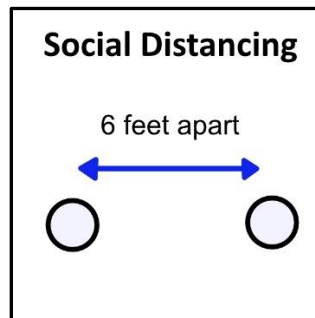


Teaching Social and Physical Distancing Ideas

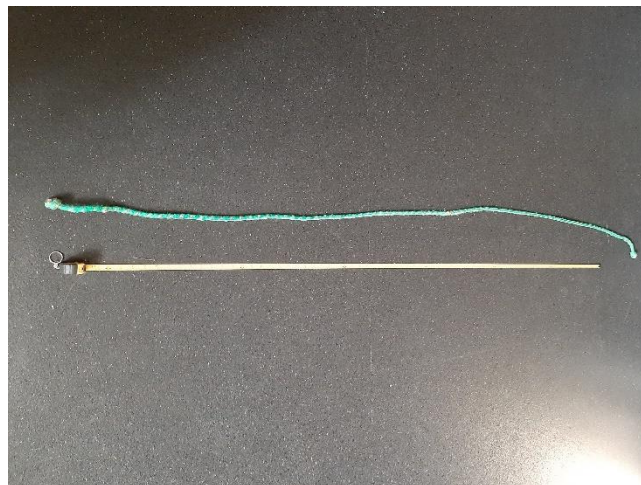


Social and physical distancing is currently recommended by our health care specialists. It is easy to say, “keep a distance of at least six feet away from others” to lessen your chance of catching COVID-19. However, when you have students who have difficulty with spatial awareness, how do we teach them about social distancing?

This can be a very difficult area to tackle with some of our learners. Even when you practice at home, once you go outside to go for a walk, since the environment changes, they find it difficult knowing how FAR is “SIX FEET”.

Since we are spending more time at home, here are some activities you can do with your child.

1. Measure how far 6 feet is using a tape measure in the house. (This can be a Math lesson for an older student- learning how to use a measuring tool!)
2. Use masking tape and objects that your child likes to play with; then place one object on one end and another object on the other end to mark 6 feet.

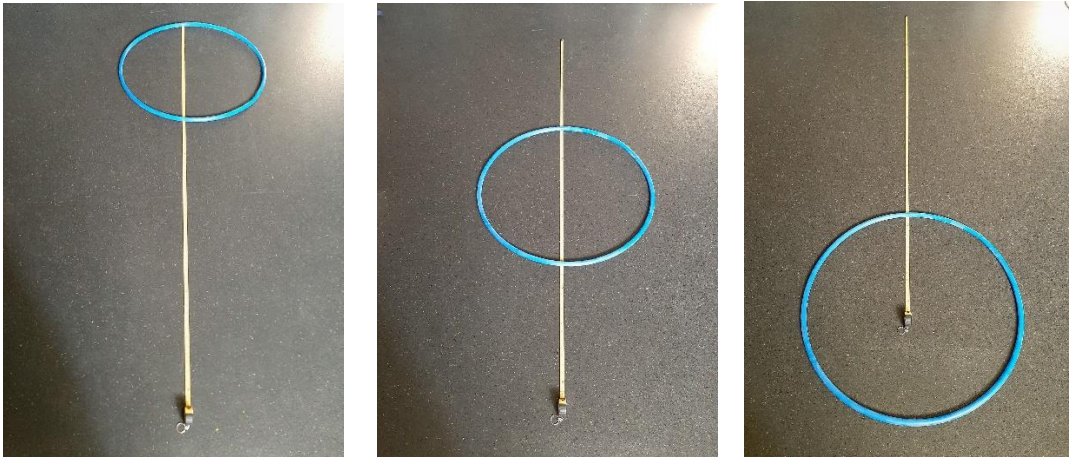


Pic. 1 : Example of 6 feet: Typical jumping rope.

Here are some examples for activities:

1 . Using a Hula Hoop.

- i. How many hula hoops do we need to keep appropriate social distancing?
- ii. Place the tape measure on the floor and measure 6 feet.
- iii. Then place a hula hoop on the edge of the marked place.
- iv. How many times do you need to turn the hula hoop over to reach 6 feet?



Pic 2.1-2.3 Example of how to flip Hula Hoop.

If you have more than 1 hula hoop, lay them on the floor and see how many hula hoops you need to have to keep the “social distance”.

Purpose:

Gives visual and physical awareness to how far 6 feet is.

2. Using balls or toys

- a. Use a tape measure and measure 6 feet, mark it with tape.
- b. Line up how many balls you need to have to keep the appropriate social distance.



Pic 3.1-3.2 Measuring 6 ft with balls.

- c. Use the balls your child likes to play with to keep them active.
 - i. Turn into a counting lesson. E.g. “How many blue balls do we have?”
 - ii. Turn into following a verbal direction lesson: “Give me a blue ball!”
 - iii. Cleaning up lesson. “Let’s put the balls away!”

3. Chalk It

- a. Measure 6 feet with a measuring tape on the side of a road (i.e. sidewalk).
- b. Draw a picture on one end and draw another picture at 6 feet.



c. Pic4.1-4.3 Example of Chalk activity

- i. Add a physical activity.
 1. Draw hopscotch squares in between to reach to the picture the child has drawn at the end of 6 feet.
 2. Jump doing frog leaps.
 3. Make sure you stand on one end of the picture when your child reaches the other end (6 feet). Remind them this is the distance we need to keep when we go outside for a walk!
- ii. Turn into an Art activity.

4. How far can you stretch?

- a. Mark 6 feet on the floor.
- b. Let a child sit on one end of 6 feet and another person sit on the other end (6 feet apart), facing each other, legs extended (feet facing each other).
- c. Both of you reach towards each other; Can you touch your hands? How far can you stretch?



Pic 5.1-5.3 Example of stretching

Talk to your child about how far you need to keep the distance away from another person when outside.

- a. Let them know when we go for a walk or when we have to go shopping for food, we need to practice our social distance.
- b. When outside, you can take a jumping rope to help them visualize the distance and take the rope away as it is a prompt.
- c. When entering a shop, if a person comes out through the door, wait for him/her/them to go through the door, then you go in.

Have fun at home and keep practicing inside and outside when opportunity arises!
We are all in this together! We can do it!

