



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Ever wonder how your body protects itself from getting sick? Well, you can thank your immune system. Your immune system works with different parts of your body to fight germs and other invaders so you stay healthy. It works even better if you wash your hands, eat healthy foods, exercise, and visit the doctor. The following discussion questions and activities will help your students learn more about how the body protects itself from disease.

## Related KidsHealth Links

### Articles for Kids:

#### Your Immune System

[KidsHealth.org/kid/htbw/immune.html](http://KidsHealth.org/kid/htbw/immune.html)

#### What Are Germs?

[KidsHealth.org/kid/talk/qa/germs.html](http://KidsHealth.org/kid/talk/qa/germs.html)

#### Why Do I Need to Wash My Hands?

[KidsHealth.org/kid/talk/qa/wash\\_hands.html](http://KidsHealth.org/kid/talk/qa/wash_hands.html)

#### Quiz: Immune System

[KidsHealth.org/kid/htbw/ISquiz.html](http://KidsHealth.org/kid/htbw/ISquiz.html)

#### Movie: The Immune System

[KidsHealth.org/kid/htbw/ISmovie.html](http://KidsHealth.org/kid/htbw/ISmovie.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. How do germs get in your body?
2. How does your body fight germs? What kinds of germs make you sick?
3. What parts of your body help to protect you from getting sick?
4. What happens when your body isn't able to fight off disease and germs?
5. Did you ever have a cold or flu? How did you feel? How can you protect yourself from germs that make you sick?
6. How does hand washing help protect your body from illnesses?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Immune System KWL Chart

#### Objectives:

Students will:

- Learn how the immune system protects the body from germs and sickness
- Create a class Know, Want to know, Learned (KWL) chart on the immune system to track and document learning

#### Materials:

- Chart paper, markers
- “Immune System KWL Chart” handout for teachers
- Internet access to the KidsHealth quiz “Immune System” and the KidsHealth movie “The Immune System”

#### Class Time:

- Two 30-minute sessions

#### Activity:

Your body is amazing! Just one of the amazing things your body does is fight off germs and sickness with its immune system. We’re going to create a class chart about the immune system, to see what we **know** about the immune system, what we **want to know** about it, and what we **learned** about it. We’ll call it a **KWL** chart, because the letters stand for the first letters of “know,” “want to know,” and “learned.” First, we’ll list on the class KWL chart some things we may already know about the immune system. Then we’ll take a short quiz as a class, and then list some questions on what we want to know about the system. Then we’ll watch a movie to help answer some of our questions, and list what we learned. Then our KWL chart will be complete!

#### Extensions:

1. Think about when you’ve been sick. How long did it take you to feel better? What kinds of things did you do to feel better? Can you do anything to avoid getting sick?
2. Did you ever get a shot at the doctor’s office? How do shots help keep your body healthy?



## Immunity Bingo

### Objectives:

Students will:

- Identify vocabulary words related to the immune system
- Create cards that define vocabulary words using pictures or symbols

### Materials:

- “Immunity Bingo” handout for teachers
- Bingo markers (or buttons, small blocks, etc.)

### Class Time:

- Two 30-minute sessions

### Activity:

What is your most powerful weapon against getting sick? Washing your hands! It’s a simple thing to do, but it can prevent lots of illnesses, from colds to other infections. There are lots of other things to remember about how the immune system protects you from germs and sickness. After taking the KidsHealth quiz and watching the KidsHealth movie, show what you learned about the immune system by playing a few rounds of bingo. On the Immunity Bingo handout, write the words from the word bank on the bingo board in any order. Then listen for the meanings as they’re called out. If you have a word that matches the meaning, cover it with a bingo marker. If you get three in a row, you win! (And don’t forget to yell “Bingo!”)

### Extension:

Name some of the things you can do to help your immune system protect your body. Do these things every day this week so they become healthy habits.

## Reproducible Materials

### Handout for Teachers: Immune System KWL Chart

[KidsHealth.org/classroom/prekto2/body/systems/immune\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/body/systems/immune_handout1.pdf)

### Handout: Immunity Bingo

[KidsHealth.org/classroom/prekto2/body/systems/immune\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/body/systems/immune_handout2.pdf)

### Handout for Teachers: Immunity Bingo

[KidsHealth.org/classroom/prekto2/body/systems/immune\\_handout3.pdf](http://KidsHealth.org/classroom/prekto2/body/systems/immune_handout3.pdf)

### Quiz: Immune System

[KidsHealth.org/classroom/prekto2/body/systems/immune\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/body/systems/immune_quiz.pdf)

### Answer Key: Immune System

[KidsHealth.org/classroom/prekto2/body/systems/immune\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/prekto2/body/systems/immune_quiz_answers.pdf)



## Immune System KWL Chart

Note to teacher: Create a larger version of this on chart paper.

| What we<br><b>Know</b><br>about the immune system | What we<br><b>Want to know</b><br>about the immune system | What we<br><b>Learned</b><br>about the immune system |
|---------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------|
|                                                   |                                                           |                                                      |



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Immunity Bingo

Instructions: Write each word from the word bank at the bottom of this page in any order on the blank bingo board spaces. Listen for the meanings of the words on your board. Match three in a row – up, down, or diagonally – to win!

|  |                    |  |
|--|--------------------|--|
|  |                    |  |
|  | <b>FREE SPACE!</b> |  |
|  |                    |  |

### Word Bank

immune system  
wash hands

leukocytes  
shot

virus  
allergy

immune  
germs



## Immunity Bingo

Note to teacher: Call out these definitions in random order.

A team of organs, tissues, and cells that work together to keep your body healthy.

**immune system**

White blood cells in your body that help fight germs or invaders that can make you sick.

**leukocytes**

A type of germ that can make you sick.

**virus**

Another word for immunization. You get these at the doctor's office to help your immune system.

**shot**

This happens when your immune system overreacts. Some people have these to peanuts or milk.

**allergy**

This means you're protected from a certain kind of germ.

**immune**

The best way you can help your immune system.

**wash hands**

Invaders that attack the immune system. Viruses and bacteria are some examples.

**germs**



**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Quiz

Answer each question (can be oral or written).

1. True or false: The body has a system of organs, tissues, and cells that work together to protect you from getting sick.
2. True or false: Germs can get into your body when you don't wash your hands.
3. True or false: Red blood cells are also called leukocytes, which help your body fight off sickness.
4. True or false: Getting shots at the doctor's office and washing your hands are two things you can do to prevent yourself from getting sick and help your immune system stay healthy.
5. True or false: A virus is a germ that can make you sick.



## Quiz Answer Key

1. True or false: The body has a system of organs, tissues, and cells that work together to protect you from getting sick.
2. True or false: Germs can get into your body when you don't wash your hands.
3. True or false: Red blood cells are also called leukocytes, which help your body fight off sickness.
4. True or false: Getting shots at the doctor's office and washing your hands are two things you can do to prevent yourself from getting sick and help your immune system stay healthy.
5. True or false: A virus is a germ that can make you sick.