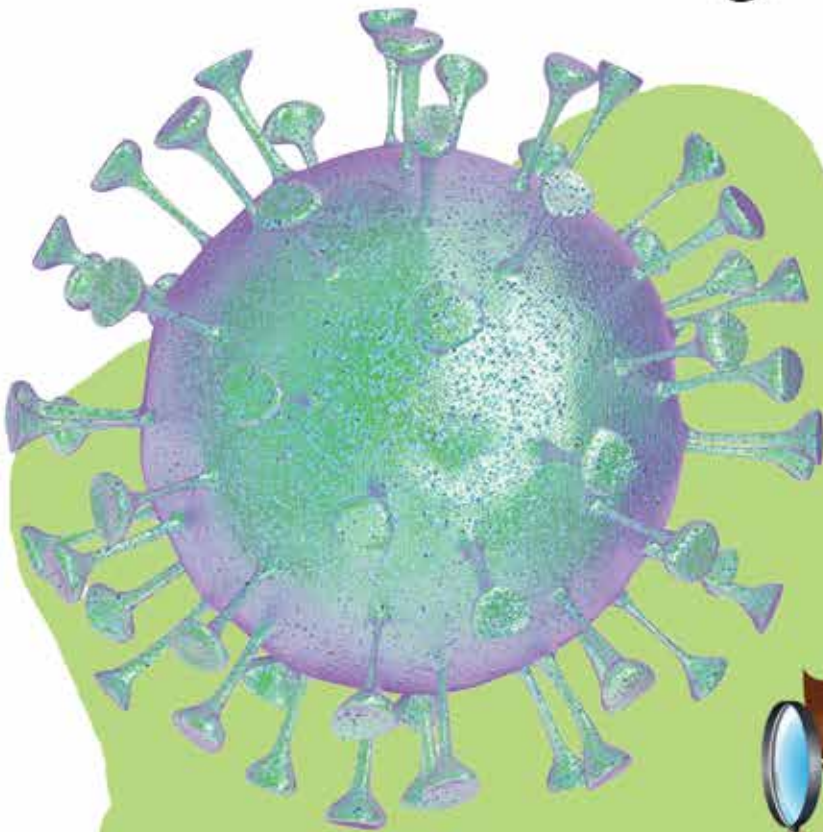


CORONA



and I

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The spread of the coronavirus and the lockdown are unprecedented events in our lives. Most people have been unprepared for it – physically, psychologically and emotionally.

A lot of work is being given to children during this time to help them learn from home. Yet, the experience of coping with the pandemic itself lends to a lot of learning.

This is a time when we can help children keep their eyes, ears and hearts open; help them cope with the sudden confinement while being aware of and sensitive to the changes around them. It is also a time to teach cooperation and empathy while keeping them creatively engaged.

This worksheet is meant for 8-10 year old children and will help them explore their relationship with the pandemic and with others coping with the crisis!

What has changed

Our lives have changed in some ways since the pandemic. Can you think of five ways in which the pandemic has changed our lives?



These are the ways in which life has changed since the spread of the pandemic:

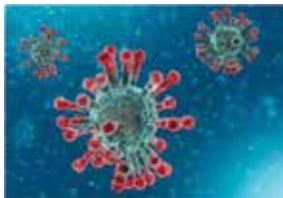
- 1. _____

- 2. _____

- 3. _____

- 4. _____

- 5. _____



Learn to take care!

We are constantly being told what to do and what not to do to protect ourselves from the virus. Check whether you know these facts. Tick the statements that are true.

- 1. Avoid travel if you have fever and cough.
- 2. Wash your hands with running water only when dirty.
- 3. When coughing or sneezing, cover your mouth with flexed elbow or tissue.

4. Clean hands with alcohol based handrub or soap water after coughing or sneezing.
5. Always wear a mask at home.
6. Wash your hands before or after you prepare food.
7. Pay attention to rumours. You can learn from them.
8. Avoid spitting in public.
9. Seek medical assistance if you have fever, cough or difficulty breathing.
10. Wear a mask when you go out.



What does it mean?






The spread of the coronavirus has thrown up words that we had never heard of before. Check whether you know what they mean. You will find the meanings of some of these words in a dictionary. You might have to ask people to find out about the others.

Word	Meaning
Covid-19	
Coronavirus	
Pandemic	
Lockdown	
Quarantine	
Incubation period	
Social distancing	

Calming down with yoga



Being locked up at home might make us feel angry and irritated at times. Yoga can really calm us down! Let us decide to be strong, kind, friendly, brave and wise while doing these yoga postures!

	<p>The warrior pose From a standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee and look forward. Pretend to be a warrior and say to yourself, "I am strong like a warrior!"</p>
	<p>The tree pose Stand on one leg, bend your knee, place the sole of your foot on the opposite inner thigh and balance. Pretend to be a tree. Think of trees being kind by offering shade, creating oxygen and providing homes to animals and say to yourself, "I am kind like a tree."</p>
	<p>The dog pose Bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs. Think of being an eager and friendly dog. Say to yourself, "I am friendly, like a dog."</p>
	<p>The lion pose Kneel on the floor. The feet will point out to the sides. Press your palms firmly against your knees. Inhale through the nose. Then open your mouth wide and stretch your tongue out and exhale the breath slowly out through your mouth with a distinct "ha" sound. Pretend to be a lion and say to yourself, "I am brave as a lion."</p>
	<p>The hero pose Drop your knees to the ground and come down to rest upright on your heels. Then pretend to be a wise owl perched on a tree. Say to yourself, "I am wise as an owl."</p>



Another lockdown, another time!

Ask your parents or grandparents whether they have seen another time when they had been asked to stay indoors at specific times due to a war or disease. When did it happen? What was it like? How did they cope with it?



Eat Well!



You need to eat healthy food to make your body strong so that it can fight any infection! In the boxes below draw five items of food that you will have to remain strong and healthy! Try to find out by talking to your parents!

	I will have _____ because it _____ _____
	I will have _____ because it _____ _____
	I will have _____ because it _____ _____
	I will have _____ because it _____ _____
	I will have _____ because it _____ _____

Let's read!

Staying at home is a good time to read those wonderful books! Arjun has started making a list of the books that he has read. Can you add to the list? Don't forget to write the name of the author! Discover ways of sharing your list with friends and request them to send you theirs too!



My favourite books

1. I am not afraid by Mini Srinivasan
2. Kalpana's cycle by Sowmya Rajendran
3. A helping hand by Payal Dhar
4. _____
5. _____
6. _____
7. _____

Write a Letter!

Write a letter to coronavirus describing your thoughts and feelings about the sickness all around and asking it to leave so that your friends and family can all be healthy and you can go back to school to meet your friends again!



Dear Corona,

Yours exasperatedly,

Write a thank you note!

There are many people who are quietly helping us every day during this crisis. Can you tell who they are? Find out more by talking to others! Write a thank you note below to any one of them, expressing your gratitude!





Imagine!



Imagine you are the Chief Minister of the state you live in. What five rules will you make to keep people safe from coronavirus. You can talk to your parents and listen to the news to get an idea!

I will do these things to keep my people safe:

1. I will _____

2. I will _____

3. I will _____

4. I will _____

5. I will _____

New solutions

The spread of the coronavirus has created many problems for us and new solutions to those problems are needed. Think of a new machine or system that you would like to invent in order to deal with one such problem! You can draw your invention and write about it!



My invention

Holding on and letting go!

In the space below, trace the outline of your right hand. Within the outline write about the things you would like to hold on to from your stay-at-home period.

My right hand:

In the space below trace the outline of your left hand. Within the outline, write about the things you would like to let go of from your stay-at-home period.

My left hand:

My learnings

Every new situation teaches you something. Is this pandemic teaching you something? Think!

The pandemic is teaching me.....



Note: For similar activities on the coronavirus for young children, please write to the author at the email id given below.

The author was a passionate educator for many years, following which, she has been engaged with research and training in many organizations. As an independent consultant, she develops content for classroom enrichment and teacher development. She also designs and conducts physical as well as online workshops for teachers. She can be reached at <sriparna.newleaf@gmail.com>.