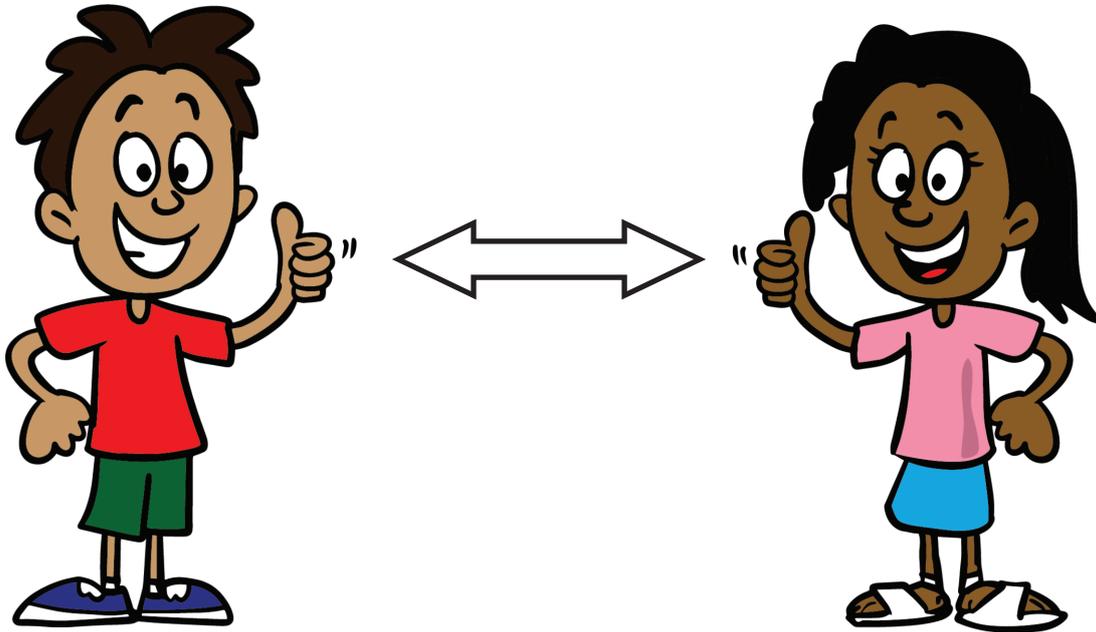


# Beating COVID-19 Worksheets

David Goodwin

Able to be copied - resources for  
children, families and schools





## Beating COVID-19 Worksheets

Photocopiable resources for children, families and schools.

**Note:** All information provided here is for education purposes only. For specific medical advice, diagnoses, and treatment, you must consult your doctor.



2020 Kidsreach Inc. Sydney, Australia

**A:** 39 Mantle Ave, North Richmond NSW 2754

**E:** [kidsreach@gmail.com](mailto:kidsreach@gmail.com) **W:** [www.kidsreach.org.au](http://www.kidsreach.org.au)

© 2020 David Goodwin. All rights reserved.

Written by David Goodwin. Original artwork by Brett Cardwell  
Permission is given to copy but not to sell. Artwork may not be used for any other purpose.

**ISBN** 978-0-6487061-3-7

# Beating COVID-19 Worksheets

## Quick Start

Provided for you by Kidsreach, 39 Mantle Av, North Richmond, NSW 2754.  
kidsreach@gmail.com

Thank you for downloading and using this resource.

Many children and young people do not understand what is happening with COVID-19. Nor do they know the gravity of the situation and the need to act now. Hopefully, these worksheets will help.

If you were given these worksheets from someone else, then you can download your own copy from [www.Kidsreach.org.au](http://www.Kidsreach.org.au)

The worksheets can be used in different ways.

1. As posters to put around the class, home, etc. Some will be particularly helpful if they are displayed in bathrooms and where food is prepared.
2. Classroom and family discussion starters.
3. Teaching

Some of the worksheets repeat the same message. It is up to you to choose which ones you want to use, but repetition is an effective way to learn.

The 'Letter to Parents Template' should be adapted to suit.

There is both a coloured version and a 'colouring-in' version of these worksheets. Children enjoy colouring in, and when families, classes, or groups do it together, it provides an excellent opportunity for discussion.

### How to use

As you discuss each worksheet, ask the children open-ended questions and listen to their responses. For example, you might ask:

- What do you know about COVID-19 or Coronavirus?
- What do you think is the worst thing COVID-19 could do to our family?
- What do you think is the worst thing that could happen to our country that would be caused by COVID-19?
- What are some of the things that you think we could do to help?

Listen to their answers and when necessary, ask more probing questions, so you help them with explanations. Children get anxious about what they do not understand. But they can be incredibly resilient when things are adequately explained to them.

If you pick up from them that they are anxious, then reassure them that the risk, at this time, of them being seriously affected by the disease is minimal. Still, for the sake of others, there are things that they can and must do to protect their family and community.

## **Keep Up to Date**

The circumstances surrounding COVID-19 and what is being done to deal with it is changing almost daily. It is crucial to keep up to date by going to reliable websites. Do not depend on social media as a reliable source of information. The following sites are recommended.

### 1. UNICEF

<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>

### 2. AUSTRALIAN GOVERNMENT FACT SHEET

[https://www.health.gov.au/sites/default/files/documents/2020/02/coronavirus-covid-19-what-you-need-to-know\\_1.pdf](https://www.health.gov.au/sites/default/files/documents/2020/02/coronavirus-covid-19-what-you-need-to-know_1.pdf)

### 3. KIDS HEALTH FROM NEMOURS

<https://kidshealth.org/en/parents/coronavirus.html>

### 4. HELPING CHILDREN WITH STRESS RELATED TO COVID-19

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

# What is COVID-19?



COVID-19 is the name of a disease that is making a lot of people worried.

'CO' stands for CORONA  
'VI' stands for VIRUS.  
'D' for DISEASE  
'19' for the year it was first discovered

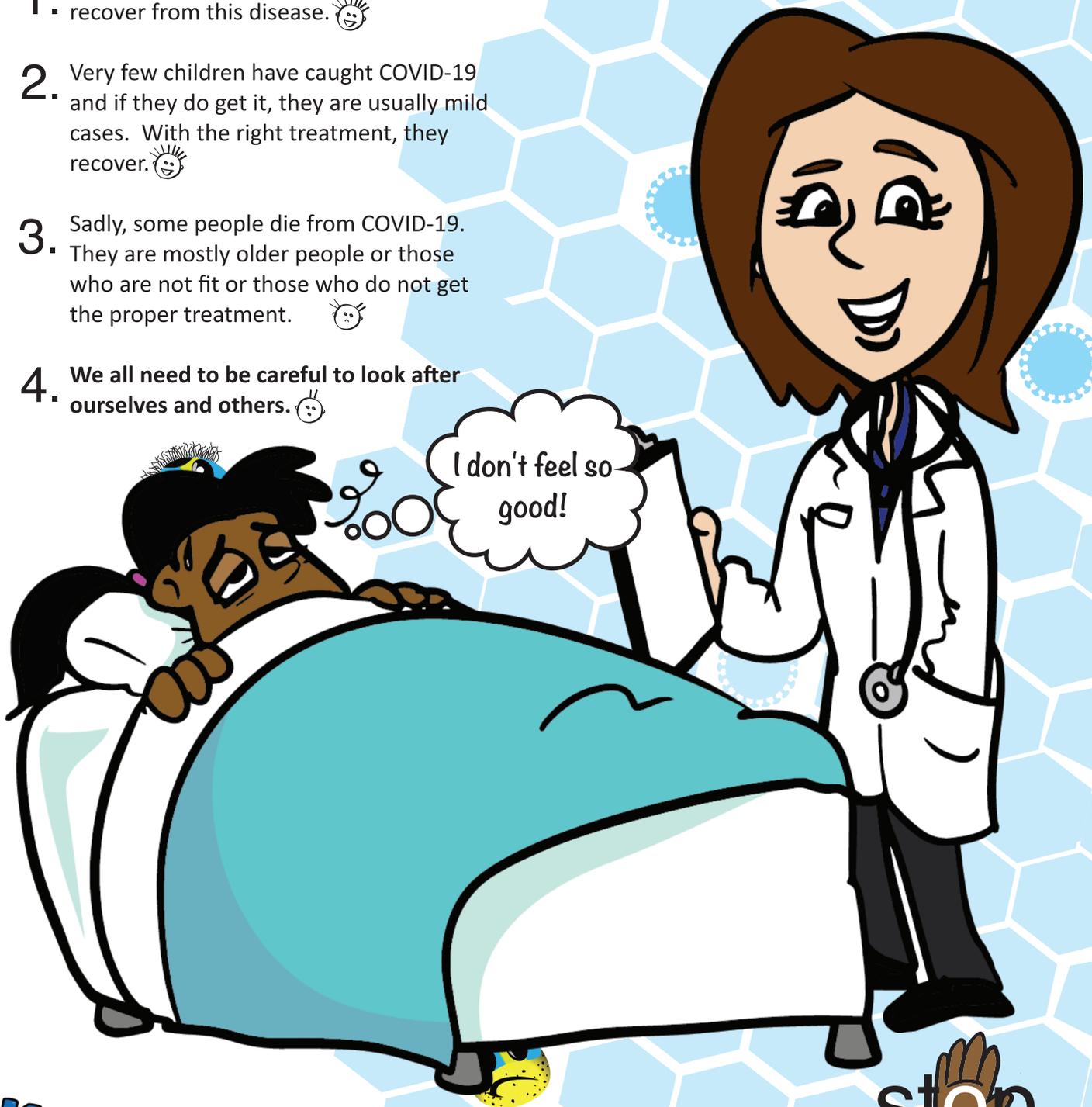
A virus is a germ that causes infections in the same way other viruses do - like the common cold, ear infections and chickenpox.

## NOW READ THIS

COVID-19 is a new germ that is similar to some types of the common cold or the flu. These germs are all in the same family. It is like they are cousins to each other. That is why some of the signs people get when they have COVID-19 are similar to what they would have if they had a cold or the flu.

# Is COVID-19 Serious?

1. When looked after properly, most people recover from this disease. 😊
2. Very few children have caught COVID-19 and if they do get it, they are usually mild cases. With the right treatment, they recover. 😊
3. Sadly, some people die from COVID-19. They are mostly older people or those who are not fit or those who do not get the proper treatment. 😞
4. We all need to be careful to look after ourselves and others. 😞



# Should we be Worried?



- People are getting sick.
- Airlines are cancelling flights.
- Supermarkets are running out of certain supplies.
- Sports matches have been cancelled.
- Some schools have had to close.
- People are being told to stay home.
- Some people have lost their jobs.
- People are worried about there not being enough food.
- Some have died.

**If you feel at all worried by these things, you must talk to a trusted adult - soon.**

## **There is good news.**

- Governments around the world are working to fight the virus.
- Scientists are working to find a cure.
- Most children only get mild symptoms.
- There are lots of things that we must all do.
- There is plenty of food.
- We have good doctors, nurses and other medical professionals.
- We live in a fortunate country.

# Help Stop COVID-19!

## Stop the virus with soap and some changes of habit

Doctors, nurses and all medical people are working hard to help patients with this disease. Scientists are working to create a vaccine. You and I must also work hard to stop this disease from spreading.



It is good that children do not get this disease as much as adults do, but this does not mean that children cannot spread it to other more sensitive members of the community, like older or sick people. This can happen even when children do not feel sick.

Everyone washes their hands but not enough to stop this virus. We all need to wash our hands more often and with soap. Especially after coughing or sneezing and definitely after going to the toilet.

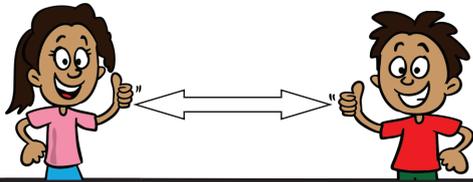
There are things that we can all do to help. But everyone must act now by changing their habits!

# DEFINITIONS

There are some new and unusual words that you might have heard as people talk about COVID-19. Here are some of them and what they mean.

## SOCIAL DISTANCING

Social Distancing means to keep a space of about 1.5 metres between any two people. If you stretch both your arms out, then from one hand to the other is about the right distance. This stops the germs spreading from one person to the other.



## PANDEMIC

A pandemic is when there is an outbreak of a disease across an entire continent but also refers to a worldwide outbreak. COVID-19 was declared a worldwide pandemic in March 10 2020.



## COVID-19

COVID-19 is a virus or a germ that causes infections in the same way other viruses do.

'CO' stands for CORONA

'VI' stands for VIRUS.

'D' for DISEASE

'19' for the year it was first discovered.



## SELF ISOLATION

Self-Isolation is when a person separates themselves from other people, usually because they have the disease or think they might have it. Some do it voluntarily but others are told they must do it. Usually it is for 14 days.



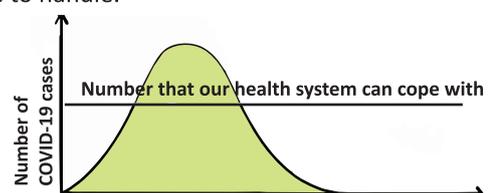
## ASYMPTOMATIC

Asymptomatic means someone who has the disease but does not have any of the symptoms. However, they can still pass the disease on to someone else. So, everyone needs to take care during a pandemic.



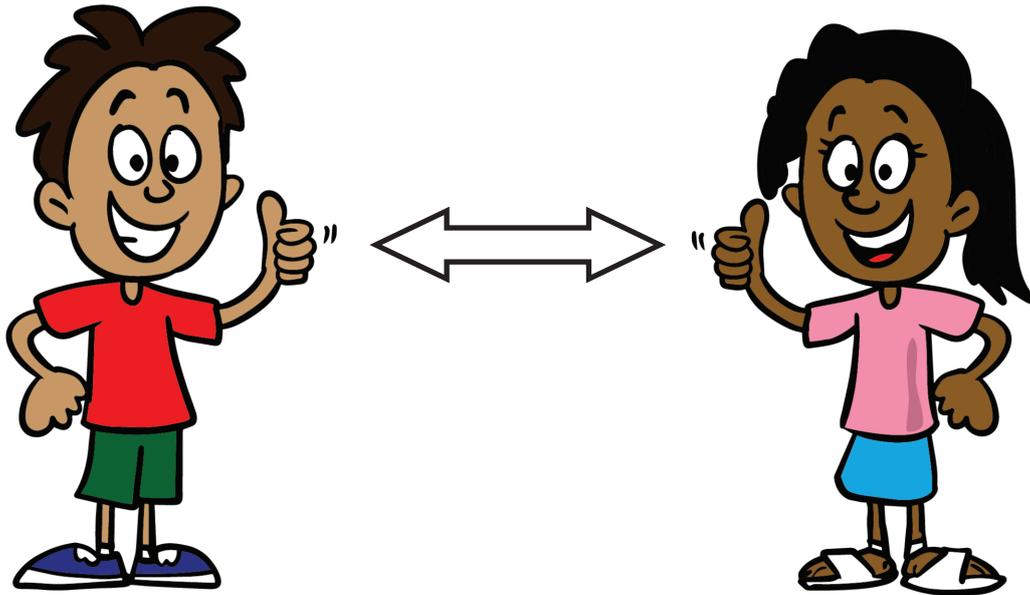
## FLATTENING THE CURVE

'Flattening the curve' refers to social distancing measures that will keep the number of COVID-19 cases at a manageable level for medical staff to be able to handle.



# Stay Safe

1. Keep your distance.



2. Wash your hands.



Permission to copy  
[www.kidsreach.org.au](http://www.kidsreach.org.au)

stop  
the  
SPREAD

# Washing Hands



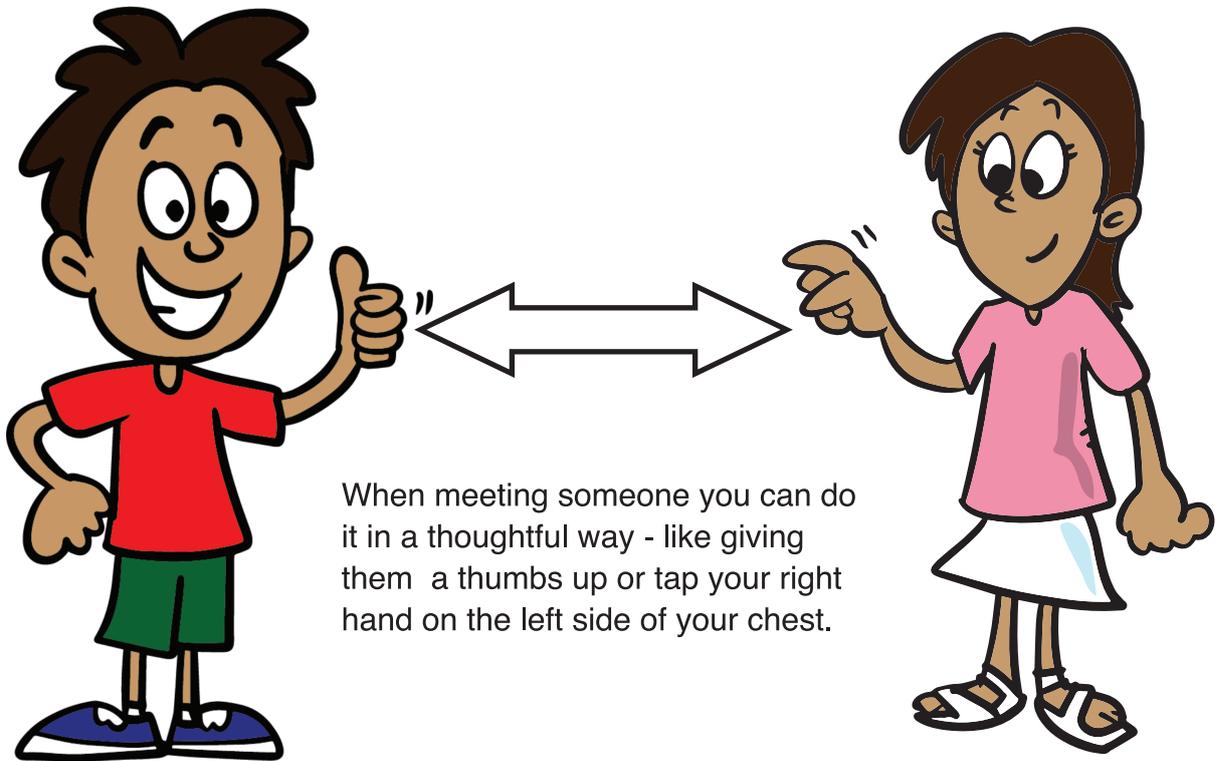
1. Wet hands with a little water
2. Lather hands with soap for 20 seconds
3. Rinse
4. Dry hands



Permission to copy  
kidsreach.org.au



# Keeping Distance



When meeting someone you can do it in a thoughtful way - like giving them a thumbs up or tap your right hand on the left side of your chest.

1. No touching another person's hands or face.
2. No High 5s. No shaking hands.
3. No hugging. No kissing.
4. Keep a distance from everyone including your friends.
5. Avoid touching shared surfaces.
6. Avoid being in crowds.



Permission to copy  
[www.kidsreach.org.au](http://www.kidsreach.org.au)



# Show Kindness

There are different ways to show kindness to others in difficult times. Some people need extra help - especially those who are elderly, sick, or who cannot leave their homes. Think about what you can do.

You could ring your grandparents or talk to them on social media.

Your family might be able to get some groceries or provide a meal for someone who cannot get out.

Is there anyone you or your family can help? How can you do this?

---

---

---

---

---

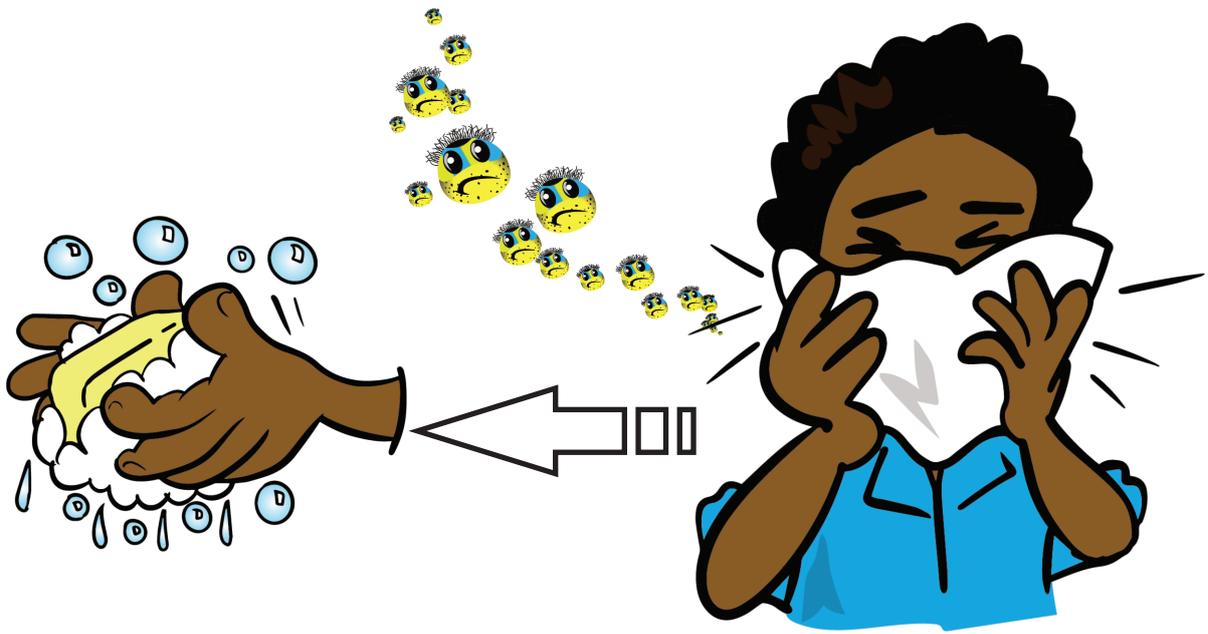


Support those who  
need help - it's the  
right thing to do



Permission to copy  
[www.kidsreach.org.au](http://www.kidsreach.org.au)

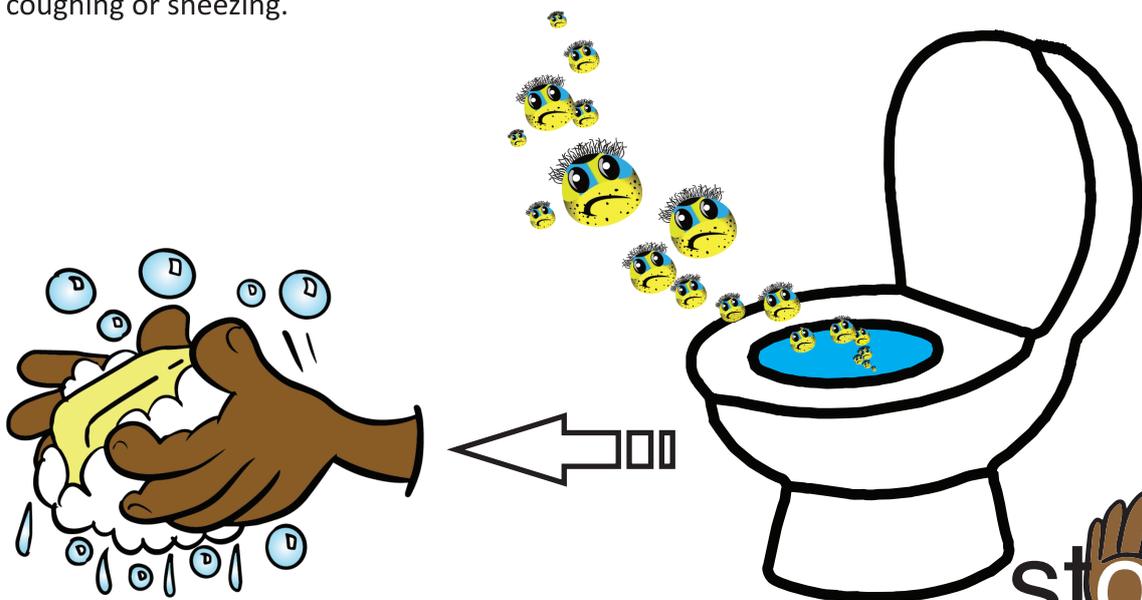




# Practice good hand hygiene

Do not take your mobile device into the toilet and do not touch it after using the toilet until you have washed your hands.

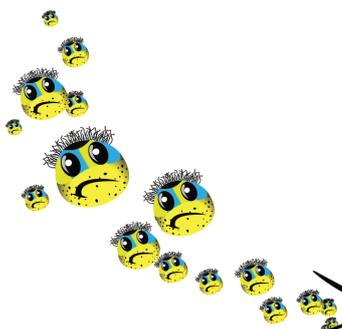
Do not touch any surface until you have washed your hands after using the toilet or coughing or sneezing.



Permission to copy  
[www.kidsreach.org.au](http://www.kidsreach.org.au)

stop  
the  
**SPREAD**

# Coughing and Sneezing



Cover your mouth and nose with a tissue when coughing.

Do not touch any surface until you have washed your hands after coughing or sneezing.



Permission to copy  
[www.kidsreach.org.au](http://www.kidsreach.org.au)

stop  
the  
**SPREAD**

# Is it time to see your doctor?



You should see a doctor if you have any of these ...



Hard to breathe



Feeling extra tired



Cough



Fever



Sore throat

# What to do when Coughing



 Wrong



 Right



 Right



 Right

 stop  
the  
**SPREAD**



Permission to copy  
[www.kidsreach.org.au](http://www.kidsreach.org.au)

# STOP COVID-19



Cover your mouth and nose with a tissue every time you cough or sneeze.



Do not cough or sneeze towards someone else.



Throw used tissues into a bin or down the toilet immediately after use. Then wash your hands with soap.



If you do not have a tissue and you are going to sneeze or cough, then sneeze or cough into your elbow.



Wash your hands often using soap and water. Hand sanitisers are not enough. Soap and water are best, but you need to wash for about 20 seconds.



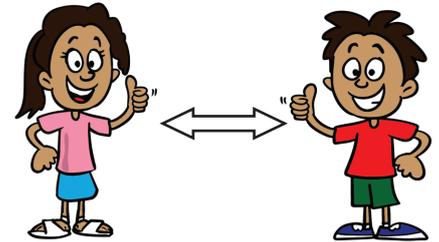
Stay away from someone who has cold or flu-like symptoms.



Be fighting fit to battle COVID-19 by getting enough sleep. Your parents might also be wanting you to take some vitamins or eat more fresh fruit and vegetables



Do not take your mobile device into the toilet and do not touch it after using the toilet until you have washed your hands.



Keep a distance from other people. Give your friends a thumbs up rather than shaking their hand or giving a high five.



Do not touch your eyes, nose or mouth if you have been to the toilet until you have washed your hands with soap.



If you are not feeling well, then tell your parents right away. Especially if you have a cold or are feeling hot.



Do not touch surfaces if you have been to the toilet until you have washed your hands with soap.

**It's time for  
EVERYONE to**



# If you're out of school Plan something cool!



If you need to stay home from school, then plan some special projects.

For example, you could learn to cook a meal, do some baking, scrap-booking, or any form of craft.

You could paint a picture, learn to take photos, or make a movie.

You might be able to think of some other things.

Think about what you have not had time to do as a family. Now might be your chance to do it. Start by talking with your parents and asking them what you could plan to do. You can get ideas on games for indoors or in your backyard from the internet.

---

---

---

---

---

---

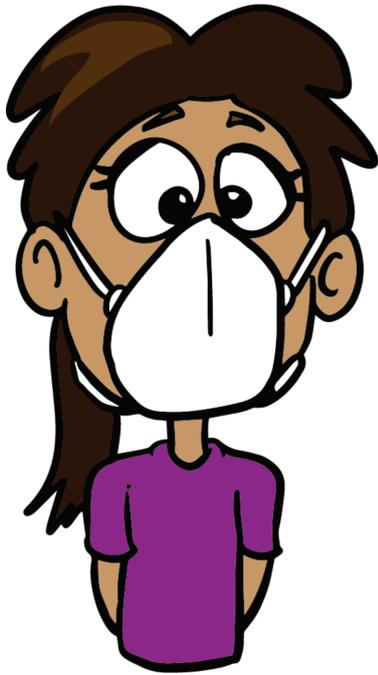
---

---

---

---

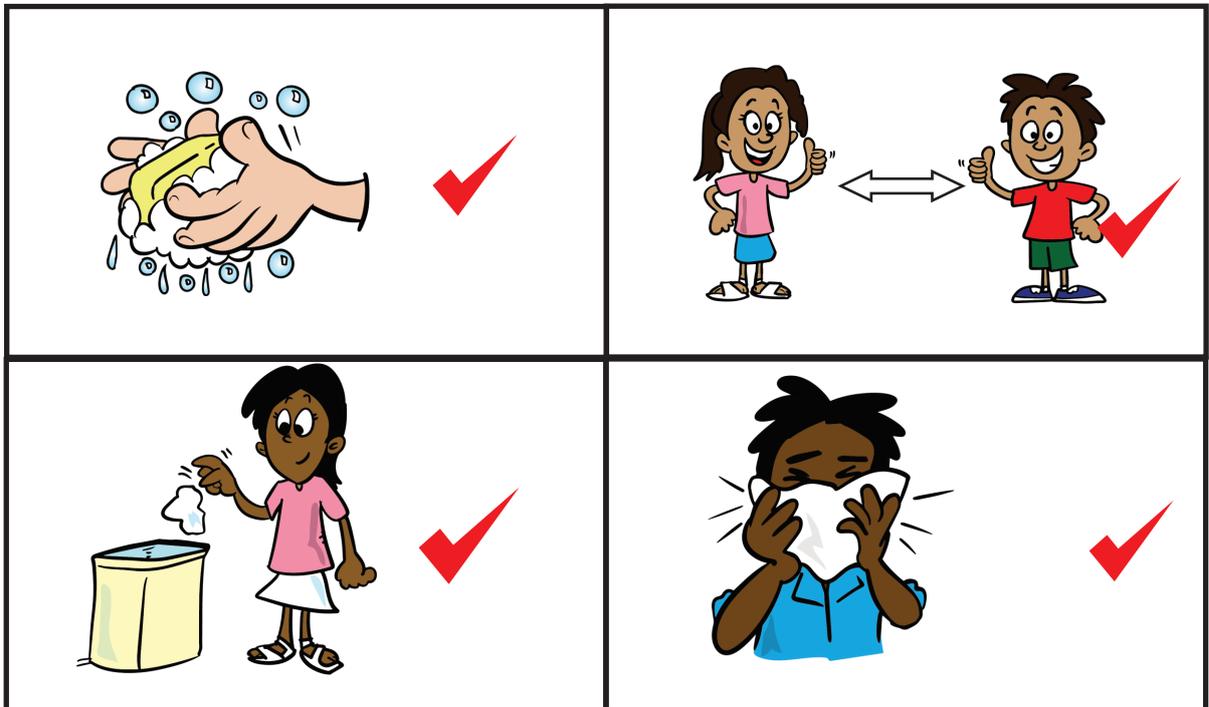
# Wearing a Mask



You will notice that some people are wearing masks to protect themselves when they go outside.

Wearing a mask may help but it is not enough. Keeping a distance from everyone, washing your hands properly and coughing and sneezing only into a tissue are the only ways to ensure COVID-19 does not spread.

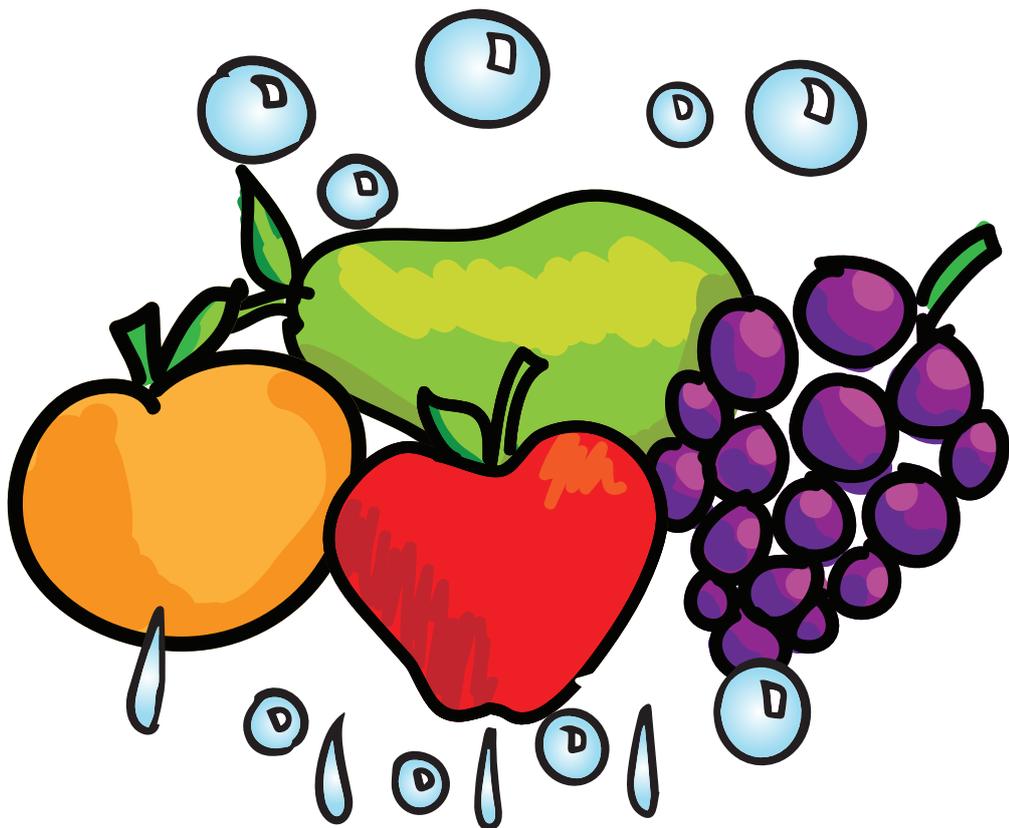
The people that must wear a mask are those that have the virus and those that are looking after them, like the doctors and nurses.



Permission to copy  
[www.kidsreach.org.au](http://www.kidsreach.org.au)

# Wash BEFORE you eat!

It is always a good idea to wash fruit and vegetables before you eat but now you have to be especially careful. somebody with COVID-19 may have touched or coughed onto what you are eating. So wash before you put it into your mouth.



Permission to copy  
[www.kidsreach.org.au](http://www.kidsreach.org.au)



# Attention Parents COVID-19.

With the media attention given to COVID-19, it is not surprising that some children are feeling anxious. This letter will give you some ideas on how you can talk to your children and what you can do as a family.

## 1. Be Informed.

Go to the following websites. They are particularly useful and will give you ideas on what to talk about and will help clear up misconceptions you might have.

### 1. UNICEF

<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>

### 2. AUSTRALIAN GOVERNMENT FACT SHEET

[https://www.health.gov.au/sites/default/files/documents/2020/02/coronavirus-covid-19-what-you-need-to-know\\_1.pdf](https://www.health.gov.au/sites/default/files/documents/2020/02/coronavirus-covid-19-what-you-need-to-know_1.pdf)

### 3. KIDS HEALTH FROM NEMOURS

<https://kidshealth.org/en/parents/coronavirus.html>

### 4. HELPING CHILDREN WITH STRESS RELATED TO COVID-19

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

## 2. Have family talks

Set aside a particular time for talking together with your children as a family – sooner rather than later. Remove all distractions such as TV and mobile devices. With the changing situation you will need to do this regularly.

Ask your children open-ended questions and listen to their responses. For example, you might ask:

- What do you know about COVID-19 or Coronavirus?
- What do you think is the worst thing COVID-19 could do to our family?
- What do you think is the worst thing that could happen to our country that would be caused by COVID-19?
- What are some of the things that you think we could do to help?

As children answer these questions it might be necessary to ask more probing questions. For example,

- Could you tell me a bit more about that?
- Could you tell me what you mean when you say you are worried about your friend?

Pick up any sign that they are distressed or worried. Reassure them that the risk at this time of getting the disease is minimal but there are things that you can and need to do as a family.

Reassure your children that although diseases can be scary and at this time, we have to be more careful than usual, this does not mean everything will change. Identify together the things that will always be the same for the family (e.g. the child's interests which may be curtailed temporarily but they will get back to them, family activities that can be done, Mum and Dad love you, etc.). This may help reduce a child's anxiety.

### **3. Information to think about and discuss.**

#### **a. Children and COVID-19**

Children generally are less affected than adults in that their symptoms tend to be mild and they recover quicker. Even when children are not showing any symptoms, they can still pass the virus onto other, more vulnerable people such as the elderly or sick.

Everyone including children must be especially careful in their hygiene and take all necessary precautions.

If your child feels ill, monitor them closely and protect others around them to make sure they don't pass the infection on to friends and family.

Contact your doctor by phone before taking them to the surgery as special arrangements need to be made.

#### **b. Be Sensibly stocked.**

No one knows how long this is going to take before COVID-19 comes under control. While the present run on supplies at places like supermarkets are a seeming joke, parents do need to look after their families. It makes sense to stock up on non-perishable essentials. If you ever did have to self-isolate, that might mean you might have to rely, for a time at least, on what you have in your home to keep you sustained. This can be made into a positive family project – children will be reassured that you as a family are doing something. Create a supply (but not a stockpile) of necessities that could keep the family going for around two weeks.

#### **c. Be especially diligent with hygiene**

COVID-19 is spread when infected people cough, sneeze or talk. It also happens when touching contaminated people, objects or surfaces. Coronaviruses have been detected in blood, faeces and urine, so extra diligence should be taken with keeping hands clean after toilet. Disinfecting the toilet and areas where food is prepared or where little hands are likely to have touched is a reasonable precaution.

#### **d. There are things you can do to keep yourself healthy – rules for the family. These could be written and put on the wall.**

1. Keep your body healthy and strong by getting the right amount of sleep and eating nutritious foods. This means that if you do get the disease, your body is better able to fight it! You might consider taking a vitamin supplement.

2. Wash your hands frequently using soap and water. Hand sanitisers are not enough if the disease is present. Soap and water are best, but you need to wash for 20 seconds.
3. Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue into a rubbish bin. Never leave used tissues on a bench or elsewhere – straight to the bin or down the toilet. Then wash your hands with soap.
4. If you do not have a tissue and you are going to sneeze or cough, then sneeze or cough into your elbow.
5. Stay away from someone who has cold or flu-like symptoms.
6. Avoid physical contact such shaking their hand or giving a high 5. Alternative greetings include giving a thumbs up or placing your right hand on your chest.
7. Do not take your mobile device into the toilet and do not touch it after using the toilet until you have washed your hands.
8. Do not touch someone else’s mobile device if they have been using it while in the toilet.
9. Do not touch your eyes, nose or mouth if your hands are dirty, especially after using the toilet.

Parents may want children to have a flu shot, because although the flu is not COVID-19, getting the flu will make your body weaker.

#### **e. Out of School?**

If your children are out of school, the first thought you might have would be how to ensure they keep up with their schoolwork. But as important as that is, it may not be the most important. Take this opportunity to plan some special projects. For example, cooking, baking, scrapbooking, or any form of craft. Within the required boundaries of keeping away from other people, there might be other activities such as walks, visits to the park, etc. These must be away from other people and follow current government guidelines.

Think about what you may not normally have time to do as a family and plan to do it. Perhaps start by talking with your children and asking them what they would like to do.

Limit and closely monitor your children’s time on the internet and Netflix!

Ensure they have times outside. There is good research that shows sunlight and the outdoors helps everyone’s health and well-being.

**f. For Families of Faith: What should I pray for?**

Not only can children be assured that God answers prayer, praying also helps children know that they are doing something to help the situation. Help them pray often:

- For the protection of everyone, especially your friends, family, and people you know.
- For all who are helping those infected. Especially the nurses and doctors.
- For those already infected that they will get well soon.

**Note:**

All information provided here is for education purposes only. For specific medical advice, diagnoses, and treatment, you must consult your doctor.