



Hygiene SUPER Heroes

Monthly Campaign Bulletin Board

Theme:

This campaign focuses on healthy hygiene and other useful methods of reducing germ/bug exposure.

Example Bulletin Board:



Classroom Instructions:

Have a discussion with your classroom about healthy hygiene and your schools' plan to practice good hygiene habits. This *SUPER* mnemonic can help reinforce actions your students can take to keep both themselves and their community safe and healthy. Talk about and give examples for each letter of SUPER and clarify any questions students might have.

- **S** is for **soap or sanitize your hands**. Properly washing your hands is a great way to help protect yourself and others from germs. Make sure you try to get every nook and cranny of your hands when you're washing them. Don't forget that you should be washing your hands for at least 20 seconds!
- **U** is for **use your own items**. Germs can live on surfaces like pencils, water bottles, books and erasers for a long time! If we're trying to stop the spread of germs, let's make sure we only use our own items.
- **P** is for **personal space**. Personal space means keeping a safe distance between yourself and the people around you. Do your best to have enough space that if you and the people around you were to stretch your arms out, you wouldn't be able to touch hands.

- **E** is for **elbows for coughing and sneezing**. When we cough or sneeze, we can spray droplets from our mouths that go into the air and can land on surfaces or other people. If we're sick and those droplets come into contact with others, we might get them sick too! Let's keep everyone safe by coughing and sneezing into our elbows.
- **R** is for **recognize symptoms**. Our bodies have ways of letting us know that we're sick or getting sick. Some common ways our body warns us are fever, cough, shortness of breath or difficulty breathing, runny nose, and sore throat. If you think you might be sick, let someone in your family know!

Bulletin Board Instructions:

This bulletin board includes posters (*included below*) that can be printed off and pinned to the board. There are two options for a bulletin board activity:

1. **Younger students** - Using the drawing template (*included below*), ask students to draw their own creation of a hygiene hero. What is their hero's name? What do they look like? What are their special powers? Or what tools do they use to be a SUPER hygiene hero?
2. **Older students** - Using the writing template (*included below*), ask students to write a short story on their creation for a hygiene hero, integrating the SUPER practices for reducing germ/bug exposure. For example, students can create their hero's backstory, how they got their SUPER powers, and how they got the name they did.
3. **Junior or high school students** – Having a bulletin board with the SUPER acronym is a good reminder for students, though having the students do a bulletin board activity isn't necessary. As an alternative, you can fill the board with cut outs of popular super heroes to make it fun and more relevant for older students.

Post the pictures or stories (or both!) on the bulletin board. Given the context of this bulletin board, it might be a good idea to keep this one up year-round. Every month a new classroom could do this activity and therefore new pictures and stories are replacing the old ones each month. Refreshing the bulletin board works to ensure that classrooms get a refresher on SUPER throughout the year.

Printable Posters:

- [If you could see 'em, you'd clean 'em #1](#)
- [If you could see 'em, you'd clean 'em #2](#)
- [Cover your cough](#)
- [Do not enter](#)
- [Healthy distance](#)
- [Personal items](#)
- [Stay safe](#)

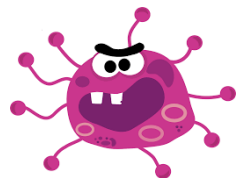
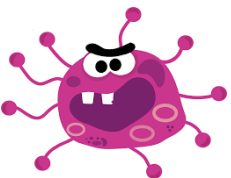
- [Wash your hands](#)
- [Wash and sanitize your hands](#)

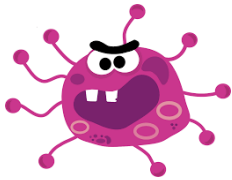
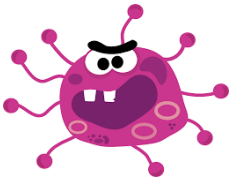




My Hygiene SUPER Hero's Name is...







S

u

P

E

R

**Soap or Sanitize
*your hands.***

**Use your own
*items.***

**Personal
space.**

***Elbows for
coughing and
sneezing.***

**Recognize
symptoms.**