

Goldilocks and the 3 'Covid' Smart Bears

It is important to use stories to help children understand the 'changed rules' of uncertain times like the Covid pandemic. We talk about social distancing, not touching our mouth and nose and washing our hands even when they don't seem dirty! All these are quite confusing to young children and that is why I have used the teaching maxim of 'known to unknown' to help them understand and relate to the new normal. Goldilocks is a favourite the world over, and I have used these engaging characters to teach the new social and hygiene norms to young children so that they understand and imitate their story book role models. I urge parents to use this story to teach children about physical distancing, good habits about how to sneeze, cough and wash hands.



I have also written another story called 'The new Lion and the Mouse- the mouse teaches the lion about Corona Safety', it can be downloaded from here- <https://youtu.be/b3vGckRcBQc>

Story telling of both the stories can be viewed on **Youtube** and **Crossword Facebook** page.

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Goldilocks and the 3 'Covid' Smart Bears



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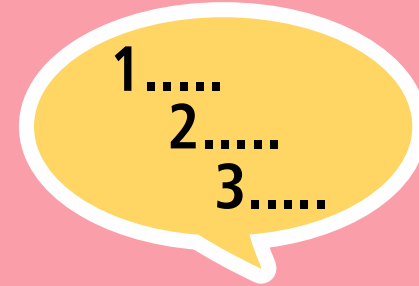
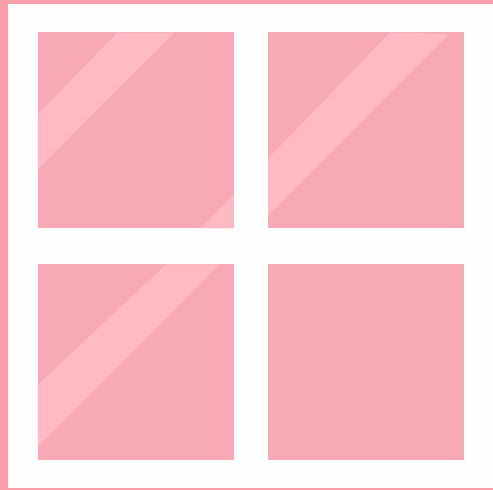
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When Goldilocks went to the house of the bears, Oh, What did her two eyes see?

A bowl that was **huge**, a bowl that was **small**, a bowl that was **tiny** and that was all. She counted them 1,2,3.





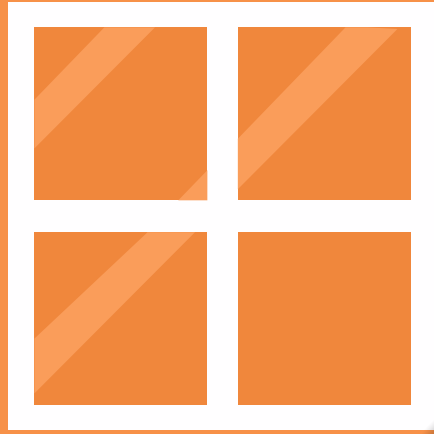
When Goldilocks went to the house of the bears, Oh, What did her two eyes see?

A chair that was **huge**, a chair that was **small**, a chair that was **tiny** and that was all. She counted them 1,2,3.

When Goldilocks went to the house of the bears,
Oh, What did her two eyes see?

A bed that was **huge**, a bed that was **small**, a bed that was **tiny** and that was all.
She counted them 1,2,3.





When Goldilocks went to the house of the bears, Oh, What did her two eyes see?

A bear that was **huge**, a bear that was **small**, a bear that was **tiny** and that was all. She counted them? No! she screamed and ran away! EEEEEEEEEEEEEEEEEEE!

Well, then Goldilocks realised that she had destroyed a lot of things in the bear's house, so she felt bad and decided to go back and say sorry.

She went to the bear's house and knocked on the door. Papa bear opened the door and seeing Goldilocks, he growled, "You again? Are you here to destroy more things in our house?"

"No", said Goldilocks, "I am here to say sorry. Please may I come in and say sorry to all of you?"



Papa bear let her in and this time she asked permission before sitting on any chair.

Papa bear was making some fresh porridge, Goldilocks started helping Papa bear in the kitchen.

Papa bear invited Goldilocks to the dining table to eat some porridge with them.



Goldilocks sat on the chair kept for her and picked up her spoon....

"NO!" said baby bear. "Have you washed your hands? Please **wash your hands** before you eat or touch your face."

"Yes", said mama bear, "its always better to wash your hands and especially these days with the **Covid virus** around us."



Goldilocks went with baby bear to wash her hands with soap. Baby bear started singing the 'happy birthday' song while washing his hands.

Goldilocks was surprised and asked, "Is it your birthday today?"

"No", smiled baby bear, "you have to wash your hands for 20 seconds and so while washing my hands I sing the 'happy birthday song' as it is 20 seconds long."



They both sang the song, scrubbed their hands clean and then sat on the chair and picked up their spoon to eat the porridge.

Hmmmm...it was delicious. She helped papa bear **clear the table** and wash the dishes.



Goldilocks then joined Baby Bear in the bedroom, he was making his bed...the one that Goldilocks had left all rumbled.

Goldilocks stood next to baby bear and started helping him.

"NO!" said Baby Bear. "Don't stand so close to me, **Please maintain physical distance.**" Goldilocks asked, "how do I know the right distance?"



Baby Bear said, "Lift your arms straight up and flap them like a bird and if your hands touch someone then you are not far enough."

Goldilocks flapped her hands and **maintained physical distance** and helped Baby Bear make his bed.

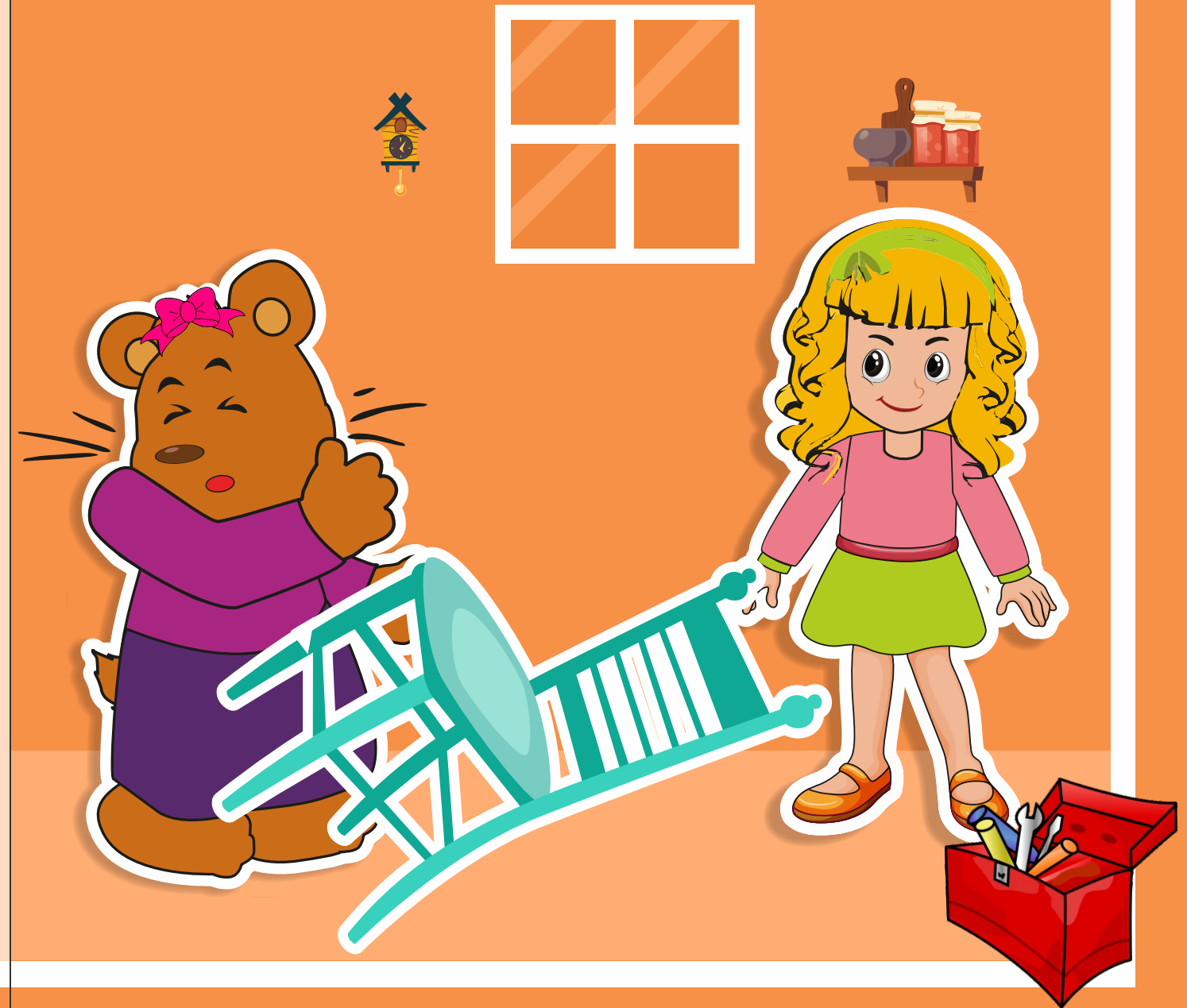


Goldilocks could hear some hammering, it was Mama bear **repairing** Baby bear's chair, the one that Goldilocks had broken!

Goldilocks asked Mama bear if she can help her. Mama bear said, "yes, hand me that nail box."



Mama bear sneezed....
in the fold of her elbow.



Goldilocks, found it funny!
She asked Mama bear, "Why didn't you sneeze in your hands? Why in the fold of your elbow?"

"Well", said Mama bear, "I did not have a tissue handy, and if I had sneezed in my hands then I would need to wash them and would end up touching the tap or other items with the same hands.

So when you don't have a tissue it is best to sneeze or cough in the fold of your elbow.
"Goldilocks practised sneezing and coughing in the fold of her elbow.



Now the porridge was eaten, the chair was repaired and the bed was made. It was time for Goldilocks to head home.

She thanked the three bears for teaching her how to maintain physical distance, how to wash her hands and how to sneeze and cough in the fold of her elbow.



“Thank you bears for teaching me to be safe and healthy, you are indeed **Covid smart bears**”, said Goldilocks.

She waved them goodbye, apologised once again, thanked them and went her merry way home, to teach her parents about the **3 covid safety techniques** taught by the bears.



How about you? Did you learn the 3 covid safety techniques?

Then it is time for you too to teach them to your family and friends and become a Covid Smart Child like the Covid Smart Bears.

CERTIFICATE

I am _____ and I am a

COVID SMART CHILD

as I know how to do the following



**Early Childhood Association
Is proud of me.**

Early
Childhood
Association

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