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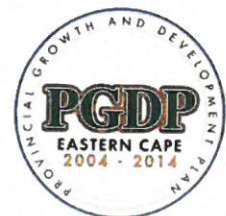
“LEARNER WELL-BEING DURING COVID-19”



EDUCATION SOCIAL SUPPORT SERVICES

JULY 2020

building blocks for growth



Ikamva eliqaqambileyo!





LEARNER WELL-BEING DURING COVID-19



Movement breaks can improve physical fitness and poor attention/ concentration in the classroom.

Stand behind your desks and complete each movement break for 45 seconds with a 15 second break between each exercise.

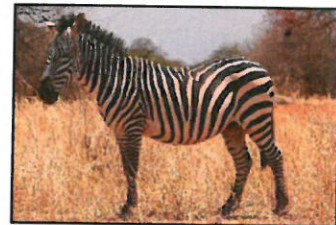
HIPPO WALK

Place your hands and feet on the floor with your hips high in the air - stamp your hands and feet into the ground.



ZEBRA SLIDE

Place your hands on your hips. Slide your right foot out to the side. Jump and land with feet together. Repeat to left side.



ELEPHANT STAMP

March in place, lifting your knees as high as you can and stamping your feet on the ground as hard as you can.



LION POUNCE

Crouch (bend down with your hands and feet on the floor) and then jump as high as you can, landing in a crouched position.



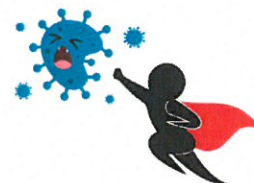
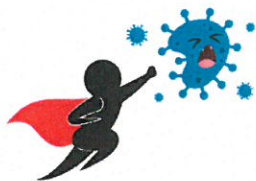
STAR JUMPS

Stand with your feet together. Jump and land with both feet out and hands clapping above your head. Jump and land with your feet together, hands at your sides.











1 Staying Healthy During Coronavirus

(also called Covid-19)



Everyone does activities that are important and mean something to them. Tasks or activities that we choose to do can have a positive or a negative effect on our bodies and minds. During lockdown, we have not been able to do many of the activities that we enjoy, and this can make us feel helpless, sad or scared. Now we might also find it hard to remember things and concentrate on our schoolwork.

Now that we are back at school, we can do more than we could during lockdown. However, it is still important that we choose healthy activities that make us feel good, while we keep physical distance from friends, wear our masks and wash our hands often.

TYPES OF HEALTHY ACTIVITIES	
Reading a book 	Doing chores 
Being creative: colouring/ drawing/ writing 	Go for a walk, play games such as hopscotch or jumping skipping rope 
Chatting with our friends 	Gardening 
Listen to music 	Get 8-10 hours sleep every night 

2 What do I know about Coronavirus? And what do I want to know about Coronavirus?

Your family and your teachers care about you and want you to stay safe. They can be your best source of information. Many children are asking "What is the Coronavirus?" Scientists tell us that the Coronavirus is a new or different type of virus. It is a tiny germ that spreads between people and it can make them very sick. It is called Coronavirus or Covid-19.

We need to take safety precautions to make sure that we do not pass the virus to each other, such as wearing face masks, not touching our faces, washing our hands often and standing or sitting apart from our friends. Now is an important time for you to have information about the Coronavirus.

Use the space below to tell us what you have heard about the Coronavirus or Covid-19.

Asking questions is a good way to help you understand what is happening. There are no wrong questions, so do not be afraid to ask! There are a lot of places that you can go to find the answers to your questions – you can ask your parents or adults/grown-ups, your teacher, your brothers or sisters, or the healthcare workers at your clinic or a doctor.

Make a list of some of the questions you might have:

3 What to do when I feel afraid

Coronavirus spreads between people and it can make them very sick. Like many children, you may be feeling completely overcome or moved hearing about it. We are not sure what is going to happen next, and that can feel scary.

Circle the feelings you are having right now when hearing about Coronavirus or Covid-19.



Loved	Sick	Confused
Frustrated	Grouchy	Nervous
Trusting	Happy	Angry
Bored	Lonely	Thankful
Afraid	Brave	Excited
Proud	Relieved	Sad
Tired	Stressed	Worried



When you are afraid there are some things you can do to feel better.

Circle the ones you would like to try.

Be brave and tell yourself that everything will be okay.

Talk to a caring grown-up/adult about feeling afraid.

Write down how you are feeling in a diary or a feelings journal.

Drink a glass of water.

Take some deep breaths and exhale slowly.

Read your favourite book

Turn the TV off.

Your feelings send messages to your brain that affect or change the way that you think, feel and act. When you express your feelings or tell them to someone else, others can also understand what you are going through. **Remember:** all feelings are okay... but keeping them inside can cause aches and pains and can make you feel unwell, especially if the feelings are not good.



4 Let those feelings out



All feelings are okay to have but it is important to let them out in a good way if they are not good feelings. Here are good ways for you to let your feelings out.

Circle some of the ones that work best for you and add some of your own ideas:

Draw a picture of how you are feeling right now.

Laugh out loud.

Do something creative, like making a piece of jewellery, a sculpture out of clay or art dough or a cheerful card for someone who is sick or lonely.

Sing a song

Talk to someone who cares about you.

Spend time playing with your pet.

Find a quiet place to meditate (think calming thoughts).

Have a good cry when you need to.

Make a feelings collage from old magazines; cut out pictures that show people who are feeling different emotions and stick/glue them to make a poster.

Make a happy memories scrapbook.

Do something nice for someone else.

Make your favourite meal with an adult/grown-up.

Write your feelings down in a journal/diary.

Write a letter to your friends telling them how you are feeling and what you hope for the future.

Help those in need. Helping others is a good way to help yourself.

Dance while listening to your favourite music.

Pray for those who are going through a difficult time.

5 Taking care of yourself and your family

Now is a good time to sit with your family and talk about how you can all take care of your health. It is also a good time to practice ways that you can take care of yourself.

Circle the ones you are already doing.

Stand six giant steps away from your friends or neighbour.

Wave instead of shaking hands.

Cough and sneeze into your elbow

Do not touch your face, eyes and nose.

Get lots of rest, even on weekends.

Wash your hands before you eat, after using the bathroom, and after sneezing or coughing.

Wash your hands for 20 seconds (sing "Twinkle, twinkle little star" twice to make sure you are washing them for long enough).

Eat a diet with lots of fruit and vegetables, and drink plenty of water.

Exercise your body and your brain.

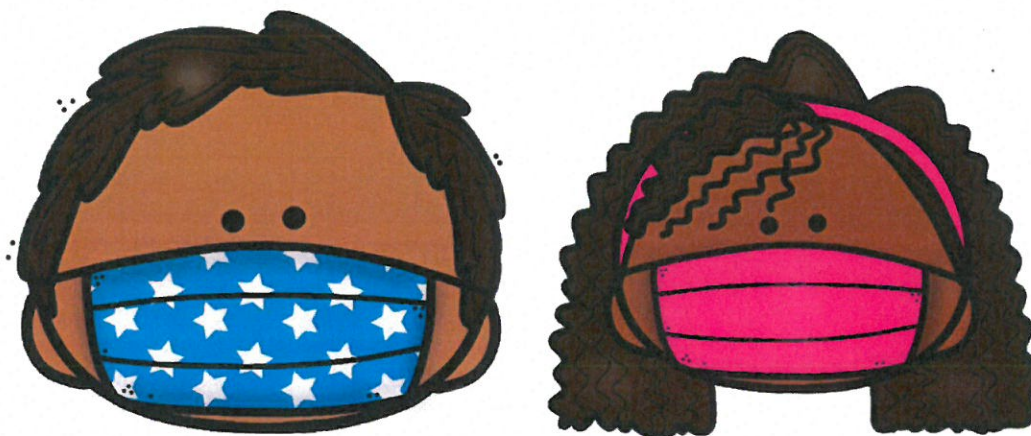
Most of all, listen to your body. If you do not feel well, tell your parents or an adult/ grown-up how you are feeling.

NOTE: Also practice ways you have not circled to take care of yourself.



6 Safety precautions to make sure that we do not get Coronavirus/ Covid-19

6.1 Wear a face mask



Your face mask must cover your nose and mouth completely.

Wash your hands before putting it on or taking it off.

Do not touch the cloth part of your mask.

Do not touch your face when you are wearing your mask.

Wash your face mask with warm soapy water and iron when dry (if possible).

Have two face masks

6.2

WASHING HANDS PROPERLY

STEP 1

Wet hands with running water



STEP 2

Apply enough soap to cover wet hands



STEP 4

Rinse with running water



STEP 3

Scrub all surfaces of the hands (back of hand, between fingers and under nails) for 20 SECONDS



STEP 5

Dry hands well



STAY SAFE

- Wash your hands often, especially before and after eating, after blowing your nose, coughing or sneezing, going to the bathroom/toilet and whenever your hands are visibly dirty.
- If soap and water are not readily available use an alcohol-based sanitizer with at least 60% alcohol.
- Always wash hands with soap and water, if hands are visibly dirty.

SPEND 20 SECONDS WASHING HANDS



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6.3

Don't share these and prevent the spread of covid-19



**plates
& cups**



**drinks
& water
bottles**



**forks,
knives,
spoons**



books



**pens
pencils
erasers**



**learning
material**

1. Clean surfaces often

2. Clean stationery often



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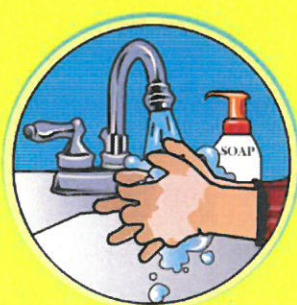
6.4

Good Habits



**cover
your
cough**

**cough
into your
sleeve**



**wash
your
hands**



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