

Lesson Plan: "Feeling Hot: All About Fever"

Age Group: 5 years and up

Duration: 30 minutes

Objective:

Students will understand what a fever is, why it happens, and how to recognize and manage it.

Materials Needed:

- Video Tutorial by DiscoverlifeSkills.com: "Feeling Hot: All About Fever"
 - Thermometer (for demonstration)
 - Chart paper and markers
 - Simple fever-related coloring pages (optional)
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Introduction (5 minutes):

1. Greeting & Discussion:

- Start with: "Today, we're going to learn about fever. Have you ever felt really hot or had a high temperature? That's what we call a fever."

2. Explain the Concept:

- Introduce the idea that a fever is a sign that our body is fighting off germs.
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Main Activity (20 minutes):

1. Watch the Video (5 minutes):

- Play the video tutorial "Feeling Hot: All About Fever."
- Encourage students to pay attention to why we get fevers and what they can feel like.

2. Discussion and Activities (15 minutes):

- **What is a Fever?:**
 - Explain that a fever is when the body gets hotter than usual to fight off germs like viruses and bacteria.
- **How to Recognize a Fever:**
 - Discuss the signs of a fever: feeling hot, having a flushed face, and having a higher body temperature.
 - Demonstrate how a thermometer is used to check temperature.
- **What to Do When You Have a Fever:**
 - Emphasize resting, drinking fluids, and asking an adult for help.
 - Explain that it's important to tell an adult if they think they have a fever.

3. Interactive Activity:

- **Fever Chart:**
 - Create a simple chart on paper with students. Draw or write about signs of a fever and steps to take if you have one.
 - **Role Play:**
 - Practice what to do if you feel hot and think you might have a fever. Use a thermometer for a demonstration.
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Conclusion (5 minutes):

1. **Recap the Key Points:**
 - Review what a fever is, why it happens, and how to recognize it.
2. **Q&A:**
 - Invite students to ask questions about fevers. Answer their questions in a simple, clear manner.
3. **Optional Activity:**
 - Hand out fever-related coloring pages for students to complete as a take-home activity.

Extension Ideas:

- **Create a Fever Awareness Poster:** Have students design posters about fever signs and what to do if you have one.
- **Story Time:** Read a children's book about health and wellness that includes information about fevers.

This lesson helps students understand what a fever is, why it happens, and what to do when they have one, using engaging and age-appropriate methods.