



Activity Plan

Coughs and Colds

Theme and Handwashing occasion: Coughs and Colds

The following activities have been developed to provide pre-school children with an opportunity to learn about the importance of **good hygiene** and how **coughs and colds (germs) can be passed from one person to another**.

Extension ideas for older children in primary schools, provide links to **PSHE, Geography** and **English** curricula.

EYFS age range 30-50 months

Personal, social and emotional development*	<i>* links to National Healthy School Programme</i> <ul style="list-style-type: none">• Being healthy and staying safe• Support children and young people to develop healthy behaviours
Communication, language and literacy	<ul style="list-style-type: none">• Describe main story settings, events and principle characters• Use a widening array of words to express or elaborate on ideas• Sometimes give meaning to marks as they draw and paint
Knowledge and understanding of the world	<ul style="list-style-type: none">• Show an interest in the world in which they live• Comment and ask questions about where they live and the natural world• Investigate construction materials• Join construction pieces together to build and balance
Physical development	<ul style="list-style-type: none">• Show an awareness of their own needs in regards to hygiene
Creative development	<ul style="list-style-type: none">• Differentiate marks and movement on paper• Understand that they can use lines to enclose a space and then begin to use these shapes to represent objects• Use available resources to create props to support role play



The Story of Dolly's Cold

As **Pete the Penguin** waddled along the edge of the icy ocean with the rest of the colony, he was glad that he had feathers all around his body to keep him warm.

The group stopped and Pete stood behind a rock on the edge of the sea, looking out across the icy ground. He loved living in **Antarctica**, but sometimes wished that he had wings to carry him to see other places in the world. His friend **Tommy the Tern** had told him about countries where the sun shines brightly and the wind doesn't blow your feathers all day.

As he stood thinking about what he might eat for his dinner, he felt a strange rumble near his feet, followed by a very loud "**Achoo!**".

Pete was so surprised that his flippers flapped up and down 3 times.

"That's strange" he thought "I've never ever heard a rock sneeze before"

He bent down and was surprised to see a smiley mouth in the middle of a pair of friendly eyes.

Pete knew how to be polite and quickly said "Hello, my name is **Pete the Penguin**. Pleased to meet you."

"Hello" replied the rock "My name is **Dolly the Dolphin**. I am visiting your country with the rest of my school."

Pete was delighted to meet Dolly, and offered to show her around.

They had only been moving for a few minutes when Dolly stopped, lifted her nose up in the air and once more made a very loud sneeze.

"I'm so sorry" she explained to Pete "the chilly water has given me a bad cold. I wish I could stop sneezing" She pulled such a sad face that Pete was scared that she would cry.

"Poor Dolly" thought Pete, "I know she isn't covered with warm feather like me but she is sneezing because she has caught germs from somewhere, not because of the cold water"

They moved along together quietly, Pete waddling in a straight line along the seashore and Dolly diving in the gently splashing waves. Every now and then they had to stop for Dolly to sneeze.

Pete wasn't sure that he wanted to be near Dolly now, just in case he caught her germs, but he didn't

want to leave his new friend behind. He didn't know what to do.

Just then, Pete remembered what his mummy had told him and explained it to Dolly.

"It's all about the germs." he said

"Who are the germs?" asked Dolly

"Oh we can't see them, but we know they are there.

They help to spread coughs and colds" Pete continued "But we can stop them if we are careful."

Dolly was amazed as she had never heard about germs before.

They travelled back to the colony where Pete lived. There they found some tissues. The next time Dolly sneezed she had a tissue ready. When she had finished blowing her nose she put the tissue into a bin. "Now wash your flippers." said Pete, it will stop the germs from your cold spreading.

"You are clever" she told Pete "Thank you for telling me about the germs. When I swim to other countries I will tell everyone, so that the whole world knows that they need to use tissues and wash their hands."

Dolly and Pete played together for the rest of the day. As darkness fell, Dolly heard the whistle of her family calling her back. She and Pete hugged one another and then shook flippers.

"I like Dolly the Dolphin" thought Pete as he waddled home "I hope she comes to play again soon."

Talk about:

-  Where Pete the Penguin lived?
-  Do you think he was happy there?
-  How did he keep warm?
-  What surprised him?
-  Why did Dolly the Dolphin sneeze?
-  Why couldn't they see the germs?
-  What did Pete the Penguin suggest that he should do?
-  What should we do when we have a cold?

See How Germs Spread

Focus on the germs. Ask the children to look at their hands to see if they can see any germs. They can't be seen! But if they use paint, they can see how easily the germs can be spread.

-  In a circle, place a little wet paint in the palm of one child's hand and ask them to shake hands with the child next to them.
-  Next ask the second child to shake hands with the person next to them.
-  Repeat this process amongst the group.
-  When each child has touched/shaken hands ask them to hold up their hands.

Now take the children to wash their hands.

Explain that they are washing paint away from their hands, just like germs can be washed away, the only difference is that we cannot see germs. Try using the 'Wash Them Well' rhyme, it is really important that they wash their hands properly and thoroughly.



Wash them Well MP3 download.

Use enclosed poster to practice washing hands properly.

Other Ideas and Primary School Extension

-  Have a selection of creative media such as paints, crayons, pastels, glue, scissors, paper, foil, straws, wool etc. Suggest to the children that they use the materials to create their own picture showing what a germ looks like.
-  Have paper available for the children to write captions to accompany their 'germ' pictures. Their writing could warn people to look out for the germs.
-  Ask the children to imagine what a germ might look like. Will it look friendly or mean? List the words that they suggest to describe one.
-  Role play area set up a doctor's surgery.

Wash Them Well Rhyme

Hands should be washed for a minimum of 15 seconds in warm water – the rhyme below sung to the tune of Frere Jacques takes around 15 seconds to sing. Encourage children to sing it each time they wash their hands to ensure a thorough wash each time.

Soap and water
Soap and water,
Wash your hands
Wash your hands,
Rub them both together
Rub them both together,
Wash them well
Wash them well

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1. Photocopy the activity sheet one per child.
2. Ask the children to colour in their picture of Pete the Penguin and Dolly the Dolphin.
3. Children or adults should then cut along the lines.
4. Glue the outside of each figure and join the front onto the back.
5. When dry the children can use their puppets, one on each finger, to re-tell the story.
6. Children could then make up their own adventures about Pete the Penguin and Dolly the Dolphin.



Template



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