

Lockdown



Stay home,  
stay safe

Healthy  
at home

Coronavirus

Covid 19

Quarantine

# Corona Safety Learning Kit



# Sequence the steps to wash your hands



Scrub your wrist



Scrub the back of your hands



Scrub your thumb



Wipe with clean towel



Scrub your hand palm to palm



Use water and soap



Scrub between fingers

1

2

3

4

5

6

7

# Stay protected

Circle the action that protects you from corona virus.

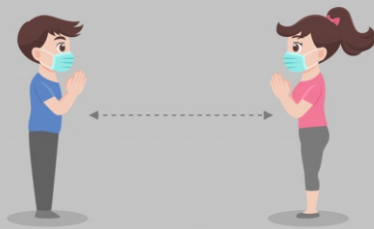
People in group



People at distance



Two children greeting with Namaste



Two children greeting with a hug



Junk Food



Healthy food



Child sneezing in her elbow



Child sneezing in the air



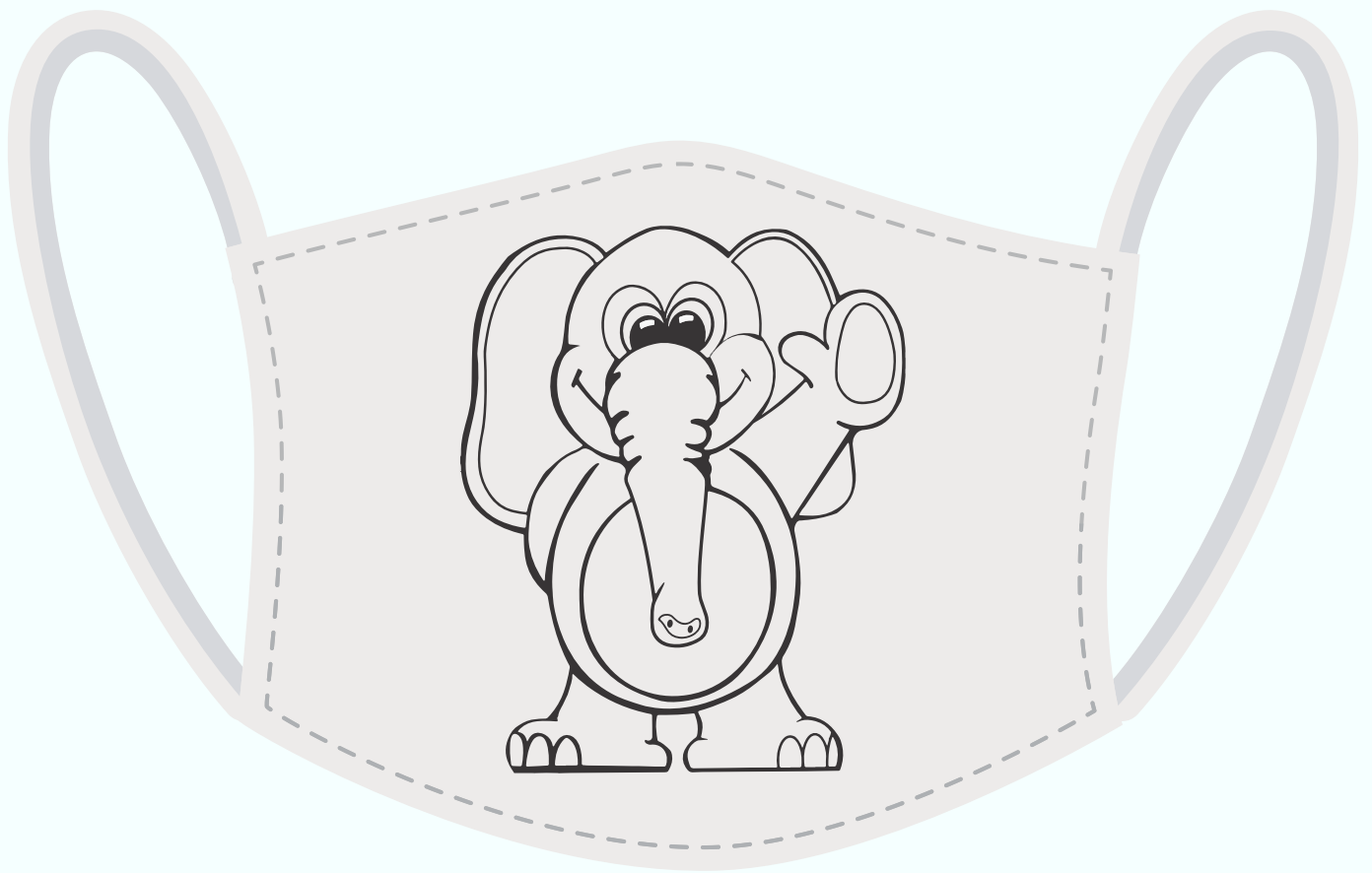
Child without a mask



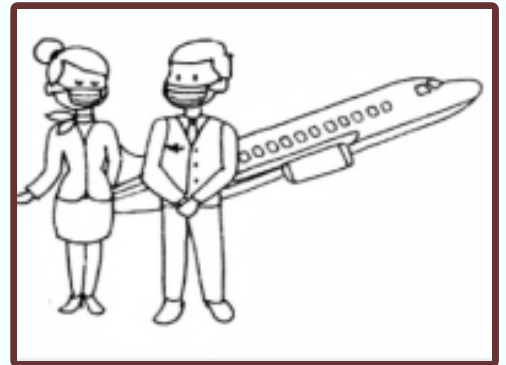
Child wearing a mask



Design and colour your own Jumbo safety mask.



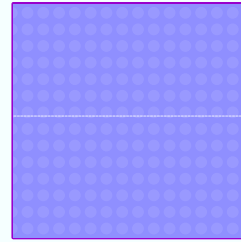
# Colour Our Covid heroes



# Make your own face mask

## Materials Required:

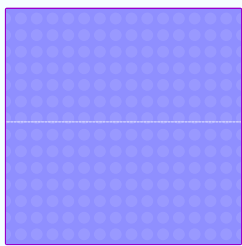
1. Handkerchief or a square cloth



## Steps to make a mask

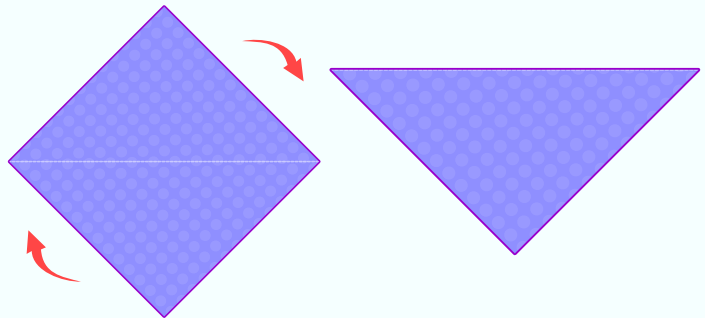
1

Take one handkerchief of 12x12 inches



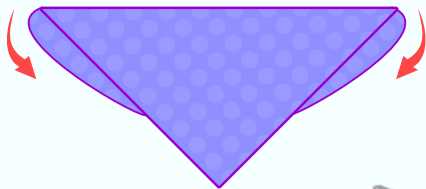
2

Fold the handkerchief from two opposite ends and make a triangular shape.



3

Fold it one more time into half.



4

Cover your nose and mouth with the handkerchief and tie both the ends behind your head.

5



Do not forget to wash it everyday.





# In the image below find and circle the safety tools that will protect us from the COVID Virus.

Look carefully and name all the objects that will keep us safe from Corona virus.



sanitizer



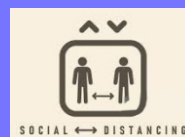
mask



gloves



handwash



social distancing sign



soap



disinfectant



stay at home sign



namaste symbol



tissue box

Now look at this picture and find and circle all the objects that will keep us safe from Corona virus.

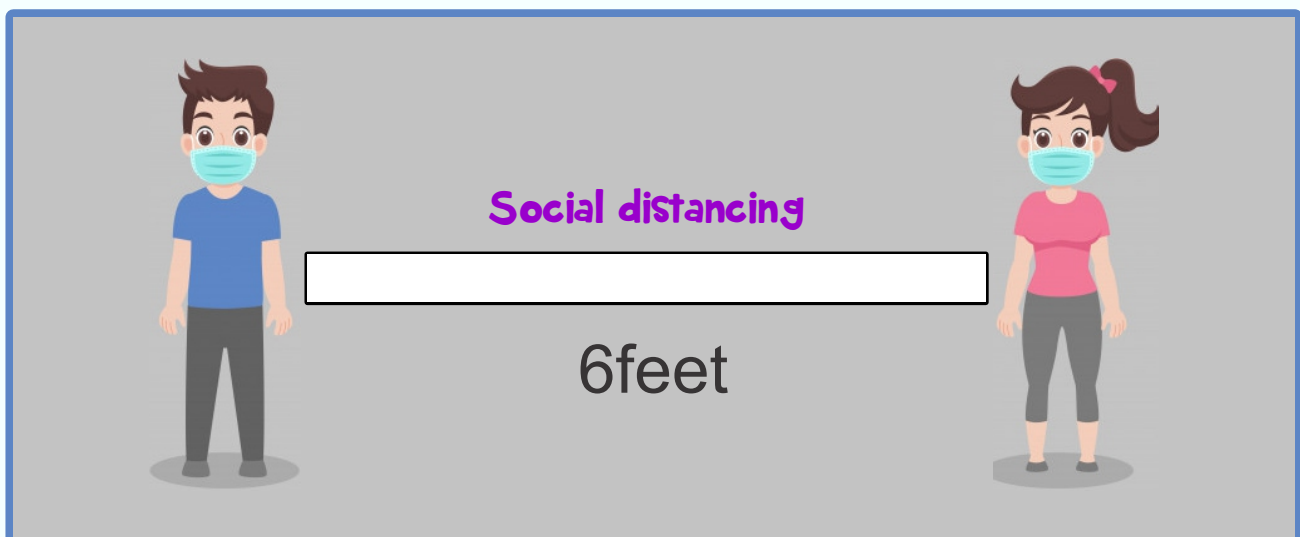
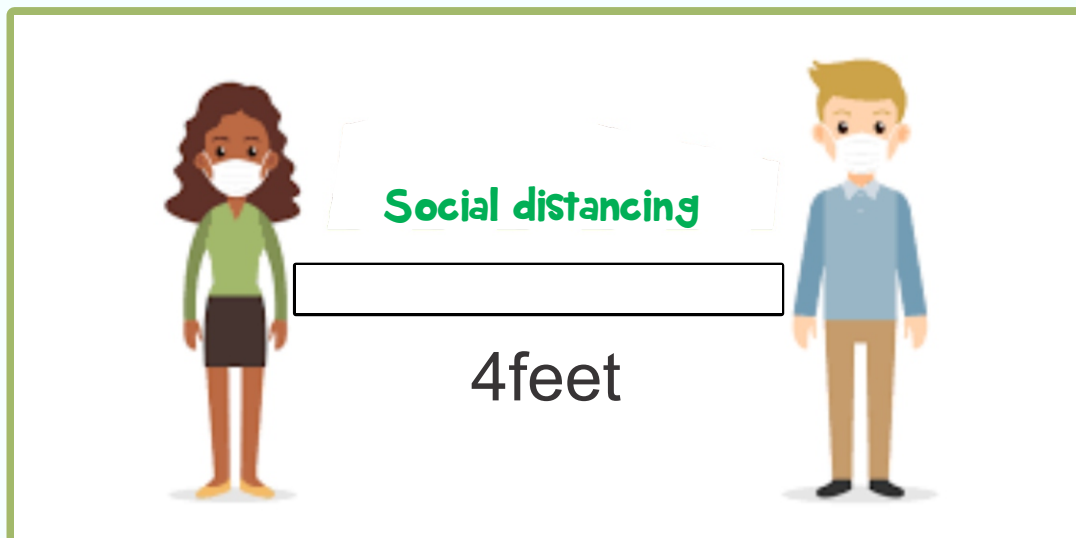


Go through the maze and help the doctors collect all the safety gear required to keep them safe from Corona virus.





**Draw a line in which the children are maintaining the correct social distancing.**



# Six healthy methods to cough and sneeze



Colour the boy and the girl who are showing healthy ways to cough and sneeze

**Cough and sneeze in my tissue or sleeve**



achoo!

cough  
cough  
cough





## Help Your Child Understand All About Wearing Mask



Dear Parents,

Your young toddler will now have to wear masks when going out of the house to ensure personal safety. Thus it is very important to implement the tips given below to make them comfortable wearing masks in a fun way.



### Practice wearing Masks and Role Play!

Allow the child to PLAY with his/her mask while at home so that they can practice wearing it independently. Make it more fun by turning it into a role play, by saying, “Hey with the mask on you look like a Doctor or Nurse”, add props and have fun with your child doing role play.



### Explain WHY masks are essential

Talk to your child in simple sentences to explain why they need to wear a mask. You can simply say that many people are sick right now and they have a virus inside their body. So to protect ourselves, when we go outside the house, we need to wear a mask always.

### Family Picture with the Mask

To make the child comfortable with how he/she will look wearing a mask and that we all are in it together, everyone in the family including your child’s favorite stuffed toy wear a mask and take a Family Picture. Then discuss as a family, how each one looks!





# Do's and Don'ts of Corona Virus.



## 5 Rules to Teach Children About Wearing Masks



Always ensure that  
you can breathe  
through your Mask.

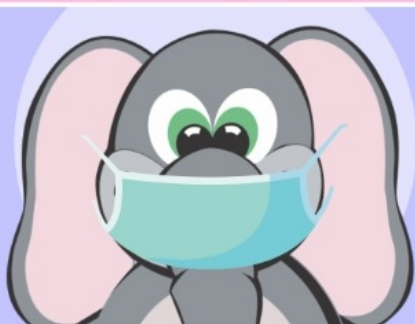
Always ensure that you  
Mask is **washed**  
and **clean**.



Always ensure that the  
mask covers your  
**Mouth** and **Nose**.



Always ensure to wear your mask  
properly before  
**going out** of your house.



Always use  
**comfortable cloth masks**  
and not surgical masks as  
they are for Doctors and Nurses.

# Memory game



mask



hand sanitizer



mask



hand sanitizer



child sneezing



SOCIAL ↔ DISTANCING

social  
distancing sign



child sneezing

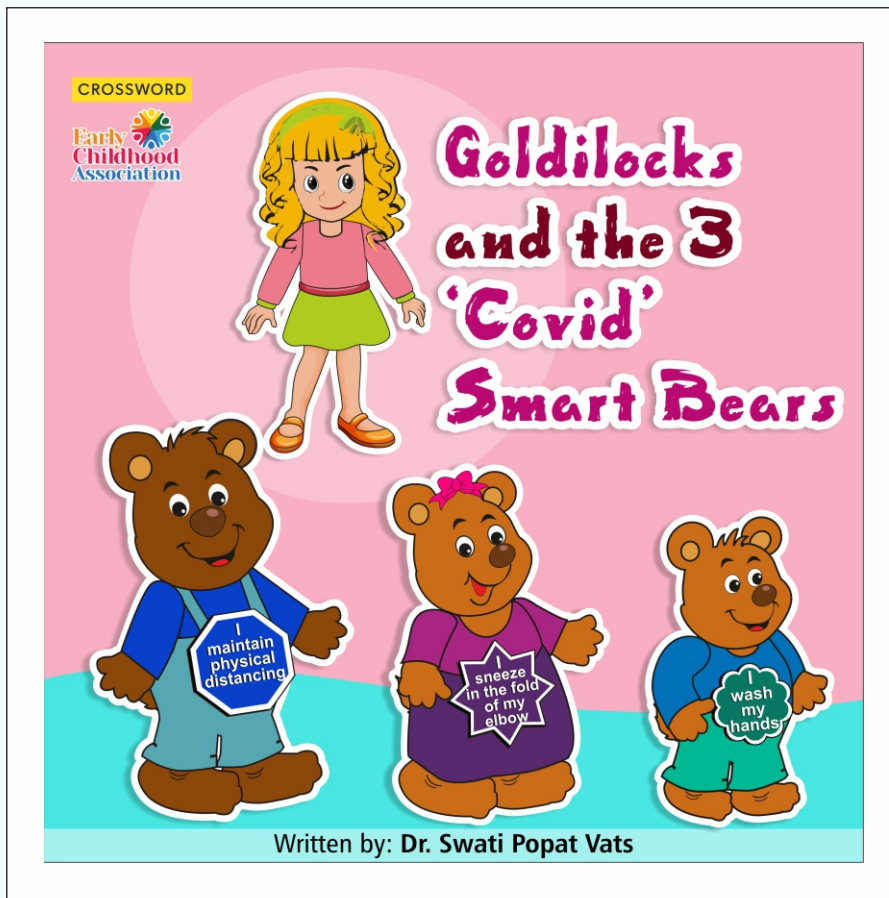


SOCIAL ↔ DISTANCING

social  
distancing sign

1. Mix up the cards & lay them in 2 rows face down.
2. Now try turning over any two cards.
3. If the two cards match well done! If not, try again.

Check our Jumbo Kids Channel on utube and tell your child the story of Goldilocks and the 3 Covid Smart Bears, and The new Lion and the Mouse, to help your child understand about Hand hygiene, wearing a mask, how to sneeze and cough and maintaining physical distancing.



<https://www.youtube.com/watch?v=-3ap7IFP0dc>



<https://www.youtube.com/watch?v=MKoG-2fGipY>