

Name: _____

Week of 14 October 2024

Practical Life Homework

Grace and Courtesy: Coughing and Sneezing

Encourage your child to get into the habit of politely coughing/sneezing into the bend of their elbow

Instructions:

1. Say, "excuse me."
2. Turn your head slightly away from others.
3. Place your forearm in front of your face, so that your mouth faces the bend of your elbow.
4. Pretend to cough or sneeze into the bend of your elbow.
5. If necessary, thoroughly wash and dry your hands.



If you would like to send in a 3x5 hard copy photo of your child performing this task, we will be happy to post it on our Community at Work bulletin board. Seeing themselves on the board gives them a greater sense of pride and encourages independence.