



LI'LDOC Educational worksheets

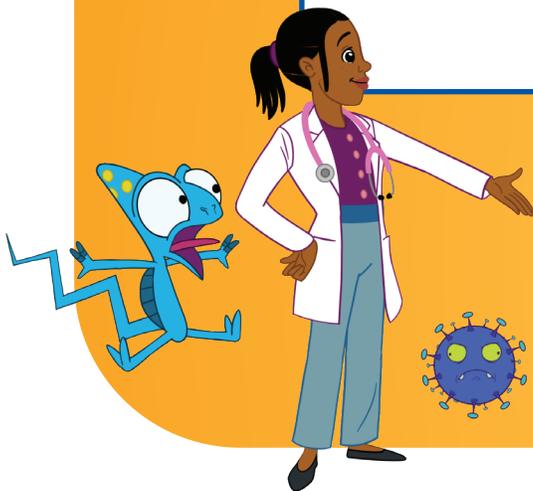
GOALS: Awareness, education, entertainment, reassurance

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MUSICAL MICROBES

Goal of the activity

Identify the cold and flu viruses to prevent illness, and work together to defend the human body!



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Materials

Colouring cards prepared and supplied by LI'LDOC, scissors, blank paper, crayons, coloured pencils or painting supplies, glue or Blu-Tack, cushions and music.

STEP 1

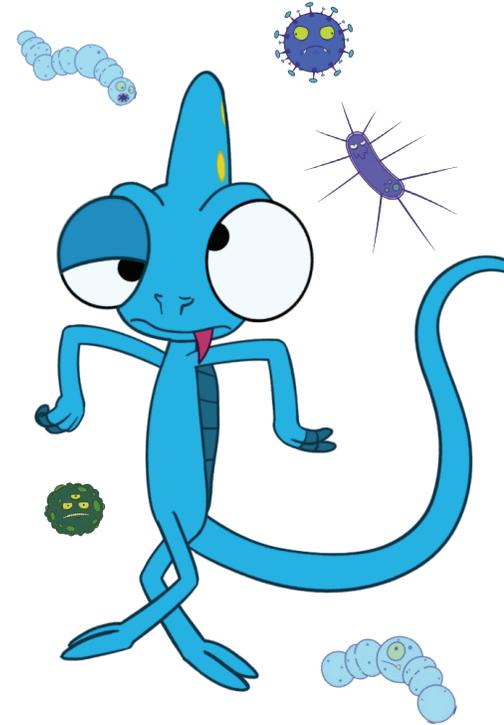
After watching the episode *The difference between a cold and the flu* (or an episode on infections such as otitis, sinusitis, pharyngitis, hand-foot-and-mouth disease...), start a discussion with your children about the differences between the flu and cold viruses. Ask them to describe the two different viruses (colour, shape, effects...).

Then, ask the children:

Ages 8-9: on a blank sheet of paper, draw and colour or paint the viruses, then cut them out.

For ages 6-7: colour all the viruses and a fairly tall human body (on the colouring cards supplied by LI'LDOC). Then, have the children cut them out.

Lastly, ask the children to create a human body using five pieces of paper (one for the head, one for each leg, one for each hand), to which the children will attach all the virus cut-outs. Then ask them where they should place the viruses on the body. The idea is to make them aware of the highest-risk areas, for better prevention. You'll find the correct answers in the episode *The difference between a cold and the flu*.



STEP 2

Arrange the cushions on the floor in a circle, as if you were playing a game of **Musical Chairs** – you will need one cushion less than the number of participants. Then place the five sheets with portions of a human body (from Step 1) a few steps from the circle of cushions.

When you stop the music, each participant must sit down on a cushion as fast as they can. Remove one cushion and one virus from the body, and start the music again! The game is over when there's one cushion left and one winner sitting on it, and no remaining viruses. By working together, the children helped the human body protect itself, prevent illness and stay healthy!

