



**LI'LDOC Educational worksheets**

GOALS: Awareness, education, entertainment, reassurance

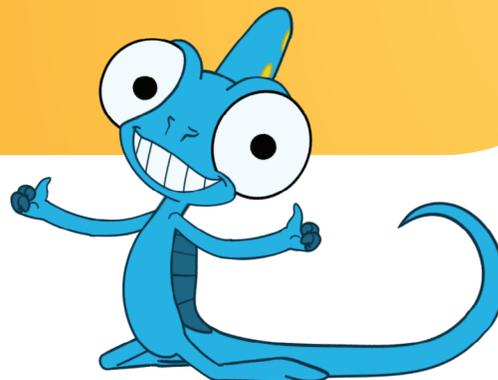
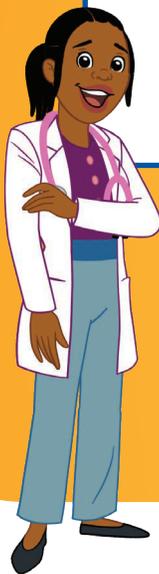
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# MINI BASKETBALL



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Identify and eliminate the cold and flu viruses, and get the brain and legs working!



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## Materials

Paper or tissues, felt-tip pens, crayons or coloured pencils, various boxes, a wastebasket.



### STEP 1

After watching the episode on *The difference between a cold and the flu* (or an episode on infections such as otitis, sinusitis, pharyngitis, hand-foot-and-mouth disease...), start a discussion with your children about the differences between the cold and the flu, and how to prevent and eliminate their viruses.

Instead of a true basketball net positioned above, place lunchboxes, Tupperware containers and a wastebasket on the floor of your child's bedroom (or another suitable room). Each "basket" represents the cold or the flu, so there will be multiple "colds" and "flus" in the room.

**Ages 8-9:** write the words "flu" and "cold" on pieces of paper and place them in front of the baskets.

**Ages 6-7:** the two viruses will be represented by their respective cards from the episode, coloured by the children.

### STEP 2

Instead of a basketball, you will use small balls representing the viruses associated with their respective illnesses. Ask the children to make them from balled-up tissues and crumpled paper, which they can draw on and colour to resemble the viruses from the Li'lDoc episode.

### STEP 3

The object of the game is for the children to throw the right viruses in the right baskets, making the virus-illness link.

**Variation:** set up baskets for otitis, sinusitis and pharyngitis, discussed in other Li'lDoc episodes.

