



EDNOVATION[®]
INNOVATING EDUCATION

How Do You Manage Your Feelings About COVID-19?

Keep Your Child Safe From COVID-19 Series

How Do You Manage Your Feelings About COVID-19?

Activity 1:

To know that the medical team are at risk of being infected by viruses

Materials:

- A raincoat
- A face mask
- A safety goggles
- A packet of hand gloves
- A doll
- UV paint
- Black light

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Steps:

1. Put on the raincoat.
2. Put on the face mask and safety goggles.
3. Put on hand gloves.
4. Pretend to examine the doll covered in UV paint for 5 minutes. The UV paint represents the viruses on the doll.
5. Remove the protective gear.
6. Use the black light to check if there are any UV paint on the gear.
7. This experiment shows us that the importance of putting on the protective gear to avoid direct contact with viruses.

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Activity 2:

To recognise one's own feelings

Materials:

- Learning journal
- Writing materials

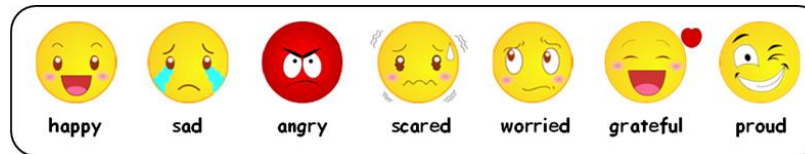
Steps:

1. Print out the learning journal.
2. Talk about and draw how you feel in different situations.

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Learning Journal

We all have emotions. We have different feelings in different situations. How would you feel in each of these situations? Use the list of emotions to talk about how you would feel. You can draw more than one emotion in each situation.



Draw

<p>How would you feel if your family member was working in the hospital or clinic?</p>		<p>I would feel...</p>	
<p>How would you feel if you were a patient with the virus in the hospital?</p>		<p>I would feel...</p>	
<p>How would you feel if your family member was a patient with the virus in the hospital?</p>		<p>I would feel...</p>	

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Activity 3:

To express appreciation and be grateful to the medical team and other hospital workers

Materials:

- Decorative materials
- Writing materials

Steps:

1. Using the decorative materials, make a gift to thank the medical team and other hospital workers. It can be an artwork, a piece of song, a goodie bag or a thank you card.
2. This activity helps us to show our appreciation and be grateful by giving them gifts.