

SOCIAL DISTANCING

VERSUS

SELF ISOLATION

COMPARING THE RULES

SOCIAL DISTANCING



Definition

Cutting down on the number of people you see, and avoiding all 'non-essential' contact

Who does this apply to?

Everyone who isn't showing symptoms, and are living with people who also don't have symptoms

Can I leave the house?

Yes

But, avoid non essential trips and stay 2 metres away from people where possible

Can I see my friends?

Yes

But, remain 2 metres apart and don't meet up with large groups

SELF ISOLATION



Definition

Not leaving the house and avoiding all human contact

Who does this apply to?

Anyone with, or living with, people with symptoms. If you have symptoms, you should self isolate for 7 days. If someone you live with has symptoms, everyone in the household should self isolate for 14 days

Can I leave the house?

No

Message a neighbour or friend to get food/medical supplies for you and drop them at your door

Can I see my friends?

No

Not in person, you can however stay connected virtually

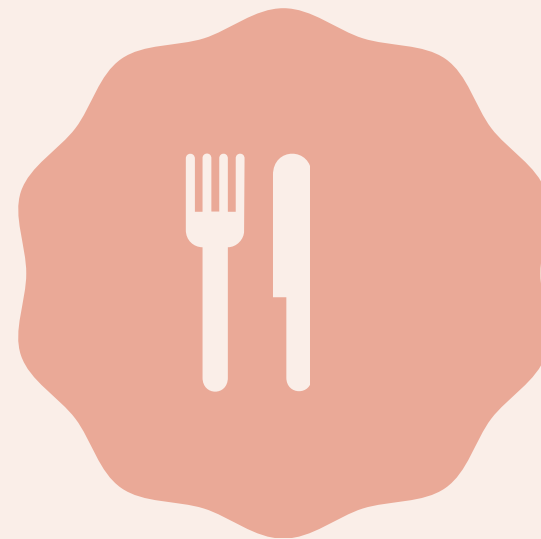
GUIDE TO STAYING AT HOME

HOW TO SURVIVE



STICK TO A ROUTINE

Create a daily routine and stick to it! Include breaks and a varied activities. Keep your wake up and bedtimes as normal as you can



LOOK AFTER YOUR BODY

Eat healthy foods and stick to regular meal times



STAY ACTIVE

You can go for a jog/walk, as long as you're not isolating (just remember to keep your distance)

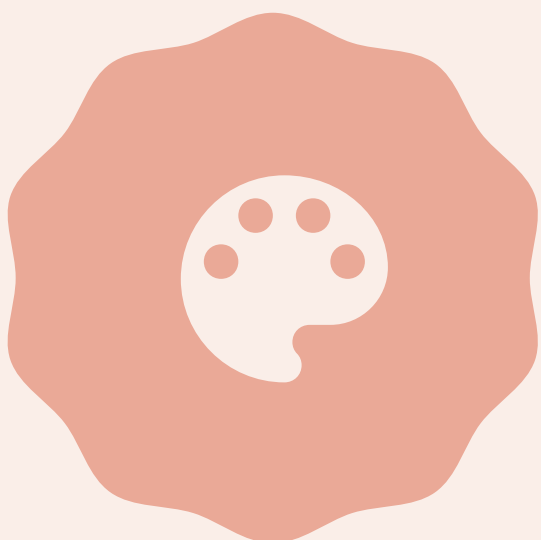
Get fresh air whenever you can by opening windows. Cleaning, dancing and gardening are all great activities!



TECHNOLOGY

Stay connected with friends and family. Limit how much you watch the news as it can feed worries or make them worse

Use screen time productively - try and stick to a routine and set screen free time



GET CREATIVE

Getting your creativity flowing can help you to express your feelings

Being at home might be the perfect opportunity to try a new creative skill!




CHANGE CLOTHES

Get dressed into day clothes!


DAILY PLANNER

MAKING IT WORK

DAY: 


TODAY IS GOING TO BE:


I'M GRATEFUL FOR:

MAIN FOCUS:


EMAILS+CALLS TO MAKE:
.....
.....
.....
.....
.....

* MOOD:

WHAT I WILL GET DONE TODAY:
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐
.....☐

SOMETHING I'M LOOKING FORWARD TO TODAY:



EXAMPLE DAILY TIMETABLE

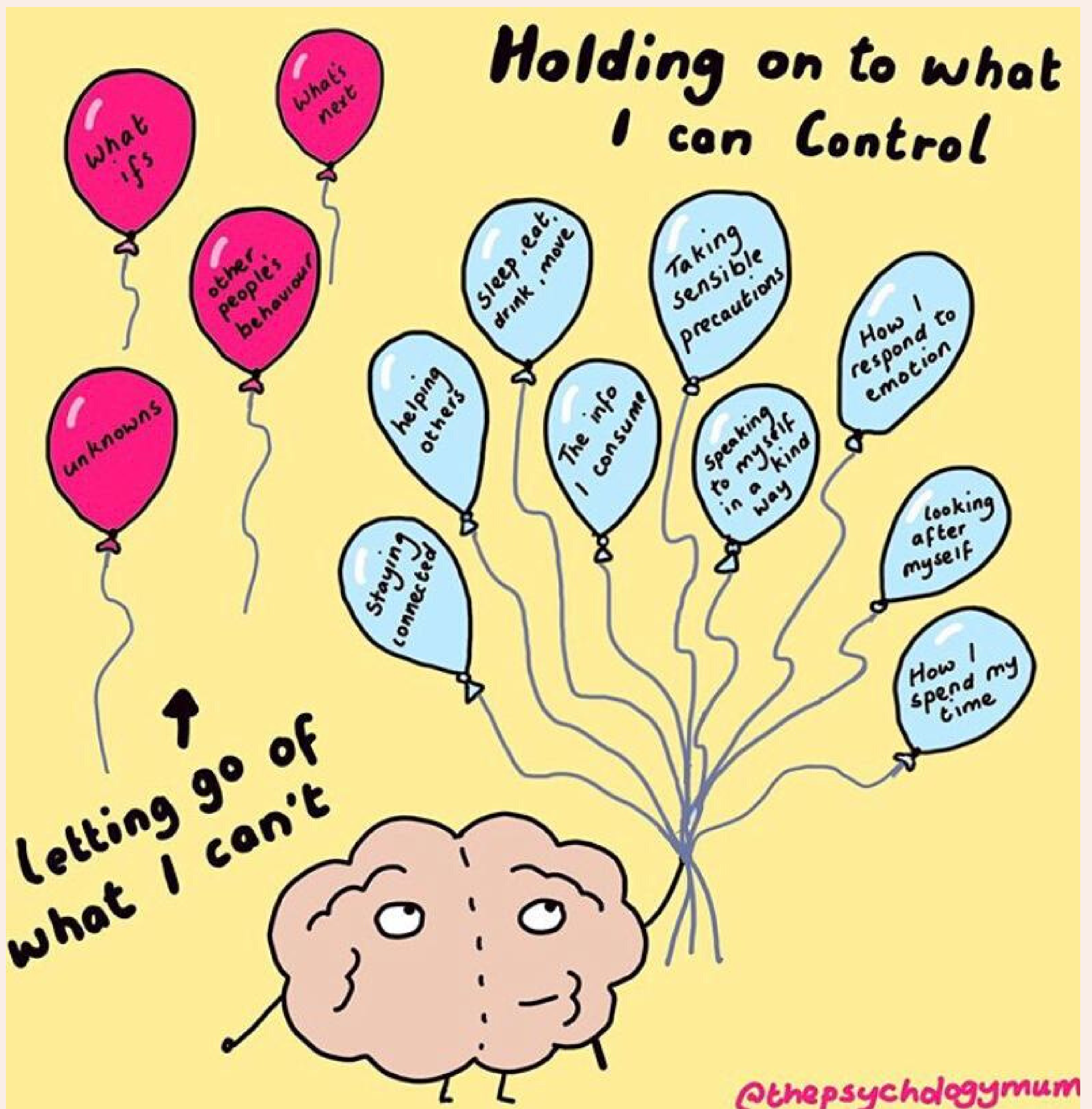
COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

TIME TO LET GO

What balloons can you control, that are worth keeping hold of and are a good use of your brain space and energy?

What can you notice and let go of?



THINGS TO SHARE WITH YOUR PARENTS/CARERS

WEBSITES

www.bbc.co.uk/bitesize

www.ictgames.com

www.sciencebob.com

www.sciencekids.co.nz

<https://www.stem.org.uk/teaching-science-through-stories>

www.khanacademy.org

<https://www.brainpop.com/>

www.more.starfall.com (for

younger children, Nursery – Year 2)

Primary Teaching Resources/ TES (free registration)

For printable worksheets: www.kidzone.ws www.bigactivities.com

Creative learning: www.creativebug.com

www.seussville.com/play

Virtual tours of Museums around the world: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tourst>

www.netflixparty.com

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

https://padlet.com/f_williams3/lifetime

www.netflixparty.com

APPS

GoNoodle

BBC Bitesize

King of Maths-Maths Learner (primary school children)

Khan Academy Kids (primary school children)

Flora

Reflectly

YOUTUBE

Crash Course (for older children/teens)

Crash Course Kids

Science Channel

SciShow (more suitable for older children/teens)

SciShow Kids

ZenDen

National Geographic Kids

Kids Learning Tube

The Body Coach - Joe Wicks daily PE sessions!!

THINGS TO SHARE WITH YOUR PARENTS/CARERS

EDUCATIONAL BOOKS

World Book Online have just made their fabulous collection of over 3,000 ebooks and audiobooks available for free for children to access at home. They have books suitable for all ages. Click on the following link to access them.

<https://worldbook.kitabooboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDExMzA2Mjp1cw>

100+ INDOOR ACTIVITIES

CRAFTS

MAKE PAPER AIRPLANES
SALT PAINTING
MAKE SUNCATCHERS
MAKE SALT DOUGH
MAKE SPONGE STAMPS
MAKE A CEREAL BOX AQUARIUM
MAKE SCRATCH ART
MAKE YOUR OWN BOOKMARKS
PAINT PET ROCKS
MAKE RECYCLED CRAYONS
MAKE PAPER BOATS
FINGER PAINT
MAKE FRIENDSHIP BRACELETS
MAKE A BIRD FEEDER
MAKE PAPER BAG PUPPETS
MAKE HANDPRINT ART
MAKE A SCRAPBOOK
DECORATE T-SHIRTS
MAKE A THANKFUL JAR
PAINT LEAVES
MAKE A TIME CAPSULE
MAKE BUTTON ART
PAINT WITH WATERCOLORS
COLOR IN A COLORING BOOK
MAKE PAPER CRAFTS
BUILD A CARDBOARD CASTLE
MAKE TISSUE BOX MONSTERS
MAKE A TOILET PAPER ROLL BUTTERFLY
STAMP WITH CELERY
MAKE CHALK ICE
MAKE PUFFY SIDEWALK PAINT
DRAW A SELF PORTRAIT
USE RUBBER STAMPS
DO SCRAPE PAINTING
PAINT A RECYCLED JAR
MAKE SUPERHERO COSTUMES

ACTIVITIES

MAKE PLAYDOUGH
MAKE SLIME
MAKE PLAY MUD
MAKE RAINBOW RICE
MAKE FAKE SNOW
MAKE A SENSORY BIN
MAKE A SENSORY BAG
BUILD A FORT
HAVE A PILLOW FIGHT
WRITE A STORY
MAKE ICE CREAM IN A BAG
MAKE GUMMY BEARS
MAKE FRUIT ROLL-UPS
HAVE A MOVIE DAY
PUT ON A FASHION SHOW
BAKE CUPCAKES OR MUFFINS
DO YOGA
BUILD AN OBSTACLE COURSE
MAKE DINNER TOGETHER
PLAY WITH MAGNETIC TILES
BUILD SOMETHING WITH LEGO
USE DOT MARKERS
BUILD A STACK OF CARDS
PUT ON A PUPPET SHOW
MAKE A TREASURE HUNT
INDOOR BOWLING
LEARN TO DRAW
PUT ON A PLAY
MAKE INDOOR HOPSCOTCH
DO A FAMILY CHORE TOGETHER
HAVE A DANCE PARTY
HAVE A TEA PARTY
PLAY WITH WATER IN A BIN
SET UP A PLAY STORE
MAKE A SOCK TOSS GAME
MAKE PERLER BEAD ART
WRITE IN A JOURNAL

GAMES

PLAY WOULD YOU RATHER
PLAY I SPY
PLAY SIMON SAYS
PLAY BOARD GAMES
PLAY HIDE AND SEEK
INDOOR SCAVENGER HUNT
PLAY BINGO
PLAY CARD GAMES
DO A PUZZLE
PLAY CHARADES
BUILD YOUR OWN GAME
PLAY FREEZE DANCE
PLAY HOT POTATO
PLAY MARBLES
KEEP THE BALLOON UP
PLAY DOMINOES
PLAY HANGMAN
PLAY TIC-TAC-TOE

EDUCATIONAL

READ BOOKS
DO A SCIENCE PROJECT
LEARN ORIGAMI
LEARN ABOUT A NEW ANIMAL
LEARN A NEW CARD GAME
LEARN TO SEW
LEARN TO KNIT
DO BRAIN TEASERS
LEARN A NEW LANGUAGE
LEARN ABOUT A COUNTRY