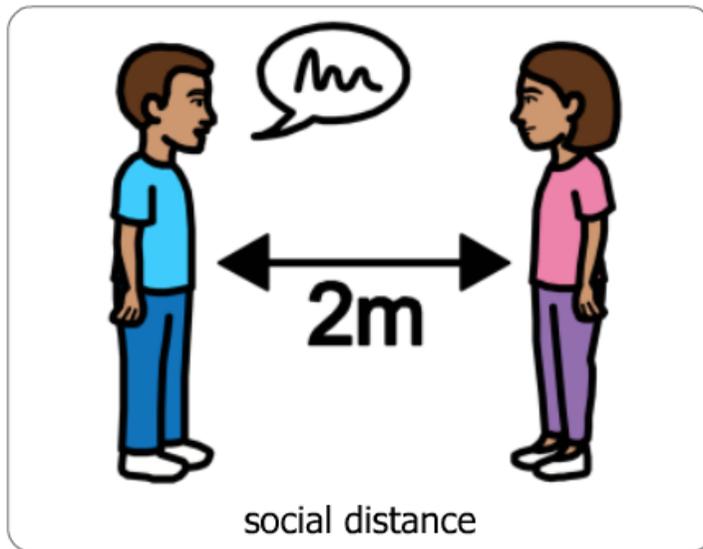
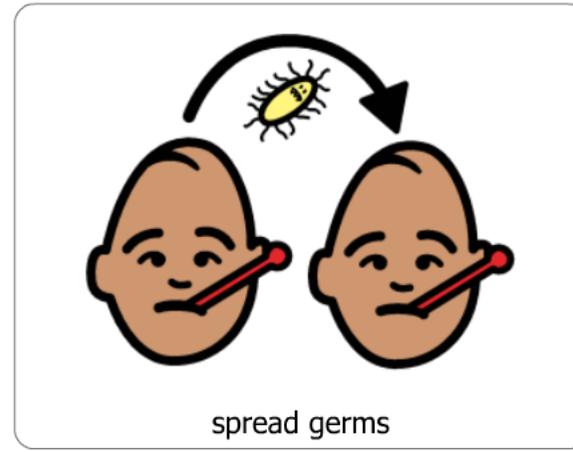
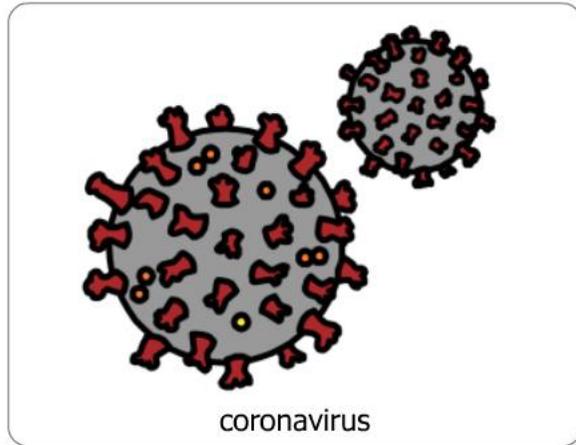


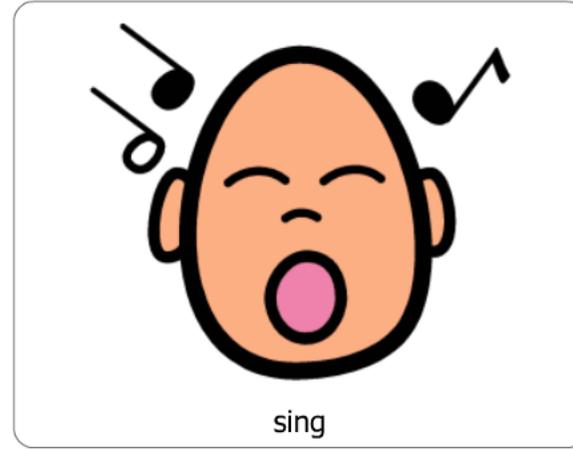
Social Distancing and Staying Safe





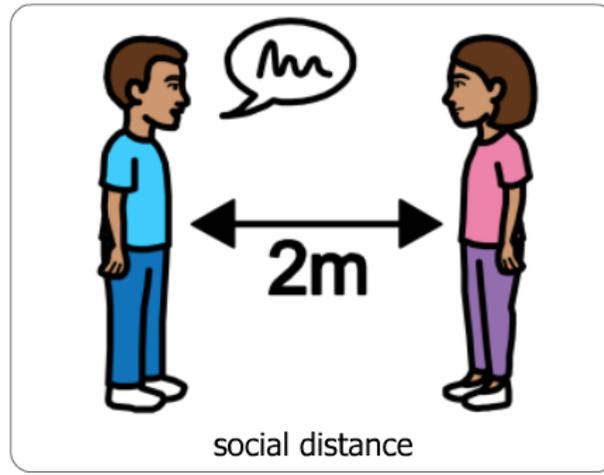
Coronavirus is an illness like a cold or the flu.

The coronavirus germs can spread if we do not follow the rules to keep us safe. Everyone will be following these rules.



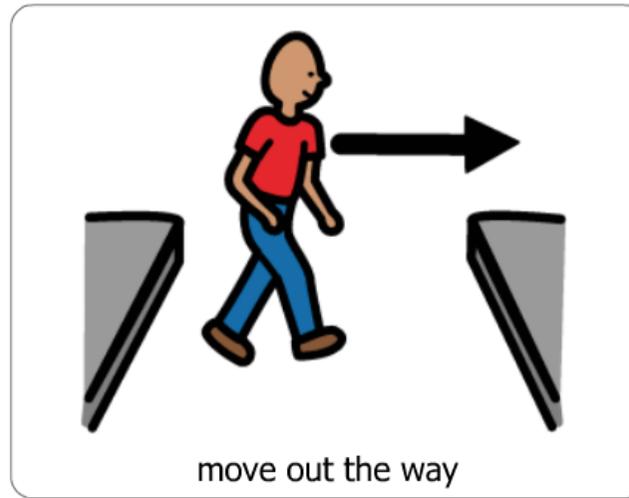
One of the ways to keep safe is to wash our hands properly.

This means using soap and water for 20 seconds. I can sing "happy birthday" twice to pass the time.



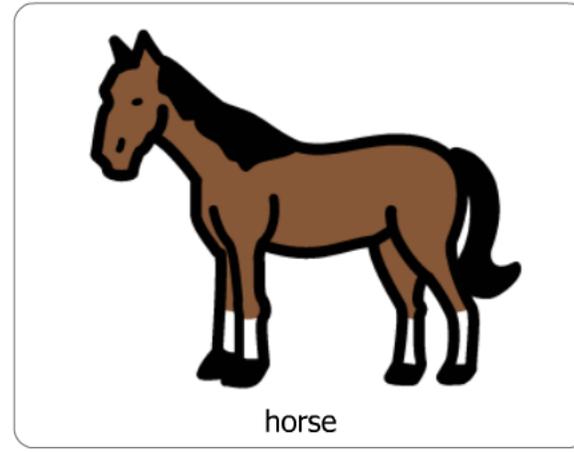
Another way to keep safe is to stay 2 metres away from people that we do not live with. This is because the germs cannot jump as far as 2 metres.

This is called 'Social Distancing'.



It might feel strange socially distancing from other people, but we have done something similar before.

When we see an ambulance on the road we move out of the way so that it can pass. Social distancing is the same, when we see someone that does not live in our house we move out of the way.



There are different ways to help me remember to stay 2 meters apart:

- Imaging you have a hula hoop around your body
- Staying the length of a horse apart
- Stretch your arms out wide, and double it



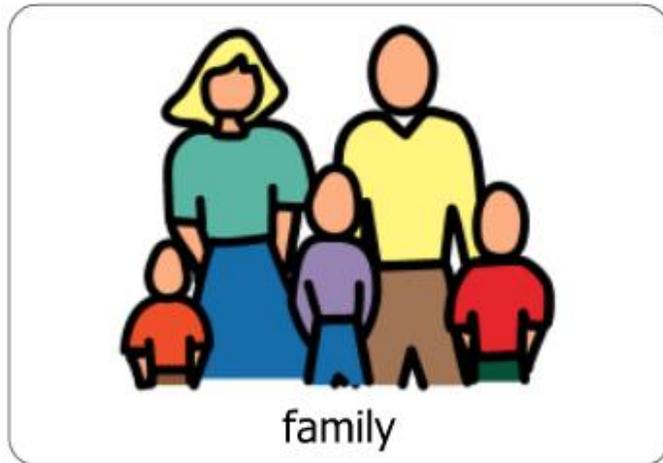
shop



walk outside

I will need to socially distance when I go outside, to the shops, and in other buildings.

This will keep me and others safe. Those around me will help me do this.



I do not need to socially distance when I am at home or in my garden.

It is ok for me to be close to the people that live in my house. I can enjoy spending time with them.

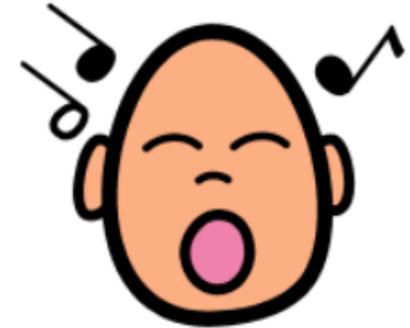
Things I can do:



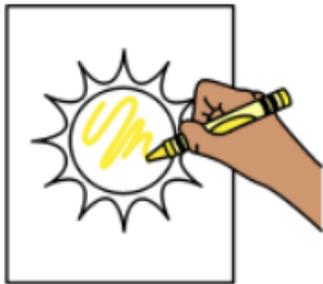
smile



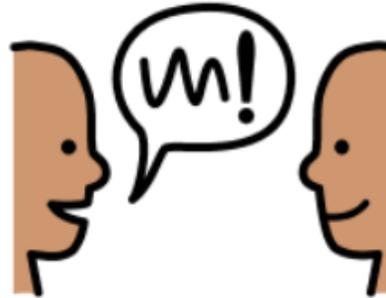
wave



sing together



draw

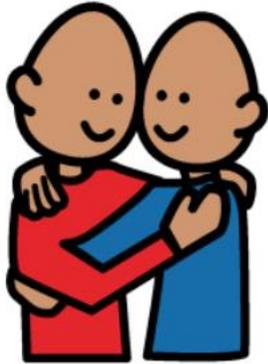


talk 2 meters apart



speak on the phone

Things I cannot do with people outside of my family: X



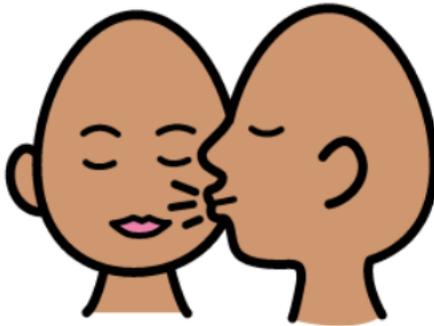
hug



play tic



high five



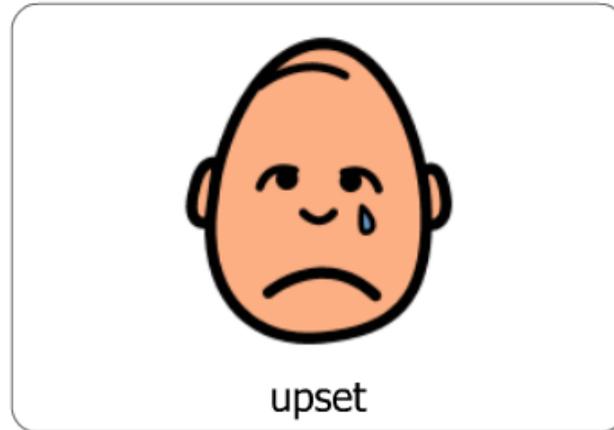
kiss



share snack

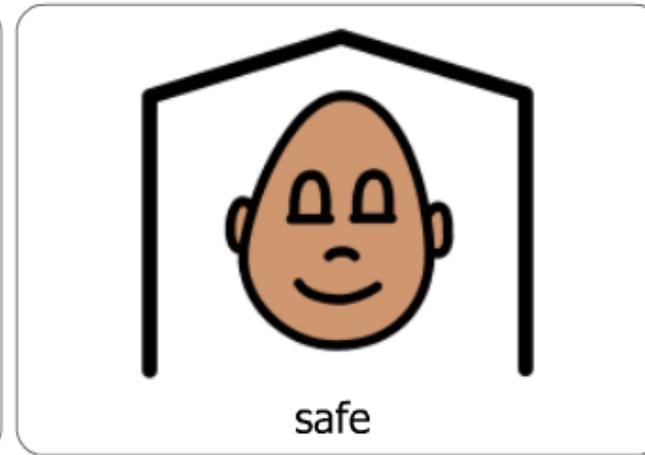
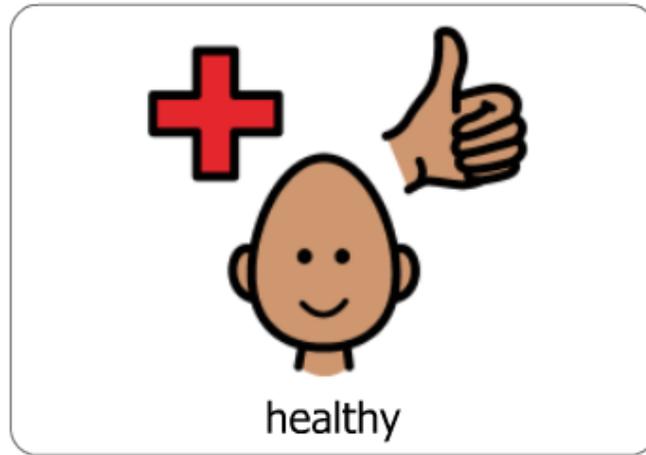


hold hands



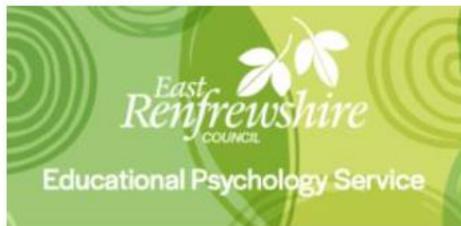
There have been a lot of changes because of the coronavirus. I may feel upset or frustrated by this and the things I cannot do. This is ok. Everyone feels upset and frustrated.

When I feel like this I can talk to my family, friends and teachers.



Social distancing will not last for ever. The rules will change when it is safe.

I will feel happy that I am keeping myself and others safe.
My family will be happy too.



<https://blogs.glowscotland.org.uk/er/PsychologicalService/>



<https://blogs.glowscotland.org.uk/er/healthierminds/>