

Lesson Plan: "The Flu: Understanding a Common Sickness"

Age Group: 5 years and up

Duration: 30 minutes

Objective:

Students will understand what the flu is, how it spreads, and how they can prevent it and take care of themselves if they get sick.

Materials Needed:

- Video Tutorial by DiscoverlifeSkills.com: "The Flu: Understanding a Common Sickness"
 - Hand sanitizer
 - Tissues
 - Chart paper and markers
 - Flu prevention and care coloring pages (optional)
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Introduction (5 minutes):

1. Greeting & Discussion:

- Start with: "Today, we're going to learn about the flu. Have you ever heard of it before? It's a common sickness that can make us feel unwell."

2. Explain the Concept:

- Briefly explain what the flu is and why it's important to understand it: "The flu is caused by tiny germs called viruses. We're going to learn how to stay healthy and what to do if we get sick."
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Main Activity (20 minutes):

1. Watch the Video (5 minutes):

- Play the video tutorial "The Flu: Understanding a Common Sickness."
- Ask students to pay attention to what the flu is, how it spreads, and how they can prevent it.

2. Discussion and Activities (15 minutes):

- **What is the Flu?:**
 - Discuss the symptoms of the flu mentioned in the video (tiredness, aches, fever).
- **How Does It Spread?:**
 - Explain that the flu spreads when someone coughs or sneezes and tiny droplets with the virus get into the air and into our noses or mouths.
- **How to Prevent the Flu:**
 - Demonstrate proper handwashing with hand sanitizer or soap.
 - Show how to cover your mouth and nose with a tissue or elbow when coughing or sneezing.
 - Discuss staying away from people who are sick.
- **What to Do If You Get Sick:**
 - Emphasize the importance of resting, drinking fluids, and taking medicine if prescribed by a doctor.
 - Encourage asking an adult for help and taking good care of themselves.

3. Interactive Activity:

- **Flu Prevention Chart:**
 - Create a large chart on paper with the students. Have them draw or write down ways to prevent the flu, like handwashing, using tissues, and covering sneezes.
 - **Role Play:**
 - Practice proper handwashing and sneezing etiquette with students. Use hand sanitizer and tissues as props.
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Conclusion (5 minutes):

1. Recap the Key Points:

- Review what the flu is, how it spreads, and what students can do to stay healthy and take care of themselves if they get sick.

2. Q&A:

- Invite students to ask questions about the flu and its prevention. Answer their questions in simple, clear terms.

3. Optional Activity:

- Hand out flu prevention and care coloring pages for students to complete as a take-home activity.
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Extension Ideas:

- **Create a Flu Safety Poster:** Have students create posters about flu prevention to display in the classroom.
 - **Story Time:** Read a children's book related to health and hygiene to reinforce the lesson.
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This lesson will help students understand the flu, how to prevent it, and how to care for themselves if they become sick, all in an engaging and age-appropriate manner.