

# Why Do I Catch Colds?

HEALTH

## Get ready

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### GET GOING

Observing: How do viruses spread?

☐ grains of sand (a handful)

Observing: Check if you sneeze correctly

☐ a water spray

☐ several sheets of colored paper

Movement game: How do people defend themselves against viruses?

☐ small cards with written letters: G - 4, L - 4, V - 10 or more (for the remaining students)

☐ 4 little bells or other objects that makes a distinct sound

☐ 4 gloves (any kind)

☐ colored plastic capes (you can make them from garbage bags) - 10 or more (for the remaining students)

☐ several dustpans and brushes