting pupils to explain why they chose the band-aids, emphasise that band-aids are not just for stopping blood: they are a barrier against germs and will keep the cut clean while it heals
- Follow up by asking what should be used before putting on the bandaid – cuts should be rinsed with clean water and dried properly first
- Soap and hand sanitiser should not be used to clean inside the wound - they will sting!





LI TO THE RESCUE: PART 3

The Protector takes a bandaid from Li's backpack and wraps it carefully around Skye's finger so that the germs can't get to the cut while it heals.

Suddenly, Chara's nose starts to tingle. Then it tickles. "Aaa—" Her nose wrinkles. "Aaaaa—".

"Uh, oh!" Li says. "She's going to sneeze."

He goes for his backpack again – what should he grab?



CHECKPOINT 3

ANSWER: Tissues; soap and clean water.

Notes:

- Always try to block a cough or sneeze with a tissue. If you don't have a tissue, it's much better to sneeze into the crook of your elbow than to sneeze into your hands, because you don't normally touch things with your elbow!
- After coughing or sneezing into a tissue, put the tissue in the bin and then wash your hands



LI TO THE RESCUE: CONCLUSION

"Aaaaaaachooo!" Chara sneezes into a tissue and wipes her nose with it. The Protector pulls a bin out of her bag, and Chara throws the tissue away, then washes her hands.

"OK, that's enough adventures for one day," says the Protector. She snaps her fingers and the portal reappears. "Now, remember to always wash your hands before you eat!"

The kids wave goodbye to the Protector as one by one they jump through the portal back to their homes.

THE END

4 - WORKSHEET 1C

15 MINS **OPTIONAL**

Instruct

- **Give** each student access to a copy of **Worksheet 1C**
- **Model and show** this on an interactive whiteboard or whiteboard
- **Instruct** students to complete each activity on the worksheet

5 - CHECK UNDERSTANDING

5 MINS **OPTIONAL**

Ask

Select a few students to share **one** thing that they need to start doing to protect themselves and others from germs.



Teacher Tip

STUDENTS FEELING QUIET?

- Try using the points from the worksheet as a stimulus – ask students if there is anything on the list they don't do
- Ask a confident student to make a suggestion to their classmate of something they could try

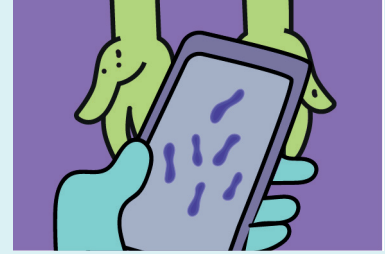
THE UNSEEN WORLD



Germs can spread through touch, dirty water or even through the air, such as when we cough, sneeze or even breathe.



Germs are so tiny that you can't see them without a microscope.



Just because something looks clean, that doesn't mean that it is clean.

"Check out my top tips to keep yourself and others safe from those pesky germs!"



- Cover your coughs and sneezes with a tissue or the crook of your elbow**
- Rinse cuts with clean water before you put on a bandaid**
- Wash your hands after coughing, sneezing and blowing your nose**
- Wash your hands before eating**
- Wash your hands after going to the toilet**
- Bathe or shower regularly to keep your body clean**

A BACKPACK FOR BRUNO

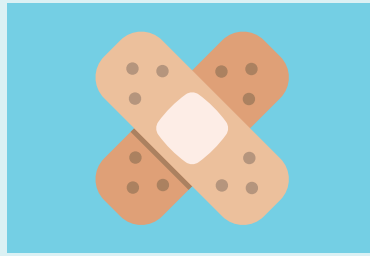
Bruno was super impressed with how prepared Li was in that adventure.

He decides to fill his own backpack with useful items too. He's found a few things in his room, but he can't remember what to use them for...

Under each picture, **write or draw** what Bruno might use the item for.



Soap and Water



Bandaid



Tissues

The Protector has made a checklist of tips and tricks to help our adventurers protect themselves and others from germs. But it is useful for everyone, not just our adventurers!

Read the checklist below and **tick** off the things you do.

I cover my mouth and nose when I cough or sneeze

YES

No

I wash my hands after coughing, sneezing and blowing my nose

YES

No

I wash my hands before eating

YES

No

I wash my hands after going to the toilet

YES

No

I bathe or shower regularly to keep my body clean

YES

No