



Be Good to Your Nose

Nose Care and Cold Prevention Resources for Children

Nose Care and Cold Prevention Program for First Graders

BOOKS:

“Stand Back,” Said the Elephant, “I’m Going to Sneeze!” by Patricia Thomas; Lothrop, Lee & Shepard, 1990

I Love to Sneeze by Ellen Schecter; Bantam Books, Inc., 1992

Those Mean Nasty Dirty Downright Disgusting but – Invisible Germs by Judith Anne Rice; Redleaf Press, 1997

Germs Make Me Sick by Melvin Berger; HarperCollins Publishers, Inc., 1995

Germs! Germs! Germs! by Bobbi Katz; Scholastic, Inc., 1996

The Magic School Bus: Inside Ralphie by Joanna Cole; Scholastic, Inc., 1995

I Know How We Fight Germs by Kate Rowen; Candlewick Press, 1998

Ah-Choo! by Margery Cuyler; Scholastic, Inc., 2002

I Have A Cold (Hello Reader! Series) by Grace Maccarone; Scholastic, Inc., 1999

Why I Sneeze, Shiver, Hiccup and Yawn by Melvin Berger; HarperCollins Publishers, Inc., 2000

VIDEOS:

Reading Rainbow Series presents *“Germs Make Me Sick!”* adapted from the book by Melvin Berger (HarperCollins, 1995)

Scholastic’s The Magic School Bus presents *“Inside Ralphie”* adapted from the book by Joanna Cole (Scholastic, Inc., 1995)

WEB PAGES:

www.puffs.com
Puffs products and information

www.nih.gov
National Institutes of Health

www.ed.gov
U.S. Department of Education

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Dear Educator:

Thank you very much for selecting the **Be Good to Your Nose** program to help teach your first grade students the proper ways to prevent the spread of germs and colds through proper nose care.

We care deeply about the health of children and their families, and we are grateful to you for inviting us to share with you in reinforcing this essential lesson on how to prevent the spread of colds and germs. We welcome your questions and comments.

Sincerely,



Jennifer L. Becker
Be Good to Your Nose School Program, Procter & Gamble

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Program Learning Objectives

The **Be Good to Your Nose** program includes “kid-tested” activities and materials to help your first graders learn the importance of and proper steps to nose care and cold prevention. The program’s objectives are to help students learn:

- The importance of preventing the spread of germs to help fight colds and flu.
- How proper nose care and hand washing can help kids stay healthy.
- When and how to blow your nose.
- When and how to wash your hands.

Program Materials

The **Be Good to Your Nose** program has been developed with the input of health professionals, primary school teachers, parents, and students.

Program materials include:

- **Educator’s Guide with Classroom Resources:** Basic information about the importance of proper nose care and cold prevention, suggested classroom activities, and reproducible materials are included in this guide.
- **Classroom Poster:** This colorful poster can help you illustrate your classroom lesson about proper nose care and germ prevention: “Blow, Throw, Wash and Go.” Then it can serve as an everyday reminder throughout the year.
- **Sing-Along Audio Compact Disc:** These familiar tunes with new “Be Good to Your Nose” lyrics can help you make it easy and fun for your students to remember the key points of nose care and cold prevention.
- **Take-Home Learning Activities:** Your students can share their classroom learnings at home with the help of a take-home colorful booklet, brought to you by Puffs® and Crayola®, that reinforces your lesson. The take-home materials also include free product samples.

Timing

Many teachers prefer to teach hygiene lessons – including cold prevention – at the beginning of the school year. You may also find it useful to remind your students about nose care and cold prevention later in the year (when they return from their winter break) when colds and flu are often at their peak, and during the spring allergy season. You may want to share the program with your school nurse or other health professionals, too, so they can reinforce your nose care and cold prevention lessons in their own programs.



Educator’s Kit



Student’s Kit



Blow

Blow gently, so you don't hurt your ears.

Be Good to Your Nose

Use this guide with the classroom poster to teach your students the proper way to blow their noses and wash their hands.



Use a soft, clean tissue.



Hold the tissue with both hands.



Blow one nostril at a time.

Show students how to "pinch" one nostril with their pointer finger while they blow through the other nostril. If students find it difficult to blow through their noses, have them close their mouths as they blow.



Wipe your nose with a clean part of the tissue.

Instruct students to wipe under their noses (their upper lip) too.



Throw the used tissue in the trash.



Never put a used tissue in your pocket.



Never drop a tissue on the floor or the ground.



Wash your hands with soap and water.

No water? Liquid hand sanitizers or sanitizing wipes can help.



Rinse, then dry with a clean paper towel.

Your school restrooms or other public facilities may have air dryers instead of paper towels.

Remind students that washing their hands helps keep them from getting sick. When they have a cold, hand washing helps keep cold germs from spreading.

Background Information For Educators

The more your students understand about colds – and about how proper nose care and other steps can help prevent colds – the better you can help them stay healthy.

Colds are caused by viruses (see “3 Kinds of Germs,” right), which infect the body by overcoming its complex defense system.

- When a virus penetrates your body's first line of defense, the mucus in your nose and throat, it enters a cell and “commands” the cell to produce more of the virus – which, in turn, attack surrounding cells.
- Your body fights back by trying to repel the viruses with swelling and inflammation, and by producing additional mucus.
- The result: a stuffy, runny nose; sneezing; sore throat; cough; headache and body ache; sometimes a fever – the classic symptoms of a common cold.

Colds are spread in two ways:

- Touching** virus-contaminated secretions (mucus or saliva) on the skin or environmental surfaces (doorknobs, tables, any surface touched by cold sufferer), and then touching your mouth, eyes or nose.
- Inhaling** relatively large particles – or smaller droplet nuclei – of virus-contaminated mucus or saliva transported in the air by a cough or a sneeze.

Cold or Allergy?

Respiratory allergies are caused by over-sensitivity to pollen, dust, animal dander or other irritants in a child's environment. Symptoms include red, itchy, watery eyes and nose; a clear mucus (rather than the thick yellow mucus that tends to occur with a cold); and symptoms that last for weeks or months, rather than for just a week or ten days.

Children with respiratory allergies are often prone to other serious health problems, such as asthma. Parents should talk with their pediatrician if they

suspect a child's symptoms may be caused by an allergy.

When you have a cold

There's no medicine that can cure a cold, but there are steps your students can take to help protect other people from cold germs – and to feel better while they recover.

Cold Etiquette

- Students should cover their mouths when they cough, and cover their noses with a tissue when they sneeze.**
It's just good manners, and it shows that they care about their classmates' health. When they cough or sneeze, germs fly out of their mouths or noses. Covering their mouths and noses can help keep those germs from spreading, and help protect others from catching a cold.
- Wash hands frequently** – especially after sneezing, coughing, or blowing noses – to help protect themselves and everyone around them from the spread of germs.

Cold Care

- Get plenty of rest** to help the body's immune system rebuild its strength.
- Drink lots of liquids.** Water, juices, and especially hot liquids (including chicken soup!) help soothe coughs and sore throats.
- Doctors sometimes recommend medicines** such as ibuprofen, acetaminophen, decongestants, or antihistamines, to help relieve cold symptoms while they recover. But children should never take any medicine unless a parent or doctor gives it to them.

Take care of your nose

Proper nose care can help prevent the spread of colds – and help them feel better when they have a cold.

- Blowing the nose gently with a soft, clean tissue helps clear it of mucus to make breathing easier and reduce the spread of germs.
- Proper disposal of used tissues puts the germs in the trash – not on home or classroom surfaces.

Every year, American kids miss more than **189,000,000 school days** because of colds!

Archives of Internal Medicine, February 2003

3 Kinds of Germs

The 3 most common kinds of germs are:

Bacteria

- The most common form of life on earth.
- Many bacteria are harmless.
- Others cause diseases such as strep throat or infections of cuts and scrapes.

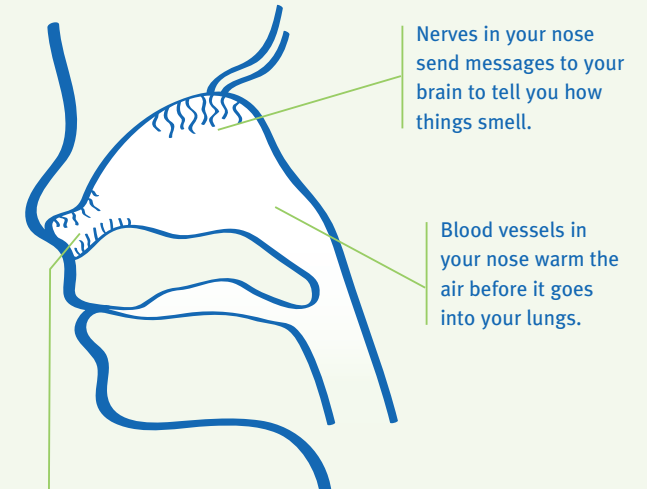
Fungi/Yeast

- Plant-like germs that grow in moist areas on the body to cause conditions such as athlete's foot.
- Other examples are molds on bread or fruit.

Viruses

- Parasitic germs that have life-like properties only when they take over the cells of a host organism – such as your body.
- An invaded cell produces millions of copies of the original virus.
- Viruses cause such illnesses as colds, flu, and chicken pox.

How Your Nose Works



Nerves in your nose send messages to your brain to tell you how things smell.

Blood vessels in your nose warm the air before it goes into your lungs.

Tiny hairs and sticky mucus inside your nose help clean the air you breathe; the hairs and mucus trap germs and dirt. When you blow your nose, you clean the germs and dirt out.

It's All Connected

Your nose sends air to your lungs; then your lungs send oxygen from the air to your blood, which travels through your whole body. That's why cold germs that get into your nose can make your whole body feel sick.

Visit www.puffs.com for more information

Classroom Activities

Choose the activities you prefer to help you make your nose care lessons and reminders fun and effective.

“How to Blow Your Nose” Demonstration	Learning Objective Students will learn the proper way to blow their noses with a soft, clean tissue; dispose of the used tissue; and wash their hands to prevent the spread of germs.	Materials Classroom poster, tissues, soap and water, paper towels.	Preparation Time A few minutes to gather materials. Activity Time 10-15 minutes.	Group Size Entire class.	Notes With the poster as a guide, explain and demonstrate each of the steps for “How to Blow Your Nose.” For more information, see page 4. For more fun nose care and cold prevention activities, please visit www.crayola.com .	
Spray-Bottle “Sneeze”	Learning Objective Students will see how far a sneeze can spread invisible germs. This activity can be used to reinforce math and graphing skills.	Materials Spray bottle with water (colored with food coloring); table covered with a large sheet of paper (colored construction paper, brown “kraft” paper, or white paper).	Preparation Time A few minutes to gather materials. Activity Time 10-20 minutes.	Group Size Small groups of 2-4 students.	Notes Each student takes a turn holding the bottle above the end of the table, then simulates a “sneeze” by squeezing the spray trigger one time over the paper. Before squeezing the trigger, have students predict how far their “sneezes”	will go. Students observe water marks on the paper, then measure and record how far (and how wide) each spray spreads. They can graph the numbers to compare each student’s “sneeze.”
Glitter Tissue	Learning Objective Students will learn how germs can spread from objects to hands, and from person to person, especially on a used tissue. This activity can be used to reinforce science skills.	Materials Tissues, glitter, spray bottle with water.	Preparation Time A few minutes before class to dampen tissues with water and place glitter on tissues. Activity Time 10-20 minutes.	Group Size Small groups of 3-5 students, each group seated around a desk or table.	Notes Lightly spray tissues with water and put a small amount of glitter on tissue. Have students crumble the tissue in their hands, then hand it to the student next to them. Have them predict what will happen to the glitter. Students will see that the	glitter spreads from the tissue to their hands, and to the table – just as germs spread. Be sure to check with your school’s policy on the use of glitter in the classroom.
Germ Tag	Learning Objective Students will see how quickly germs and colds can spread through a group of people. This is also an enjoyable, informative physical education activity.	Materials None.	Preparation Time None. Activity Time 10 minutes.	Group Size Entire class.	Notes On the playground or in the gym, demonstrate how quickly germs can spread by playing this version of the familiar “Sharks and Minnows” playground game. (You may want to suggest this activity to your school’s physical education staff as	an opportunity to reinforce your classroom lesson.) In the middle of the playground or gym, one student represents a person with a cold. As the other students run by, that one “spreads germs” to as many as possible by tagging them. Those who were tagged now have the “cold,” too; and they join the original student in the middle of the playground, tagging the remaining “healthy” students as they run by a second time. Repeat until all students are tagged.
Mini-Book	Learning Objective Students will remember the steps for proper nose care and cold prevention by creating their own books. This activity also reinforces language and art skills.	Materials Reproducible mini-book (page 9), crayons, scissors, stapler.	Preparation Time About 15 minutes before class to copy the reproducibles and gather the other materials. Activity Time 20-30 minutes.	Group Size Individuals.	Notes Each student fills in the blank on each page with the appropriate nose-care word from the Word Bank, colors the illustration, then cuts and assembles a personalized mini-book as a reminder of the classroom lesson.	For larger pages that are easier for students to color, cut and assemble, use the “enlarge” feature of your school’s copier when you reproduce the page. Answers: 1) tissue, 2) hands, 3) Blow, 4) nose, 5) Throw, 6) Wash, 7) dry
Nose Care Crossword	Learning Objective Students can review key concepts of nose care and cold prevention – and reinforce word-recognition and spelling skills – by completing the crossword puzzle.	Materials Reproducible puzzle (page 10).	Preparation Time A few minutes before class to copy the reproducibles.	Group Size Individuals.	Notes Each student uses the words in the Word Bank to complete the clues in the crossword puzzle. To make the crossword less difficult, you can write a few letters into the puzzle before you reproduce the page.	
Lesson Review/ Assessment	Learning Objective Use this yes/no activity to review your nose care and cold prevention lesson, and to assess each student’s level of learning. This activity can also be used as a pre-test and post-test to measure students’ learning before and after the lesson.	Materials Reproducible yes/no review (page 11).	Preparation Time A few minutes to copy the reproducibles.	Group Size Individuals.	Notes You can increase the assignment’s challenge by instructing students to correct the incorrect statements, or you can discuss ways to correct these statements with the class.	Answers: 1) yes, 2) no, 3) no, 4) yes, 5) yes, 6) yes, 7) no, 8) yes, 9) no, 10) no
Nose Care Songs	Learning Objective Students will learn songs that will help them remember key points from their nose care and cold prevention lessons. This activity also reinforces music and memory skills.	Materials Sing-along audio CD.	Preparation Time About 15 minutes to familiarize yourself with the CD, then a few minutes to write the words of each song on the chalkboard. Activity Time 5-10 minutes per song.	Group Size Entire class.	Notes Students learn to sing the songs with the CD, then repeat the songs to remember key classroom lessons.	The song lyrics are printed on page 8 of the educator’s guide and are accessible on the CD. You can provide the lyrics and CD to your students’ music teachers so they can use the songs in music classes. You can also use the songs in a listening-and-writing activity, where students write stories or letters about the songs.

Song Lyrics

Blow, Blow, Blow Your Nose ("Row, Row, Row Your Boat")

Blow, blow, blow your nose
Gently on each side.
Use a soft, clean tissue,
And then wipe the outside.

Throw, throw, throw your tissue
Quickly throw away.
Not on your desk or on the ground,
But in the trash today.

Wash, wash, wash your hands
Easily in the sink.
Soap, water, and paper towel,
Simpler than you think.

Go, go, go and play
Happily as can be.
Now that you have blown your nose,
And washed up properly.

Wish I Could Smell and Taste Easier ("Twinkle, Twinkle Little Star")

Achoo said the sick sneezer.
Wish I could smell easier.
When my nose is all stuffed up,
I can't smell a buttercup.
Achoo said the sick sneezer.
Wish I could smell easier.

Achoo said the sick sneezer.
Wish I could taste easier.
When I have no sense of smell,
Can't taste hotdogs very well.
Achoo said the sick sneezer.
Wish I could taste easier.

Achoo said the sick sneezer.
Wish I could smell easier.
When I have the cold or flu,
What are smell and taste to do?
Achoo said the sick sneezer.
Wish I could smell easier.

Sneezer Wheezer ("Take Me Out To The Ball Game")

I'm the ole' Sneezer Wheezer.
I use tissues a lot.
Cover my nose and my mouth
when I sneeze,
Wash my hands and say
pardon me, please.
For it's germs, germs, germs
that I dislike.
So I'm a careful sneezer.
And it's blow, throw, wash, and go
For the ole' Wheezer.

Thousands Of Germs ("Three Blind Mice")

One big cough.
One big cough.
Thousands of germs.
Thousands of germs.
They spread when you don't
cover your mouth.
They travel east, west, north
and south.
Did you know all these germs
Came out of your mouth
With each big cough?

One loud sneeze.
One loud sneeze.
Thousands of germs.
Thousands of germs.
They spread when you don't
cover your nose.
They get all over your skin
and your clothes.
Did you know all these germs
Came out of your nose
With each loud sneeze?

One bad cold.
One bad cold.
Thousands of germs.
Thousands of germs.
They spread when you have
the cold or flu.
So wash your hands and dry them too.
Did you know all these germs
Are all around you
With each bad cold?

Keep Germs Away ("London Bridge")

When we sneeze, the germs
come out, (sneezing action)
Germs come out, (sneezing action)
Germs come out. (sneezing action)
When we sneeze the germs come out.
(sneezing action)
What can we do?

Cover your nose
with a tissue,
(cover nose with hand)
A tissue, (cover nose with hand)
A tissue. (cover nose with hand)
Cover your nose with a tissue,
(cover nose with hand)
Don't get the flu.



Wash your hands with soap and water,
(rub hands together)
Soap and water, (rub hands together)
Soap and water. (rub hands together)
Wash your hands
with soap and water,
(rub hands together)
Be clean as new.

Now we can keep germs away,
(pushing away motion)
Germs away, (pushing away motion)
Germs away. (pushing away motion)
Now we can keep germs away.
(pushing away motion)
You can too!

Feeling Sickly, Feeling Healthy ("Rockin' Robin")

I go to my classroom all week long.
Sneezing and a coughing and
a singing this song.
I'm hot and tired everyday.
And feel pretty bad in every way.

Feeling sickly! Boo! Hoo! Hoo!
Feeling sickly! Boo! Hoo! Hoo!
Feeling sickly is not fun any day.
Boo! Hoo! Boo! Hoo!

I go to my classroom all week long.
Laughing and a playing and
a singing this song.
I have energy everyday.
And feel really good in every way.

Feeling healthy! Yay! Yay! Yay!
Feeling healthy! Yay! Yay! Yay!
Feeling healthy is how I want to stay.
Yay! Yay! Yay! Yay!

Hip, hip, hooray!
Hooray! Hooray! Hooray!
Hip, hip, hooray!
Hooray! Hooray! Hooray!
Hip, hip, hooray!
Hooray! Hooray! Hooray!
Yay! Yay! Yay! Yay!



Be Good to Your Nose

Fill in the blanks, then color, cut, and staple the pages to make a mini-book.

Word Bank

Blow dry hands nose Throw tissue Wash

Be Good to Your Nose



Nose Care and Cold
Prevention Rules

Blow, Throw, Wash and Go

Name _____



Use a soft, clean _____ 1



Hold the tissue
with both _____ 2



_____ one nostril at a time. 3



Wipe your _____ with
a clean part of the tissue. 4



_____ the used tissue
in the trash. 5



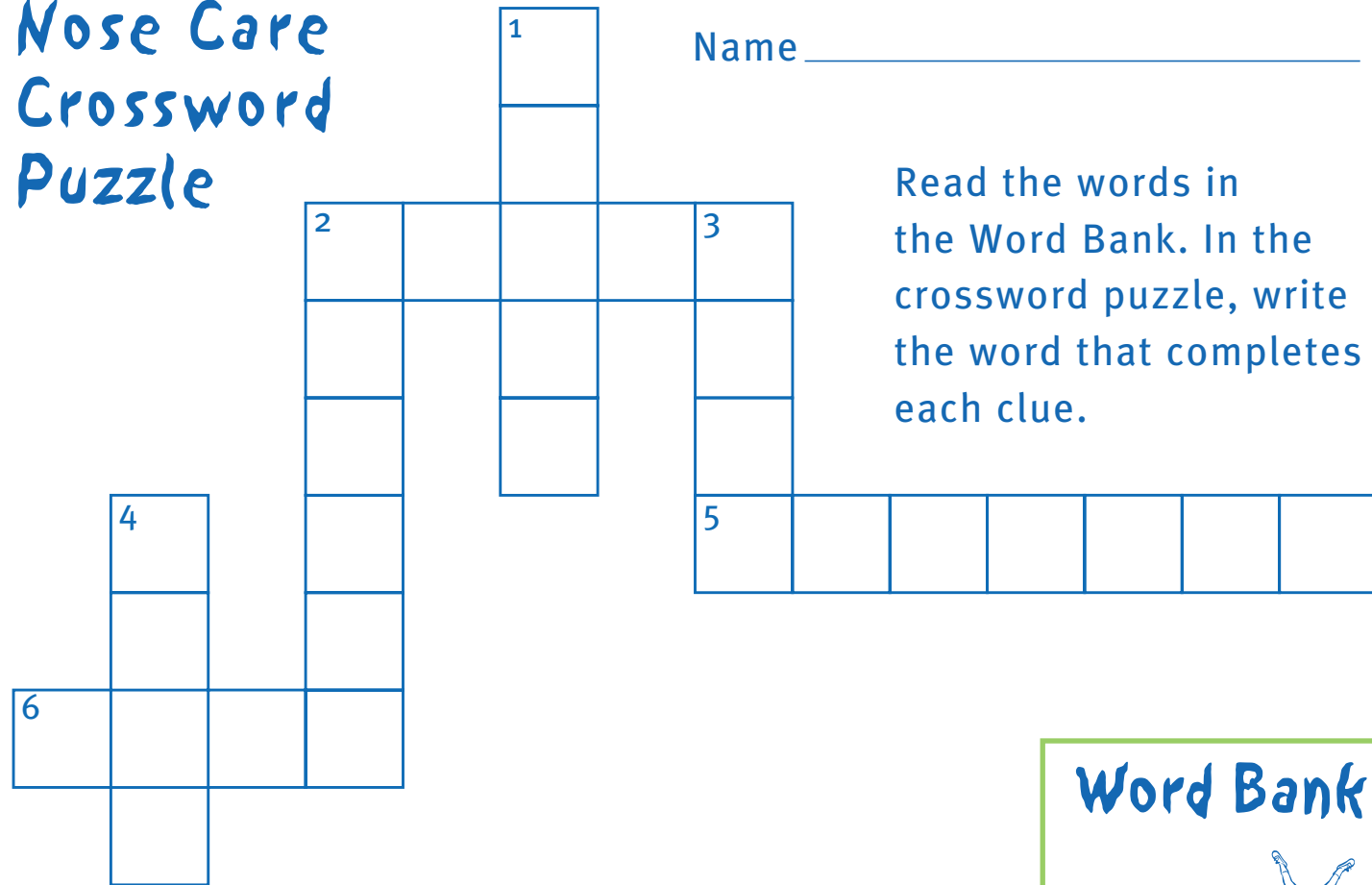
_____ your hands with
soap and water. 6



Rinse, then _____ with
a clean paper towel and GO! 7




Nose Care Crossword Puzzle

Name _____







Read the words in the Word Bank. In the crossword puzzle, write the word that completes each clue.








Across →

-  used tissues in the trash.
- Washing your hands often helps you stay .
- Wipe your  with a clean part of the tissue.

Down ↓

- Colds are caused by .
- Use a soft, clean  to blow your nose.
-  your hands with soap and water.
-  one nostril at a time.

Word Bank




- healthy 
- nose 
- germs 
- tissue 
- blow 
- throw 
- wash 

Review What You Know About Nose Care and Preventing Colds

Name _____

Read each sentence carefully.

Circle **yes** if the sentence is **right**.
Circle **no** if the sentence is **wrong**.

- yes** **no** Colds are caused by germs. 
- yes** **no** Germs are big bugs that we can see.
- yes** **no** To help prevent colds, be sure your hands are always dirty.
- yes** **no** Always cover your mouth when you cough. 
- yes** **no** When you sneeze, cover your nose with a tissue.
- yes** **no** When you blow your nose, use a soft, clean tissue.
- yes** **no** After you blow your nose, give the tissue to a friend.
- yes** **no** Always throw used tissues in the trash.
- yes** **no** Always throw used tissues on the floor. 
- yes** **no** Use plain water to wash your hands – never use soap.