

SUPER TROOPERS

with 



Super Troopers with Laya Healthcare is Ireland's first health homework programme which encourages children and their families to live happier and more active lifestyles. Through short burst, fun daily activities around physical activity, wellbeing and nutrition, this programme helps to promote healthy minds and bodies.

You've probably heard a lot of people talking about Covid-19 and coronavirus. What is it? What can we do about it? Here at Super Troopers we want to help people stay healthy, so we have included some important information and tips for you about the virus below. **Remember if you're worried or have any questions always talk to someone you trust like your parent/guardian or teacher.**

What is Covid-19 coronavirus?

It's a new kind of germ.

Why is everyone talking about it?

This is because the germ can spread easily and make some people very sick. Most people though, have symptoms that are similar to a flu.

So, what can we do?

This is easy - you can do 3 simple things to help stop the spread of this germ:



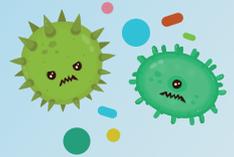
Cover your nose and mouth with a tissue or inside elbow to catch your cough or sneeze



Throw away your used tissues as soon as possible, as germs can live for a few hours on a tissue

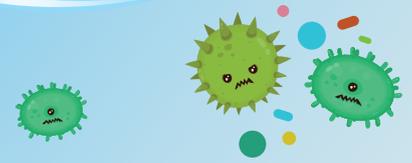


Sing the Happy Birthday song twice while washing your hands well with soap and water to kill any germs, as hands can transfer germs to every surface you touch



Activity 1: Draw it!

Use this space to design a poster (cartoon/animation style) to remind people of the three actions above (catch it, bin it, kill it) that they can take! You can share this poster with your family and even hang it up in the kitchen to remind everyone what to do.



Activity 2: Do you know how to wash your hands properly?

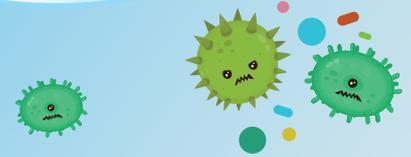
Re-order the sentences below and write/number them in the correct order!

1. Rinse and dry your hands!
2. Sing the Happy Birthday song twice while washing your hands with soap.
3. Wet your hands with warm water and then add soap.
4. Rub your hands together to make them super foamy with soap!
5. Remember to wash the back of your hands, between your fingers and under your nails.



1. _____
2. _____
3. _____
4. _____
5. _____

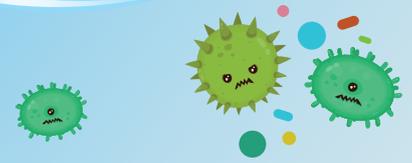
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Activity 3: Stop the Spread of germs with a Stay Healthy Checklist!

Read and tick this checklist at the start and end of the week to see how well you are doing at helping to stop the spread of germs. If you have anymore ideas on how you can help to stop the spread of germs, why not add to your checklist below as well!

	Start of Week	End of Week
Did you wash your hands before you left your house?		
If you coughed, did you cover your mouth with your inside elbow or tissue?		
Did you put your used tissues into the bin today?		
Did you wash your hands before you ate your lunch?		
Did you remember not to touch your eyes, nose and mouth with unwashed hands?		
Did you give someone a smile and a wave instead of a handshake?		
Feel free to add some of your own checklist items here as well:		



Activity 4: At Home - Talk About it!

Try taking some time to talk to your parents/guardians about how they are going to help stop the spread of germs, as well as asking any questions that you might have.

Tell them about the Super Troopers germ busting activities you've done and also chat about more ways that you can stop germs spreading together at home. If you're feeling worried or your mind is busy with lots of questions, you can also try this Mindful Glitter Jar activity.

Mindful Glitter Jar

1. With the help of a grown-up fill a small jar with water.
2. Then add a small drop of food colouring.
3. Pour in some glitter and screw the cap on tightly.
4. The jar represents your mind and the glitter represents your thoughts and feelings.
5. Find a quiet space and gently shake your Mindful Jar.
6. Breathe in slowly through your nose and gently out through your mouth.
7. As you watch the glitter settle, imagine your mind and body settling too!
8. If you have a busy mind or strong feelings, imagine these settling down inside you, just like the glitter settles in the jar.

