

3RD-6TH GRADE

LESSON #1

HOW TO BE HEALTHY WITH COVID

Created by Mrs. Mason

EXPECTATIONS:
BE SAFE
BE RESPECTFUL
BE RESPONSIBLE
SO WE CAN HAVE FUN

STAND UP
AND
STRETCH



DEEP BREATHS AND WISH WELL

(WHO'S ABSENT TODAY?)



JOURNAL 3RD GRADE

ON A SCALE OF 0-10, HOW ARE YOU FEELING TODAY?

0 BEING THE WORST DAY, 5 BEING OKAY AND 10 BEING THE BEST DAY EVER. YOU CAN BE THE NUMBERS IN BETWEEN TOO.

JOURNAL 4TH-6TH GRADE

TIME CAPSULE REFLECTION

1. HIGHLIGHT THE GOALS YOU MADE LAST YEAR
2. ON THE BACK, WHAT ARE SOME GOALS YOU HAVE FOR THIS YEAR?

WHAT IS COVID 19 & HOW CAN WE STAY HEALTHY?

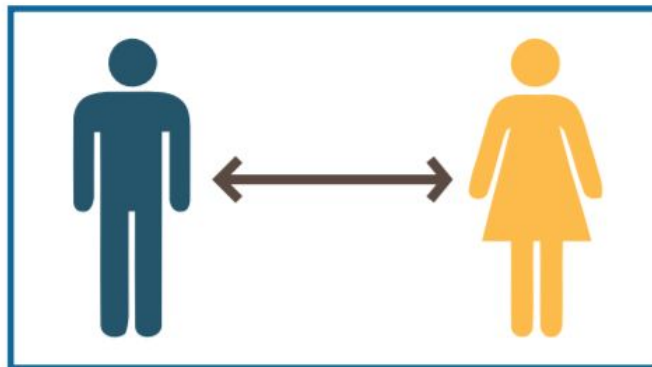
(CLICK PICTURE FOR VIDEO)



Visual Safety Reminders for COVID-19



Wash your hands.



Leave space between you and other people.



Keep your hands off of your face.



Wear a mask.

HAND WASHING
EXPERIMENT TIME...



Did you wash your hands?

Stop the spread of germs and be healthy.



WET

Wet hands under warm water.



WASH

Wash hands with soap for 20 seconds.



RINSE

Rinse under warm water.



DRY

Dry hands. Turn off water with paper towel.

NO TOUCH GREETINGS

