

AYF Kiddy Canter Hygiene Lesson Plan plus extra activities

Age Group: 3 to 5 year olds

Duration: 2 x 20 minutes (this lesson has a set of activities – you may like to break them up rather than do them all at once) In previous years, teachers/educators have set up separate activity stations and the children move from one activity to another. If this method is used, you will need at least 3 staff work with a group of 25.

Explanation -

Children will learn basic information about bacteria, how bacteria can make them sick, and how they can be healthy and stop these bugs being transmitted from person to person. (The central character to the message is a horse named Melrose Mare).

Lesson Aims

- Increase children’s awareness of unhealthy bugs
- Increase children’s awareness of basic hygiene
- Provide take home resources for the children to share with their families, parents and carers in relation to all of the above

Resources & Equipment

- Horse puppet (if you have one) or Melrose Mare flashcard
- Bad bugs flashcards
- Tub of water, soap and towel
- Story “Battle of the Bugs starring Melrose Mare” printed version
- Small container of baby powder
- Props box containing mystery bag of items not to share including cutlery, lipstick and lip gloss, drink bottle, mouth guards, straws, toothbrushes etc. and items that are okay to share, e.g. various toys.
- Activity sheets – master sheets provided in the kit & on our website – please copy

Lesson Summary (NB: these times are a rough guide only and are worked out based on the specific age groups attention span. Some lessons may run longer depending on the class participation in the discussions. You may like to break these activities up and do them over the day or do them as separate group activities.)

PART A – 20 minutes	Introduction		5 minutes
	Bacteria activity including story book		15 minutes
PART B – 20 minutes	Hand-washing activity		5 minutes
	Sharing activity		10 minutes
	Conclusion/Review	5 minutes	
TOTAL TIME			40 MINUTES



Lesson Plan

Time	Activity	Resources
5mins	<p>Introduction</p> <p><i>“We are going to have lots of fun today, learn how to be healthy, learn what to do if we’re really sick and talk about healthy/good bugs in our body and unhealthy/bad bugs in our body. We’re going to learn how to keep healthy and happy.”</i></p> <p>Introduction song – “If you’re healthy and you know it...”</p> <p>Sing a song with the children. Ask and encourage them to suggest what they can do if they are healthy and feeling good. What can they do with their bodies then incorporate these answers into the song.</p> <p style="text-align: center;"><i>“If you’re healthy and you know it - E.g.;</i> <i>Clap your hands</i> <i>Wave your arms</i> <i>Jump about”</i></p> <p>Sing the song again, but this time ask children what it would feel like if they felt really, really sick, so sick that they couldn’t get out of bed. Incorporate their answers into the song and get the children to act out the different symptoms.</p> <p><i>“If you’re sick and you know it -e.g.:</i> <i>Your head hurts (children to hold heads)</i> <i>Your tummy’s sore (hold tummy)</i> <i>Your muscles ache (hold legs & arms)</i> <i>Your hands are cold</i> <i>Your feet are cold (shiver and rub hands and feet to warm them up)</i></p>	
15 mins	<p>Bacteria Activity</p> <p>Introduce – Melrose Mare – horse puppet or supplied flashcard</p>	Horse Puppet or Melrose



Read the story "Battle of the Bugs Movie starring Melrose Mare" by either reading the book provided in the kit or by projecting the power point version of the story (see our website for the power point version)

Ask the children questions throughout the story, invite them to count the carrots in the story – tally on last page.

then

Q Ask the children what were the three things Melrose Mare said we should do to help fight bad bugs making us sick?

1. Wash our hands before we eat and after going to the toilet
2. Cover our coughs and sneezes
3. Don't share anything that has been in our mouth.

Q Ask/tell children what happens when we feel sick:

"Who can tell Melrose Mare what happens to us when we feel really sick?"

- Sneeze
- Cough
- Throat hurts
- Sore tummy
- Headache, etc.

Q Ask/tell children why do we get sick?

"Who can tell Melrose Mare why we get sick?"

- We can get bad bugs, called bacteria, in our mouths which make us feel sick.
- We catch bacteria from other people when they sneeze or cough, or when we share food, drinks or other things that we put in our mouths.
- We forget to wash our hands after going to the toilet

Using baby powder, show children how sneezing and coughing releases saliva/mucus into the air. Pretend to sneeze and cough and, using your hand that's been covered in baby powder, spray powder into the air as you do so. Explain that our saliva/mucus can contain bad bugs when we're sick, and if other people come into contact with those bad bugs, they can get sick too. Bugs can travel for metres too if our coughs and sneezes are not covered.

Mare
Flashcard

Printed
story or
power
point
version

Flour/baby
powder



Q Ask children what they are supposed to do when they cough or sneeze.

“Who can tell Melrose Mare what you should do when you cough or sneeze?”

- *Most children will know that they should cover their mouth with their hand.*

Explain to children that covering their mouth and nose with their hand when they cough or sneeze is good because they aren't allowing the bad bugs to go into the air. BUT explain that using their hands means that the bad bugs will be on their hands for a little while, and onto everything they touch. Explain that bad bugs don't live very long outside of the mouth, but if we touch something that has bad bugs on it, and then touch our mouths, we could still get sick.

Ask a child to come to the front and get them to pretend they are sneezing into their hand. Put the flour onto their hand. Then ask the child to open a door/pick up a crayon/touch a chair, etc. The flour will transfer onto the object. Explain that this shows how bad bugs can be spread. Then ask another child to touch the object, and then rub their nose or scratch their lips. The flour will transfer onto the child. Explain that this is how we pick up bad bugs and get sick.

Tell children that the best way to make sure we don't spread bad bugs when we are sick is to sneeze and cough into our elbows – this means that we aren't putting bad bugs onto our hands and spreading it by touching things. Demonstrate this for the children.

“Melrose Mare says, ‘use your elbow when you sneeze or cough, and everyone’s health will be better off!’

Get the children to practice pretending to cough and sneeze into their elbows

Read this poem to the children

*Hello there I'm Melrose Mare
I stamp out bugs everywhere.
I canter north and canter south
To keep bad bugs from your nose and mouth.
I want to keep bad bugs away
So you can run and jump and play.
Listen carefully, I really care
If it's touched your mouth then please don't share.*



5 mins	<p>Hand Washing Activity</p> <p>Q Ask children what they regularly touch with their hands.</p> <p>“Who can tell Melrose Mare all of the things we touch everyday with our hands?”</p> <ul style="list-style-type: none"> - Our bodies. - Other people – handshaking, holding hands, pushing on the swing, etc. - Food - Door handles - Toys - Pencils and crayons - Furniture <p>Q Ask the children what they might find on the things they touch that can make them sick, especially if somebody hasn’t been careful to sneeze or cough into their elbow but has used their hand instead.</p> <p>“Who can tell Melrose Mare what we might find on the things we touch that can make us sick?”</p> <ul style="list-style-type: none"> - Bad bugs <p>Tell the children that sometimes people might forget to sneeze or cough into their elbow and might have bad bugs on their hands, so it’s really important that we clean our hands regularly to make sure that we kill any bad bugs that we might have touched. Q Ask the children if they know when it is especially important to wash their hands.</p> <p>“Who can tell Melrose Mare when we should wash our hands to make sure we don’t have bad bugs on them?”</p> <ul style="list-style-type: none"> - Before eating - After eating - After going to the toilet - After playing on playgrounds <p>Using a tub of water and soap, demonstrate for children how to wash hands properly. The soap needs to remain on the hands for at least 15 seconds to kill all bacteria. Explain to students that the bubbles have to completely cover the bad bugs, and they must keep the soap on for as long as it takes to sing this song (to the tune of ‘Row, row your boat):</p> <p style="text-align: center;"><i>“Wash, wash, wash your hands</i></p>	Tub of water, soap, towel
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	<p><i>Clean off the bad bugs.</i></p> <p><i>Rub, rub, rub away</i></p> <p><i>Bad bugs cannot stay!”</i></p> <p>Then demonstrate rinsing and drying.</p> <p>Children should all take turns washing their hands while singing the song – or mime it all together.</p>	
<p>10 mins</p>	<p>Sharing Activity</p> <p>Explain to children that one way to stay big, and strong, and healthy – and to not catch bad bugs is to make sure we do not share anything that has been in our mouth. Bad bugs can live in the mucus at the back of our throat and nose. Reinforce that it is lovely to share toys, and books and other things when they play with their family and their friends. If they have a special toy of their own that they put in their mouth – it should not be shared with other children because they may put them in their mouth too. Ask children therefore what things they should not share with their friends:</p> <ul style="list-style-type: none"> - Drink bottles - Straws for your drinks - Sharing bites of their lunch and morning tea - Lollipops - Ice creams - Toothbrushes - Knives and forks and spoons - Don’t chew on colouring pencils or put them in your mouth <p>Explain to children that the most important message to stay healthy and to not get bad bugs is:</p> <p>“Be Aware, Don’t Share!”</p> <p>Ask children to take turns coming up to pull items from the box and show it to the other children. The children need to shout out either “Share!” or “Don’t share!” depending on the item. Toys are okay to share, but anything that is put in the mouth like toothbrushes or drink bottles are not okay to share.</p> <p>At the end of the activity, reinforce that it is kind and nice to share things with other people, but not things that we have had in our mouth.</p> <p>(If possible, this would be a good time for children to complete the sharing activity sheet – or this could be done later in the day/another day to reinforce what they have learned.)</p>	<p>Box with variety of sharing utensils (see front page)</p>



	<p>Q Ask children if they can remember the important message about sharing things we put in our mouths: “Be aware, Don’t Share!”</p>	
<p>5 mins</p>	<p>Conclusion Review</p> <p>Q Ask children what can they remember?</p> <ul style="list-style-type: none"> - <i>Bad bugs can make us sick</i> - <i>We can catch bad bugs from people who are sick</i> - <i>When we are sick we can spread bad bugs</i> - <i>We need to sneeze and cough into our elbows to make sure we don’t spread bad bugs</i> - <i>We need to wash our hands really well before we eat and after the toilet to kill bad bugs on our hands.</i> - <i>We should try not to share things that go in our mouths with other people – be aware, don’t share.</i> <p>Reinforce what a fabulous job all the children have done, and ask the children to talk to their mums, dads, grandparents and families about Melrose Mare and not sharing so they can be healthy too.</p> <p>Conclude lesson by singing again - <i>“If you’re healthy and you know it -e.g.;</i> <i>Wash your hands</i> <i>Be aware</i> <i>Don’t share</i></p> <p>PARENT INFORMATION:</p> <p>The parent information pack is to include:</p> <ul style="list-style-type: none"> • Parent information letter • The Amanda Young Foundation family information brochure • Symptom magnet for the fridge <p>DISCLAIMER: The MAPs – Meningococcal Awareness program has been written for information and awareness purposes only and should not be substituted for medical advice should it be required. Should you require additional information please do not hesitate to contact us.</p> <p>The team at The Amanda Young Foundation</p>	



OTHER ACTIVITIES

1. Kiddy Canter – each child makes a Melrose Mare mask (template in kit) and the children “canter” around the play area or outside looking for bad bugs (that have previously been planted by the teacher). Have a bucket in the centre of the area where the children place the bugs to be destroyed with bug killer. Review information about bad bugs from the lesson plan and say the Melrose Mare Poem again (in lesson plan).
NOTE – make the bad bugs in a separate activity – using egg cartons cut into different sized pieces – have the children paint and decorate their “Bugs” – they need to make them look “yucky” so they can also stick things on them like cotton wool, sticks, sand etc
2. Using the Bad Bug graphic supplied in the kit – play “Destroy the Bad Bug” – using soft balls, have children take turns throwing them at the bad bug hung on the wall. Set a target – eg we need to hit the bug 20 times to destroy it.
3. Activity Sheets x 3 – “Melrose Mare Shares important health information” and “To share or not to share?” and “Help find the bad bugs at the Fair”. (Available to download at our website)
4. Snakes & Ladders Activity Sheet master in kit & available on our website.

Instructions – each student given a worksheet and a token. Teacher rolls the dice and calls out the number. Children advance the number of steps on their own “board”. If they land on a snake they slide down the snake to the bad bug. If they go up a ladder – they need to put up their hand and say a positive hygiene message (there are 3 on the sheet they can use or come up with their own). Continue until the class finishes the game.

If your class are mature enough, they could play this game in groups as individual players.

5. Extra Large Snakes & Ladders games are inexpensive and available at stores like Officeworks – adapt the game to suit your children.
6. In line with the theme of this year’s storybook, create a “Movie Theatre” in your classroom. The story is available as a powerpoint on our website. Children can have bottle of water and popcorn as snacks as they watch the “movie”. They must wash their hands before the movie.

