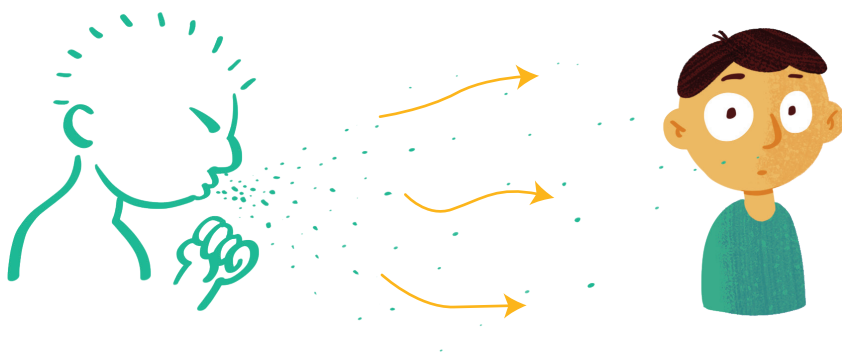


SOCIAL DISTANCING

Activity Manual



What is Social Distancing?



Social distancing is a practice to decrease contact between those who might be infected with COVID-19 and those who are not. COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. The spread of COVID-19 happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms could also spread COVID-19.



To practice social distancing, stay at least 6 feet (about 2 arms' length) from other people.

Social Distancing Practices



Leave home only for essential errands like going to the grocery store, pharmacy, or medical appointments that cannot be delayed.

Wear a cloth mask when stepping out of the house (see 'Make Your Own Mask' activity).



Avoid crowded spaces and practice social distancing.



While using public transportation, maintain a 6-foot distance from other passengers.

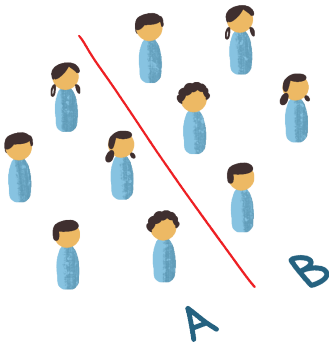
Wash hands or use hand sanitizers as soon as possible after using public transport.



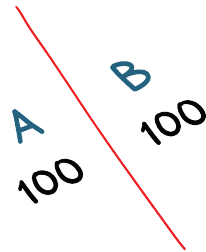
Social Distancing Game:

The game helps children understand how to practice social distancing when they go out, for example, if they step out of their homes to shop for any essential items. The team that successfully completes their shopping experience while maintaining the required distance between team members, is the winner.

Instructions:



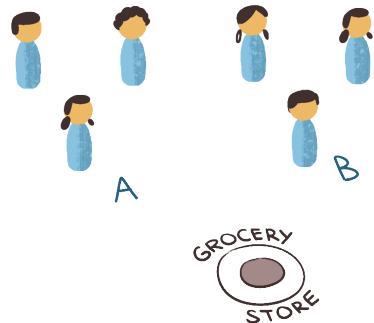
- 1 In an open space, divide the class into two teams A and B.



- 2 Each team should be given 100 points at the start of the game.



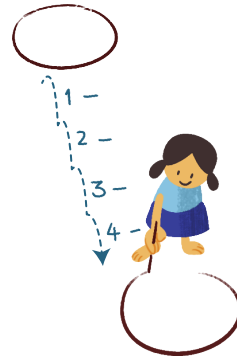
- 3 Mark a spot some distance away from the teams and label that to be a vegetable store or pharmacy or grocery store.



- 4 Each team is required to visit the store while maintaining the required social distance.



- 5 To reach the store, the first player from team A should draw a circle in front of him/her and step into it.



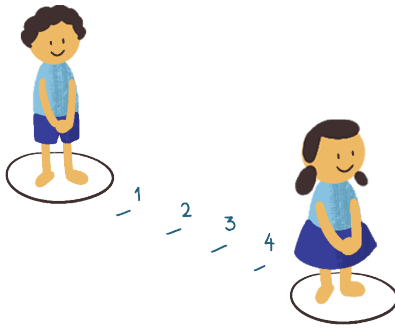
- 6 Next, s/he should take 4 steps forward from the first circle and draw a second circle in front of him/her.



- 7 S/he should step into this second circle and take another 4 steps forward to draw the third circle. S/he should continue to draw a circle for every 4 steps forward until s/he reaches the vegetable store.



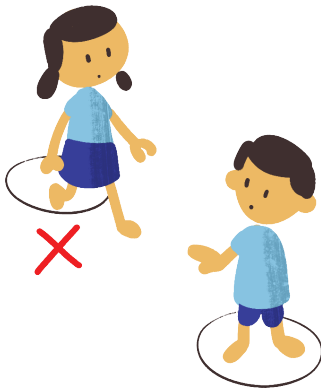
- 8 After the first player has moved into the 2nd circle, a second player from team A should step into the first circle that the first player had drawn.



- 9 The second player will move into the second circle only after the first player moves into her/his next circle. This way, there should be a minimum distance of 4 steps between the first and the second player.



- 10 Similarly, all other players in team A should join the queue one after the other.



- 11 If any player steps out of her/his circle before the next player moves out of her/his circle, then the team will lose 5 points from the 100 points they have. For every player who repeats this mistake, the team will lose 5 more points.



-
- TEAM-A
1. -5
 2. ~~-5~~
 3. ~~_____~~
 4. _____
 5. _____
- $\frac{90}{100}$

-

-
- 90
- 95
- WINNER
- A
- B

- 7



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