Stay Safe
Goodbye

Have you ever heard about my name before?

No ☐ Yes ☐

Color the shape which expresses how you feel when you hear about me.

Sad  Afraid  Curious
Terrible  Comfortable  Uninterested

1. My home is water and my flesh is food. What am I? FISH
What is COVID-19

Infectious disease that is transmitted from an infected object to another by approaching or touching someone or something that the virus has reached.

Imagine the shape of the virus and draw it in the box.

You could watch these videos about coronavirus prevention

1. Scan the code to access the video on preventing coronavirus through washing the hands by following seven steps.

2. Scan the code to watch a video about coronavirus symptoms and risks.

Choose the preferred video.
A message to my parents. Please pass on to others:

1. Remember, Infection with corona virus is not so scary as many infected people have recovered completely.
2. School holidays) vacation) is not to hinder your children's educational process, but rather to limit the spread of the virus which is good for all of us.
3. Don't forget to wash your hands well and clean your home and members of family, this is important.
4. Clean the fruits and vegetable well before eating.
5. Don't eat the raw or uncooked food it must be cooked well.
6. Each family member should have his own cleaning tools and Special food equipment too.
7. Give your children the opportunity to communicate with their friends online. They do not meet them nowadays.
8. Determine a time to speak and play with your children it will definitely be fun and enjoyable for them.
9. Avoid rumors, they are common these days.
10. Finally, don't forget to help your children in what they request from you, they may need your advice and support.

Ways in which the corona virus can be transmitted:

1. Approaching anyone who coughs or sneezes
2. Touching dirty surfaces and tools
3. Sharing food and drink utensils with others
4. Eating foods before cooking them, especially meat and eggs
5. Touching your nose, mouth, and eyes without washing your hands
6. Approaching and touching wild animals

Draw one or all of the methods in the box:
Have you ever had the flu?

No ☐ Yes ☐

What are the symptoms of infection?

1. Dry Cough
2. Breathing Difficulties
3. High Body Temperature
4. Lungs Pain

What can I do on vacation (in holiday)

Do you have a garden at home or planted packages? Try to meditate and water these plants after ask your parents for permission.
What can I do on vacation
You can play football with your parents, your sisters and brothers

Color the picture below

How can we avoid getting infected with corona virus?
My friend, to protect yourself from corona infection you have to follow these advices

1. When you cough or sneeze, cover your mouth or nose with a tissue, or bend your arm if possible
2. Do not touch your eyes, nose, or mouth unless you have washed your hands
3. Wash your hands with soap and water for at least 20 seconds
4. Keep your personal items clean
5. Do not touch people who are sick, and deal with them in kindness
6. Avoid large, crowded places
7. Make sure the place is well ventilated

What can I do on vacation

You can read your favorite book and draw or sing about it. You may also have reading sessions with your family or friends, and share what you’ve learned with one another.

What kind of books you prefer to read?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
What can I do on vacation

Color the picture below

Could you please take me to the water tap to wash my hands

(You can find solution on the page 28)
Three ways to reduce infection through coughing and sneezing

- Wash your hands with soap and water for twenty seconds
- Use a tissue or use your elbow by bending the arm
- Keep your hands sterilized and throw the tissues away after using them

Until now
What information did you get regarding Coronavirus? Talk to your family and friends about it

Solve the following riddle
My home is water and my flesh is food. What am I? (You can find solution on the page 28)

Write your own riddle or joke.
Follow a healthy lifestyle

Make sure that you have a positive role for your family and people around you by supporting them, raising their awareness and spread optimism around you.

Get a good sleep  Do sports exercise even at home  Eat healthy food

Be sure to sleep enough according to specific hours, wake up early as you get used to, determine an hour every day to practice sport with your family members.

Draw five food healthy items you would like to eat

Color the picture
Remember

When you cough or sneeze, use a new tissue and throw it away in the trash basket.

If you don't have a tissue, sneeze into your inner elbow and change into clean clothes.

Overcome the negative feelings

Overcome your anxious feelings by looking for the facts and do not listen to rumors and fake news.

Do you follow Corona news?

What are your sources of news? Please mention three news sources below:

1. 
2. 
3. 

Identify three wrong information you find people around you speak about and three wrong behaviors people around you do regarding corona virus:

1. 
2. 
3. 

Reduce the time you spend in watching the corona news with your family which may cause anxiety and worry.
Overcome the negative feelings

It is normal to feel sad, anxious, fearful, confused or angry

Can you define your feelings usually?

Do not hesitate to explain your fear to your family and people you trust

Identify two person you can talk to them about your feelings?

Communicating with people you love and trust helps you to alleviate reduce these negative feelings, so keep in touch with your friends and family

Currently Do you communicate with your friends and how?

Prepare a plan to take advantage of your time and improve your skills while staying / sitting at home

It is by washing hands in the right way and keep clean.
How should I wash my hands?

1. Distribute the soap on my hands
2. Rub the hands
3. Rub the hands with Clips fingers together
4. Place the right and left fingers together and Rub the back of the fingers
5. Rub the thumbs with the hand
6. Rub the right hand in a circular motion so that its fingers clamp with the left hand and vice versa
7. Dry your hands and close the tap with a tissue

Express your feelings nowadays

Do you know what these emoji are called? Draw a circle around the emoji that is appropriate for your feeling

Now try to draw what you feel and tell your parents about it
Should I fear the corona virus?

Many people fear infection with this virus, and this is normal, But keep in your mind that if you Adhere to previous advices , you will protect yourself and your family and be confident that you will always be able to overcome this virous.

Don't make fun of sick people around you and don't disturb / bother them. Remember that the virus has no geographical limits and It is not limited to a specific age groups or certain people.

When should I wash my hands

1. Before and after eating
2. After coughing or sneezing
3. After touching any unclean surface
4. When it gets dirty
5. After getting out of the bathroom
6. After playing with or touching animals
Here are some things you can do while washing your hands.

Review out loud something that you have learned.

Sing a song you like.

Sing the ABCs.

Please adhere to these advices and remember

If you feel ill, tell your parents and stay home. Open the windows to ventilate the room, and use special hygiene to stay clean!