

# COVID PREVENTION ACTIVITIES FOR HOME

**Hanford Elementary School District  
School Nurses**

# COVID OVERVIEW

Watch these videos and talk about Coronavirus with your child. These videos give an overview of what COVID is and how it is spread. Talk with your student about symptoms and why it is important to stay home if they are symptomatic.

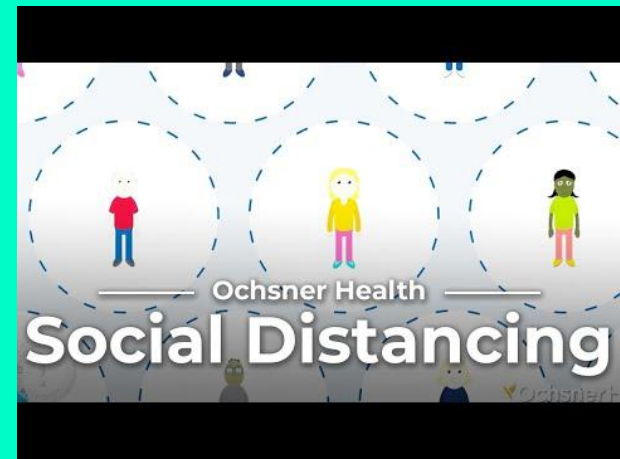
Grades TK-1st



Grades 2-6th



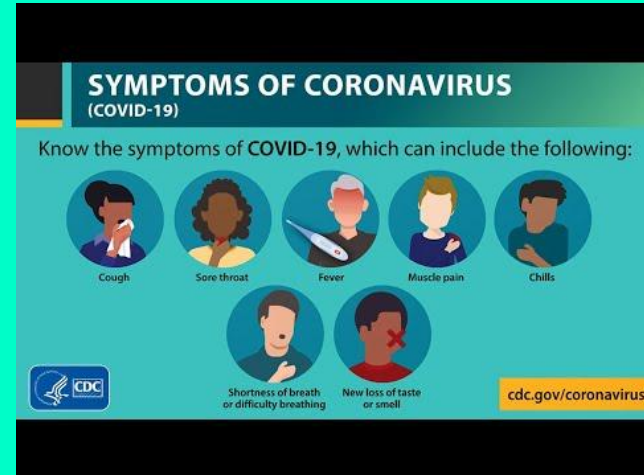
Grades 6th-8th



# COVID SYMPTOMS

- Watch this video and visit the CDC website for an explanation of COVID symptoms.
- Each morning, before coming to school, there will be a list of symptoms for you to review with your child. If your child has any of the symptoms, they will need to stay home. Please review this letter thoroughly. Keeping symptomatic individuals home will be an important part of slowing the spread of this virus. Start practicing this review of symptoms before the start of school so the first day is familiar.

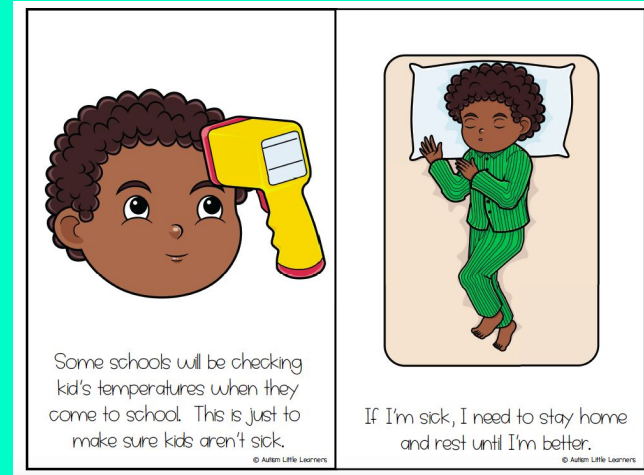
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



# COVID SYMPTOM CHECKER ACTIVITY

**View or print this social story preparing your child for symptoms checks at school and at home. It is important that you prepare your child before they arrive to school the first day that staff who are wearing masks will be taking their temperature at school.**

\*\*\*Talk to your child about getting their temperature taken at school. When school reopens and your child arrives at school each day, someone with a thermometer just like the one in this picture below will point it at your child's forehead and there will be a beep. Sometimes that temperature reading will need to be verified in the health office and your child will be sent to see the nurse. Please talk to your child that just because they are sent to the office after their temperature check does not mean they are in trouble or have done anything wrong. Lots of people go to the health office for many different reasons.



[https://drive.google.com/file/d/1hpp4dUEw7-r\\_k4KVihuX7db61GCDd-Sw/view](https://drive.google.com/file/d/1hpp4dUEw7-r_k4KVihuX7db61GCDd-Sw/view)

# HAND HYGIENE

- Handwashing is the easiest and most effective way to prevent the spread of germs and keeps adults and children healthy.
- Have all family members practice washing hands regularly for 20 seconds with soap and water (length of the A-B-C song). If soap and water is not available, then use alcohol-based hand sanitizer that contains at least 60% alcohol.
- Watch these videos and practice the following activities at home with your child!

# HAND HYGIENE VIDEOS FOR YOUNGER STUDENTS (GRADES TK-3RD)

Watch and Listen to Bebe's handwashing song to help you remember the steps! If you wash your hands properly, dirt and germs don't stand a chance! First comes water, then the soap. Then you scrub, rinse and dry!



Follow the CDC simple instructions to ensure proper hand washing!



# HAND HYGIENE VIDEOS FOR OLDER STUDENTS (GRADE 4-8TH)

Watch, dance, and sing along to this fun rap about hand washing!

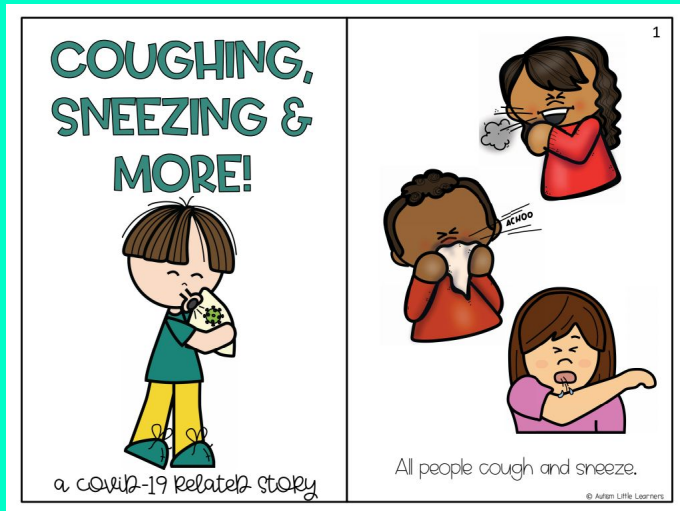


Watch this fun classroom experiment how germs are spread and how we can prevent them from getting us sick!



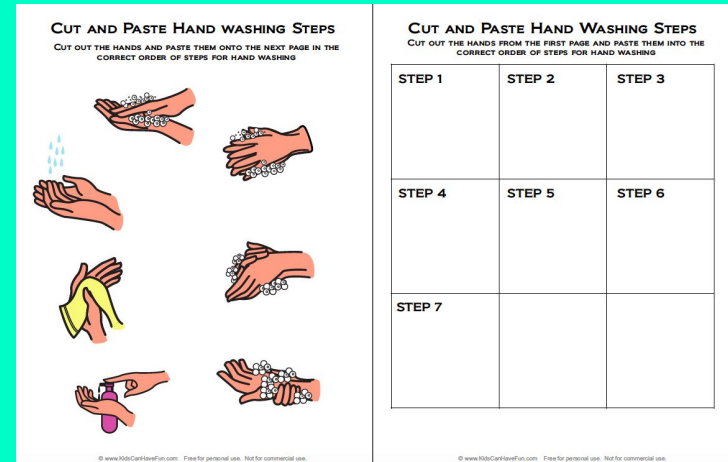
# HAND WASHING ACTIVITIES

Practice the proper way to cough or sneeze.  
You can view or print out this story and make a book of it that you read often before returning to school.



[Coughing, sneezing and more.pdf](https://www.kidscanhavefun.com/kids-worksheets/coughing-sneezing-and-more.pdf)

Print this coloring page and then  
cut/paste the correct sequence with  
your child.



<https://www.kidscanhavefun.com/kids-worksheets/cut-and-paste-hand-washing-steps.pdf>



# HAND WASHING ACTIVITIES

Create a chart with your child that has spaces for each day. Then have your child record when they washed their hands. Your child should recognize if she or he is washing their hands enough and change their behavior based on what they have learned. Discuss when a person should wash their hands and set up a plan to remind everyone in your family about hand washing so that all family members can practice healthy habits.

[https://henrythehand.com/wp-content/uploads/2011/04/HTHHandwash\\_ChartB\\_VV.pdf](https://henrythehand.com/wp-content/uploads/2011/04/HTHHandwash_ChartB_VV.pdf)

## Henry the Hand's Weekly Hand Washing Chart



SHARE WITH YOUR FAMILY & FRIENDS SO THEY CAN BECOME

**Champion Hand Washers!**

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

**Spread the word  
not the germs!**



www.henrythehand.com

	BEFORE BREAKFAST	BEFORE LUNCH	BEFORE DINNER	AFTER RESTROOM	ARRIVAL HOME
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

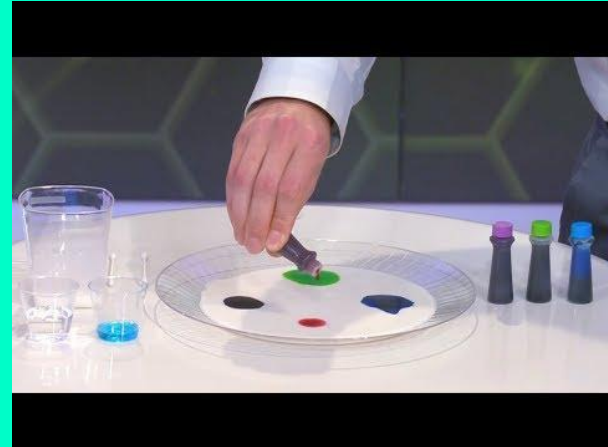
# HAND WASHING ACTIVITIES

Here is a fun way of demonstrating to kids the importance of using soap when they wash their hands to keep the germs away.

Add water to a plate, sprinkle pepper to represent the germs and then add soap to make the pepper (germs) move away.



Add milk to a plate, drop a few drops of food coloring in 4 different areas on the plate. Use a q-tip dipped in water and dip into milk, note that nothing changes. Now dip the q-tip in soap and then into the milk and watch the coloring (aka germs) disappear!



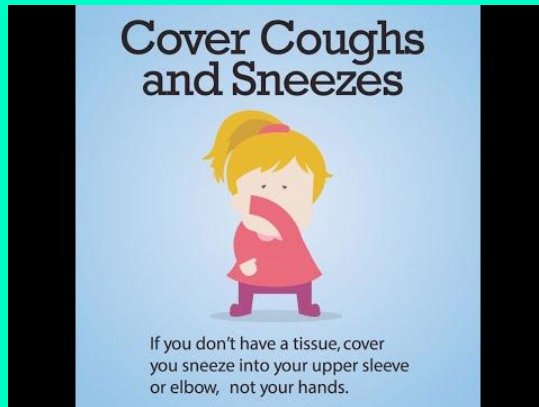
# COUGHING AND SNEEZING ETIQUETTE

Watch these great videos with your kids!

Grades TK-2nd



Grades 3rd-5th



Grades 6th-8th



# COUGHING AND SNEEZING ETIQUETTE ACTIVITIES

## “Flour in your hand”

Directions: Place a spoonful of flour in your child’s hand. Have them sneeze or cough forcefully into their hand and watch as the flour spreads in the air. This demonstrates how germs can spread when a cough or sneeze is not covered by your elbow, sleeve or tissue. Be sure to wash your hands with soap & water after the activity!



## “Cough Spot Activity & Song”

To help encourage your child to learn to cover their cough with their sleeve or elbow place a sticker or a temporary tattoo on the elbow crease or their sleeve and call it their “Cough Spot”



# WEARING A FACE COVERING VIDEOS FOR YOUNGER STUDENTS

## (GRADES TK-4TH)

- Talk with your child about wearing a face covering. By the age of 4 or 5, children can understand simple explanations as to why we wear face coverings. Use concrete and clear language that is simple and gentle. For example, tell your child that it is a rule for everyone to wear a face mask right now just like we have to wear shoes in a store. We also know that forcing a child to do something new or unknown can start a battle, as control is a vital part of a child's development and understanding.
- You can model mask wearing for them. As you are practicing, gradually increase the length of time that you have your child wear it. Tell your child in advance that they may need to wear a mask while at school and they will see lots of people wearing a mask when they return to school.
- Watch these great videos to help explain masks to your children:

Grades TK-K



Grades 1st-4th



Grades 1st-4th



# WEARING A FACE COVERING VIDEOS FOR OLDER STUDENTS (GRADE 5TH-8TH)

How to properly wear a mask:



How to wear a face mask without your  
eyeglasses fogging up



# FACE COVERING PRACTICE ACTIVITIES

- **Around the Home:**

- Have a daily “Mask On!” moment. Make a plan to wear masks around the house at certain times of day, like from 10-11 am, or during certain activities, like setting the table for meals. Have your child help you decide when.
- Pick an activity with a concrete ending, like building a simple puzzle, and wear masks throughout.
- Plan a special event, like a scavenger hunt or playing together with a favorite toy, with one rule: Masks are required.
- Work masks into video chats. Does your child have regular video chats with family or friends? Arrange to wear masks next time.
- Spend time reading a book, listening to a podcast, or watching a movie together with masks on.
- Wear masks during art and creativity time, like drawing, coloring or building with LEGO bricks.
- Wear masks while making masks – whether you’re assembling cloth masks for family members or coloring in paper masks for stuffed animals.
- Play a game with masks on, whether it’s a classic card game or your child’s favorite video game.

- **Around Town:**

- Plan a daily walk around the block with masks on. If you see other people on the sidewalk, practice good social distancing – and use it as a chance to talk with your child about why it’s still important to keep their distance, even when everyone’s wearing masks.
- Explore hiking trails nearby for nature walks. Practice taking masks on and off: Put masks on whenever you see or hear other hikers, and take them off when the coast is clear.
- Visit the library for curbside book pickup wearing masks.
- Head out for a picnic, and wear masks before and after eating.
- Visit parks, playgrounds and the beach with masks on, or other places you can safely social distance. Thank your child for being a great role model.



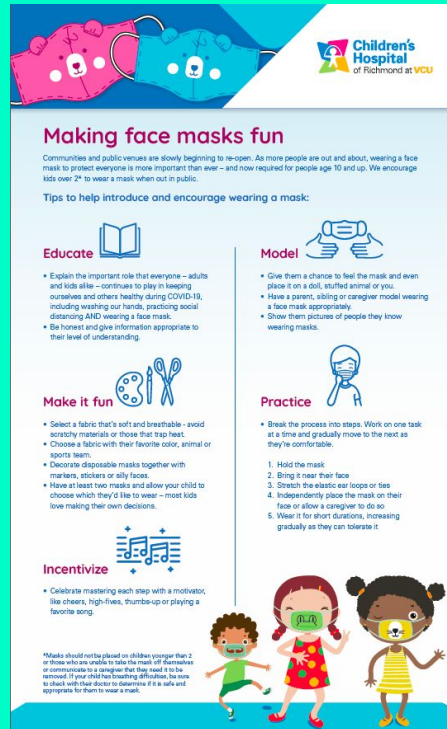
# FACE COVERING ACTIVITIES

Follow this link to Make a no-sew mask with you child!

<https://www.parents.com/health/how-to-make-coronavirus-protective-face-masks-with-your-kids/>

[https://www.chrichmond.org/media/file/making-face-masks-fun\\_info\\_graphic\\_v2%20\(1\).pdf](https://www.chrichmond.org/media/file/making-face-masks-fun_info_graphic_v2%20(1).pdf)

Tips to Make Kids More Comfortable With Masks, Broken Down by Age:  
<https://www.connecticutchildrens.org/coronavirus/mask-up-tips-to-make-kids-more-comfortable-with-masks-broken-down-by-age/>



\*\*\*For older students:

- Teenagers value independence and seeking their own sense of identity. Although wearing a mask is not a choice, perhaps give your teenage child the freedom to choose or purchase their own mask(s) to promote self-expression and turn it into a fashion statement.
- These times of uncertainty are an excellent opportunity to include your teenager in thoughtful discussions related to the importance of working together as a community to help one another. Try to empower your teenage child to discover their own role during the pandemic in an effort to encourage a sense of autonomy and responsibility.



# FACE COVERING ACTIVITIES

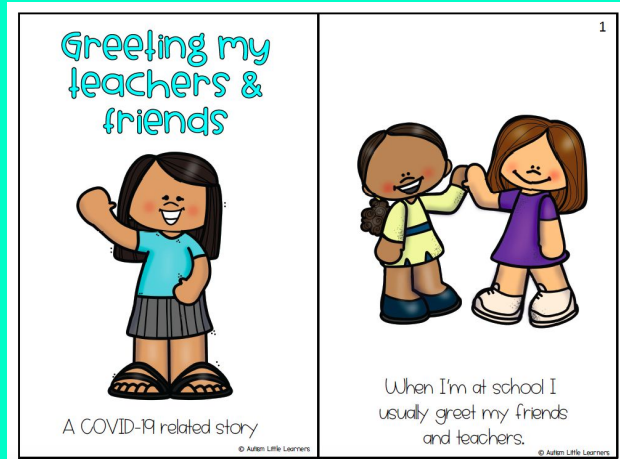
Print and have your child color the pages, while wearing a mask!. Seeing people wearing masks will help them get prepared for all the masked faces they will see the first day of school.



[https://cdn.shopify.com/s/files/1/2428/4073/files/Untitled\\_Artwork.pdf?v=1586222249](https://cdn.shopify.com/s/files/1/2428/4073/files/Untitled_Artwork.pdf?v=1586222249)

# SOCIAL AND EMOTIONAL TOOLS

Your child might be unsure how to be a friend when they can't hold hands or hug. View or print this book to help discussions about how greeting our friends at school will change when we return.



[https://core-docs.s3.amazonaws.com/documents/asset/uploaded\\_file/796642/greetings\\_during\\_COVID.pdf](https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/796642/greetings_during_COVID.pdf)

Watch this video with your child. It helps explain how children may feel worried, scared, or confused and how to overcome those feelings



# SOCIAL AND EMOTIONAL TOOLS

Talk to your child about coronavirus and what they think about returning to school. Children look to their safe people for guidance on how to react to stressful situations. These are excellent articles to help you when you talk to your child.

**Article from National Association of School Psychologists/National Association of School Nurses:**

[Helping Children Cope With Changes Resulting From COVID-19](#)

**Parent/Caregiver resources for supporting teenagers during the Covid-19 crisis:**

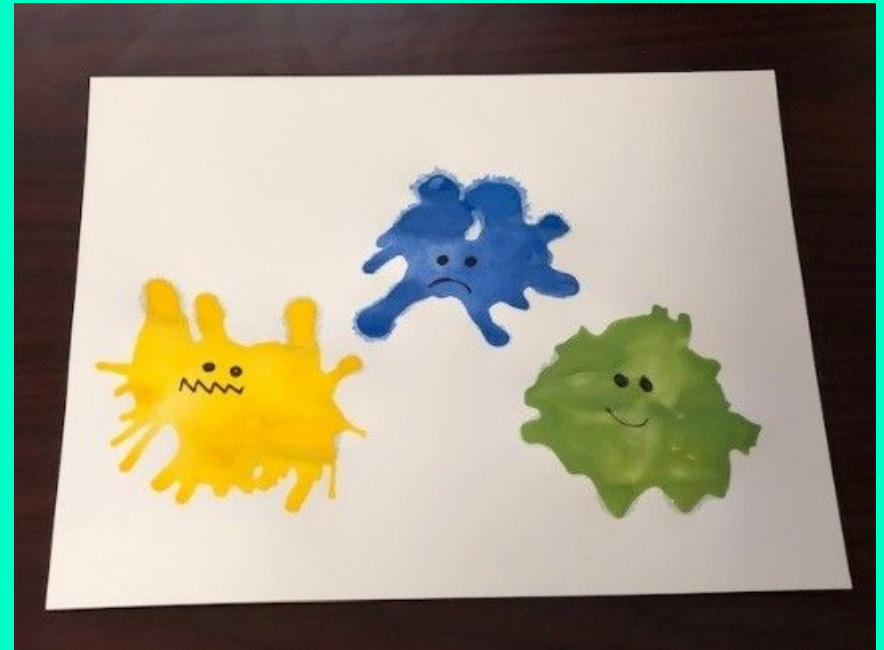
[Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)

# SOCIAL AND EMOTIONAL ACTIVITIES

## Worry Monster Art:

This activity helps encourage deep breathing, discussion of worries and creativity. Deep breathing in the activity promotes well-being and decreases stress. Discussion of worries helps provide children a space to process their emotions safely and in a creative way.

Materials:	Directions:
Paper	Mix paint with a few drops of water
Paint	in a cup. Pour the paint/water
Straw	mixture on paper. Have the child use
Water	the straw to blow the paint mixture
Cups	to create blobs. Once dried, draw
Markers	faces on the blobs and allow them to
	discuss their worries.



# SOCIAL AND EMOTIONAL ACTIVITIES

## Mindfulness Scavenger Hunt

This stress-relieving activity provides coping strategies that help children be in the present and focus on aspects that they can control in the environment, instead of stressors that they cannot control.

### Materials:

Paper Bag

Objects to hide

### Directions:

Create a scavenger hunt that will allow the child to use their five senses to find the objects (sight, touch, hearing, smell and taste). This can include hiding physical items inside and outside the house, asking them to listen for certain noises in nature like birds chirping and incorporating healthy snacks into the activity. Have the child use a paper bag to collect applicable items and encourage them to take photos of materials they discover that cannot be collected.

