

# Red Sneeze – Green Sneeze Game

**Materials:** None (This activity is best completed outside or in a large area.)

**Directions:** Read the worksheet, complete the activity, and discuss with the group.

## DISCUSSION QUESTIONS

Have you ever been around someone who did not cover up their sneeze? How did that make you feel?

What are some other ways you could cover up your sneeze, so you don't spread germs?

Sneezing can be a frustrating thing at times, especially if you are in class or trying to go to sleep. But did you know that sneezing is a protective mechanism for your body? It helps expel allergens and other irritants out of your body protecting it from bacteria and viruses.

Sneezes are also very fast and can be spread far! They can reach a speed of 100 mph and can put over 100,000 germs in the air!

Because of this, we should cover up our sneeze, by sneezing into a tissue, our hands, or the crook of our arm. That way, we can keep our sneeze (and germs!) to ourselves!

## ACTIVITY INSTRUCTIONS

1. Team Leaders – Tell the group that you will be playing a sneezing game today.
2. Have the group members form a line on one side of your activity area.
3. Using the activity worksheet, have the group play the Red Sneeze – Green Sneeze game.
4. Every time the leader shouts out the right way to sneeze, have them group members run forward.
5. Every time the leader shouts out a wrong way to sneeze, the group members need to stop.
6. If the group members are caught moving after the wrong way is shared, they are out of the game.
7. The game continues until a group member(s) cross the end line!
8. Let's Share! How can playing the Red Sneeze – Green Sneeze Game help you remember how to sneeze safely? – **Team Leaders – be sure to thank those for sharing!**



# Red Sneeze – Green Sneeze Game

Team Leaders – Use these as a starting point for the game. As you go, you can say the sentences faster or slower too! Feel free to add to this list with your own ideas.

Simon says sneeze into a tissue

Simon says sneeze into the crook of your arm

Simon says sneeze into a napkin

Simon says sneeze into your shoe

Simon says sneeze into the crook of your arm

Simon says sneeze into your hand

Simon says sneeze in a pool

Simon says sneeze into a piece of toilet paper

Simon says sneeze on a friend

Simon says sneeze on your lunch

Simon says sneeze on your homework

## Add Your Own Ideas!

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