Healthy Habit All-Stars Course Outline

This outline is provided to the educator as a guide for the Health Habits All-Stars program. Feel free to tailor to the needs of the audience and time limits. Note: the program was developed to focus on children ages 5-11.

A pre and post education evaluation (survey monkey) is available at this link https://www.surveymonkey.com/r/healthyhabitallstars to assist in determining the effectiveness of the program. Please take a few moments after each presentation to complete the evaluation survey.

Introductions-Describe your role and why you are interested in the health of the children and prevention of illness.

Introduction of the Health Habit All-Stars Characters

Lucy – Lucy loves learning and building things such as the robot, Miss Roberta. Lucy loves making upgrades to Miss Roberta. Her goal in life is to help as many kids as she can stay healthy with good health habits.

Miss Roberta 3000 – Miss Roberta knows everything there is to know about health-related topics. She's a robot, but also has some human characteristics, like being able to talk, etc.

Glen – Glen is an outside of the box thinker and is always ready for an adventure.

D.O.G. – Dimitri Orlando Gustavus, D.O.G. for short is Glen's dog. Lucy and Glen made a special collar to allow him to talk. Any time a kid needs help, D.O.G.'s wheelchair antenna lights up and then he explains the problem to Glen and Lucy.

Description of Henry's Shots Video:
"Henry's Shots" length of the video is approximately 5 minutes, it is a fun, kid friendly animated short story designed to teach the importance of immunizations. Through song and dance, our Healthy Habit All Stars discuss topics such as Herd Immunity, antibodies and vaccinations.

Objectives of "Henry's Shots" Program:

- Understand what immunizations/vaccinations are and why they are important.
- Understand how children that can't get immunizations/vaccines can stay healthy.
- Discuss how immunizations/vaccines prevent the spread of disease.
- Understand basic principles of how immunizations/vaccinations create antibodies.

Pre-Education "Henry's Shots" Questions: Ask children to raise hands in response to the following questions and note overall student responses (percent yes, no, or uncertain):

1. Do you know what vaccinations or immunizations are?

2. Who thinks it's important to get immunizations/vaccinations?

3. Who knows what antibodies are?

Show the Video: Henry's shots video- https://youtu.be/1UNgOxZ3FsE

Class Game: Herd Immunity:

The purpose of the game is to demonstrate herd immunity and how it protects the community.

Step 1. Have children gather in a circle.

Step 2. Have one child get into the center of the circle. (This child will represent our population that is non-immunized.)

Step 3. Pick an adult to represent a "germ." (this adult will walk around the outside of the circle.) The children will see the tight circle won't allow anything to get to the child in the center.

Step 4. Select 2 additional children from the circle to move to the inside of the circle, leaving their previous positions unfilled, keeping the outside of the circle the same size leaving open spaces. These children will represent non-immunized children. We have now created ways for the adult walking around the circle to get inside the circle and cause all the children in the middle to become sick.

Post Education "Henry's Shots" Questions: Ask children to raise hands in response to the following questions and note overall student responses (percent yes, no, or uncertain) after watching the video and playing the game:

1. Who knows what immunizations or vaccinations are?

2. Who thinks it's important to get immunizations/vaccinations?

3. Who knows what herd immunity is?

Hand out available materials-posters, color books, temporary tattoos.

Ask if there are any additional questions.

Please take a few moments after each presentation to complete the evaluation survey provided in the link above.

Description of Charlotte's Sick Day Video:
"Charlotte's Sick Day" length of the video is approximately 5 minutes, in this video, our cast of characters teach children about germs. The Healthy Habit All-Stars acknowledge that, even though we can't see germs, they are very real and can make you sick. This video teaches the importance of good hygiene such as proper handwashing, covering your cough and staying home when sick.

Objectives of Charlotte's Sick Day Program

- Understand the correct way to cover a cough.
- Discuss methods of handwashing to prevent the spread of germs.
- Understand how long hands should be in soapy water.
- Discuss the use of hand sanitizers as an alternate to hand washing.

Pre-Education Charlotte's Sick Day Questions: Ask children to raise hands in response to the following questions and note overall student responses (percent yes, no, or uncertain) before the education is provided:

1. Who thinks they should come to school when they are sick?

2. Who thinks covering your cough will help stop the spread of germs?

3. Who knows how long you should wash your hands (how many times singing Happy Birthday-once, twice, three, more than 3)?

Show the Video: Charlotte's sick day video- https://youtu.be/GwHrUfMbNCs

Handwashing Discussion:

Educator Points:

- Handwashing is one of the best ways to protect yourself and your family from getting sick.
- Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs.
- Clean hands can stop germs from spreading from one person to another and throughout an entire community.

Ask the Children:

1. When should you wash your hands?

Expected Responses:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

2. How do you wash your hands?

Expected Responses:

- With soap.
- With clean running water.
- Use soap on all parts of your hands, front, back, between fingers and under fingernails.
- Scrub hands for about 20 seconds or the length of time it takes to sing "Happy Birthday song" twice.
- Rinse all the soap off.
- Dry hands with clean towel or air dry.

3. What should you do if you don't have soap and clean, running water?

Expected Responses:

- Washing hands with soap and water is the best way to get rid of germs.
- Use an alcohol-based hand sanitizer.

- Hand sanitizers do **NOT** get rid of all types of germs especially when hands are really dirty or greasy.
- NEVER-EVER swallow hand sanitizer.

4. How do you use hand sanitizers?

Expected Responses:

- Apply the gel to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all surfaces of your hands and fingers until your hands are dry.

Demonstration and Practice: Allow the children to take turns thoroughly washing their hands using these techniques:

- Wet hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather hands by rubbing together with the soap. Be sure to lather the back of hands, between fingers, and under nails.
- Scrub hands for at least 20 seconds. Hum the "Happy Birthday" song from beginning to end-twice.
- Rinse hands well under clean, running water.
- Dry hands using a clean towel or air dry.
- Practice using hand sanitizers by putting the gel in one hand and rubbing until dry.

Post-Education Charlotte's Sick Day Questions: Ask children to raise hands in response to the following questions and note overall student responses (percent yes, no, or uncertain) after the education is provided:

1. Who thinks they should come to school when they are sick?

2. Who thinks covering your cough will help stop the spread of germs?

3. Who knows how long you should wash your hands (how many times singing Happy Birthday-once, twice, three, more than 3)?

Hand out available materials-posters, color books, temporary tattoos.

Ask if there are any additional questions.

Please take a few moments after each presentation to complete the evaluation survey provided in the link above.

References:

www.cdc.gov/handwashing/when-how-handwashing.html

http://study.com/academy/lesson/what-are-antibodies-definition-function-types.html

Glossary of Terms

Vaccine- A product that produces immunity from a disease and can be administered through needle injections, by mouth, or by aerosol.

Immunization/Vaccination- The injection of a killed or weakened organism that produces immunity in the body against that organism.

Antibodies- Y-shaped proteins that are produced by the immune system to help stop intruders from harming the body. When an intruder enters the body, the immune system springs into action. These invaders, which are called antigens, can be viruses, bacteria, or other chemicals. When an antigen is found in the body, the immune system will create antibodies to mark the antigen for the body to destroy. The antibodies act sort of like the immune system's scouts. They find antigens, stick to them, and identify for the immune system the exact type of antigen so that it can be destroyed. Each antibody is made for one and only one antigen, and it's fitted with special receptors that will only bind to that antigen. For instance, a specific antibody is created to help destroy the chickenpox virus. Only that particular antibody will attack a chickenpox virus.

Herd immunity- When a critical portion of a community is immunized against a contagious disease, most members of the community are protected against that disease because there is little opportunity for an outbreak. Even those who are not eligible for certain vaccines—such as infants, pregnant women, or immunocompromised individuals—get some protection because the spread of contagious disease is contained. This is known as "community immunity. “The

principle of community immunity applies to control of a variety of contagious diseases, including influenza, measles and mumps.