

OVERVIEW OF LESSONS

Please click the title of an activity to open document. Time is estimated.

PRE-KINDERGARTEN AND KINDERGARTEN

[Hand washing pledge](#)

Activity | 30 minutes

An activity where the students can cut out, color and name their germ, then pledge to help it from spreading around school. Do this activity alongside a handwashing demo to show students how to properly keep their pledge.

[What is the Flu?](#)

Lesson | 20 minutes

Teach students about the basics of the flu, as well as how it can be prevented through vaccines and hand washing.

1ST-3RD GRADE

[Glitter Activity](#)

Activity | 15-20 minutes

A fun activity using glitter to visualize how germs can spread and the importance of properly washing your hands.

[Immune Platoon](#)

Lesson | 20-30 minutes

Lesson comparing your immune system to a squad of superheroes fighting against the germ supervillians. Vaccines give a training boost that helps the platoon fight off future infections!

4TH AND 5TH GRADE

[Community Immunity](#)

Lesson Plan and Activity | 30-45 minutes

A general overview of community (“herd”) immunity and an activity where students can visualize how disease can infect a community by spreading from just a few people, and how having herd immunity can slow or stop this spread.

Overview of Lessons Continued

VIDEOS

[Elmo on how to sneeze](#)

[CLICK HERE FOR SPANISH](#)

A great video of Elmo teaching how to sneeze into your elbow so you don't get other people sick.

[Elmo and the Surgeon General on vaccines](#)

Elmo's a little nervous about getting a shot, but Surgeon General Vivek Murthy stops by to explain how vaccines work, and why they're so important for children's health.

[Journey of a Germ](#)

A song that shows how fast and far a germ can travel if people don't wash their hands or cover their sneezes correctly.

Additional Resources

[CDC Flu resources](#)

[Children's Hospital of Philadelphia Vaccine Center - Vaccine Trivia Game](#)

[EZIZ Flu resources](#)

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