



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Bird flu is for the birds ... or is it? Although bird flu (also called avian flu) is not spreading from person to person at this time, it's possible that the virus could change into a new form that would be much more dangerous for people. The following discussion questions and activities will help your students understand what bird flu is and how best to avoid it.

## Related KidsHealth Links

### Articles for Kids:

#### **Bird Flu (Avian Flu)**

[KidsHealth.org/kid/health\\_problems/infection/bird\\_flu.html](http://KidsHealth.org/kid/health_problems/infection/bird_flu.html)

#### **Inside the Avian Flu (Movie)**

[KidsHealth.org/misc/movie/parent/avianflu/index.html](http://KidsHealth.org/misc/movie/parent/avianflu/index.html)

#### **Why Do I Need to Wash My Hands?**

[KidsHealth.org/kid/talk/qa/wash\\_hands.html](http://KidsHealth.org/kid/talk/qa/wash_hands.html)

#### **What Are Germs?**

[KidsHealth.org/kid/talk/qa/germs.html](http://KidsHealth.org/kid/talk/qa/germs.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What do you know about bird flu? Does it only affect birds, or can people catch it? Who is at risk for getting bird flu? If you're not at risk, why should you even think about bird flu?
2. Bird flu is a type of virus. What is a virus? Have you ever had a virus before? How did it make you feel? Do you know how viruses spread? How can you keep yourself healthy and avoid viruses?
3. What's a vaccine? Have you ever been vaccinated? Do you know what it was for? Is there a vaccine for bird flu? Why are vaccines important?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Hand-Washing Hero

#### Objectives:

Students will:

- Learn about the benefits of hand washing
- Familiarize themselves with bird flu

#### Materials:

- Computer with Internet access
- Hand-Washing Hero handout (available at: [KidsHealth.org/classroom/3to5/problems/conditions/bird\\_flu\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/bird_flu_handout1.pdf))
- Art supplies (colored pencils, crayons, markers)

#### Class Time

45 minutes

#### Activity:

Healthy Kids TV has hired you to spread the word about the importance of hand washing in a new cartoon for its Saturday morning lineup. In the pilot episode, Healthy Kids TV wants your hand-washing hero to defeat a villain with bird flu using his favorite heroic strategy - hand washing! Before you start planning your cartoon, find out more about bird flu and hand washing at KidsHealth. Now you're ready to get creative! Using your Hand-Washing Hero handout, you can give Healthy Kids TV what it wants from you:

- Two character sketches of your main characters: the hero who uses hand washing to defeat bad guys, and the villain spreading the bird flu virus. Each character sketch should include a picture and a brief description.
- A story map describing the pilot episode of your cartoon.

The message Healthy Kids TV wants to get across to its viewers is that hand washing is one of the best ways to protect yourself from bird flu and many other illnesses. Make sure that message is loud and clear in your cartoon!

#### Extensions:

1. Healthy Kids TV wants to use your hand-washing hero as a spokesperson to convince kids to wash their hands. Design a poster with a catchy slogan featuring your hero that could be posted in school bathrooms around the country, reminding students to lather up!
2. The moment has arrived ... your hand-washing hero is about to face off with the villain spreading bird flu! What might these cartoon characters say to each other during their showdown? Write the dialogue spoken between your hero and villain during this important scene. Then perform a dramatic reading of the dialog with a friend.
3. In your cartoon, the hand-washing hero always washes his hands perfectly. But sometimes we forget, or we don't do such a great job of getting our hands clean. Make a personal goal to improve your hand-washing habits. Make a chart to track your progress. How are you going to meet your goal? What do you need to meet your goal?



## Keep Feathers Safe

### Objectives:

Students will:

- Learn about bird flu
- Explore ways to keep pets safe from bird flu

### Materials:

- Computer with Internet access
- Paper
- Art supplies (colored pencils, crayons, markers)

### Class Time:

30 minutes

### Activity:

Tweet, tweet! Do you hear that? That's Feathers, your new classroom pet! You want to make sure that you keep Feathers (and yourself) safe from bird flu. Take a look at the articles at KidsHealth to find out more about bird flu and protecting pet birds from this virus. Once you've gathered the information, create a sign to post inside Feathers' cage that will remind everyone who cares for her how to keep bird flu away. Include at least three rules on your sign. Don't forget to decorate your sign so that it beautifies Feathers' cage in addition to providing useful information!

### Extensions:

1. Keep your community safe from bird flu! Write letters to send to local government and community leaders about protecting animals. Make sure to include specific information about how community members can protect themselves and their pets from this virus.
2. Your friend really wants to get a pet bird but is afraid of catching bird flu. How could you help in her decision-making process? What would you recommend? What facts could you use to support your recommendation? Role-play the conversation that you might have with your friend, including information you've learned about bird flu.
3. When you were shopping for Feathers, one of the pet store owners said he could get you a really beautiful rare and exotic bird from Japan but you'd have to keep it a secret because he's not officially allowed to sell the birds anymore. Why might it be dangerous to buy a bird that comes from a country that has had an outbreak of bird flu? Brainstorm a list of ways you could have refused the shop owner's offer.

## Reproducible Materials

**Handout: Hand-Washing Hero**

[KidsHealth.org/classroom/3to5/problems/conditions/bird\\_flu\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/bird_flu_handout1.pdf)



Name:

Date:

## Hand-Washing Hero

Instructions: Healthy Kids TV has hired you to spread the word about the importance of hand washing in a new cartoon for their Saturday morning lineup. In the pilot episode, Healthy Kids TV wants your hand-washing hero to defeat a villain with bird flu using his favorite heroic strategy - hand washing! Before you start planning your cartoon, find out more about bird flu and hand washing at KidsHealth. Now you're ready to get creative! Using your Hand-Washing Hero handout, you can give Healthy Kids TV what it wants from you:

- Two character sketches of your main characters: the hero who uses hand washing to defeat bad guys, and the villain spreading the bird flu virus. Each character sketch should include a picture and a brief description.
- A story map describing the pilot episode of your cartoon

Hero

Villain



Name:

Date:

## Hand-Washing Hero

<p>Setting:</p>          <p>Time:</p>          <p>Place:</p>	<p>Characters:</p>	<p>Plot:</p>	<p>Events:</p>	<p>Outcome:</p>
--	--------------------	--------------	----------------	-----------------