

Orange Nose Day

1. Day 1: Intro Orange Nose Day (Orange is a color associated with health. It reminds us of the healthy orange fruit and other orange foods that add needed nutrients to our diets and boost our health...5 steps to disease prevention: 1. Wash hands, 2. get immunized, 3. eat colorful foods, 4. exercise, 5. avoid body fluids), create orange nose to tape on for the afternoon.
2. Day 2: Wash hands
 - Video (united streaming "The Sneeze: how germs are spread"-5 min.
 - how to wash demo:
http://www.pkids.org/infection_protection/handwashing/handwashing_cartoon.html- 5 min.
 - "Soap it off or eat it later."
 - Practice washing hands-5 min. (song to are you sleeping)

Top and bottom

Top and bottom

In between

In between

Rub them all together

Rub them all together

Squeaky clean

Squeaky clean

3. Day 3: Get immunized
 - Coloring page-10 minutes
<http://ecbt.org/resources/media/pdf/2011ECBTCColoringBookEnglish.pdf>
4. Day 4: Eat colorful foods
 - Eating fruits/veggies top 10 reasons (from
http://www.fruitsandveggiesmorematters.org/?page_id=1477)
 - Interactive plate to fill:
http://www.fruitsandveggiesmatter.gov/activities/analyze_my_plate.html
 - More fruit/veggie nutritional value info based on color: <http://www.disabled-world.com/artman/publish/fruits-vegetables.shtml>
 - Eat their snack—Students were asked to bring a healthy, orange snack to share on this day.
5. Day 5; Exercise
 - Move every day! (Students can perform aerobic exercises and stretches to music. Plyometrics (jumping activities, such as jumping jacks, jumping squats and lunges)
 - yoga with video: http://www.youtube.com/watch?v=g6B_OaTQm2I
6. Day 6: Avoid body fluids
 - If it's not yours, don't touch it! (blood, puke, bathroom stuff)

Author: Jill Larson, 4th grade teacher, at Wichita County Elementary School in Leoti, Kansas