

# Sneeze Test

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



## Objectives:

- To recognise that sneezes can spread viruses
- To recognise that using simple actions like using a tissue when sneezing can lower the spread of a virus

## Curriculum Links:

- **Physical Development:** talk about ways to keep healthy and safe.
- **Communication & Language:** answer 'how' and 'why' questions about their experiences
- **Maths:** use everyday language to talk about size, distance

## Key Vocabulary:

- virus
- microbe
- sneeze
- measure

## Resources:

- PowerPoint
- 1 table
- long sheets of paper
- tape
- 3 spray bottles filled with different coloured water
- unifix
- 1 cardboard hand on a stick
- 1 piece of kitchen roll

## FAQs:

**Why do we sneeze?** A sneeze is a way for your body to get rid of germs and dust that tickle your nose. The sneeze pushes the germs and dust out of your nose and mouth in tiny droplets of snot and water.

**Why should we cover our nose and mouth when we sneeze?** Droplets are exhaled from our mouth when we talk / cough / sneeze. This is why it is so important for everyone who can to be wearing a face covering, particularly in spaces where it is more difficult to be socially distanced from each other, if we are indoors and if there is not very much ventilation.

**Can a mask catch a sneeze?** Yes, as long as it is worn correctly covering nose and mouth.

**Do sneezes spread germs?** A sneeze pushes droplets of liquid from our mouth and nose 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>



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## Introduction:

5 mins



Mascot video explaining why we sneeze and how sneezes can spread a virus.

- Why do we sneeze? (because the inside of our nose is tickled by dust or microbes)
- What should you do when you sneeze? (put a tissue over your nose or sneeze into your sleeve, or into your hand)

Today we will look at how sneezes can spread viruses, and how we can help avoid this.

## Main Activity:

20 mins



Set up a Sneezing Table by covering a table with white paper and tell children that the spray bottle will act like a sneeze, spraying microbes over the paper. We will find out how far and wide the microbes spread by measuring with unifix.

### How far do you think the spray will go?

Ask one child to spray, one to measure length and width of spray. Enter the result into a table on the PowerPoint.

### What do you think will happen when you put your hand in front of the sneeze?

Ask one child to spray, one to hold the cardboard hand 5cm in front of the spray. Measure and record length and width of the spray.

### What do you think will happen when you hold a tissue in front of the sneeze?

Final test, to see what happens when we use a tissue. One child to hold a piece of kitchen roll 5cm in front of the spray. Measure spray and record.

**Does any of the water go onto your hands?** (Always remember to wash hands after sneezing)

## Plenary:

5 mins



- What do your results show? (that spray spreads less far when you use your hand or a tissue)
- When did the sneeze spread further?
- Ask children to have a look at the cardboard hand and the tissue. They are both covered in droplets.
- What should you do after stopping a sneeze with your hand or a tissue? (throw the tissue away and wash your hands)
- What will happen if you touch something before you wash your hands? (you will transfer germs)
- Remind children that they can also sneeze into their sleeve if they don't have a tissue. This is safer than their hand because they are less likely to touch surfaces with it. They must remember to wash their clothes later!
- Ensure that children understand that we can also spread a virus by just talking, singing or shouting as this also pushes droplets out of our mouth. This is why we need to stay at least 2 metres away from those not in our bubble.



## Possible Extension Activities:

- Make a Safe Sneezing Poster.

Year R

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