

Children's Literature Project

Summary

Students will be able to explain good hygiene and provide examples. The lesson will explore disease prevention, treating colds and flu's, and negative effects of poor hygiene habits.

Main Core Tie

Health Education - 3rd Grade

[Strand 6: HUMAN DEVELOPMENT \(HD\) Standard 3.HD.1:](#)

Time Frame

1 class periods of 15 minutes each

Group Size

Large Groups

Life Skills

Character, Social & Civic Responsibility

Materials

"The Velveteen Rabbit" By Margery Williams.
Soap (bar/liquid)
Hand Sanitizer
Tissues
Other hygienic products
Access to sink for handwashing

Background for Teachers

How to prevent colds and the flu. Be ready to explain why we wash our hands after going to the bathroom/preparing food/sneeze and cough/ and other hygiene practices.

Student Prior Knowledge

Students should read "The Velveteen Rabbit" beforehand

Intended Learning Outcomes

Students will demonstrate proper hand washing, hand sanitizer application, and blowing their nose. Students will understand the importance of proper hygiene and give examples of staying clean. Students will provide methods to treating colds and flu.

Instructional Procedures

Review "The Velveteen Rabbit"
Talk about benefits of preventing the sickness
Talk about how to prevent sickness
Talk about when to wash hands and why
Talk about how to use a tissue properly
Talk about treatment of colds and flu
Have students demonstrate hand washing or hand sanitizer application

Strategies for Diverse Learners

Gifted students can be challenged further by reviewing medicine. What kinds of medicine should be taken for a cold, what will that medicine do? You should stress the importance of their parents/guardians approving before they take anything. Students may want to share their experiences of being sick, invite them to share and ask about what they did to minimize the duration of the illness and the severity of their symptoms.

Assessment Plan

Students will be asked to list three ways to stay healthy. They will also list three ways to treat a cold.

Rubrics

[Grading Rubric for Liturature Assignment](#)

Authors

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