



Celebrating
the **good** in
difficult times



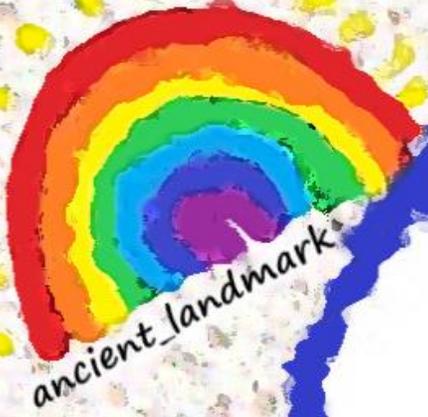
- Session 1: Staying safe**
- Session 2: Rainbow of hope**
- Session 3: Clap for carers**
- Session 4: Yellow hearts**
- Session 5: Sir Captain Tom**
- Session 6: Marcus Rashford**
- Session 7: Joe Wicks**



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Session 1

Staying safe



Learning objective

To design a 'stay safe' poster.



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Click & Play



La La Rainbows



Play your part

Leaders around the world are working hard to find a solution to stop the spread of the virus.

The process has started but it is important for everyone to play their part!



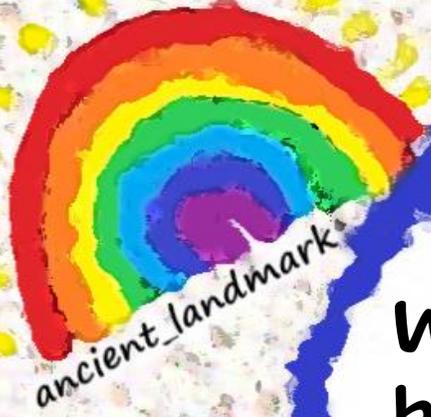
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What can we do to help?

Government rules



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STAY HOME ►

When we stay at home, we are being helpful because we are avoiding contact with others.

When we stay at home, we are stopping the virus from spreading quickly.

When we stay at home, it shows we are following the rules.



STAY HOME ► PROTECT THE NHS

NHS stands for National Health Service.

Many people use the NHS when they are feeling poorly.

Following the rules will help reduce the pressure on the NHS.



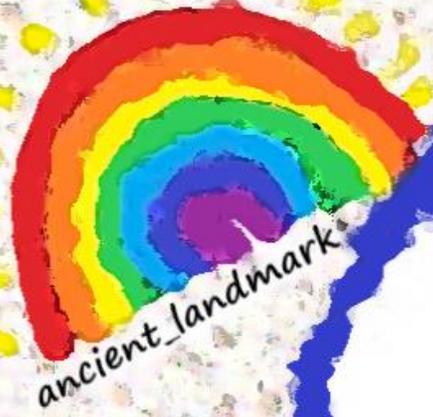
PROTECT THE NHS ► SAVE LIVES

The virus can make young and old people sick if they catch it.

Some people have other illnesses which means catching the virus could make their condition worse.

Some people catch the virus without feeling sick but can pass it onto others.

Play your part by staying at home.



Government rules

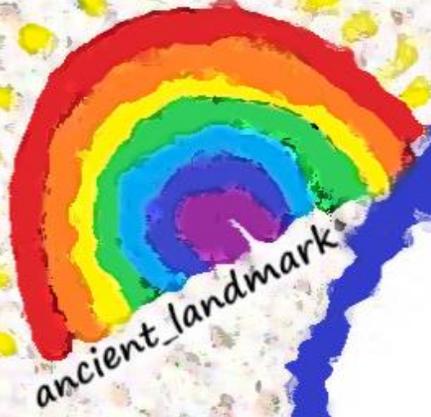
HM Government

NHS

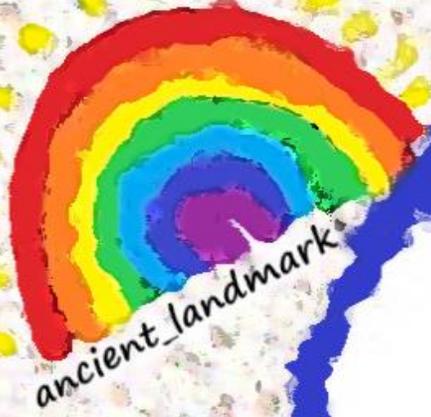
 **HANDS**

 **FACE**

 **SPACE**



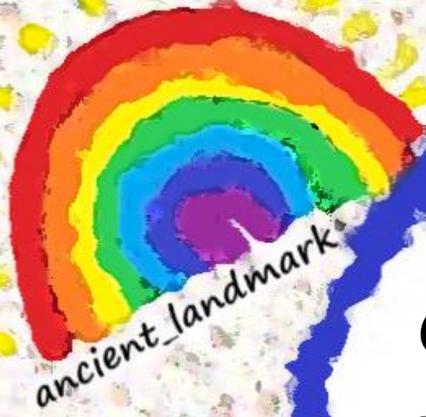
**What do you think
the hand symbol
means?**



**What do you think the
face symbol means?**



**What do you think the
space symbol means?**



WASHING HANDS

Germs are invisible but it doesn't mean they don't exist.

Washing your hands regularly will kill germs that can spread the virus.

Washing your hands regularly can stop you and others getting sick.

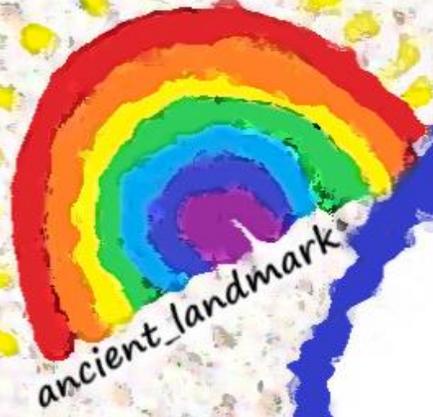


FACE COVERING

Face covering is intended to protect others.

Face covering covers the nose and mouth where the virus can pass from one person to another.

Face covering is required to be worn in certain places.

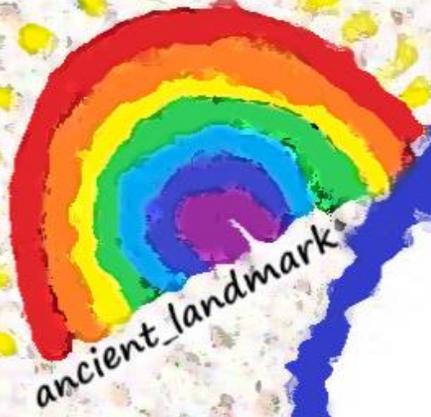


SOCIAL DISTANCE

Social distance is when you keep a space between others.

The space between others prevents the spread of the virus.

See if you can remember hands, face and space.

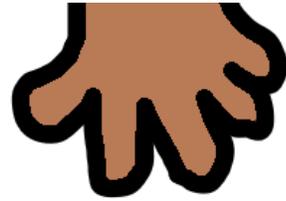


Task

Design a 'stay safe' poster.



Example 1



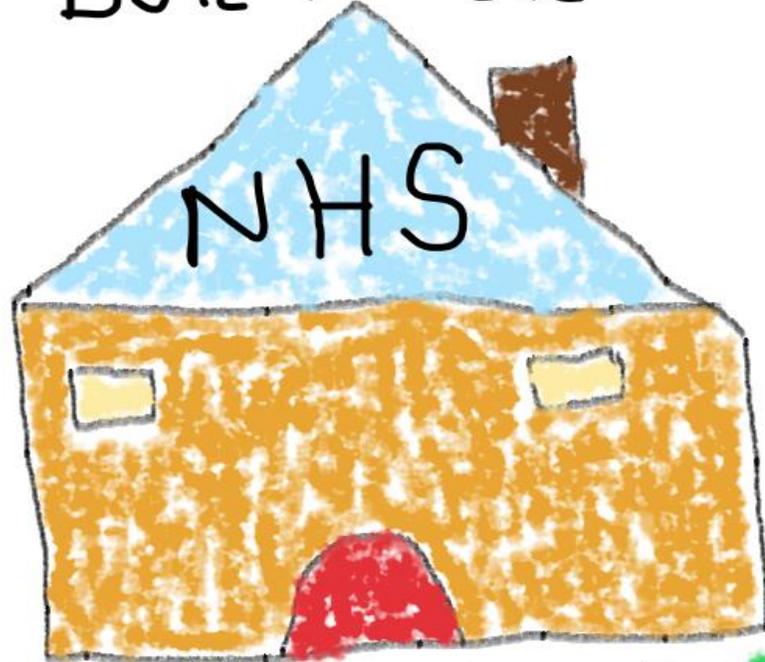
Wash hands





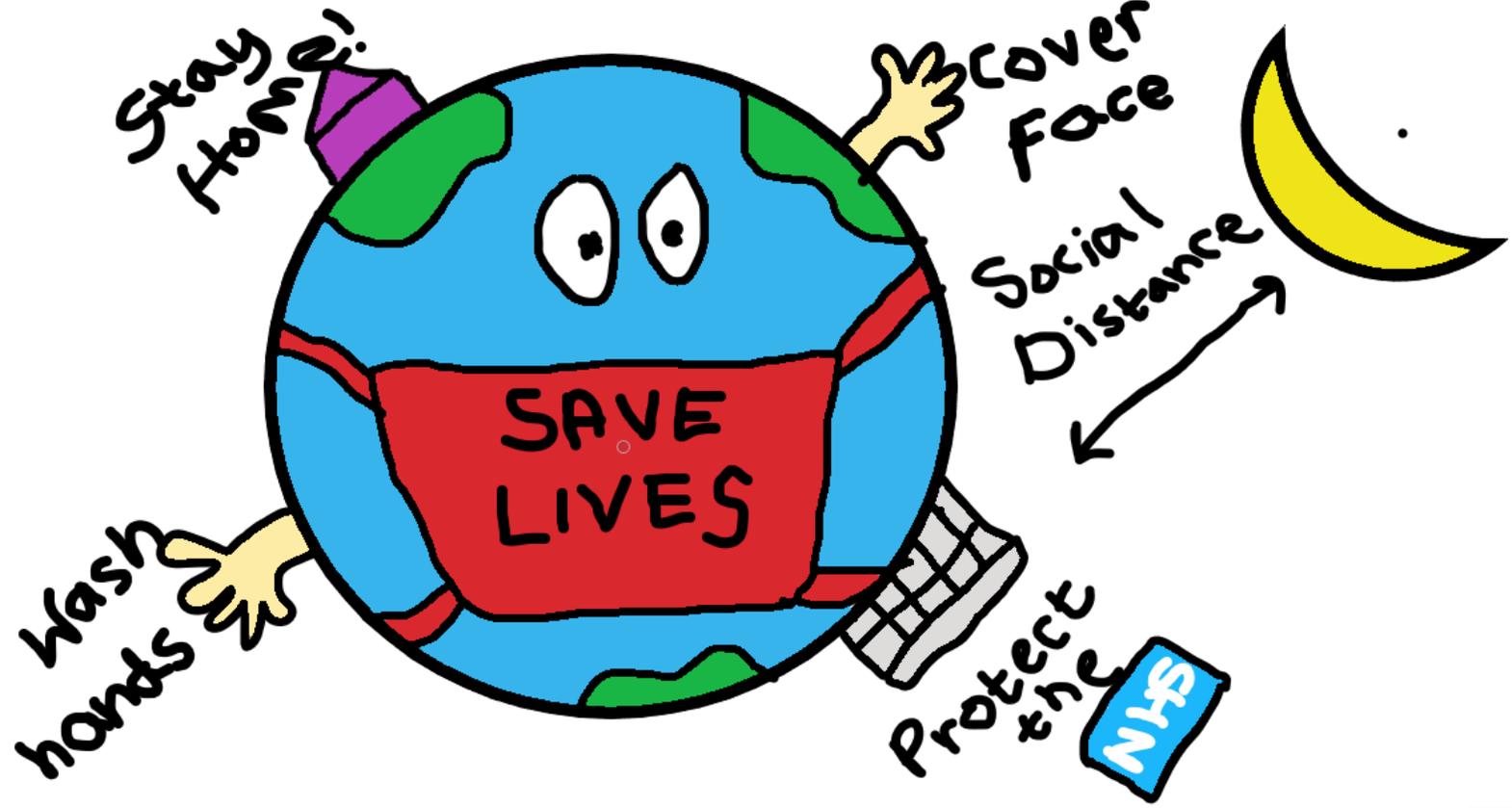
Example 2

Do it for the



Stay home

Example 3



What you will need?

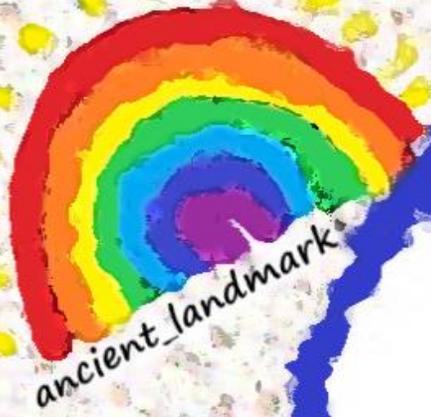
Paper

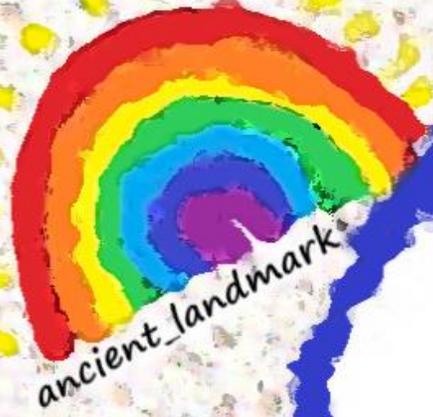


Pencil



Colours





Key words

Hands

Stay home

NHS

Face

space

Save lives



Share your poster

Ask an adult to take a photo of your poster to share with your teacher, family and friends.



Stay safe Stay hopeful

**Click & Play to Listen to more
inspiring songs**

