

# Cover that Sneeze Please!

## Materials Needed:

Enough paper plates for each child (OR head-shaped paper cut-outs)  
Scissors (one pair for each adult)  
Colored paper- various colors  
Markers or crayons  
Facial Tissue  
Yarn or paper scraps  
Glue  
Pencil



## Objective:

The child will learn that in order to stop the spread of germs, he or she must cover their nose (better yet, sneeze into their sleeve).

**Lead-in:** After you read *Bear Feels Sick*, discuss the fact that Bear's friends got sick after he sneezed and coughed and wheezed. Ask the children what he could have done so that his friends wouldn't get sick. Practice "pretend sneezing" into a tissue or into their sleeves. Discuss how germs can "land" on someone else when we sneeze.

## Directions:

1. Set out crayons and markers in the work area.
2. Trace around each child's hand and a small portion of their wrist and arm on the paper color of their choice. Write their name on one side of the hand. Collect the pieces of paper.
3. Hand out one paper plate or head shape to each child and have them draw a face
4. While the children are drawing, cut out each hand.
5. Help the children finish putting eyes, nose, mouth and hair on their drawings.
6. Assist them by gluing the arm end of their hand onto the backside of the face. Fold the hand so it "wraps" around to the front of the face.
7. Hand out one tissue to each child.
8. Show the children how to cover the nose on their faces and "pretend" sneeze once more.
9. Glue the tissue to the face.
10. Glue the hand to the tissue.
11. Display with pride!

## Wrap-up:

- If children are willing, read *Bear Feels Sick* once more and have the children yell out to Bear to "cover that sneeze please!"
- Take a group photo with everyone saying sneeze instead of cheese.
- High-five each child who participated and ask them what they'll do next time they feel a sneeze coming on.