

# **Teacher's Guide to Teaching Children About COVID-19**

**HYGIENE HEROES**

# Introduction for the presenter

This handout explains how to teach children ages 5-12 about preventing COVID-19.

# Introduction: Learning Objectives

- **Knowledge:** COVID-19 is a dangerous disease spread by sneezing or coughing and not washing dirty hands. Everyone should wash hands carefully with soap and cover their cough.
- **Behavior:** Students wash their hands with soap at appropriate times. Students must cover their cough. Students encourage others to follow these safe practices.

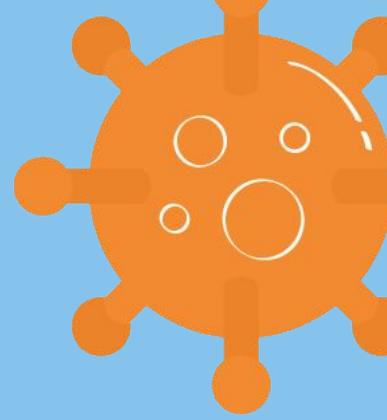
# Introduction: Variation

- **With or without Internet access:** The curriculum does not require Internet access. For those with Internet access, we link optional YouTube videos that reinforce the lessons.
- **Age ranges:** Most activities are for ages 4-12. A few activities are specified as for a specific age range.
- **With or without soapy bottles:** This version includes slides on soapy bottles. Those slides are relevant in areas where soap is expensive. These slides are marked, so anyone with plentiful soap can skip them.

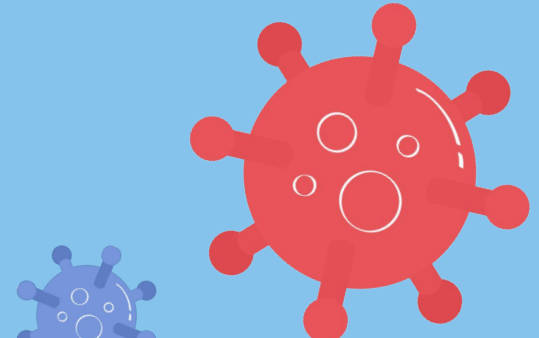


## **SESSION 1:**

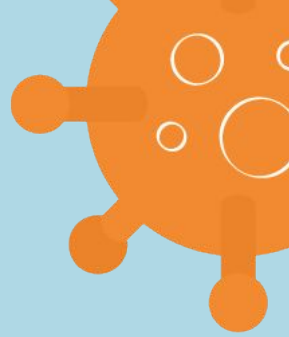
# **WASH HANDS WITH SOAP**



# **PART 1:** **WHAT IS COVID-19?**



# WHAT IS COVID-19?





- COVID-19 is the name of a **new disease** discovered in 2019
  - **Older grades:**
    - It is also called the “**novel coronavirus**”
    - The **germ** that causes COVID is called **SARS-COV-2**
- COVID-19 affects people in **every nation** in the world
  - **Older grades:** When a disease **affects all over the globe**, we call it a “**global pandemic**”



# WHAT ARE THE SYMPTOMS TO LOOK OUT FOR?

The following symptoms can appear 2-14 days after exposure to the virus:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Sore throat
- Congestion or runny nose

 If you have any of these symptoms, isolate and call a doctor! 



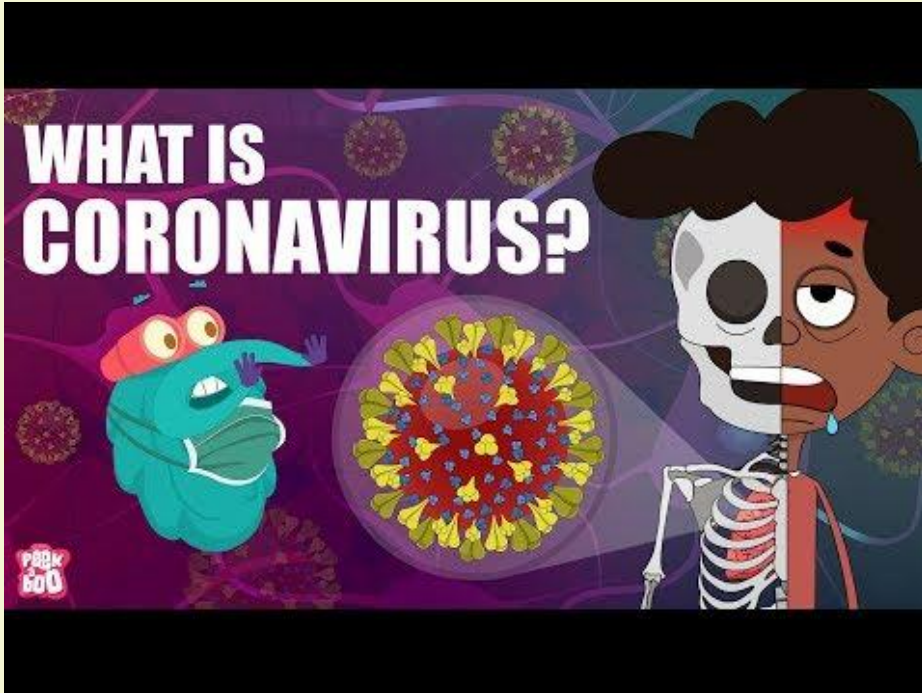


# HOW DOES COVID-19 SPREAD?

- COVID-19 spreads when someone coughs or sneezes
- It is important to stay safe and wash your hands!
- Next class we will discuss covering your cough.



# OPTIONAL VIDEO: WHAT IS **CORONAVIRUS**?



If you have Internet access: This is a nice introduction to COVID-19.





## **PART 2:**

# **WHY IS HANDWASHING WITH SOAP IMPORTANT?**



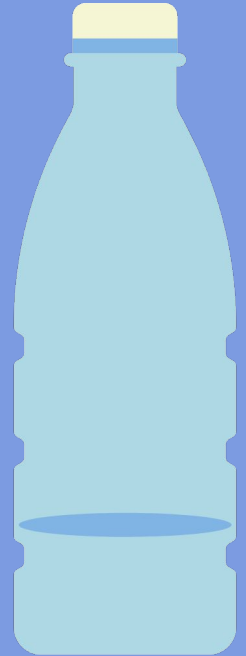
# Exercise 1: Why is handwashing with soap important?

Images of glitter spreading

1. Putting glitter on a ball
2. Passing ball to someone entering the room
3. That person passes to the next
4. Each time, the glitter remains
5. **Ask: "How did the glitter spread?"**

# Exercise 2: (Soapy Bottle Version) Does Rinsing Clean Hands?

1. Take a clean, empty bottle and fill with water
2. Poke two holes in the top using a paper clip or other sharp object
3. Rinse hands
4. Glitter remains
5. Ask: "Is the water enough to clean sticky stuff?"
6. Wait until they discuss "You need soap"



# Exercise 3: Scrub, Scrub, Scrub!

1. Quickly wash your hands with soap
2. **Ask: "Did I remove all the germs from my hands?"**
  - a. Continue to ask until students reply: "No, you washed too fast."
3. **Ask: "How does your family wash dirty clothes?"**
  - a. When they describe it, ask them why the clothes are rinsed and scrubbed. Most kids should be able to tell you that it is to remove dirt.
4. **Explain:** Like clothes, you have to scrub hands to remove dirt and germs

# OPTION: THE SOAPY BOTTLE

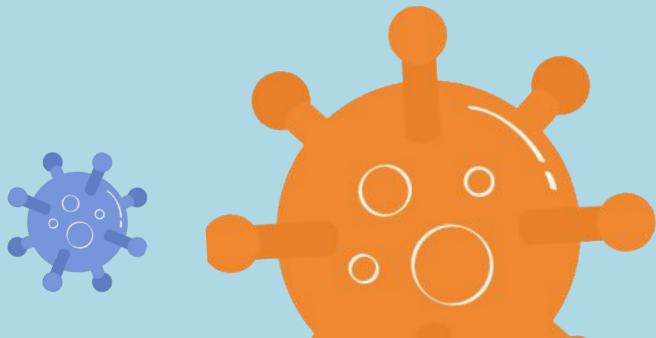
- This soap bottle can be used in **homes, restaurants, classrooms** and anywhere else handwashing with soap is important
- For more information:
  - See our **Soapy Bottle instructions** under the resources tab here: [Hygiene Heroes: COVID-19 Curriculum](#)

*If you have enough, bar soap or liquid soap are great*



# The Soapy Bottle

Just squirt a little on your hands (or your child's hands) and scrub for **20 seconds!**



## THE SOAPY BOTTLE



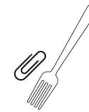
### OUR BEST WEAPON AGAINST COVID -19

YOUR BEST METHOD AGAINST COVID -19 IS WASHING YOUR HANDS WITH SOAP. A SOAPY BOTTLE IS AN INEXPENSIVE AND CONVENIENT WAY TO KEEP SOAP NEAR THE SINK AND TOILET.

1. TAKE A CLEAN EMPTY BOTTLE AND FILL IT WITH WATER.



2. USING A PAPER CLIP OR FORK, POKE TWO HOLES AT THE TOP OF THE BOTTLE.

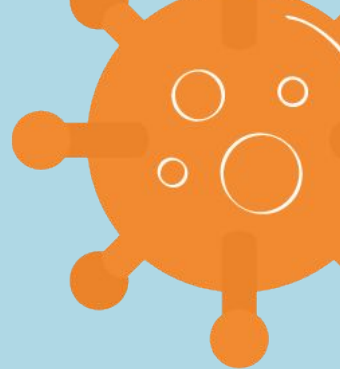


3. ADD 12 -15 DROPS OF LIQUID HAND WASH (DETTOL, LIFEBOUY) INTO A 500 ML EMPTY BOTTLE OR ADD 2/3 OF A SACHET OF LAUNDRY SOAP OR SHAMPOO IN A BIG 1.5 LITRE BOTTLE.





# HOW TO WASH HANDS PROPERLY?



## Explain:

- The amount of time you take to wash your hands is as important as the soap and water.
- To make sure you take enough time to wash your hands by singing “Happy Birthday” twice through. That takes 20 seconds or so while you wash.



**Demonstrate:** Proper hand washing (scrubbing all the surfaces and between your fingers) and have the group sing “Happy Birthday” while you do it.

# Video: How Does Handwashing Work?



# Steps for handwashing

## The Right Way to Wash Your Hands



**Wet hands under running water**



**Apply soap and rub palms together**



**Spread the soap lather over the backs of hands**



**Make sure soap gets in between fingers**



**Grip fingers on each hand**



**Make sure to clean thumbs**



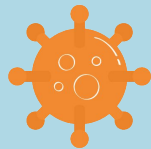
**Press fingertips into palm of each hand**

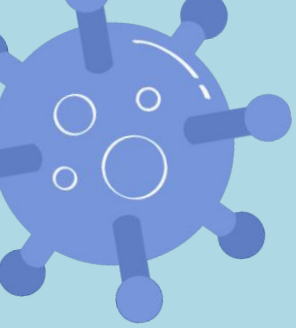


**Dry thoroughly with clean towel or paper towel**

# DOES SOAP AND WATER CLEAN HANDS?

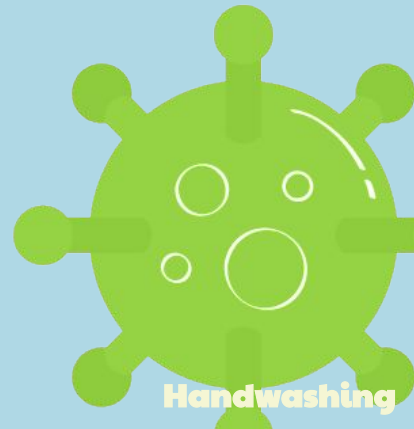
- Squirt a little soapy water on hands and have them rinse
- Does the glitter come off now?
- Soapy bottle works!
- Now the mixture cleans germs away





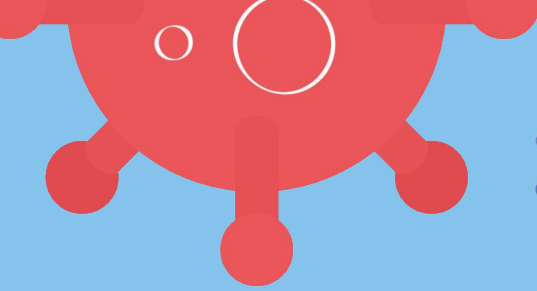
# KEY POINTS

- Germs on hands can spread to other people and make them sick.  
→ This is how the coronavirus spreads!
- Handwashing with soap reduces problems.
- WASH YOUR HANDS WHENEVER YOU CAN!



# Older grades: Drying carefully

- Activity
  - Wipe your hands on a **dirty towel** or article of clothing.
  - Ask students: “Are my hands now clean?”
  - Continue to ask questions until students reply: **“No, you wiped them on a dirty towel that probably has lots of germs.”**
  - Have all students demonstrate proper hand washing. Have them give polite feedback to each other.
- Discussion
  - Discuss any questions students may have.
  - Ask students how they will use this activity to better wash their hands.



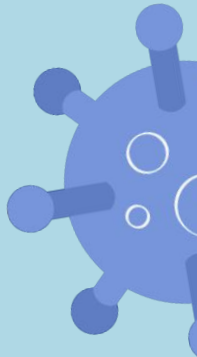
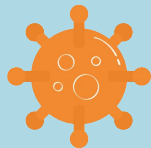
# **PART 3:**

# **WHY IS PREVENTING COVID-19 IMPORTANT?**

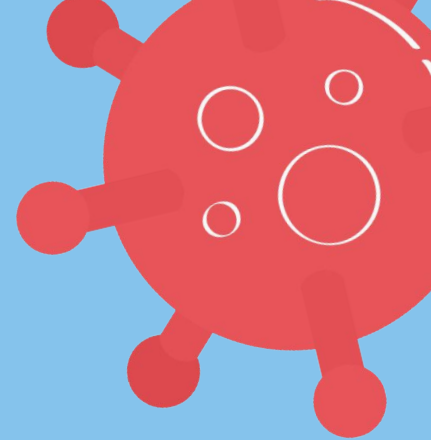


# WHY IS PREVENTING COVID-19 IMPORTANT?

- Keep yourself safe and healthy
- Protect those around you
- The elderly or those with other illnesses such as diabetes can get very very ill. Some will even have to go to the hospital.







# **PART 4:** **ROUTINES FOR** **CLASSROOMS**



# What should students do before lunch?

## Soapy Bottle Routine

- Each time the bell rings for lunch,
  - The teacher selects a student (such as the class monitor) to grab the soapy bottle.
  - That student then squirts soap on each classmate's hands as they leave the classroom.
  - Students scrub and then rinse with water source.



# What should students do before lunch?

- (Tightly) tie a soapy bottle to handwashing stations so students will always have soap to wash
- When students are in line for midday meals: One student squirts soap and one pours rinse water over a bucket
  - The Hygiene Heroes might eat early + get a button





# What should students do when they go to the toilet?

## Soapy Bottle Routine

- At one school, one boy and one girl each get a soapy bottle for each toilet block at recess. They are responsible for keeping the soapy bottle safe and making sure all students use it.
  - The Hygiene Hero role can rotate
  - Playing with soapy bottle ends your turn as the Hygiene Hero
  - Heroes get a button to wear.
- At another school, the teacher waits 2 minutes after a child heads to the toilet. She then sends a second student with the soapy bottle to help with washing hands.
- Some schools install a soapy bottle with a squeezer that only lets a bit out.



# Exercise 4: Letter Home

- Students bring a letter home and return with parents' signatures (or marks):
  - "My child uses the soapy bottle after going to the toilet, after sneezing, and before eating, so they do not spread filth and germs around them home."
- Note: We do not believe parents will tell us the truth, but the letter will let children teach their parents & ask parents to remind the students



# Start the Class: **Star Chart**

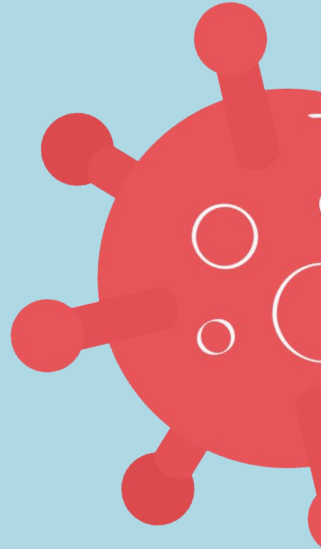
- Fill in rows for what they already did.

Group	Heroes	2	3	4
Monday: Start				
Tuesday: Soapy bottle before lunch				
Wednesday: Soapy bottle before lunch & at toilet				
Thursday: Soapy bottle before lunch & at toilet				
Friday: Soapy bottle before lunch & at toilet				

# Who will fill out the **Star Chart** in your class?

- Head boy or girl
- A special task for all year
- A special task that rotates among students

*What works in your classroom?*



# Homework: Bring Soapy Bottle Home

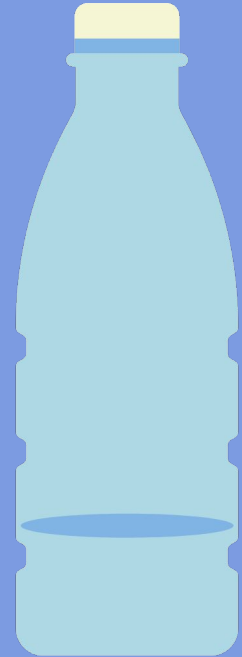
- Students continue their healthy handwashing practices even when they are not at school.





# Homework: Prepare Soapy Bottle

- Ask students to bring in a soapy bottle 2 or days in advance
- You and some students should bring spare bottles for those who forget
- Hygiene Heroes staff will provide soap for the first bottle each student brings home



# OPTIONAL VIDEO: SOAP REPELS GERMS

Optional video showing how soap repels germs:

<https://www.youtube.com/watch?v=uvG6uBq-dV0>. Explain the black dots represent germs.

## Discussion questions

Ask: "Okay, will you eat food with germs on your hands, letting them to go into your mouth with your food?"

Answer: "Nope!"

Ask: "Now for a minute think that you do not have pepper on your hands, but rather, you have snot sticking on to your hands. Will you still eat food? Will you swallow the snot?"

Answer: "No." Allow for disgust to settle in.

Ask: "When you go outside or someone nearby sneezes into the air, you will have germs on your hands. Can you see them? Will you be able to see them?"

Answer: "No!"

Ask: "So the next time you touch something dirty or get ready to eat lunch, remember that you will have tiny invisible germs on your hands. What is the only way to remove them?"

Answer: "Wash hands with soap!"



# Letter Home: Handwashing

“My child uses the soapy bottle after going to the toilet, after sneezing, and before eating, so they do not spread filth and germs around them home.”

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# habit tracker

Name: \_\_\_\_\_

## Week 1

M T W TH F Sa Su

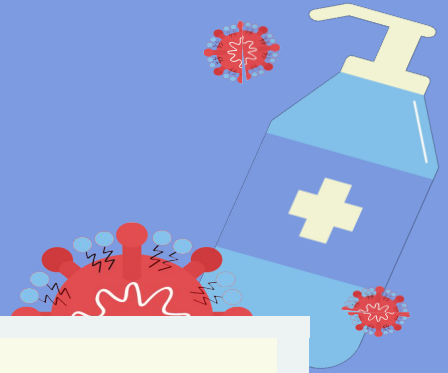
Wash hands with soap  
before entering school



Wash hands with soap after  
using the toilet



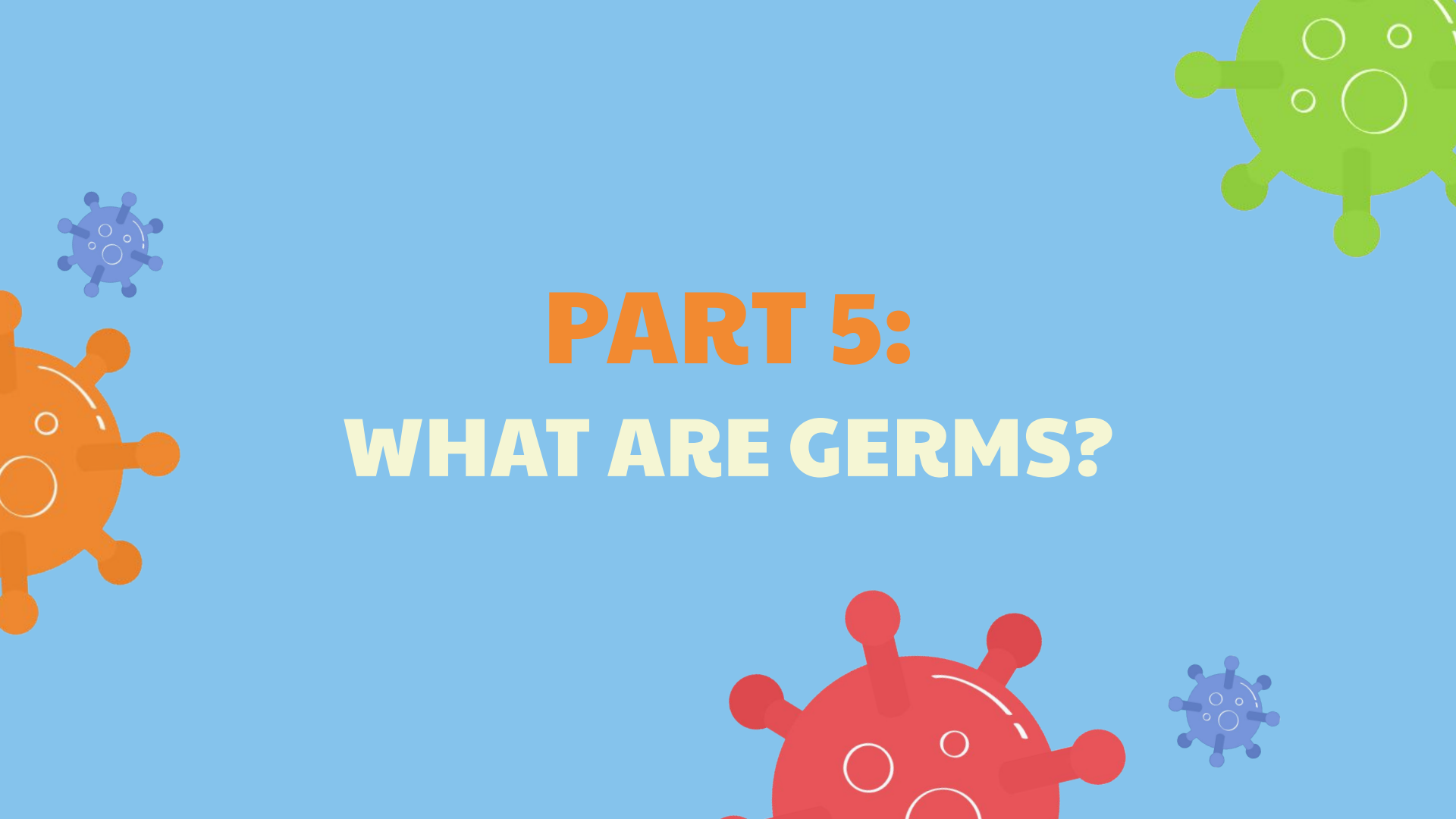
Wash hands with soap  
before meals





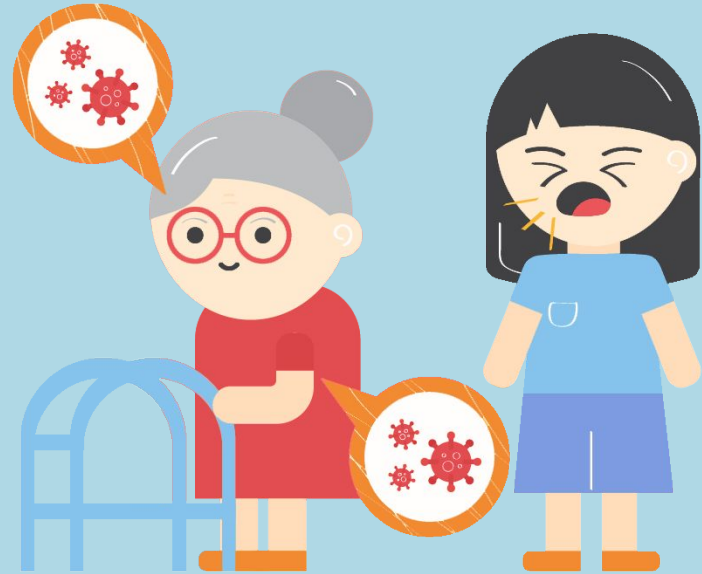
**SESSION 2:**  
**COVER YOUR COUGH**

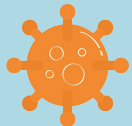
# **PART 5:** **WHAT ARE GERMS?**



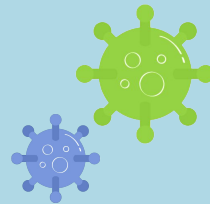
# WHAT IS A GERM?

- Germs are too small to see
- Germs spread through the air when we cough, sneeze, or talk
- Germs cause serious illnesses, like COVID-19





# HOW DO GERMS SPREAD?



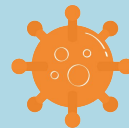
## How germs spread:

- Sneezes and coughs into the air
- Sneezes and coughs onto hands
- Saliva



## People can stop germs from spreading by:

- Covering their cough or sneeze and washing their hands with soap!
- Washing hands with soap
- Using their own forks and knives





# GERMS FUN FACTS

- A single sneeze can send 100,000 germs into the air
- Coughs can travel up to 100 km/hour!

**No wonder germs spread  
so quickly!**



The background is a solid light blue color. It features several stylized virus icons. In the top right corner, there is a large green virus with several protrusions and internal circles. In the top left, there is a smaller blue virus. On the left side, there is a large orange virus. At the bottom center, there is a large red virus. In the bottom right, there is a small blue virus. The text is centered in the middle of the page.

**PART 6:**  
**HOW FAR CAN A COUGH  
TRAVEL?**

# Demonstration:

# How Far a Cough Can Travel

- **Objective**: Show how far a cough or sneeze can travel
- **Time**: 5 minutes
- **Materials**: 15 torn up pieces of paper, each  $\frac{1}{2}$  to 1 cm square
- **Preparation**: Put the pieces of paper in your hand and make a slightly open fist, hold the fist to your mouth and cough vigorously into the opening (The paper should fly out)

# Demonstration:

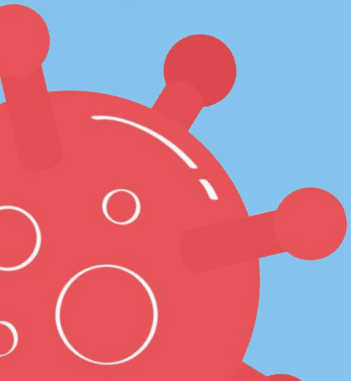
# How Far a Cough Can Travel

- **Say:** “We have seen how germs travel through water and on fingers. Now we are going to see how germs spread that cause illnesses like the coronaviruses spread. If you have an illness, your body releases germs when you cough or sneeze. What happens if you are close to me when I cough?”
- **Student Response:** “We get the germs on us, we breathe them in.”



# **PART 7:**

# **HOW TO PREVENT GERMS FROM SPREADING?**



# HOW TO STOP GERMS FROM SPREADING?

- To stop germs spreading from a cough or sneeze, **cough and sneeze into an elbow**
- To stop germs spreading from fingers that wiped noses and mouths or that touched a surface, **wash with soap before preparing food or eating**
- To stop germs that move in saliva, **do not share utensils, cups, or glasses, and do not pass food that has been in someone else's mouth**
- **Wear face masks**

# Exercise 5: Covering Sneezes

**Objective:** This activity lets student practice sneezing into their elbow.

**Activity:** The students stand up and dance, while they all sing:

## THE GROUP SINGS:

*Happy birthday to ACHOOO!*

*Happy birthday to ACHOOO!*

*Happy birthday dear ACHOOO-OO!*

*Happy birthday to ACHOOO!*

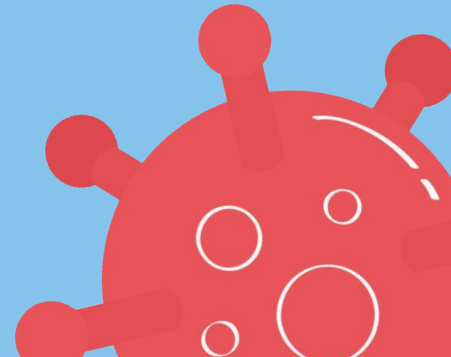
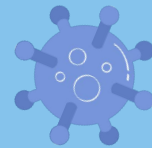


Make sure they sneeze into an elbow each time!





# **PART 8:** **WEARING OF FACE MASKS**





# HOW TO WEAR FACE MASKS

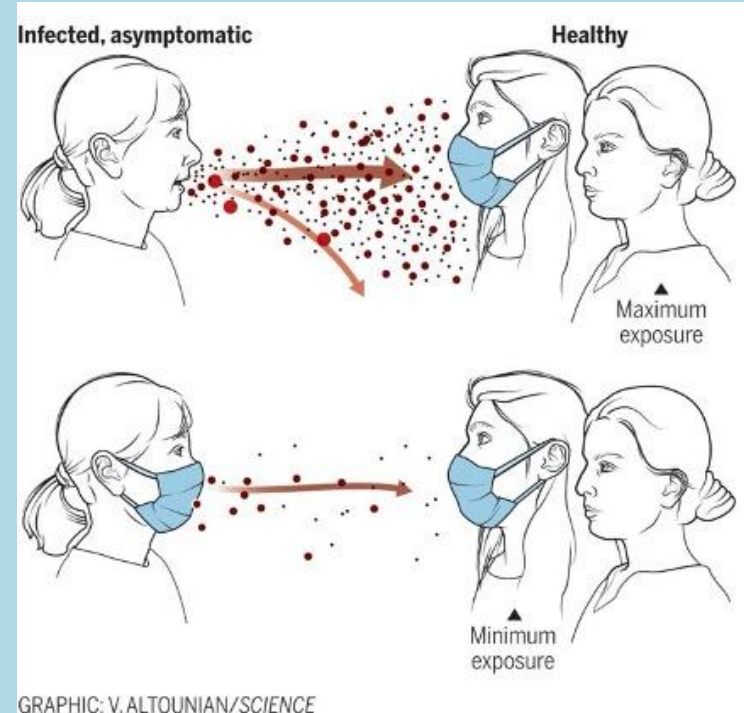


# Demonstration: Masks Work!

- Tear pieces of paper into 15 pieces, each about  $\frac{1}{2}$  to 1 cm square
- Repeat the exercise of showing how far small pieces of paper travel when you cough
- **Wear your mask**
- Put the pieces of paper in your hand and make a slightly open fist, hold the fist to your mouth and cough vigorously into the opening
- The paper should **NOT** fly out

# WHY WEAR A MASK?

- To protect people around us, we should always wear a mask when we are away from home.
- The mask can catch germs so nobody breaths them in
- If the mask catches germs, do we want to touch it?



# Proper way to put the mask on and off using the straps



# After you remove the mask:



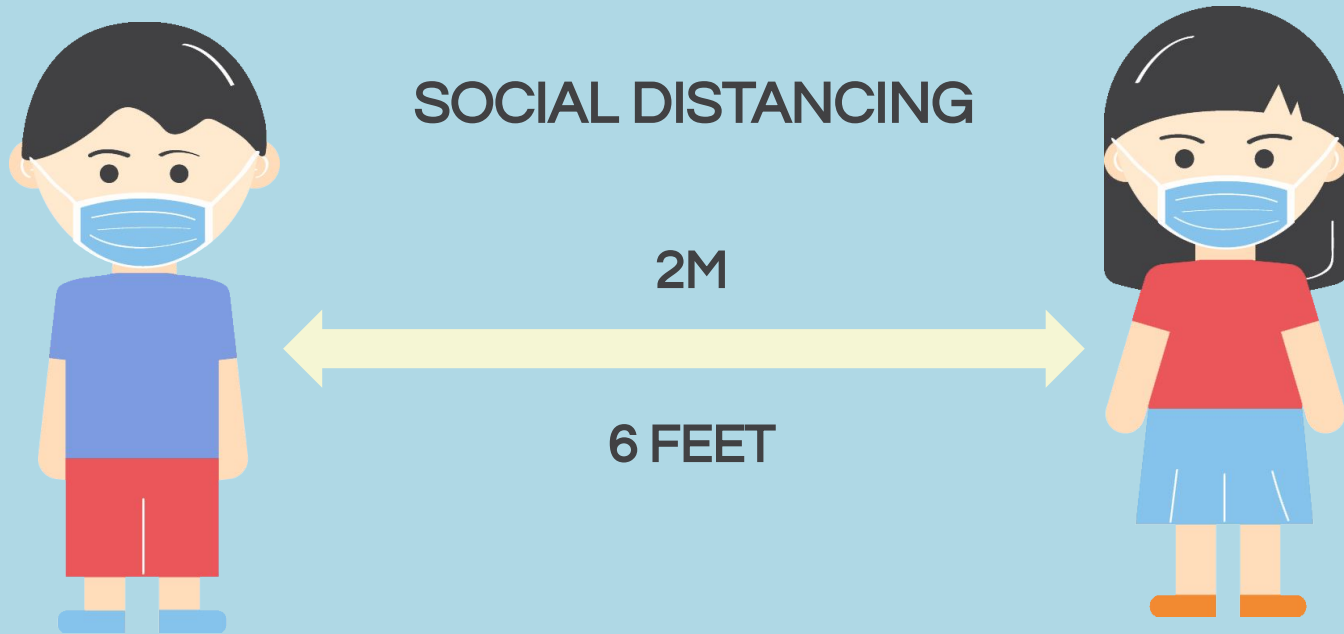
With students: Take a minute to practice safely putting the mask on and off

# REMEMBER!

- A cloth masks protects you and especially those around you
- To protect yourself, remember to keep at least 2 metre distance from others
- Wash your hands with soap frequently and thoroughly
- Avoid touching your face and mask

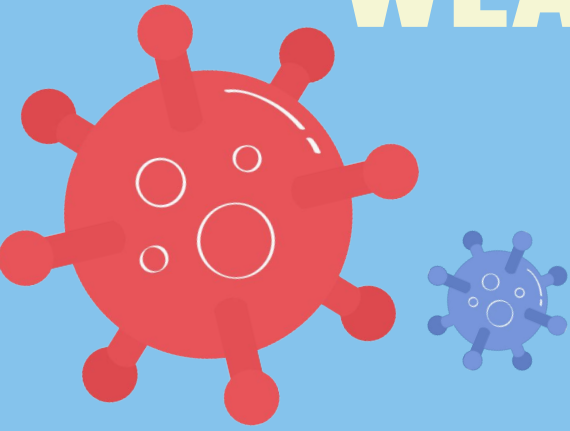


# Even With a Mask on, Keep Your Distance!





**PART 9:**  
**ACTIVITIES TO MAKE  
WEARING OF FACE MASKS  
FUN**





# ACTIVITY 1: SAFETY MASK CHANTS

## Safety Mask Chants

Nose, Mouth, Ear, Ear - Let's put  
on our safety gear!

Masks on face? Leave some  
space!

6 feet apart - time to start!

Get on our gear - we're safe  
here!

Da na, na, na, na na na na  
....mask time!



- Have students recite the chant at the beginning of class
- If possible, you can print out a copy and tape it to the classroom wall

# habit tracker

Name: \_\_\_\_\_

## Week 2

M T W TH F Sa Su

Wear a mask when outside  
the house



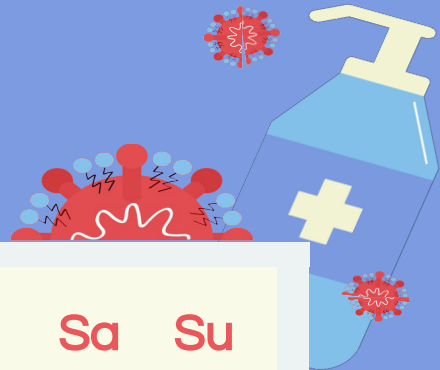
Wash hands with soap after  
removing my mask



Wash hands with soap  
before meals



Wash hands after using the  
toilet



## ACTIVITY 2: MASK COLORING ACTIVITY

- Have students do a mask coloring activity
- Link: [printable coloring page](#)

## ACTIVITY 3: MASK BUDDY

- For younger students: Have students put a mask on a stuffed animal or toy and bring to class



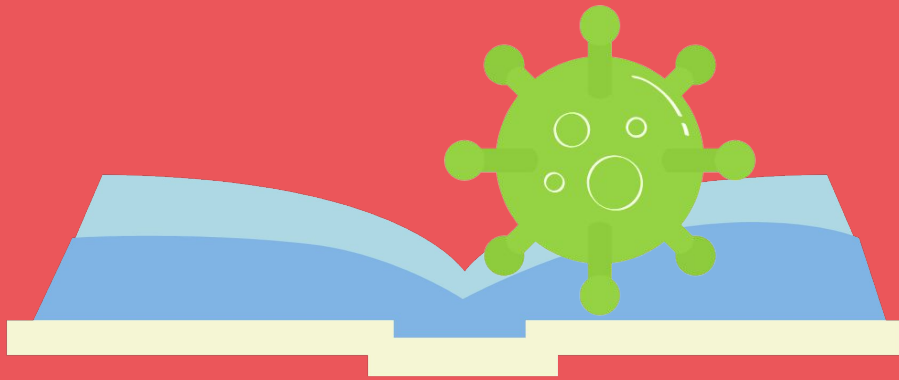
## HOMEWORK: DECORATE MASK

- Decorate masks at home



## **SESSION 3:**

# **ACTIVITIES FOR REVIEW**



**Activity 1:**  
**CORY THE COVID**  
**(Ages 8-12)**

# Read the story: Cory the Covid Virus

- **Link to story:**

<https://docs.google.com/presentation/d/1rHklbBORNIFJUbVIFaZiXwBSY7rAxIOFkxNy6D51oP4/edit?usp=sharing>

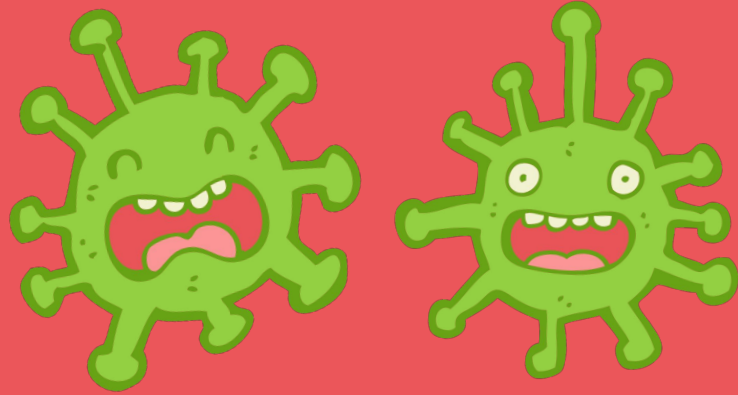
- **Discussion questions:**

- How is COVID-19 spread and how can we stop that?
- Why is it important to prevent spreading germs?

- **Parents:** You can read this story aloud to younger children.
- **Optional:** A video of the story is on the next slide.

# Optional: Cory the Covid Virus Video (English)





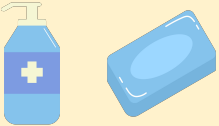



**Activity 2:**  
**CONNIE THE COVID VIRUS**  
**(Ages 3-8)**



# Connie COVID: Class participation story

- **Preparation:** You can print the illustrations (below) or you or your students can draw images; you can also hold up a bar of soap or a soapy bottle, instead of a picture.
- Before you begin select a few students to hold up the posters at the end of the story in front of the class.
- **Explain:** When I read the word on a poster, do the motion: “Soap” => rub hands, “Happy”=> smile, “Sick and sad” => frown and cough, and “Connie COVID” => make a mean face and claw hands!

# Classroom: Connie COVID

Drawings	Response of Students
	"Wash hands with soap" + Rub hands
	"Happy" + Smile and say "Ha, ha!"
	"Sad" + Frown and cough
	"Connie COVID" + Growl while making a mean face and clawing hands

# Read Connie COVID with students

I am **Connie COVID**, the meanest germ in the world. I am always **happy** because I get in everyone's lungs. Then I make them **sick and sad**. But I can never make one family get sick. The mommy reminds the children to **wash hands with soap** before they eat. The daddy reminds them to cough into their elbow.. That family makes me **sad!**

But now the children go to school: Caitlyn, Brett, and their little sister Annie. Caitlyn was easy. I was already in the lungs of the boy sitting next to her. That boy was **sick and sad**. That boy coughed into his hands. Then he forgot to **wash his hands with soap**. Next he touched the desk, pencils, and an eraser! And I, **Connie COVID**, stuck to everything! When Caitlyn touched the desk, I stuck to her hand. When she went to eat lunch, I jumped into her nose! She was soon **sick and sad**. But I, **Connie COVID**, was **happy!**

# Read Connie COVID with students (cont.)

Brett, the brother, knew he had to be careful. When he got home, he **washed his hands with soap**. But he was hungry before ate lunch, so he just rinsed with water. He forgot that you should always **wash with soap** before eating! He enjoyed his food. I enjoyed jumping into his nose. Like his sister, Brett was soon **sick and sad**. And I, **Connie COVID**, was **happy**!

Now only their little sister was left. But Annie was mean to me! She always **washed hands with soap** before she ate, and when she came home. She reminded her brother to cough into his elbow. I could not make her **sick and sad**. For the first time, I, **Connie COVID**, was very **sick and sad**. And that little girl Annie? Annie was very, very **happy**!

# For home: Star Charts

**Objective:** Students should monitor and track their handwashing with soap.

**Time:** 5 minutes to explain, used for 3 months

**Materials needed:**

- A poster or part of chalk board to make your chart on/ a calendar
- A parent or an older sibling monitor

**Instructions for the star charts:**

- Each day the monitor checks off the progress.
- If a child is failing to wash hands with soap or carry out the other safe routines, then no check mark for that day.

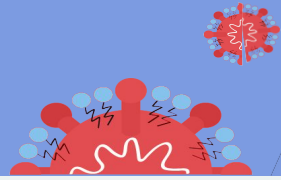


# habit tracker

Name: \_\_\_\_\_

## Week 3

	M	T	W	TH	F	Sa	Su
Wash hands with soap before eating	☆	☆	☆	☆	☆	☆	☆
Wash hands with soap after using the toilet	☆	☆	☆	☆	☆	☆	☆
Wash hands with soap after sneezing/coughing	☆	☆	☆	☆	☆	☆	☆
Wear masks when outside the house	☆	☆	☆	☆	☆	☆	☆
Keep 1 metre apart when outside the house	☆	☆	☆	☆	☆	☆	☆



# For Home: Letters

- Students bring these letters home and return with parents' signatures (or marks)
  - Handwashing
  - Student is the Teacher
  - Masks
  - Distancing
  - Stay at Home
- Note: We do not believe parents will tell us the truth, but the letter will let children teach their parents & ask parents to remind the students



# Letter Home : Student is Teacher

“My child has taught another family member to use the soapy bottle each time they use the toilet and before they eat. My child explained it is important to wash with soap so you do not spread filth and germs.”

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_





# Letter Home: Masks

“My child wears a mask whenever outside the home.”

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# Letter Home: Distancing

“My child keeps at least 1 metre away from people whenever outside the home.”

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# Letter Home: Stay at Home

“My child knows to stay home from school if they have a fever or cough or have spent more than 15 minutes near someone who probably has COVID-19.”

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# Knowledge Check

# Quiz (page 1)

- COVID-19 spreads (check all that apply)
  - Through the air
  - In unsafe water
  - Via mosquitoes
  - On hands unless they are cleaned with soap and water or with sanitizer
  - By eating both hot and cold foods in the same meal
- We prevent the spread of COVID-19 by (check all that apply)
  - Sleeping under a bednet
  - Maintaining a distance of at least 1 or 2 meters apart
  - Maintaining a distance of at least 10 to 20 centimeters apart
  - Boiling drinking water
- We should wash hands before we eat using (check one)
  - Water
  - Soap and water
  - Soap, water, and hand sanitizer
- Masks should be worn (check all that apply)
  - At home if someone else is home
  - At home but only if someone probably has COVID-19
  - At school when outside the classroom
  - At school when inside the classroom
  - When riding a public bus
- When you sneeze, cover your nose and mouth with (check all that are good ones)
  - Your palm/inside of your hand
  - Back of your hand
  - A bent elbow
  - A tissue you dispose of safely
  - nothing

# Quiz (page 2)

6. Common symptoms of COVID-19 include (check all that apply)
  - a. Fever
  - b. Cough
  - c. Swollen feet
  - d. Loss of hearing
  - e. Trouble breathing
7. If you have symptoms of COVID-19 while at school, you should
  - a. Wait until the end of the day and then go straight to see a doctor
  - b. Wait until the end of the day and call a doctor to see if they recommend a COVID-19 test
  - c. Tell your teacher you feel ill and you teacher will remove you from the other students, so you do not spread the infection and call a parent to pick you up
  - d. Keep attending school for a few more days until it's whether you have COVID-19 or not
8. You should obey the distancing rule (check all that apply)
  - a. At school when outside the classroom
  - b. At school when inside the classroom
  - c. At home if someone else is home
  - d. At home, but only if someone probably has COVID-19
  - e. When riding a public bus
9. What should you do right after you sneeze or cough into your elbow?
  - a. Wipe your hands with a paper towel
  - b. Touch books, pencils, and other school supplies
  - c. Nothing
  - d. Wash your hands with soap and water

# More resources

Keep up to date with information from

- The Centers for Disease Control (CDC)  
<https://www.cdc.gov/coronavirus/2019-ncov/>
- The World Health Organization (WHO)  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- The Ministry of Health website: <https://www.mohfw.gov.in/>