

OUTFOX Lesson: Thankful For Health	Thankful For Health
<u>Content Objective:</u>	The students will be able to exhibit thankfulness for good health and create reminders of their responsibility to help others (loved ones) stay healthy through their actions. This lesson also aims to prepare students for the Thanksgiving holiday period by teaching them ways to avoid coming back to school with an illness.
<u>Materials:</u>	germBLING™ System, a picture of family members or friends (or whatever picture reminds them of loved ones), colored paper, scissors, glue, markers, educational and promotional posters, Certificates of Achievement and any other design materials.
<u>Vocabulary</u>	<ul style="list-style-type: none"> • Thanksgiving • Good Health • Vaccination
<u>Building Background Knowledge:</u>	<p>Ask students the following questions:</p> <ul style="list-style-type: none"> • What can you do to help increase the likelihood of your family and friends having good health? <ul style="list-style-type: none"> ○ Practice good hygiene principles, teach them, etc. • What benefits can come about by showing thankfulness for good health this holiday season? <ul style="list-style-type: none"> ○ The students' attention to good health will increase the awareness of their family and friends resulting in overall better health.
<u>Exploration:</u>	<ul style="list-style-type: none"> • Discuss with the students that not practicing good hygiene principles can have serious effects: <ul style="list-style-type: none"> ○ Consistent illness ○ Long-term problems ○ Disability or death ○ Spreading illness to others • Use 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. doorknobs, sinks, pencils, or other designated area) ○ 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
<u>Explanation:</u>	<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>Next, instruct the students that they will be creating picture frames that represent “Thankfulness” for the good health of family, friends, and others around us. Emphasize how germs are always attacking the people we love. Teach how simple steps of good hygiene can increase their health and the health of their family and friends.</p> <p>Copy the Thankful For Health picture frame, black and white germs, icons and other pictures found on the next page and in the end of the Activities Section for the students to create a place for their picture to be displayed (request the picture from the student a week or more in advance). The picture should be of family members, friends, or other loved ones. Hand out Certificates of Achievement to all participants. Create a contest highlighting the cutest, scariest, or best looking overall to increase the excitement for the lesson.</p>
<u>“Hands On Experience:”</u>	<ul style="list-style-type: none"> • Have the students cut out the provided frame, black and white germs, icons (see the next page and the end of the Activities Section) and design them how they would like. • Hang the Thankful For Health creations on the wall where they can be conveniently seen daily. • Have the students present their creations with an explanation of the design.
<u>Wrap Up:</u>	<ul style="list-style-type: none"> • 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?
<u>Home Connection:</u>	<ul style="list-style-type: none"> • Request a picture of family members, friends or other loved ones for the children to create a frame for. • Send the created picture frames home with the children right before the Thanksgiving holiday break. • Alert the students that there will be follow up questions after the Thanksgiving break to see the reaction of family members and friends on their creations.



Thankful For Health Picture Frame

