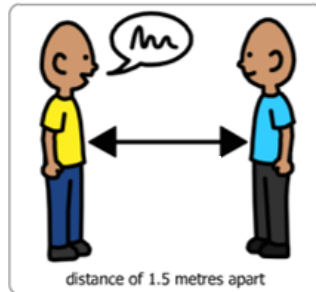


# Social Distancing

Hume Valley School Occupational Therapy Department

The focus of today's session is creating awareness around personal space and social distancing. This is a useful social skill as well as an important concept to teach to keep everyone safe.



## 1. What does 1.5 metres look like?



### WHAT YOU NEED:

- A ruler or measuring tape
- Masking tape

One or more of the following:

- Lego/Duplo/construction blocks
- Plastic straws
- Pipe cleaners
- Sticky tape
- Chalk
- Masking or any bright coloured tape
- Textas/pencils
- Faber Castell connector felt-tip pens

### ACTIVITY:

1. Take a ruler and measure 1.5m take some masking tape to mark on the floor or carpet what 1.5m looks like.
2. Begin constructing with your child a social distancing measuring tool:

- Lay down straws or pencils in a line to match the length of the masking tape on the carpet or floor, and then tape together.
3. Now you have a social distancing measuring tool to practise using at home with a brother or a sister while playing outside or when sitting down to read or learn!
  4. Have a discussion with your child about how this is just a practise for when we go outside to the park and to school (if this applies to your child) then we are remember that we have stay far apart/social distance from other people to stay safe and to stop us from getting sick. You can even take this measuring tool with you out or simply take a measuring tape roll with you for your child and a brother or sister to practise.
  5. Watch these videos to supplement this idea with your child:

BBC Coronavirus Distancing Advice

<https://www.youtube.com/watch?v=wPM58DQH0gQ>

Grover and Social Distancing

<https://www.youtube.com/watch?v=xOrt8WMwVeo>

Wiggles Social Distancing

<https://www.youtube.com/watch?v=jUmSiLXesKI>