

What is COVID-19?

Lesson Objectives

Students will learn what COVID-19 is.

Students will learn what we can do as a community to reduce the risk of the spread of COVID-19

Students will learn what they can do if they feel worried or nervous about COVID-19

Materials:

Julia Cook's Yucky Bug

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

Lesson Plan

1. Ask students if they have heard about COVID-19/coronavirus. Use some sort of rating or thermometer system to gauge...
 - a. How much do you feel like you know?
 - b. How comfortable are you when people talk about it?

(Rating system: for example, a "thumb scale" where thumbs up means they feel like they know a lot and/or are comfortable, thumbs to side means they know a little and/or are a little nervous about it, and thumbs down means they don't know much and/or very worried about the topic).

One reason we are doing this lesson is to make sure we all have the same information, and correct information. You may hear things from grown ups or bits and pieces from friends and we want to make sure you understand what it is and what we can do as a team to keep each other healthy and safe. There are many ways we can work together!

Show "Yucky Bug."

What things did you already know?

What things did you hear that are new?

Did anyone ever feel like Junior? Feeling sad, scared, worried?

Let's talk about the "Magic 5."

Stay home when possible. That means if you are sick, you should stay home to keep everyone safe.

Use your elbow when you sneeze or cough. This was written before we were told to wear masks. It's still good to use your elbow when you sneeze or cough even when you have a mask on.

If your hands have touched something others have touched, you should wash your hands with soap and water. We can also use hand sanitizer at school. Keep a distance from others when you go outside or travel from place to place.

Keep your hands away from your face. If you touch your face, it is important to wash your hands or sanitize them right after.

These are all things we can do to keep ourselves and others safe and healthy.

One of the things we are using to protect ourselves from the virus is to wear a mask. Your mask should cover your nose and mouth. It is important we wear our masks throughout our day, including in our classroom, in the

hallway and in the bathroom area. When we are outside, we can get a break from wearing it.

Some people may not wear a mask and that is okay. They might not be wearing one but that does not mean they aren't following the rules. There may be health reasons that they are not wearing and we should not ask them why they are not wearing one because that is private.

Another big change that we will have to get used to is keeping our distance between one another. We know it may be hard, but it is important that we work together on staying 6 feet apart as much as we can.

It's okay if you are feeling a bit worried or scared during this time. Those feelings are completely normal. When we are feeling scared or worried there are lots of tricks that you can do to help you. Here are some ideas to share: (See Handout: What to do if I am feeling worried?)

- Five Finger Breathing
- Figure 8 Breathing
- Belly Breaths
- Deep breaths, hold and then release