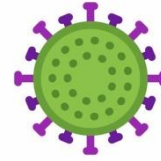


Advice for Younger Children



A new virus is called the **Coronavirus** is making people unwell.

It can give you a headache, a cough and make you feel very, very hot.



Most people who get it will get better. But, the Coronavirus travels very quickly from one person to another and some older people, or people who are unwell already, will find it more difficult to get better.



Because the Coronavirus spreads so quickly, we need to be careful that we stop it from travelling to these people.



The ways in which we can stop this are to:

1. Wash your hands - before you eat, before you leave home, when you get back home. Your parents and carers will also need to take hand gel with them when you leave the house as you may need to use this.



2. Stay about 2 meters away from people who you do not live with.

STAY 2 METRES



APART

3. If you sneeze, sneeze into your elbow, not your hand.



4. If you feel unwell stay at home with your family who will look after you and make you better.



There is lots of information about the Coronavirus on the television and on the internet and lots of adults are talking about it.

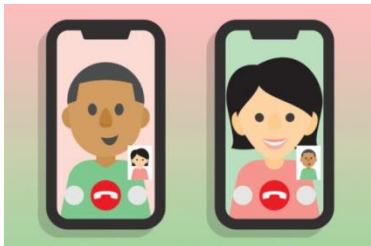


The Government have decided that we need to stay away from each other for a while so that we can stop the Coronavirus from travelling around so quickly and so most children have stopped going to school and some adults have stopped going to work.



When we go out we need to stay away from other people as much as we can.

You will need to stay at home as much as possible and won't get so visit your friends and other family for a while, but you can still speak to them on the phone or online.



Here's what **YOU** can do to stay healthy



There are 3 important things to do.....

- 1.** Talk to your family if you are worried!
We all get worried sometimes, and it's good to tell people how you are feeling.
- 2.** Stay in a routine!
Go to bed at the same time you usually would and get up when you usually would. Eat your breakfast and lunch at the same time you would normally eat them if you were going to school.
- 3.** Keep yourself busy! You will probably have school work to do, but you will also have a lot of time free.

Here are some ideas on what to do with your free time.....

Have fun and relax!

- Blow some bubbles
- Sing and dance
- Play games
- Do puzzles
- Read a book
- Build a fort inside
- Watch a movie
- Write a letter to someone you can't see at the moment
- Do a treasure hunt around the house
- Play hide and seek around the house



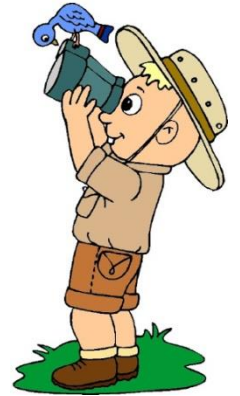
Stay active!

- Do an online yoga class
- PE with Joe Wicks on YouTube at 9am or go online and to the Youth Sport Trust (www.youthsporttrust.org) for a daily PE activity
- Exercise! Do it with your family at home or facetime your friends for more fun!
- Play in the garden (if you have one) e.g. play catch, football



Go outside/ enjoy nature!

- Build a bug hotel
- Plant some seeds
- Build dens in the garden if you have one
- Do some cloud watching
- Do some star gazing
- Do some bird-watching



Be creative!

- Bake a cake/ some cookies
- Make a pizza
- Make a smoothie
- Make slime
- Do some arts and crafts
- Make a bicarbonate of soda and vinegar exploding volcano!
- Learn to knit
- Learn to sew
- Build with lego
- Paint and draw
- Paint rocks
- Do some colouring

Help out

at home!

- Help clean the house
- Do some regular chores
- Tidy your room (!)
- Walk your dog if you have one
- Help cook dinner



Keep learning!

Keep up with all your schoolwork and lessons

Story time with David Walliams
www.worldofdavidwalliams.com

Watching koalas, penguins, pandas and Tigers at Edinburgh Zoo www.edinburghzoo.org.uk (choose a webcam)

Take a virtual tour of a museum or famous landmark like the Eiffel Tower in France, or the Great Wall of China (search virtual tours for children)

