

TTE and ECC

RISK-AVERT
primary!

Lesson Plan:
Talking about
COVID-19/
Coronavirus

THEME:



KEY STAGE: 1&2

Session Overview:

This session aims to answer simple questions that pupils may have related to the current COVID-19 pandemic. It aims to reassure children and answers key questions they may have which may be causing anxiety for them.

Aims and objectives:

1. To understand what COVID-19 is
2. To understand the impact of COVID-19 and why there are restrictions
3. What they can do to help?
4. To answer any concerns that pupils may have

Session Type: Activity and discussion based

Materials needed: NONE

Learning outcomes:

- Children can understand what COVID-19 is
- Children understand the impact of COVID-19
- Children understand why there are restrictions
- Children can describe what they can do to help

COVID-19 – Supporting Pupils

During this unprecedented time anxiety and feelings of worry and concern will be heightened and the emotional health and well-being of everyone, whether they are ill or not, will be tested.

This is true for all of us including children and young people, especially those who are vulnerable or have pre-existing emotional or mental health difficulties.

To support our schools we have adapted some of our existing lesson plans to support any work with pupils who may still be in school.

These lesson plans and resources are those we feel are best placed to support pupils during this difficult time.

You can also send these lesson plans to parents who may be looking for resources and guidance to support work they may be completing at home with their pupils.

We remain open during the pandemic but our staff are working from home, if you need to contact us please email the office rather than phone. Please be patient as it may take us longer than normal to respond to your query.

So what is COVID-19/Coronavirus?

1. Encourage the class to tell you what they think the virus is, they will have heard various pieces of information from the media and their families.

After discussion we want to provide a basic and simple explanation of the virus which young children can understand.

Use the following statement:

'Our bodies are pretty amazing. Everyday, they work hard for us doing amazing things like digesting our food, pumping blood and oxygen, sending signals from our brains and loads more.'

But there is a group of tiny invaders that can make our bodies sick — they're called Germs (You may want to ask pupils and clarify they know what a germ is here)

There are different types of Germs and one type we call a Virus. Viruses cause lots of different illnesses, you may have heard of some of these like Chicken Pox and you will have had one before that is really common and we call that a Cold.

You will have heard of COVID-19 / Coronavirus I'm sure and this is a type of Virus like the ones we just talked about.

This virus has made a lot of people sick. Scientists and doctors think that most people will be ok, especially kids, but some people might get pretty sick.'

(CONT)

So what is COVID-19/Coronavirus?

(CONT)

'You may have heard that older people might get sicker than other people. This is true but even then most people who get it are going to be ok.

We are now going to look at what we are all being asked to do to help keep people safe and try and make sure that too many people don't get ill.'

2. Now we are going to talk about the restrictions that the government have put in place and why they are there.

Ask your pupils what they know about the restrictions, after discussion provide the government guidance (correct as of 24th March 2020, this is a fast moving situation so please check latest guidance on gov.uk if required)

Stay at home

- Only go outside for food, health reasons or essential work
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home (if you go out)

Now ask your pupils if they know why the restrictions are in place, facilitate a discussion on this and then reinforce the key points below:

- They are in place to stop the Virus spreading
- If we stop people meeting each other the Virus cant move from people who have it to people who don't

Closing the Session

3. Use the following statement to bring this section to a close;

'So we have thought today about the Virus and why we are being asked to change how we are living at the moment.

Remember this wont last forever and while it might make you sad that you cant do everything you would like to do it is going to help everyone if we all follow the advice we have been given.

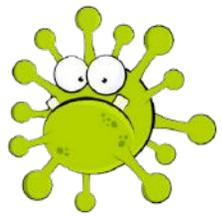
*One of the important things you can do is make sure you stay at home (if delivered to children still in school please change to **when at home**) and wash your hands as much as you can.*

We have put together a list of things you can do to help so please try and do these when you can.

If you are worried about anything we have talked about today please let me know and we can talk together.'

4. Now run through the 'How you can help' guidance on the next page with your pupils.

How Can You Help?



- Cough or sneeze into a tissue or your elbow. If you sneeze or cough into a tissue, throw it in the bin right away.
- Try and keep your hands out of your mouth, nose, and eyes. This will help keep germs out of your body.
- Wash your hands with soap and water for at least 20 seconds. Follow these five steps—wet, make bubbles, rub together, rinse (get rid of the water and soap and dry. You can sing the “Happy Birthday” song twice to let you know how long to wash your hands for.
- If you don’t have soap and water, have an adult help you use a special hand cleaner.
- Keep things clean. Help at home and if you are still in school help there too if you can. Clean the things we touch the most, like desks, doorknobs, light switches, and remote controls.
- If you feel sick, tell your parents or carers straight away. Just like you don’t want to get other people’s germs in your body, other people don’t want to get your germs either!