

OUTFOX Lesson: Even the Easter Bunny Needs to Stay Healthy!	<h1 style="color: white;">Even the Easter Bunny Needs to Stay Healthy!</h1>
<u>Content Objective:</u>	<p>The students will be able to understand that doing one thing better each day dealing with hygiene can make a big difference in the level of health they experience. The students will learn hygiene and infection control principles through an Easter themed lesson, activity and game.</p>
<u>Materials:</u>	<p>“Who would you rather have delivering Easter goodies to YOUR house?” supplemental page copies, “Start New” Pledge copies, glitter, creative materials (color paper, markers, glue, scissors, etc.), germBLING™ System (optional), educational and promotional posters, prizes, Certificates of Achievement and any other design materials.</p>
<u>Vocabulary</u>	<ul style="list-style-type: none"> • Easter • Spring • Wellness • Habits
<u>Building Background Knowledge:</u>	<p>Ask students the following questions:</p> <ul style="list-style-type: none"> • What does it mean to have bad health? <ul style="list-style-type: none"> ○ The person will get sick often, feel, ill, will have nutrition problems, will be tired often, etc. ○ Long-term problems, disability, death, bad diseases, suffering, absent from school, spreading illness, coughing, lingering colds, etc. • What is one action a day you can do to have better health and prevent the spreading of illness and disease? I could... <ul style="list-style-type: none"> ○ Wash hands (before and after eating, recess, using the restroom, touching animals, etc.), use hand sanitizer, eat healthy food, sleep, proper medication, etc. • What are the benefits of “Starting New” and doing one more healthy action a day? <ul style="list-style-type: none"> ○ Feel good, get sick infrequently, save parents money, not get other classmates sick, have energy, etc.

<p><u>Exploration:</u></p>	<p>The following can be conducted with glitter or germBLING™ Powder.</p> <ul style="list-style-type: none"> • Using glitter (works best with different colors of glitter)- <ul style="list-style-type: none"> ○ Apply a single color of glitter on each student's hands ○ Have them walk around shaking hands with other students ○ Bring the class together and have them investigate the many different colors that they picked up from other students ○ Discuss that germs are passed the same way • Using the germBLING™ System to illustrate how germs spread and affect us daily- <ul style="list-style-type: none"> ○ 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) ○ Using the black light, show students how germs lurk on their hands ○ Have them wash their hands and check for the germs again ○ Use the Identifier Lotion or Powder for many of the activities and games supplied by OUTFOX in this manual
<p><u>Explanation:</u></p>	<p>Start the lesson by using the glitter or germBLING™ System to introduce the germ and illness topics (as explained in the Exploration section). Beginning with the glitter or 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 "Who would you rather have delivering Easter goodies to YOUR house?" and the "Start New" Pledge by coloring, designing, writing in your pledged activity and so forth. Make sure to use glitter to tie in the concept!</p> <p>Next, instruct the students that they will be decorating their own worksheet and coming up with an activity to pledge.</p> <p>Provide a copy of the "Who would you rather have delivering Easter goodies to YOUR house?" supplemental page and the "Start New" Pledge for each student. Create a contest highlighting the cutest, cleverest, or best looking overall project to increase excitement for the lesson.</p>

<p><u>"Hands On Experience:"</u></p>	<ul style="list-style-type: none"> • Have the students design (color, paste glitter, paint, etc.) the "Who would you rather have delivering Easter goodies to YOUR house?" supplemental page. • Have the students design (color, paste glitter, paint, etc.), fill out a health activity to do and sign the "Start New" Pledge. • Hang the finished "Start New" Pledges on the wall where they can be conveniently seen daily (leading up to the holiday).
<p><u>Wrap Up:</u></p>	<ul style="list-style-type: none"> • Hand out Certificates of Achievement to all participating students. • Follow up in a week, month and so forth to verify that they are still doing the health action they pledged to do every day. Have they been good to their promise? Are they feeling healthier? Have they been good examples for family or friends or taught others?
<p><u>Home Connection:</u></p>	<ul style="list-style-type: none"> • Have the students take home the "Who would you rather have delivering Easter goodies to YOUR house?" supplemental page to show friends and family over the Easter holiday week/weekend. • After displaying on the wall for a week or so, have the students take home the "Start New" Pledge. • After the Easter week/weekend, follow up with the students to see if friends and/or family noticed a difference in their behavior.

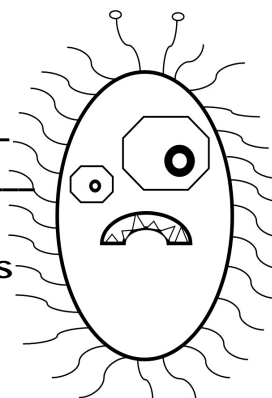
START NEW Pledge

Name: _____

I pledge to _____

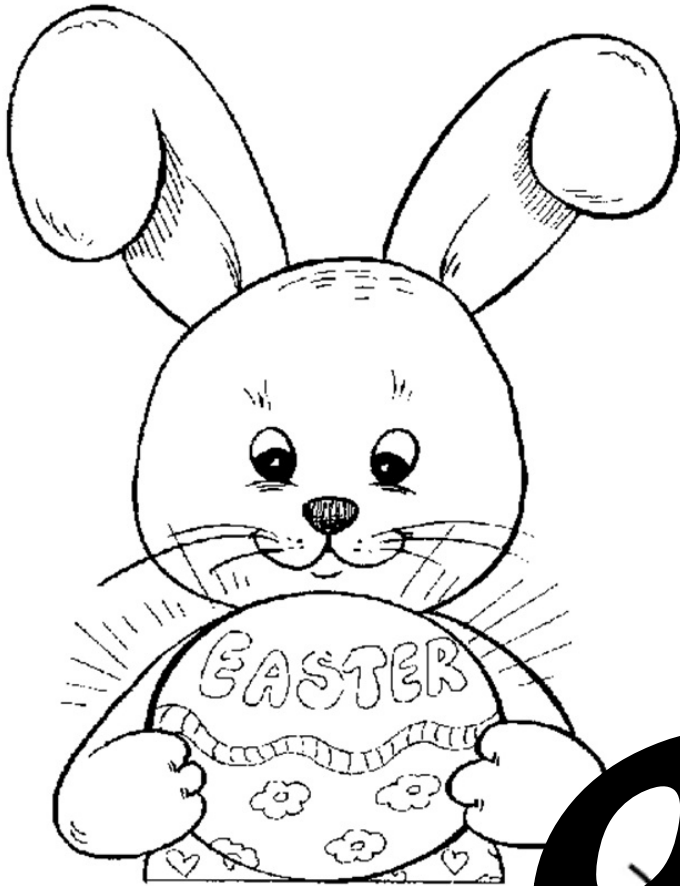
every day in order to avoid illness, disease and other harmful effects that may occur. I will make a conscious effort and teach others in order to enjoy better health!

Student Signature: _____



Who would you rather have delivering Easter goodies to YOUR house?

The Easter Bunny or Peggy Pink Eye?!



OR

