

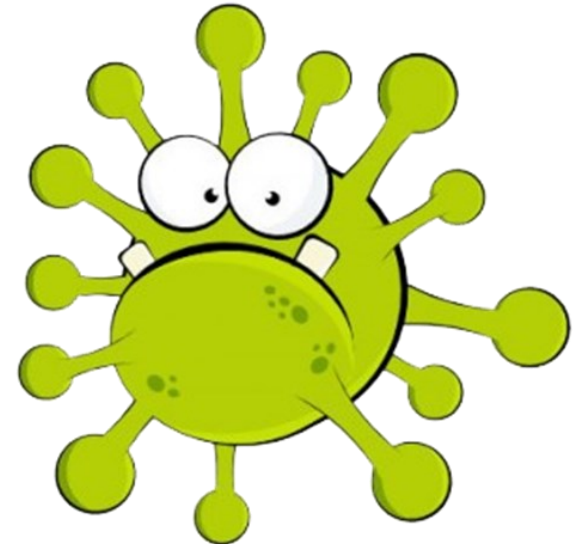
Keeping Healthy and Learning at Home



Sometimes people get sick. Have you ever been sick before?



There is a germ called the Coronavirus that is making lots of people feel unwell around the world right now. This Coronavirus is cousins with the Common Cold and Flu. It is a bad germ.



Germs are so small that you cannot see them. Germs are tiny things that live around us.

The Coronavirus germs spread very easily.

The only way to get rid of germs and stop spreading our germs to other people is to:



Wash our hands



Cough or sneeze into our elbows



Use hand sanitiser



Stay home if we are sick

The best way to wash your hands is to scrub until you have sung the 'happy birthday' song twice, or count to 20. Then all the germs will be washed away!



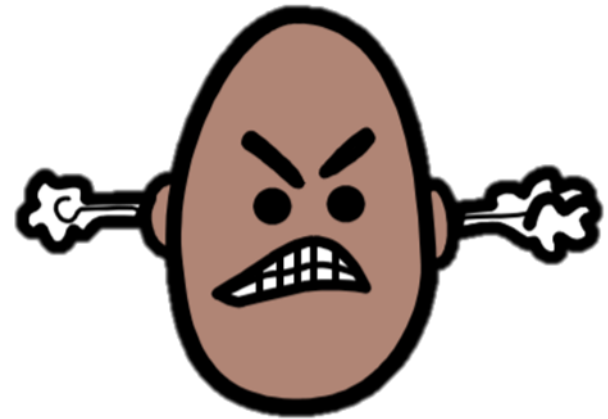
There are people who make decisions for Australia, called the Government. You may have seen these people on the TV.



After the school holidays, they might decide that it is best for children to stay home for a while. This is because they want to keep us healthy and stop the spread of the Corona-virus germs at school.

If my parents tell me I need to stay home from school for a while, I will start doing my learning at home.





This change might make me feel scared, worried or angry.



It is okay to feel this way. These are *BIG* changes for everyone.

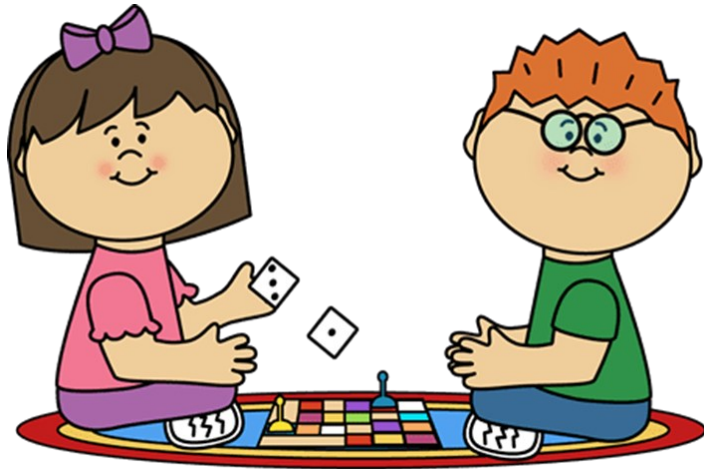
Even though this means there will be changes to my routine, I will be okay.

I can use these strategies to help me accept the changes at home.

<p>When I feel worried or anxious</p> 	<p>I can...</p> <ul style="list-style-type: none">Ask for helpAsk for breakTake 3 deep breaths	
<p>When I feel Mad</p> 	<p>I can...</p> <ul style="list-style-type: none">Ask for breakCount to 10Take 3 deep breaths	

What other things can you do at home to keep you calm? You might have a favourite toy to cuddle? Or a favourite game to play?

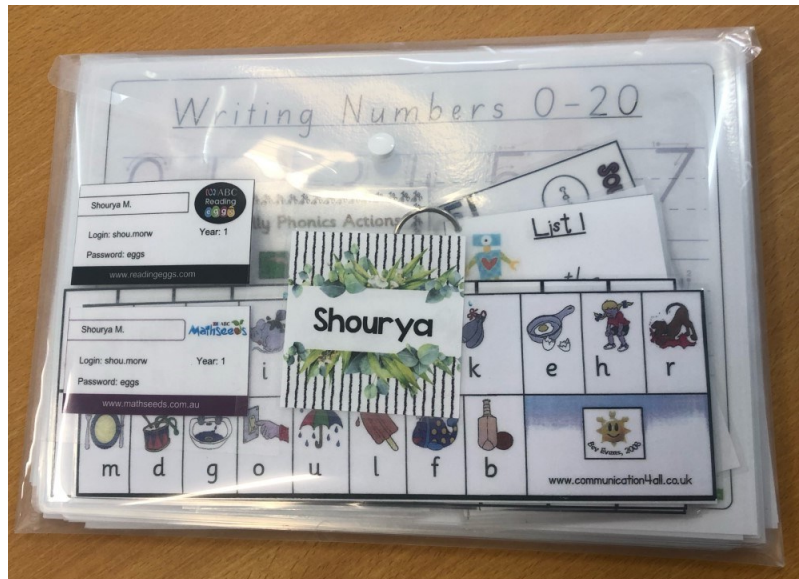
I can do fun things at home, like play games, go outside, play with my toys, and do some cooking with Mum or Dad.



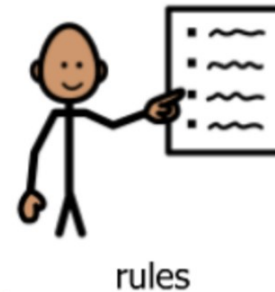
What kinds of things do you like to do at home?

If I need to stay away from school for a while, I will complete my learning tasks at home.

Miss Zebedy will be giving us a home learning pack and our learning task boxes to use at home. These will include learning tasks to complete at home with Mum and Dad. I can also do my Mathseeds and Reading Eggs lessons on a computer or iPad. I don't have to feel worried, as these are all learning activities I have done before in class.



When I am at home, I will still need to follow some rules like at school with Miss Zebedy and my SSOs. As a family we can decide what these rules are.



One of the important rules is that I do some learning every day.

Mum or Dad will put a schedule together with me so that I have some learning time, eating time, and play time.

Following the rules means that everyone will feel happy at home.



Miss Zebedy will still keep in contact with us. She will use her computer to do this.



She might also send us some more fun learning tasks on the computer if we run out of activities to do.

I won't ever be bored at home!

Learning at home will not last forever.

Soon we will be back at school once everyone is healthy and I can see my friends.

I will be okay!



feel good