



# ACTIVITY PYRAMID

## CUT DOWN ON

Gaming  
Watching TV  
Playing on  
phones or tablets

## 2 – 3 TIMES A WEEK

### Strength and Flexibility

Dancing  
Push-ups  
Sit-ups  
Stretching

## 3 – 5 TIMES A WEEK

### Aerobic Exercises (at least 20 minutes)

Swimming  
Running  
Cycling  
Skipping

### Recreational Activities (at least 20 minutes)

Soccer  
Netball  
Football  
Basketball

## EVERYDAY

### (as often as possible)

Play outside  
Help around the house or backyard  
Walk to the shops or school  
Take the stairs instead of the elevator





# FOOD CONTAMINATION

## QUIZ

- 1 .....  
Keep hot food at above 60°C. TRUE/FALSE  
.....
- 2 .....  
Keep cold food at below 5°C. TRUE/FALSE  
.....
- 3 .....  
It is safe to eat cold food that has been sitting out of the fridge for 4 hours. TRUE/FALSE  
.....
- 4 .....  
Keep foods in the fridge when defrosting. TRUE/FALSE  
.....
- 5 .....  
Wash and dry your hands before preparing any sort of food. TRUE/FALSE  
.....
- 6 .....  
It is okay to have dirty benches, kitchen equipment and tables when preparing food. TRUE/FALSE  
.....
- 7 .....  
If raw meat juices drip onto the floor, it is okay to leave them until you are finished preparing food. TRUE/FALSE  
.....
- 8 .....  
Separate raw and cooked food and use different cutting boards and knives for each. TRUE/FALSE  
.....
- 9 .....  
When you are feeling unwell, you should spend more time in the kitchen. TRUE/FALSE  
.....
- 10 .....  
Clean and dry your cutting boards and knives well. TRUE/FALSE  
.....

## ANSWERS\*

8) TRUE.  
9) FALSE. Don't prepare food for others when you are feeling unwell.  
10) TRUE.

4) TRUE.  
5) TRUE.  
6) FALSE.  
7) FALSE. Clean up raw meat juices and any other spills straight after they occur.



1) TRUE.  
2) TRUE.  
3) FALSE. Put any food that needs to be kept cold in the fridge straight away, and don't eat it if it has been left out for more than 2 hours.

\*It's My Health.com.au: <http://www.australiandoctor.com.au/getmedia/d0b614fd-8098-4a2b-954d-c348cfc719c3/Food-poisoning.aspx>



# HAND WASH FIND-A-WORD

NAME \_\_\_\_\_

DATE \_\_\_\_\_

How many hand washing terms can you spot?  
Find all **12 words** to become a **hand washing hero!**

X	V	W	T	W	E	W	T	F	R	C	G
X	Z	D	R	H	T	E	D	R	Y	J	E
U	X	D	I	T	I	T	X	K	W	Q	R
V	J	K	U	Q	P	K	S	R	P	Y	M
Y	R	P	Q	I	A	Z	I	F	X	N	S
P	C	D	S	W	K	E	N	F	C	H	W
Z	K	L	Y	P	C	H	K	A	X	S	H
K	L	R	E	T	A	W	E	Y	Q	A	S
F	R	X	W	A	M	S	J	A	T	W	D
O	R	V	P	C	N	B	U	R	L	D	N
T	B	V	A	I	R	U	R	O	L	T	A
K	D	S	R	Z	X	Y	J	M	U	O	H

WASH  
CLEAN  
WATER  
HEALTH  
SINK  
GERMS  
HANDS  
WET  
SQUIRT  
RUB  
RINSE  
DRY





# Classroom GERM EXPERIMENT

## WHAT YOU WILL NEED:

PAINT OR GEL OR TALCUM POWDER

## WHAT TO DO:

- 1 Ask students to stand in a circle.
- 2 Select **one** student and place some paint, gel or talcum powder onto their hand.
- 3 Ask them to shake hands with **three other students**.
- 4 Then, ask these students to shake hands with **another three students**.
- 5 Continue this process until all hands in the classroom have been touched.
- 6 Once complete, explain to students how the paint, gel or talcum powder **represents germs**, and begin a class discussion about how germs can spread from one person to another.

## DISCUSSION QUESTIONS:

- How many people ended up with 'germs'?
- How can we reduce the spread of germs?
- Why is it important to wash your hands after sneezing or coughing?







# HEALTHY STUDENTS

HERE ARE 5 RULES ON HOW TO MAINTAIN A HAPPY AND HEALTHY LIFESTYLE. READ THE WORKSHEET AND REFLECT ON YOUR PERSONAL HEALTHY HABITS.

## 1. HAND WASHING

Remember to **wash** your hands...

**Before:** eating

**After:** playing, going to the bathroom, art class, eating recess and lunch, touching animals.

HOW MANY TIMES HAVE YOU WASHED YOUR HANDS TODAY?

## 2. GERM HYGIENE

Always use **tissues** when blowing your nose and cover your mouth when coughing or sneezing.

DO YOU PERFORM CORRECT GERM HYGIENE - ALWAYS, SOMETIMES OR NEVER?

## 3. HEALTHY EATING

School lunches should be packed with plenty of **vegetables and fruit**, along with a balance of **grains, meats** and **dairy** products\*. Eating a nutritious diet helps to keep you healthy, whilst giving you enough energy to grow and develop.<sup>1</sup>

Drinking enough **water** is another important factor to help you stay happy and hydrated!

NAME 3 ITEMS IN YOUR LUNCHBOX.

## 4. KEEP ACTIVE

Kids and teens should get at least **60 minutes** of moderate to active physical activity every day.<sup>2</sup>

HOW MUCH EXERCISE DO YOU GET?

## 5. SLEEP WELL

Getting enough sleep allows your immune system to function properly. School aged children between **6 – 13 years** are recommended to get between **9 and 11 hours** of sleep per night.<sup>3</sup>

CALCULATE HOW MANY HOURS OF SLEEP YOU GET EACH NIGHT.

## TIPS & TOOLS

\*This is just a recommendation for a healthy lunch box. Children's lunch boxes may differ based on individual allergies and/or intolerances.

1. <https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>

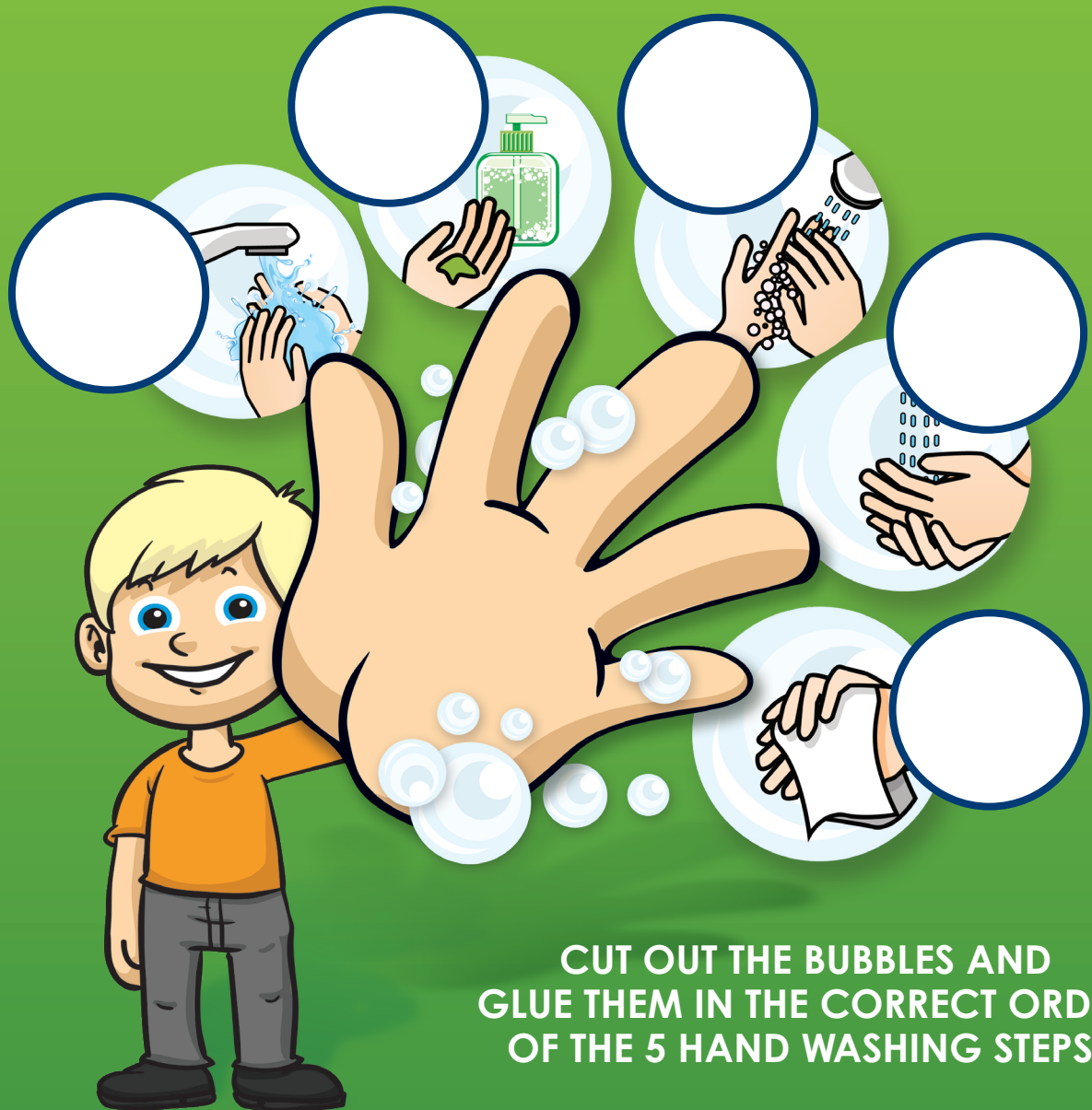
2. <https://www.healthykids.nsw.gov.au/kids-teens/get-active-each-day.aspx>

3. [http://raisingchildren.net.au/articles/school\\_age\\_sleep\\_nutshell.html](http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html)





# 5 HAND WASHING STEPS



CUT OUT THE BUBBLES AND  
GLUE THEM IN THE CORRECT ORDER  
OF THE 5 HAND WASHING STEPS.





# SENSIBLE SHARING

NAME \_\_\_\_\_

DATE \_\_\_\_\_

**When at school, sharing things with classmates  
and friends is an important thing to do!**

However, there are some things that should be kept to ourselves so that we don't spread germs. See if you can put the below items in their right categories:



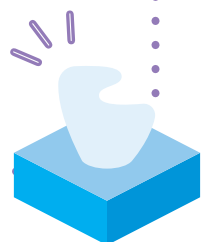
LIP BALM  
GAMES  
SCHOOL HATS  
DIRTY TISSUES

WATER BOTTLES  
PENS  
PENCILS  
EAR BUDS

FRIENDS  
HAIR BRUSHES  
TOYS  
FOOD (RECESS & LUNCH)

*OK to*  
**SHARE**

*Keep to*  
**MYSELF**





# GERM BUSTERS!

## WHAT YOU WILL NEED

SCISSORS

COLOURED PENCILS,  
CRAYONS OR MARKERS

GLUE

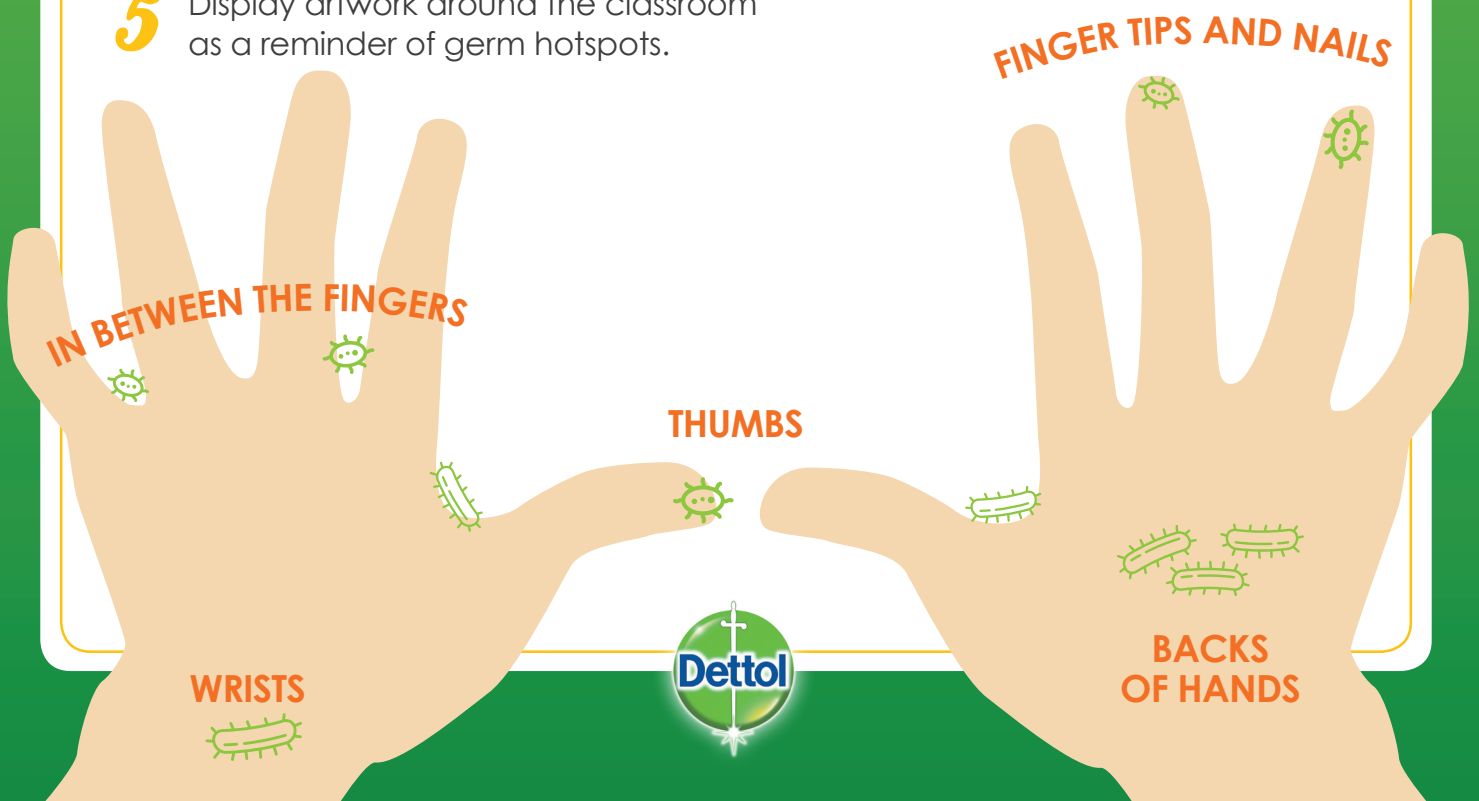
COLOURED PAPER  
OR CARDBOARD

WHITE PAPER

CRAFT EQUIPMENT  
(OPTIONAL)

## METHOD

- 1 Using the white paper, ask students to carefully trace their left and right hands (including wrists).
- 2 Then, ask students to cut out their traced artwork and glue them on coloured paper or cardboard.
- 3 Ask students to identify commonly missed areas when hand washing and lead into a class discussion about the importance of thorough hand washing.
- 4 Following the discussion, ask students to use coloured pencils (or craft equipment) to draw and label germ pictures on each part of the traced hand.
- 5 Display artwork around the classroom as a reminder of germ hotspots.





# HAND HYGIENE TRACKER

## HOMework ACTIVITY

Watch at least one family member washing their hands and record performance on the chart below! Then, show them the correct hand washing technique.

TECHNIQUE	NAME: EXAMPLE Mum	NAME:	NAME:	NAME:
WASHED IN BETWEEN FINGERS	✓			
WASHED PALMS	✓			
WASHED THUMBS	✓			
WASHED FINGERTIPS	X			
WASHED BACKS OF HANDS	✓			
WASHED WRISTS	X			
HAS BEEN TAUGHT THE CORRECT HAND WASHING TECHNIQUE!	✓			







# ACTIVE KIDS

## BENEFITS OF PHYSICAL ACTIVITY AND EXERCISE FOR KIDS:

- 1 Promotes healthy growth and development
- 2 Improves cardiovascular fitness
- 3 Improves balance, coordination and strength
- 4 Maintains and develops flexibility
- 5 Improves posture
- 6 Enhances fundamental movement skills
- 7 Improves concentration and thinking skills
- 8 Improves confidence and self-esteem
- 9 Relieves stress and promotes relaxation
- 10 Improves sleep



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# GET TO KNOW YOUR GERMS



**STAPHYLOCOCCUS AUREUS**  
(AKA: STAPH)



**STREPTOCOCCAL**  
(AKA: STREP)

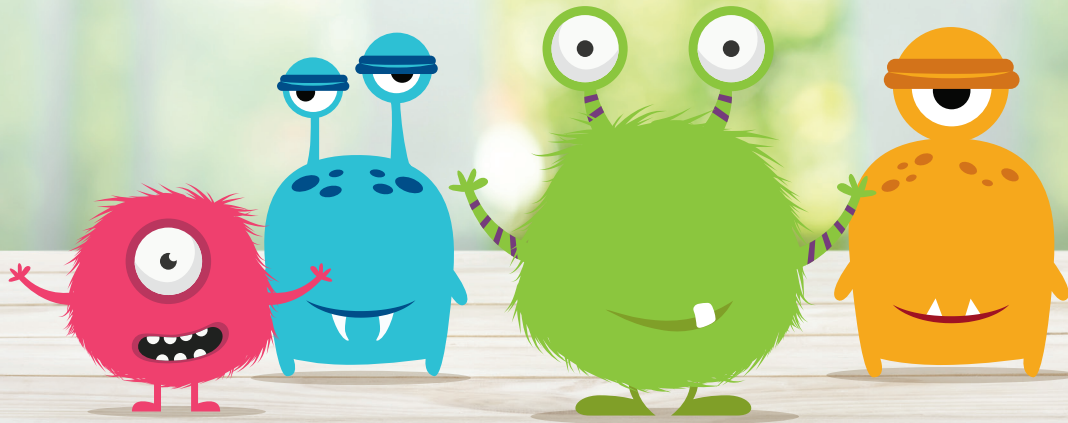


**SALMONELLOSIS**  
(AKA: SALMONELLA)



**ESCHERICHIA COLI**  
(AKA: E COLI)





SCIENTIFIC NAME:  
**STREPTOCOCCAL**

NICKNAME:  
**STREP**

I am most commonly spread  
from person to person by coughs,  
sneezes or hand contact\*.

\*[www.betterhealth.vic.gov.au/health/  
conditionsandtreatments/streptococcal-infection-group-a](http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/streptococcal-infection-group-a)



SCIENTIFIC NAME:  
**STAPHYLOCOCCUS AUREUS**

NICKNAME:  
**STAPH**

I am found on the body and am  
most commonly spread via  
contaminated food, air and surfaces\*.

\*[www.healthdirect.gov.au/staph-infections](http://www.healthdirect.gov.au/staph-infections)



SCIENTIFIC NAME:  
**ESCHERICHIA COLI**

NICKNAME:  
**E COLI**

I help to break down and digest food.  
There are many strains of me, however I am  
most commonly spread through contaminated  
food, water, from contact with animals or people\*.

\*[www.cdc.gov/ecoli/index.html](http://www.cdc.gov/ecoli/index.html)



SCIENTIFIC NAME:  
**SALMONELLOSIS**

NICKNAME:  
**SALMONELLA**

I can be most commonly spread via  
contaminated foods, such as uncooked  
chicken, water or unclean surfaces\*.

\*[www.healthdirect.gov.au/salmonella](http://www.healthdirect.gov.au/salmonella)



# INDOOR EXERCISES

THINK 'SIMON SAYS':

1

**WALK ON THE SPOT**  
x 60 SECONDS

2

**STRETCH YOUR ARMS**  
x 30 SECONDS EACH SIDE

3

**BALANCE ON YOUR LEFT LEG**  
x 10 SECONDS

4

**BALANCE ON YOUR RIGHT LEG**  
x 10 SECONDS

5

**TOUCH YOUR TOES**  
x 5 TIMES

6

**STAR JUMPS**  
x 5 TIMES

7

**LEFT LEG FORWARD LUNGES**  
x 10 ON THE SPOT

8

**RIGHT LEG FORWARD LUNGES**  
x 10 ON THE SPOT



let's get active!

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# GERMS IN THE CLASSROOM

Understanding germs can be confusing! Use this creative exercise to introduce a family of common household germs to your students. Bringing the germ to life visually will help them to remember important information and be more cautious.

Let's get started!

## WHAT YOU WILL NEED:

- ✓ Googly eyes (range of sizes)
- ✓ Pipe cleaners
- ✓ Glue
- ✓ Scissors
- ✓ Pencil

## WANT TO BE EXTRA FANCY? ADD THESE ITEMS TO YOUR CRAFT LIST -

- ✓ Velvet
- ✓ Glitter glue
- ✓ Water paints
- ✓ Bag of multi-coloured pom poms

## CREATIVE METHOD

1

Print out the attached germ cards and distribute one to each student in the classroom.

2

Spread out all the craft materials so that every student has access to them.

3

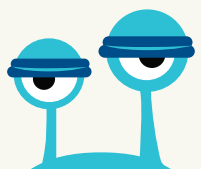
Once each student has been assigned a germ, encourage them to get CREATIVE! Have your students re-create their assigned germ as imaginatively and colourfully as possible.

4

Once all students have finished their germ, go around the room and discuss the germs name, where it can be found and how it can spread. Information can be found on the back of the germ cards.

5

Keep the germs! Stick them up around the classroom so that students are reminded of the different types of germs always around them.







# THE EXERCISE CHALLENGE

1

**How often should you exercise?**

- a. Never
- b. 1 hour a day
- c. Once a week

YOUR  
ANSWER .....

6

**Which is NOT a form of exercise?**

- a. Skipping
- b. Running
- c. Eating

YOUR  
ANSWER .....

2

**If it's raining outside, what can I do?**

- a. Do some inside stretches and exercises
- b. Go for a run outside
- c. Watch television

YOUR  
ANSWER .....

7

**Is improved sleep a benefit of regular exercise?**

- a. True
- b. False

YOUR  
ANSWER .....

3

**Which is a form of exercise?**

- a. Netball
- b. Having a picnic
- c. Cooking

YOUR  
ANSWER .....

8

**What is important to do while you exercise?**

- a. Stop and talk to friends
- b. Drink plenty of water
- c. Give up

YOUR  
ANSWER .....

4

**Which is a benefit of exercise?**

- a. Healthy growth and development
- b. Longer hair
- c. Better eye sight

YOUR  
ANSWER .....

9

**Why is it important to stay active?**

- a. It is healthy for my body and mind
- b. It improves my fitness
- c. Both

YOUR  
ANSWER .....

5

**Finish the sentence, 'Exercise can increase...'**

- a. My concentration
- b. My energy
- c. Both

YOUR  
ANSWER .....

10

**After exercise what should I eat?**

- a. Chips
- b. Lollies
- c. Fruit or vegetables

YOUR  
ANSWER .....



ask me anything

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# HEALTHY LUNCH BOX

## CRAFT ACTIVITY

Healthy eating doesn't need to be boring! It is important to understand balance in order to start healthy eating habits. Use the below activity to help your students build their own healthy lunch box.

### Method:

1

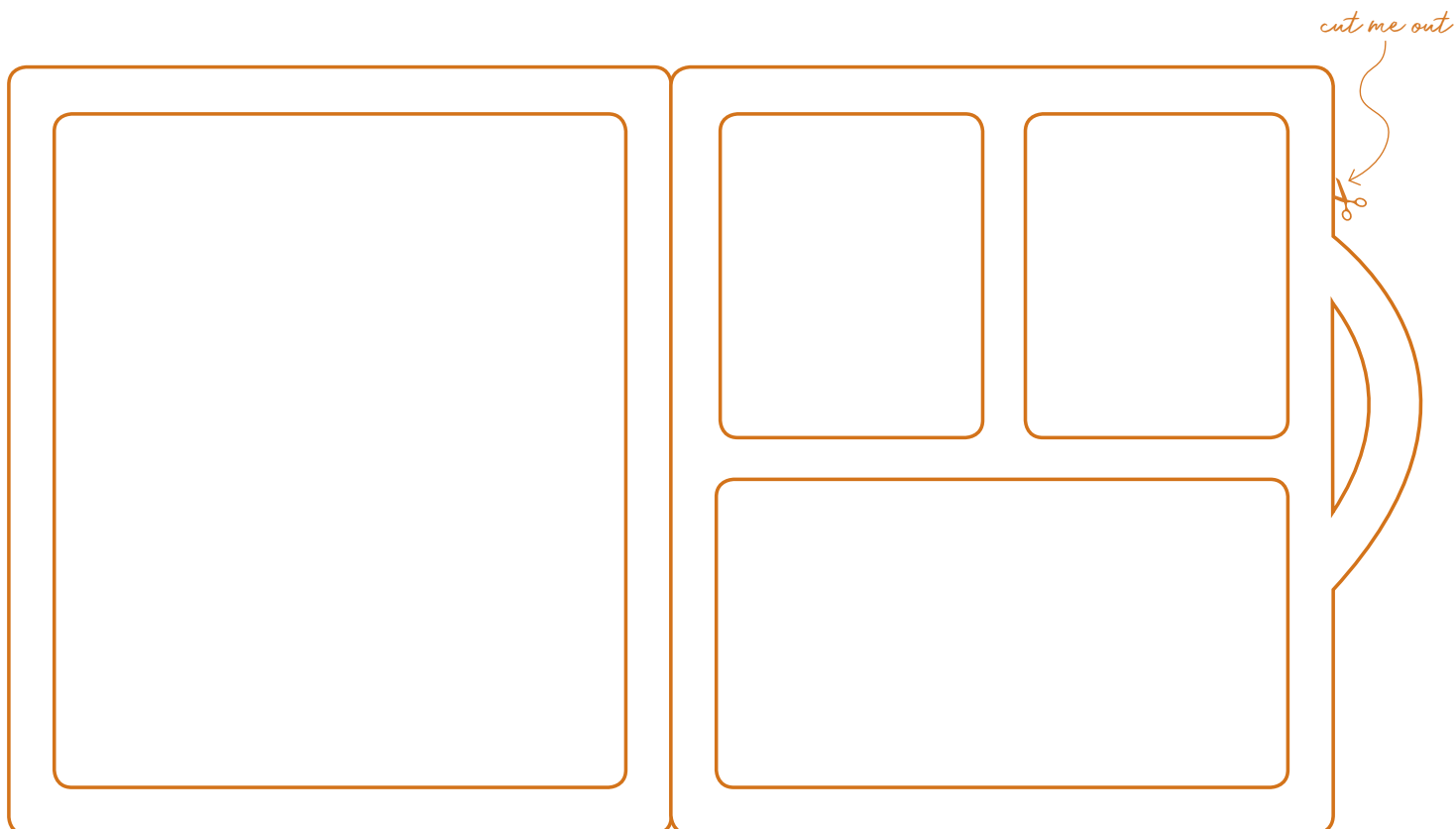
Ask your students to cut-out and colour in the lunch box, decorating it in a fun and colourful way!

2

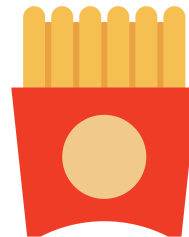
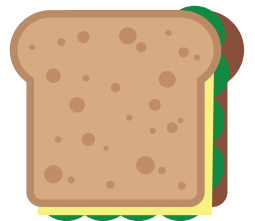
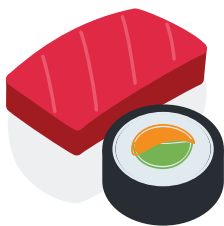
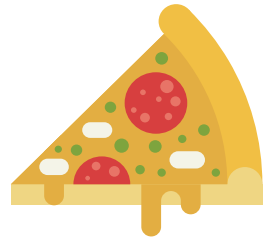
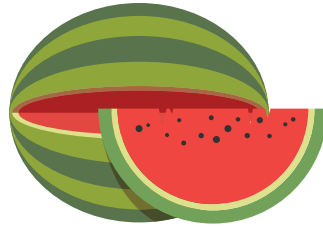
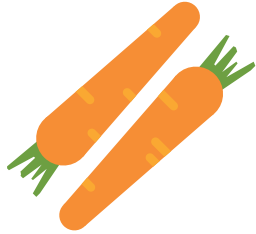
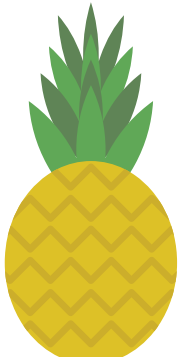
Have your students select 5 food/drink items that they think create a healthy, well-balanced lunch box.

3

As a class, discuss the students food choices and lunch box designs.



*cut me out*



# HEALTHY LUNCH BOX

## CRAFT ACTIVITY



# GERM SING-A-LONG SONG

**Need to remind your students to wash their hands properly?**

Sing this song in class before every recess and lunch to remind them to wash their hands before eating, it's so catchy they'll never forget it!

**SING TO THE TUNE: Row row, row your boat.**

**Scrub, Scrub**  
Scrub your hands,  
Wash them nice and clean.  
**Rub them here,**  
Scrub them there,  
Hands are nice and clean.



# KEEP YO SPACE!

When sharing public spaces like classrooms, transport or bathrooms it is important for your students to understand how easily germs can spread.

This activity visually shows students how far germs can spread and why proper hygiene habits, as simple as covering a sneeze, are so important!

## WHAT YOU WILL NEED:

- ✓ Spray Water Bottle
- ✓ Green Food Dye
- ✓ A3 Paper
- ✓ Tissues

## CREATIVE METHOD

1

Fill the spray bottle with water and one drop of green food dye and choose two students who are willing to volunteer.

2

Ask the students to stand next to each other, as close as they feel comfortable without intruding on each other's personal space. Give one student the spray bottle and the other the A3 paper.

3

Instruct the student with the A3 paper to hold it up over their face. Now have the student with the spray bottle to pretend to sneeze and to spray the bottle as they do so.

4

Explain to students that the green dye that has just sprayed across the paper is an example of how germs spread from a sneeze.

5

Nominate two more students to conduct the experiment again. This time cover the spray bottle with a tissue and have one student spray it on the paper again, pretending to do a sneeze.

6

Explain how this time, the spread of germs was reduced because proper hygiene habits were done (i.e. covering your mouth).