

Name: _____

Week of 6 October 2025

Practical Life Homework

Grace and Courtesy: Coughing and Sneezing

Encourage your child/ren 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 anyone near you.
3. Place your forearm in front of your face so that your mouth faces the bend of your elbow.
4. Practice (pretend) coughing or sneezing 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.