

**OUTFOX Lesson:  
Don't Leave Your  
Health To Luck**

# Don't Leave Your Health To Luck!

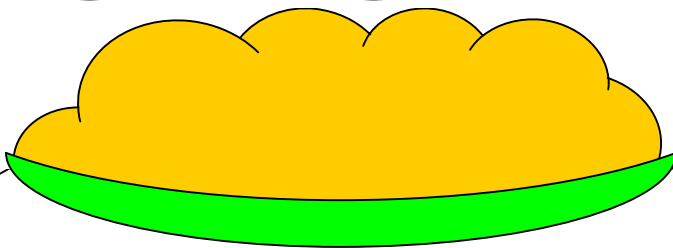


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| <b><u>Content Objective:</u></b>             | The students will be able to understand the importance of not leaving their health circumstances to luck. The students will learn hygiene and infection control principles through a St. Patrick's Day themed lesson, activity and game.   |
| <b><u>Materials:</u></b>                     | "Find Your Way To Good Health" supplemental page, creative materials (color paper, markers, glue, glitter, scissors, etc.), germBLING™ System (optional), educational and promotional posters, prizes, Certificates of Achievement and any other design materials.   |
| <b><u>Vocabulary</u></b>                     | <ul style="list-style-type: none"><li>• Luck</li><li>• Leprechaun</li><li>• Health</li><li>• Prevention</li></ul>  |
| <b><u>Building Background Knowledge:</u></b> | Ask students the following questions: <ul style="list-style-type: none"><li>• What does it mean to have good health?<ul style="list-style-type: none"><li>○ The person won't get sick often, feel, ill, will not have nutrition problems, is not tired often, etc.</li></ul></li><li>• What consequences could come from relying on LUCK for good health?<ul style="list-style-type: none"><li>○ Bad health, long-term problems, disability, death, bad diseases, suffering, absent from school, spreading illness, coughing, lingering colds, etc.</li></ul></li><li>• What can you do to have better health by preventing the spreading of illness and disease?<ul style="list-style-type: none"><li>○ Wash hands, use hand sanitizer, eat healthy food, sleep, vaccinations, doctor checkups, proper medication, etc.</li></ul></li></ul> |
| <b><u>Exploration:</u></b>                   | <ul style="list-style-type: none"><li>• Use the germBLING™ System to illustrate how germs spread and affect us daily.<ul style="list-style-type: none"><li>○ Have students apply the germBLING™ Identifier Lotion or Powder. Make sure they get it all over their hands (i.e. or all over doorknobs, sinks, pencils, or other designated areas)</li><li>○ Using the black light, show students how germs lurk on their hands</li><li>○ Have them wash their hands and check for the germs again</li><li>○ Use the Identifier Lotion or Powder for many of the activities and games supplied by OUTFOX in this manual</li></ul></li></ul>   |

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| <p><b><u>Explanation:</u></b></p>           | <p>Start by using the germBLING™ System to introduce the germ and illness topics. Beginning with the germBLING™ activity will help initiate conversation and topics regarding health effects of practicing poor hygiene principles. If possible for the day or week, hang up appropriate posters and signs to constantly remind students of important hygiene principles.</p> <p>Prepare your own version of “Find Your Way To Good Health” by designing and cutting out the shapes before the lesson. Make sure the students cannot see all the leprechaun handprints (i.e. have them start in the classroom and lead the pathway into the hall, etc.) before the lesson. Splitting the class into groups of 4 works best. As each subsequent leprechaun handprint is found by the students, take a few minutes and explain the term(s) found printed on them. At the end, reemphasize good health principles and how good health is not found by luck.</p> <p>Next, instruct the students that they will be creating pathways to good health for their own family members and friends. Teach how simple steps of good hygiene can increase their health and the health of their family and friends.</p> <p>Copy the “Find Your Way To Good Health” supplemental page, germ characters, icons and other pictures found on the next page and in the end of the Activities Section. Show how they align the leprechaun hands to lead to the Health Pot of Gold. Create a contest highlighting the cutest, cleverest, or best looking overall job to increase excitement for the lesson.</p> |
| <p><b><u>“Hands On Experience:”</u></b></p> | <ul style="list-style-type: none"> <li>• Have the students design and cut out the items on the “Find Your Way To Good Health” supplemental page, black and white germs, icons (see the next page and the end of the Activities Section) and design them how they would like.</li> <li>• Hang the finished Health Pot of Gold creations on the wall where they can be conveniently seen daily (leading up to the holiday).</li> </ul>   |
| <p><b><u>Wrap Up:</u></b></p>               | <ul style="list-style-type: none"> <li>• Hand out Certificates of Achievement to all participating students.</li> <li>• Take note whether the students’ attention to hygiene increased due to the lesson. Are they concerned more about health to personally avoid getting sick? Or are they motivated to not spread illness and suffering on to their family members and friends?</li> </ul>  |
| <p><b><u>Home Connection:</u></b></p>       | <ul style="list-style-type: none"> <li>• Ensure that the students understand how to set up the activity for their family members and/or friends.</li> <li>• Give an incentive or prize to those that report back after conducting the activity with a family member or friend.</li> <li>• Alert the students that there will be follow up questions after St. Patrick’s Day regarding the reactions of family members and friends on their creations.</li> </ul>   |

## Find Your Way To Good Health

Follow the Leprechaun's hand prints and messages to the pot of gold symbolizing good health!  
Start with the clover. Print, color, cut out and make a trail to the pot of gold. Good Luck!



Good Health Is  
Yours! Don't Leave  
It Up To **LUCK!**



**Find Your Way  
To Better Health**