

I Cover My Coughs and Sneezes

Objective: To teach children to cover their nose and mouth when they cough and sneeze

Materials: Head template
Crayons, markers, and other craft materials to create a face
Glue sticks
Blank piece of paper, pencil, scissors
Facial tissue

Instructions:

- 1) Provide each child with a copy of the head template (can copy on white or multi-cultural colored paper). Provide the children with art materials and tell them to make the face look like them. This can be done simply with crayons only, or you could allow the children to use yarn for hair and other craft supplies.
- 2) Trace each child's right hand and 1-2 inches of the wrist onto the piece of blank paper with a pencil. Cut out the hand. Older children can do that part by themselves. Allow children to decorate the hand with fingernails and/or rings.



The Big Achoo!

*Tissue, tissue, where
are you? I can feel a
sneeze coming through.
I'll cover my mouth,
and cover my nose.
Look out everybody!
Here it goes!
Ah... Ah... Choo!*



- 3) Have children use a glue stick to glue a facial tissue onto the back side of the hand.
- 4) Glue the wrist onto the head template on the dotted line. The hand should be able to move on and off of the face holding the tissue.
- 5) Discuss with the kids how it is important to cover their coughs and sneezes to keep the germs from flying through the air. Talk about using tissues. Also talk about using your shoulder or the crook of your arm if you don't have tissues available. Finally, talk about the importance of washing your hands after throwing used tissues on the garbage.
- 6) Practice covering a pretend sneeze by reciting **The Big Achoo!**

I cover my coughs and sneezes.

