## **Keeping Colds Away**

Name:
Date:
<b>Dear Parent:</b> In this lesson of THE GREAT BODY SHOP, your child has been learning about germs, where we find them, and how they spread. Your child has also been learning to practice healthy routines to stay germfree. Please lead a family discussion to brainstorm as many ideas as possible of ways to prevent a cold from spreading from one person to another in your family.
List the ideas that you come up with below. In class, your child will be asked to share your family's ideas and to decide which ones are the most useful in preventing colds from spreading.

Objective: To identify ways to prevent colds from spreading in home