

Lesson Plan Activity:

Talking about the Common Cold



Kids InfoBits introduces **elementary school students** to database searching with easy-to-use resources featuring age-appropriate, reliable, curriculum-related content covering a broad range of educational topics.

Lesson Overview

Lesson Type: Creative Thinking, Language, Literacy

Discipline/Subdiscipline: Science/Health

Summary of Lesson: As a class, students will read an informational text on the common cold and watch a video on proper handwashing. Students will learn unfamiliar vocabulary, how the spread of germs can cause a cold, and what can be done to treat a cold.

Essential Questions:

- How are germs that can cause the common cold spread?
- What is the best way to prevent catching a cold?
- What can someone do to treat a cold if they catch a cold?

Duration: 1.00-1.25 hour

Materials Needed: Projector to project computer monitor, squirt bottle; for students: paper and crayons or colored pencils.

Resources Needed: "Common Cold." *Diseases and Disorders*, Gale, 2016. Kids InfoBits Presents. *Kids InfoBits*, <https://link.gale.com/apps/doc/ZYNATT462633115/ITKE>.

Lesson Objectives: Students will be able to:

- explain how germs spread and cause the common cold.
- explain how a cold may be prevented.
- explain how a person can treat a cold.

Lesson Plan Activity:

Talking about the Common Cold

Skills Used

- Creating
- Designing
- Science literacy
- Vocabulary acquisition and use

Vocabulary

- Contagious
- Germs
- Virus

Lesson Sequence

Preparation

Suggested timing: 5-10 minutes

⇒ Before reading the "Common Cold" article from *Kids InfoBits*, go over the identified vocabulary words with the students, helping them with their meanings, so that they will be familiar with the words when they are encountered in the article.

Reading

Suggested timing: 10-15 minutes

⇒ Read the article titled "Common Cold" from *Kids InfoBits* together as a class, stopping every couple of paragraphs to ask students if they have questions about any of the material or to clarify any points of confusion.

Activity 1

Suggested timing: 10 minutes

⇒ Using the spray bottle filled with water (making sure the nozzle is on mist), show students how cold germs can be spread through a sneeze or a cough. First, spray the bottle in the air and show students how the mist randomly lands on surfaces, such as desktops, doorknobs, and bookshelves.

Lesson Plan Activity:

Talking about the Common Cold

⇒ Next call students up to the front of the classroom in groups of five. Mist each group as they arrive and then have the group return to their seats. After the last group is misted, explain to students that germs can spread to other people when someone sneezes or coughs without covering his or her mouth.

⇒ Now ask students to remember if they touched their nose, eyes, or mouth when you misted them? Ask them to think back to the "Common Cold" article and what it said about one of the ways to prevent getting a cold?

Activity 2

Suggested timing: 15-20 minutes

⇒ Demonstrate for students the proper procedure for washing their hands. Initially you do not have to show them how long they should wash, but just show them the proper technique.

⇒ Access the following link to the video titled "Happy Handwashing Song" from the Centers for Disease Control and Prevention.

<https://www.youtube.com/watch?v=kHPQrYthn6M>

⇒ Project the video so that the class can watch it together. Once the video is finished, that they should sing the song from the video while washing their hands so they know the proper length for thoroughly washing their hands and getting rid of any germs, like the ones that cause colds. As a class practice, the song from the video until the students have it memorized.

⇒ Now have students come to the front of the class in groups of five. Have each group sing the "Handwashing Song" ,while demonstrating the proper technique for handwashing. Assist any student who may be having trouble.

Activity 3

Suggested timing: 30 minutes

⇒ Remind students what the "Common Cold" article said about treating the common cold.

⇒ Then have students draw posters illustrating how people should treat a cold. Once complete, hang the posters around the room for everyone to see.

Talking about the Common Cold

Common Core Standards

Standard Source: *Common Core Standards Initiative* (2010)

Grade K

CCSS.ELA-LITERACY.RI.K.1

With prompting and support, ask and answer questions about key details in a text.

CCSS.ELA-LITERACY.RI.K.2

With prompting and support, identify the main topic and retell key details of a text.

CCSS.ELA-LITERACY.RI.K.4

With prompting and support, ask and answer questions about unknown words in a text.

CCSS.ELA-LITERACY.RI.K.10

Actively engage in group reading activities with purpose and understanding.

Grade 1

CCSS.ELA-LITERACY.RI.1.1

Ask and answer questions about key details in a text.

CCSS.ELA-LITERACY.RI.1.2

Identify the main topic and retell key details of a text.

CCSS.ELA-LITERACY.RI.1.4

Ask and answer questions to help determine or clarify the meaning of words and phrases in a text.

CCSS.ELA-LITERACY.RI.1.10

With prompting and support, read informational texts appropriately complex for grade 1.

Lesson Plan Activity:

Talking about the Common Cold

Grade 2

CCSS.ELA-LITERACY.RI.2.1

Ask and answer such questions as who, what, where, when, why, and how to demonstrate understanding of key details in a text.

CCSS.ELA-LITERACY.RI.2.2

Identify the main topic of a multiparagraph text as well as the focus of specific paragraphs within the text.

CCSS.ELA-LITERACY.RI.2.4

Determine the meaning of words and phrases in a text relevant to a *grade 2 topic or subject area*.

CCSS.ELA-LITERACY.RI.2.10

By the end of year, read and comprehend informational texts, including history/social studies, science, and technical texts, in the grades 2-3 text complexity band proficiently, with scaffolding as needed at the high end of the range.