

# Germs

*This lesson was written in January 2021 and reflects information available, and guidance issued at the time.*



## Objectives:

- To recognise that a virus can spread
- To use a tissue to catch coughs
- To remember to wash hands
- To understand why we need to keep the 2 metre rule
- To understand that the virus cannot be seen

## Curriculum Links:

- **PSHE: (from PSHE Association) H5.** Simple hygiene routines that can stop germs from spreading
- **Science:** using their observations and ideas to suggest answers to questions

## Key Vocabulary:

- virus
- spread
- cough
- safe

## Resources:

- PowerPoint
- Teddy
- bubble gun
- bubbles
- tissues

## FAQs:

**Why do we cough?** Coughing is a way for our bodies to get rid of dust, irritants, microbes, snot and germs from the throat. Coughing forces air out of the lungs under high pressure to clear the throat.

**How can a cough spread a virus?** A cough pushes droplets of liquid from our mouth which can contain the virus. Smaller droplets can become aerosols and hang around in the air for longer. This is why it is so important for good ventilation to keep the air moving around, and why the risk of infection is higher indoors. Check out this YouTube video by the Slo-Mo guys for a demonstration of how many droplets are exhaled from our mouth when we talk / cough / sneeze  
<https://www.youtube.com/watch?v=gZ66wJFD3bs>

**Why are we safer outdoors?** There are no walls and ceiling, and the wind blows. The virus can move away from people further and more rapidly.

**Why should we stay 2 metres apart?** When people who have the virus cough/sneeze/or even just breathe out or talk, the virus is released into the air on the droplets of breath. These droplets vary in size. If we stay at least 2 metres apart, then most of those droplets, particularly larger ones, can't travel as far as 2 metres. If someone coughs or sneezes, then these droplets will travel further – which is why it's REALLY important to cover your mouth if you cough or sneeze.

**Why can't we see the virus?** Viruses are microscopic, they are so tiny that you cannot see them without a microscope.

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## Introduction:

5 mins



Mascot Video- explaining how the virus is spread through the air when we talk, shout or cough.

- How can you catch Coronavirus? (contact with virus- getting close to infected people, touching infected surfaces)

Today we will look at how the virus can spread and how we can help to stop it.

## Main Activity:

20 mins



Take children outdoors.

Show children a teddy and tell them that he has a 'Bubble Cough', also show them the bubble gun.

- What will happen when I fire the bubble gun? (bubbles will come out and go everywhere)

Tell children that they need to escape the bubbles so that they don't catch teddy's cough. Give them a chance to run around dodging bubbles.

- What happens when a bubble pops? (it disappears but leaves a sticky patch)
- If the bubble cough was real do you think you could catch it? (yes, if you have contact with a bubble/popped bubble)

Teddy is spreading the 'Bubble Cough' everywhere!

- What should teddy do to keep everyone safe? (cough into his elbow or into a tissue)

Give children a tissue each and ask them to pop the bubbles before they land on anything. Stand still when all bubbles are gone.

- What should we do now? (throw tissues in the bin and wash hands carefully)
- Why should we wash our hands? (to get germs that we cannot see off our hands)

Tell the children that the virus spreads through the air when an infected person breathes, speaks, shouts, sings or coughs.

## Plenary:

5 mins



- How did you help teddy to keep everyone safe? (caught his coughs in a tissue)
- What should you do if you need to cough? (cough into your elbow or a tissue)
- What should you do after coughing into a tissue or touching surfaces? (wash your hands)



## Possible Extension Activities:

- Make pictorial hand washing instructions.