

How Can You Be Socially Responsible? Keep Your Child Safe From COVID-19 Series



How Can You Be Socially Responsible?

Children, do you know what socially responsible means?

Note: Invite children to guess what socially responsible means.



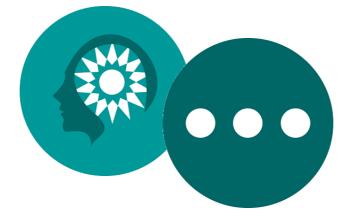




Being socially responsible means to take care of ourselves and keep others safe by not passing on germs.



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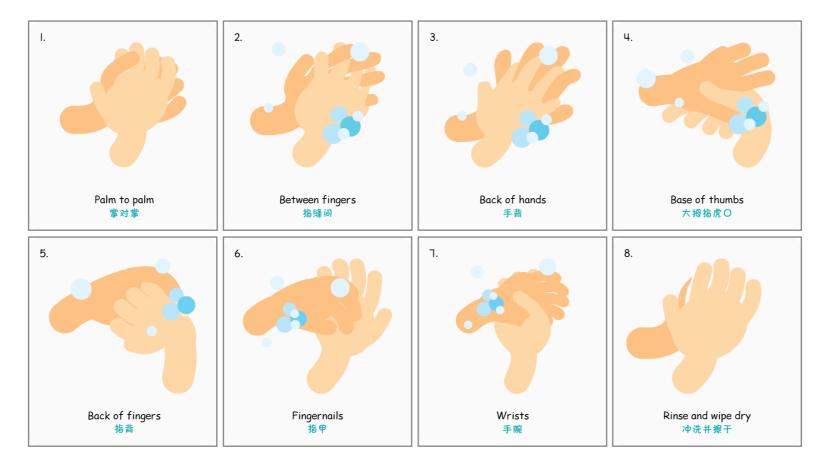


You can be socially responsible by practising good hygiene habits. What are some good hygiene habits?

Note: Encourage children to share their views boldly.







Always wash your hands with soap using the proper hand washing steps.







Always use a tissue when sneezing or coughing and throw the used tissue into a rubbish bin .







Sneeze into your elbow if you do not have any tissues with you.



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Do not touch or rub your face, eyes, nose and mouth. Avoid shaking hands too!



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Activity I

How can we greet one another without shaking hands?



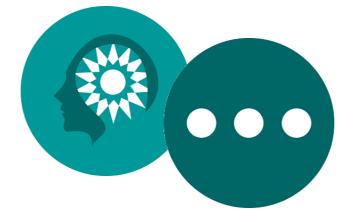


Let's try:

- I. Wave at your family members.
- 2. Find a family member and do the peace sign.
- 3. Find a family member and bow slightly.



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Can you think of other ways to be socially responsible?

Note: Encourage children to share their views boldly.

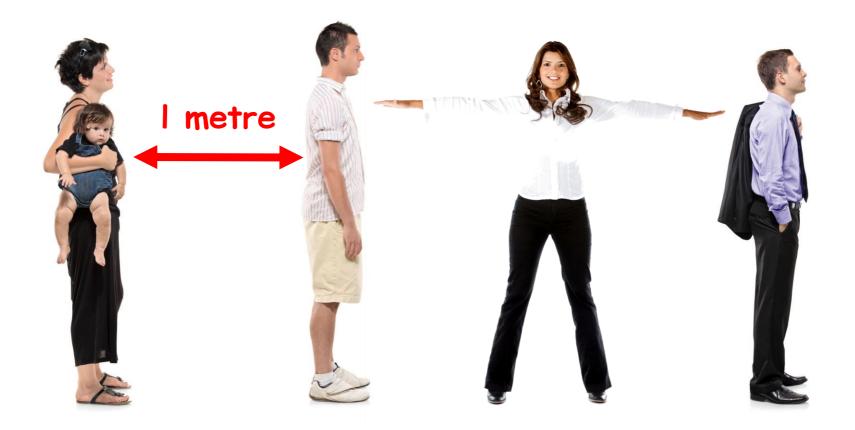






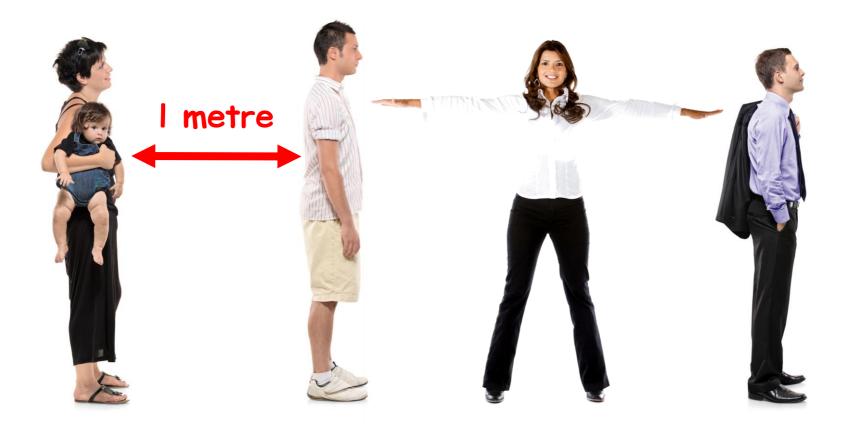
After you are done with your meal at a food court, return the tray with the dirty dishes and keep the table clean.





Practise social distancing in public places. Stay at least I metre away from the next person.





For adults, I metre is about I arm's length and for children, 2 arms' length.





Visit a doctor when you are sick. Stay at home and do not go to crowded places until you have fully recovered.







Wear a mask when you are sick. This will help to prevent the virus from spreading to people near you.





Class Activity 2



Let's find out:

How does a surgical mask prevent one from spreading his/her viruses?

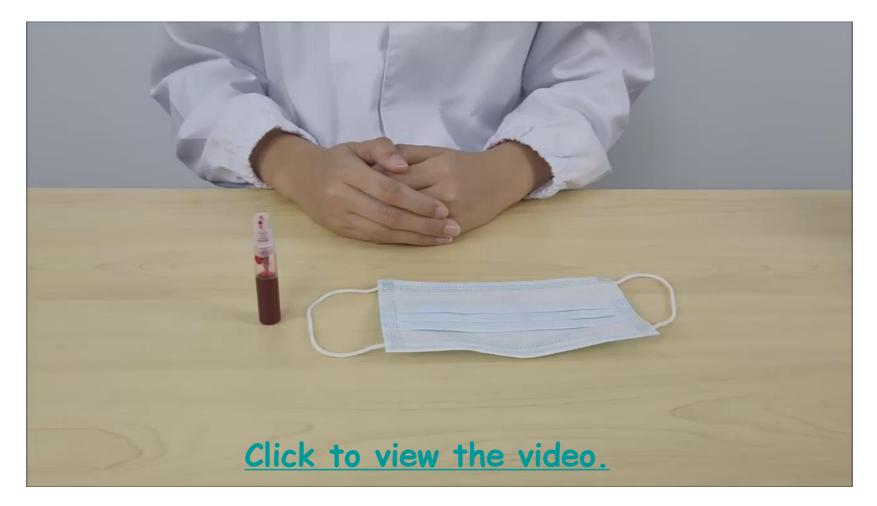


Let's do:

- I. Gently spray some coloured water on the inner layer of a mask.
- 2. Check the outer layer of the mask. Did the water go through?







Clearly, a surgical mask will not allow viruses to go through.



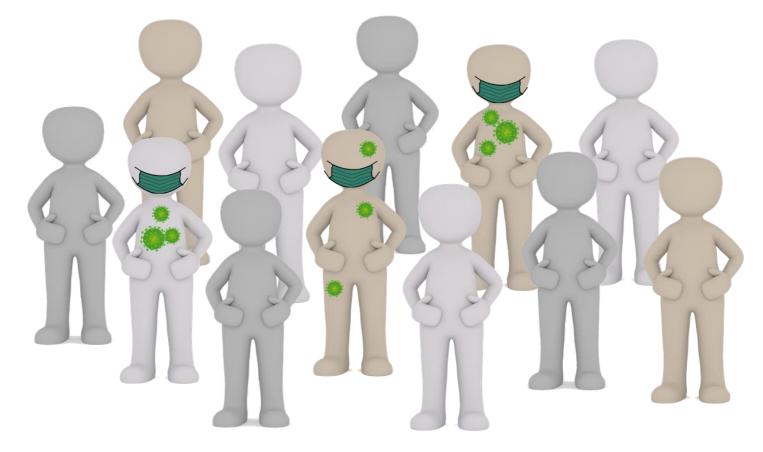




That is why we have to use a mask when we are sick.







If everyone is socially responsible and do their part, viruses will not easily spread and fewer people will fall sick.







This COVID-19 pandemic may take a while to go away. But it eventually will and life will return to normal again. For now, let's stay positive and be socially responsible.