



# HEALTH STARS CURRICULUM: ILLNESS PREVENTION

<p><b>Key Messages</b></p>	<p>Key messages to teach during the lesson Messages we will ask about in pre and post evaluations.</p>	<p><b>Every Lesson:</b></p> <ol style="list-style-type: none"> <li>1. Read out loud with your child every day; Talk, Read, Sing</li> <li>2. Call 2-1-1 today for help finding food, health care, transportation, and other programs in your neighborhood. 2-1-1 is free!</li> </ol> <p><b>Safety</b></p> <ol style="list-style-type: none"> <li>1. Vaccinate your child on time.</li> <li>2. Take your child to the doctor for regular checkups</li> <li>3. Wash hands with soap and warm water for 20 seconds</li> </ol>
<p><b>1. Pretest</b></p>		<p>Distribute and collect pretests</p>
<p><b>2. Book</b></p>	<p><i>From Head to Toe</i> By Eric Carle</p>	<ol style="list-style-type: none"> <li>1. Review the Reading Parent Education Handout.</li> <li>2. Read the book twice. Both times invite the children to do the motions. The first time read it straight through. The second time, stop to ask questions every few pages, i.e. "What kind of animal is this?" "What else can you bend?"</li> </ol>
<p><b>3. Parent &amp; Child Activity</b></p>	<p>Hand Washing</p>	<ol style="list-style-type: none"> <li>1. Have kids look at their hands and say whether they're clean or not</li> <li>2. Explain that germs are on our hands but we can't see them, so we can't tell if they're clean by looking at them. That's why we need to wash our hands before/after eating, after using the bathroom, and after playing.</li> <li>3. Spread oil on one or two volunteers' hands. Then sprinkle cinnamon on them. Have them show their hands to the group. Say "Pretend all the specks of cinnamon are germs. We're going to learn how to wash our hands to get all the germs off".</li> <li>4. Have them wipe their hands with a paper towel. Ask, "Are the germs off?"</li> <li>5. Next, have them quickly run their hands under water then dry on a paper towel. Ask the group, "Are all the germs gone?"</li> <li>6. Next give them soap and have them scrub their hands under warm water until all the cinnamon is off. Ask the group, "Are the germs gone?"</li> <li>7. Demonstrate washing hands the right way, singing Happy Birthday twice</li> <li>8. Have everyone wash their hands before snack time</li> </ol>
<p><b>4. Snack</b></p>	<p>Orange and Carrot Vitamin C Suns</p>	<p>Thinly cut one large orange into circular slices. Place one slice in the center of a plate. Arrange baby carrot sticks around it into triangular-shaped rays, and give it a happy face using raisins for the eyes and mouth.</p>
<p><b>5. Discussion</b></p>	<p>Review of Parent Education sheet</p>	<ol style="list-style-type: none"> <li>1. Engage parents in a conversation about illness prevention.</li> <li>2. Be sure to review each of the key points and expand where necessary.</li> <li>3. Give parents the opportunity to ask questions about illness prevention or any other health issue they have a question about</li> <li>4. Give each parent the Illness Prevention Parent Education sheet</li> </ol>
<p><b>6. Parent &amp; Child Game</b></p>	<p>Herd Immunity</p>	<ol style="list-style-type: none"> <li>1. Explain that this game will show how vaccines protect us from disease</li> <li>2. Give one child a bracelet. Tell them this bracelet means they've been vaccinated against a silly made-up disease, such as Hot Cheetoh Fingers Disease or Shoulder Shruggies.</li> <li>3. Start passing the disease around by touching a player on the shoulder. When a player catches the disease they have to do something silly to display they have it, such as continually wiggling their fingers or shrugging their shoulder. Once one person catches the disease they try to pass it along to someone else. But if they have a bracelet they're protected! Talk about how quickly the disease spread to everyone in the room.</li> <li>4. Each round, give out more vaccinations until almost every player is vaccinated. Talk about how quickly or slowly the disease spreads as more people are vaccinated.</li> </ol>
<p><b>7. Goodbye Song</b></p>	<p>Head, Shoulders, Knees and Toes</p>	<p>Sing Head, Shoulders, Knees, and Toes ("Cabeza y Hombros") and dance</p>
<p><b>8. Posttest</b></p>		<p>Distribute and collect posttests</p>

