

Spray bottle

Time: 15 minutes

Materials

- Spray bottle
- Water
- Food colouring (optional)
- Chart paper or chalk board
- Marker or chalk
- Cover your cough poster

Instructions

- Fill the water bottle with water and add food dye if desired (note that the dye is not going to show if using the chalk board)
- Draw a basic picture of a happy face using the chalk on the chalk board or the marker on the chart paper
- Stand sideways to the chalk board; hold the spray bottle to the side of your head closest to the chalk board (try to hide the spray bottle from the students)
- Say to the students, “This is what happens when someone coughs or sneezes and doesn’t cover their nose and mouth with a tissue or their sleeve”
- Say, “at-choo” or “cough, cough, cough”, as you are pressing the spray bottle onto the face on the chalk board or chart paper
- Say, “This is how germs travel into the air and are able to get this person and make them sick”
- Ask the students the following question: “Does anyone know how to cough or sneeze so that we don’t get our germs onto others?”
- Then have a student demonstrate proper respiratory etiquette and/or show the *Cover your cough* poster and review
- As a debrief, encourage students to continue the respiratory etiquette practises that they learned today