



# Healthy Habits: Fair Share

## LESSON PLAN

### SKILLS & OBJECTIVES

- Sorts and classifies information into categories
- Knows that one's actions may affect others
- Knows potential health hazards and strategies for avoiding them

### MATERIALS

ENOUGH COPIES OF THIS ACTIVITY FOR THE CLASS

BLUE CRAYONS, PENS, PENCILS OR MARKERS



It is great to share, but some things can spread germs if you share them. This sorting activity helps students identify everyday items that are either "OK to Share" or "Not OK to Share."

### DIRECTIONS

- 1** Explain to children that germs are living things that can sometimes make us sick. Tell children that germs can live on many things even though we can't see them.
- 2** Talk to children about the ways that germs spread, such as not washing hands, and how to avoid sharing germs with classmates. Make sure children understand that they should never share items that touch their mouths, noses or eyes. Together, list some examples of things that are **OK to share** and things that are **NOT OK to share**.
- 3** To reinforce the concepts, photocopy and distribute the *Fair Share* worksheet for students to complete.

### WRAP UP

After students have completed the worksheet, name each item and ask children to call out if it is **OK to Share** or **NOT OK to Share**. Talk about why you might not want to share some items because they could carry germs that can make you sick.

DRAW A BLUE CIRCLE AROUND THE ITEMS THAT ARE **OK TO SHARE**.

DRAW A RED X THROUGH THE ITEMS THAT ARE **NOT OK TO SHARE**.



### LESSON EXTENSION

As a class, look around your classroom at items and try to sort them into things that are **OK to Share** and things that are **NOT OK to Share**. Bring in props, such as a straw, comb, stick of gum, lipstick or serving utensil to test students' understanding of the concept.