

Grades  
**2 TO 3**



**HERE**  
For Healthy Schools

**GOOD HYGIENE HABITS**

# SCHOOL BE HEALTHY/ BE THERE

## THE BIG IDEA:

Human activities and choices can impact our health and the health of those around us. In this lesson, students make the connection that knowing about our bodies and making healthy choices helps us take care of ourselves and stay in school.

**HEALTHY HABITS**

Presented by Lysol® in collaboration with NEA and National PTA.

## Goals and Skills

### Students Will:

- Understand and explain that we can spread germs that are all around us by coughing, sneezing, and touching. Spreading germs can make us and others sick.
- Recognize that choosing to practice healthy hygiene habits like keeping our work and play areas clean, plus proper handwashing, can protect us from germs
- Connect the idea of keeping ourselves healthy with the importance of being able to stay in school
- Identify reasons why it is important to stay in school: we learn, grow, and play
- Creatively connect these ideas through a group graffiti and individual art project

### Supplies and Preparation:

- Large chart or bulletin board paper/markers
- Coloring materials – crayons and markers
- Construction paper
- Scissors
- Glue

### Background for Teachers

Visit the CDC's Influenza Information for Schools & Childcare Providers to learn more about germ prevention and healthy habits. This site discusses influenza as well as other illnesses spread by germs. <https://www.cdc.gov/flu/school/index.htm>

## INSTRUCTION STEPS

**1. Review and Discuss.** At home and in prior grades, students have been introduced to the idea of germs and their link to causing illness. Review background knowledge by asking: What do you know about germs? Have students share with their shoulder partners. Then, share ideas with the whole group. Record student responses.

**2. Explain and Discuss.** Provide additional information if needed. Include the following ideas: Germs are very tiny and live all around us. Some germs are called bacteria and others are viruses. Germs are so small that we can only see them with a microscope. Sometimes germs can make us sick with illnesses like colds and the flu. Germs can be transferred from unwashed hands to objects all around us. Places where lots of germs grow are called Germ Hotspots. Germs can enter the body through the eyes, nose, and mouth and can make us sick. People often touch their

eyes, nose, and mouth without even realizing it. Doing simple things, such as washing our hands and keeping our work area clean, can help us maintain healthy habits.

**3. Explore and Discuss.** Ask the questions: Why do we come to school? How is school important? What happens if we are sick? Why is it important to have healthy habits? Students share ideas. Ask for examples and details.

**4. Create.** Students work in small groups to create a Graffiti Wall on large bulletin board paper. Direct students to write, draw, and express the connections they have made between healthy habits such as handwashing, keeping hands and work areas clean, being able to attend school because we are well and healthy, and the benefits of school such as learning, playing, and being with friends.

**5. Extend the Lesson.** Give students a construction paper circle. Write a catchy phrase such as School – Be Healthy, Be There Or Healthy Habits Stay In School on the circle. Working with a partner, students trace and cut out eight construction paper hands. On four hands, students record and illustrate healthy habits. On the remaining four hands, students record and illustrate ideas about the importance of school. Glue the hands around the outside of the circle like rays of the sun. Display.

Consider displaying student work in different school locations such as the clinic and the cafeteria.

## Home Connection

Students write letters to their families connecting information presented and discussed in this lesson. The purpose of the letter is to ask families to support making healthy choices and staying well and healthy. Students may ask their families to support them in maintaining healthy habits and attending school. Elaborate on reasons why school attendance is important.

## Additional Resources for Teachers and Students

- The CDC article, “Show Me the Science—Why Wash Your Hands?” provides information and statistics about hand washing, reducing illness and increasing school attendance.  
<https://www.cdc.gov/handwashing/why-handwashing.html>

## Additional Resources:

- CDC - Be A Germ Stopper Poster  
<https://www.cdc.gov/handwashing/posters.html#stopgerms>
- CDC - BAM! Body and Mind  
<https://www.cdc.gov/healthyschools/bam/teachers.htm>
- CDC - Healthy Schools Parent Engagement Materials  
<https://www.cdc.gov/healthyschools/parentsforhealthyschools/p4hs.htm>

