



## PreK to Grade 2 • Health Problems Series

# Colds and Flu

[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.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Having a cold is the #1 reason kids stay home from school. Young children get up to eight colds each year, with each bout lasting an average of 6 days. The flu is another cause of missed class time. The following discussion and 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/kid/ill\\_injure/sick/colds.html](http://KidsHealth.org/kid/ill_injure/sick/colds.html)

##### The Flu

[KidsHealth.org/kid/h1n1\\_center/flu-basics/flu.html](http://KidsHealth.org/kid/h1n1_center/flu-basics/flu.html)

##### The Flu: Stop the Spread

[KidsHealth.org/kid/h1n1\\_center/h1n1\\_spread.html](http://KidsHealth.org/kid/h1n1_center/h1n1_spread.html)

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

[KidsHealth.org/kid/talk/qa/wash\\_hands.html](http://KidsHealth.org/kid/talk/qa/wash_hands.html)

##### Why Does My Nose Run?

[KidsHealth.org/kid/talk/qa/nose\\_run.html](http://KidsHealth.org/kid/talk/qa/nose_run.html)

### Discussion Questions

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

1. What is a cold? How do you catch a cold?
2. How do you know if have a cold or the flu?
3. What are some things you can do to keep colds and the flu away?
4. Why do kids need flu shots?
5. Why is washing your hands so important? When should you wash your hands?



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### Activities for Students

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

### “Cough, Cough, Cough and Sneeze”

#### Objectives:

Students will:

- Learn how good hygiene can help them avoid catching and spreading cold and flu germs

#### Materials:

- “Cough, Cough, Cough and Sneeze” handout
- Optional: interactive whiteboard or projector

#### Class Time:

- 30 minutes

#### Activity:

There are lots of things you can do to avoid catching or spreading cold and flu germs, but they can be hard to remember. Sometimes songs can help us to remember ideas. So today, we'll learn a song to help us remember how to protect ourselves from colds and the flu. First let's hum the tune “Row, Row, Row Your Boat.” Now that we have the tune down, replace the words with the lyrics on the handout.

#### Extensions:

1. Have students read the article “Why Do I Need to Wash My Hands?” or read it to them. Then list on a board all the times kids should wash their hands.
2. Have kids make laminated posters for the cafeteria and school bathrooms reminding their classmates to wash their hands.



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### Cold and Flu Fighters!

#### Objectives:

Students will:

- Identify the top three ways to avoid flu infection
- Create a mini-poster with symbols for flu prevention

#### Materials:

- “Cold and Flu Fighters” handout
- Construction paper, magazines, markers, crayons, scissors, glue

#### Class Time:

- 45 minutes

#### Activity:

You can help keep people (as well as yourself) from getting the flu by doing these three things. [Note to teacher: Write these three tips on the board.]

- Wash your hands before eating and after coughing, sneezing, blowing your nose, or using the bathroom.
- Sneeze or cough into a tissue or your elbow.
- Keep your fingers out of your eyes, mouth, and nose.

Now we'll create a mini-poster that reminds you and your family of cold and flu hygiene habits. Draw or cut out magazine pictures that remind kids about these three ways to avoid colds, the flu, and other germs. You can write words on your poster, too.

#### Extension:

Have students make sure everyone in their family knows the right way to cough or sneeze into their elbow and the importance of hand washing.

### Reproducible Materials

#### Handout: Cough, Cough, Cough and Sneeze

[KidsHealth.org/classroom/prekto2/problems/conditions/colds\\_flu\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/problems/conditions/colds_flu_handout1.pdf)

#### Handout: Cold and Flu Fighters

[KidsHealth.org/classroom/prekto2/problems/conditions/colds\\_flu\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/problems/conditions/colds_flu_handout2.pdf)

#### Quiz: Colds and Flu

[KidsHealth.org/classroom/prekto2/problems/conditions/colds\\_flu\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/problems/conditions/colds_flu_quiz.pdf)

#### Answer Key: Colds and Flu

[KidsHealth.org/classroom/prekto2/problems/conditions/colds\\_flu\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/prekto2/problems/conditions/colds_flu_quiz_answers.pdf)



KidsHealth.org is devoted to providing the latest children's health information. The site, which is widely recommended by educators, libraries, and school associations, has received the “Teachers’ Choice Award for the Family” and the prestigious Pirelli Award for “Best Educational Media for Students.” KidsHealth comes from the nonprofit Nemours Foundation. Check out [www.KidsHealth.org](http://www.KidsHealth.org) to see the latest additions!



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

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

## “Cough, Cough, Cough and Sneeze”

Instructions: Sing to the tune of “Row, Row, Row Your Boat” to remind yourself of good hygiene habits and protect yourself from colds, the flu, and other germs.



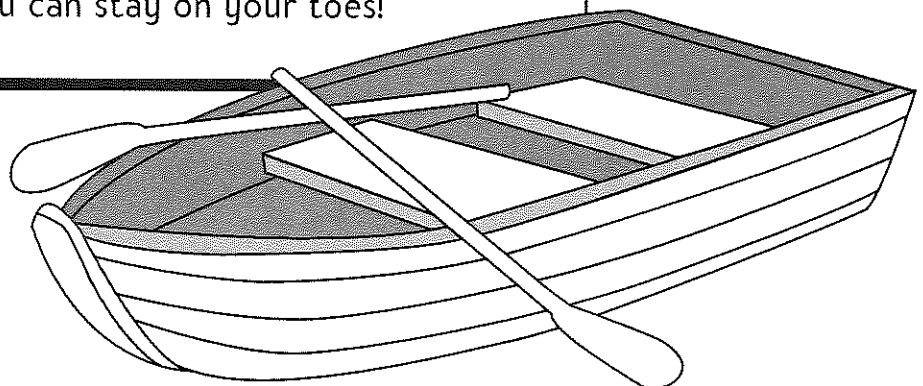
Cough, cough, cough and sneeze,  
But not into your hand.  
Use a tissue or an elbow,  
That’s the law of the land!



Wash, wash, wash your hands,  
Wash them every day.  
After you go and before you eat,  
Keeps yucky germs away!



Keep, keep, keep your hands  
Out of your eyes, mouth, nose.  
Stay away from colds and flu,  
So you can stay on your toes!





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

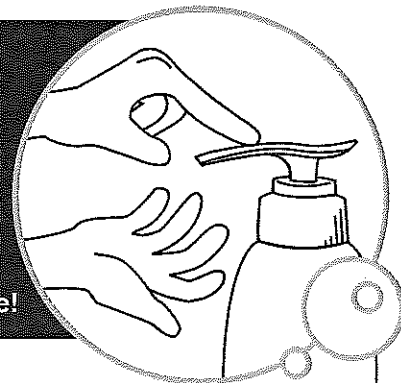
Date: \_\_\_\_\_

## Cold and Flu Fighters!

Instructions: Make a mini-poster that shows the top three things people can do to stop the spread of colds or the flu. Using words, a drawing, or pictures cut out of magazines, make sure your poster reminds people to:

- Wash your hands often, especially before eating and after coughing, sneezing, or blowing your nose.
- Keep your sneezes and coughs to yourself (use a tissue or your elbow instead of your hand).
- Keep your hands out of your eyes, mouth, and nose.

Hang your mini-poster in your home to remind everyone how to stay germ-free!





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

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

## Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

1. Name two ways people can spread cold and flu germs:

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2. True or false: Kids should cough or sneeze into their book bags.
3. True or false: Kids need to get a flu vaccine once a year so they don't get sick.
4. When you have a cold you may:
- a. feel tired
  - b. have a stuffy or runny nose
  - c. have a headache
  - d. all of the above
5. True or false: You only need to wash your hands after you use the bathroom.



## Quiz Answer Key

1. Name two ways people can spread cold and flu germs:

*Any two of the following: sneezing in the air or hands, coughing in the air or hands, not washing hands*

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2. True or false: Kids should cough or sneeze into their book bags.
3. True or false: Kids need to get a flu vaccine once a year so they don't get sick.
4. When you have a cold you may:
- a. feel tired
  - b. have a stuffy or runny nose
  - c. have a headache
  - ☒ d. all of the above
5. True or false: You only need to wash your hands after you use the bathroom.