

Lesson plan 1-Review the resource and click the hyperlink below; CDC-Talking with children about COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Ask your child what they have heard about the new virus? How do they feel about staying at home? What are some actions they do to stay healthy?

- Review the facts about how COVID-19 is spread
 - ❖ Air droplets and touching infected surfaces and then your face.
- Talk about how to protect yourself from getting sick
 - ❖ Handwashing for 20seconds and use hand sanitizer after touching surfaces in public areas
 - ❖ Try to not touch your face
 - ❖ Cover your mouth when you cough or sneeze
 - ❖ Disinfect commonly touched surfaces

Lesson Plan 2-Review the resource and click the hyperlink below; CDC-tips to keep kids healthy while out of school

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>

Discuss with your student why are we staying at home and what does quarantine mean? What does social distancing mean and why are we having to stay away from friends and grandparents? How can we still interact with our teachers and classmates while staying safe?

- Remember to practice good hand hygiene and cough etiquette skills.
- Social distancing is staying at least 6 feet from other people not living in our household to reduce the spread of germs and the COVID-19 virus.
- Introduce web based digital learning as appropriate for your student. Connect with classmates and the teacher on school provided resource platforms.
- A daily structured schedule of learning, exercise, and down times can reduce stress during this change for the student.

Lesson Plan 3-Elementary School-Review the resources and click the hyperlinks below; Handwashing-

<https://www.youtube.com/watch?v=kHPQrYthn6M&app=desktop>

or

<https://www.youtube.com/watch?v=d914EnpU4Fo>

Review the resources and click the hyperlinks below; Cough etiquette

<https://www.youtube.com/watch?v=mQINuSTP1jI>

Ask your student why is hand hygiene and cough etiquette important? Have them show you how to properly cover their cough. Practice washing their hands and singing the Happy Birthday song twice though before rinsing the soap off.

Lesson Plan 4-Middle/High School-Review the resource and click the hyperlink below; How germs are spread video

<https://www.youtube.com/watch?v=I5-dl74zxPg>

Discuss how the students spread germs to each other. What everyday actions caused the germs to spread? What are ways to break the cycle of spreading germs?

- Handwashing for 20seconds and use hand sanitizer after touching surfaces in public areas

- Try to not touch your face
- Cover your mouth when you cough or sneeze
- Disinfect commonly touched surfaces

Lesson Plan 5- Review the resource and click the hyperlink below; CDC-Cleaning and Disinfecting
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>

Discuss everyday household chores that help keep families healthy. Name some high touch areas in your room, house, and classroom. When should you clean your hands, what if you do not have access to soap and water?