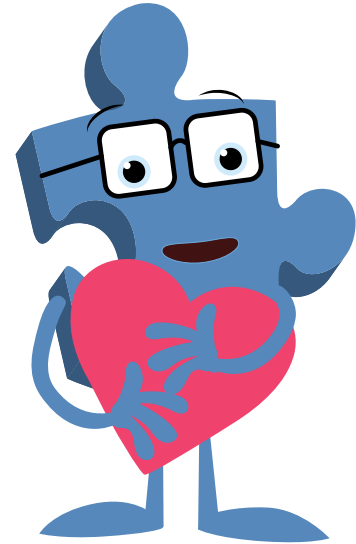


Jigsaw PSHE 3-11 'Recovery' Package

Coronavirus for Key Stage 2

KS2 Lesson 2 - What is the Coronavirus and What Can We Do About It?	
Puzzle/s this lesson would fit with: Healthy Me Staying Safe Keeping Healthy	Please teach me to... understand that the Coronavirus is a new virus and the ways that it can be spread from person to person identify ways to keep myself and others safe from the Coronavirus in school and in the Community
Resources Jigsaw Chime 'Calm Me' script Jigsaw Friend Jigsaw Jerrie Cat (if class is split in 2, make sure that each group has one or the other for the lesson) PowerPoint slides Jigsaw Journals Optional alternative, longer content than Power Point and explanation, is "Coronavirus A book for Children" by Elizabeth Jenner, Kate Wilson and Nia Roberts, illustrated by Axel Sheffler and available from Nosy Crow online	Vocabulary Healthy Body Healthy Mind Virus Coronavirus Covid 19 Antibodies Social Distancing Immune system Pandemic
Teaching and Learning The Jigsaw Charter Slide 1 Share 'The Jigsaw Charter' or if appropriate the revised Jigsaw Charter with the children to reinforce how we work together. Connect us "2 True, 1 False" Ask children to state 2 things that are true about their time at home, and one thing that is false. Other children to guess which one is false. Teacher to go first and set tone as a positive game, rather than a discussion. Calm me Everyone, including adults, is sitting on chairs in a circle if social distancing allows. Remind the children that at the beginning of every Jigsaw lesson we will help our minds calm down so that we are ready to learn. Teacher to use the 'Calm Me' Script and the Jigsaw Chime.	
	Does your mind feel calm and ready to learn?



Open my mind

Reiterate how lovely it is to see them back in school. Pick up your class Jigsaw Friend, but show that he/she is feeling a bit shy. (You can use a Jerrie Cat if class is split into 2 groups).

All the Jigsaw Friends have been feeling all sorts of different feelings as they don't really know why things have changed and J is feeling a bit shy as she/he has not been in the classroom for a long time, even though he/she has been excited about seeing everyone again. Ask children for ideas about why their Jigsaw friend may be feeling a bit worried right now. Write some of the ideas on the board and acknowledge these feelings and allow children to respond to some of them.

Tell me or show me

Explain to children that we have all been hearing a lot about the Coronavirus recently, and that some of what we hear on the radio and on the internet is quite confusing so today you will be explaining some of the facts. We don't know everything about it yet, but there are some things we DO know to be true, and you want to share that information with everyone together.

Look at Power Point explaining what the Coronavirus is and what we have done to keep people healthy. Encourage children to ask questions throughout if they need to.

If you would prefer, you could alternatively use the longer text in the downloadable Book, "Coronavirus A book for Children" (see resources above).

You may wish to use the words below with the Power Point Slides

Slide 2: What is a Virus?

A virus is a tiny thing that we cannot see, that gets into our bodies and makes us unwell. There are viruses around us all the time, and our bodies are fantastic at fighting them off.

Do you know of any other viruses?

Explain that sometimes viruses make you very ill, and some make you feel just a little bit ill. Usually when we have a virus like a cold we still go to work and school unless we feel really bad and then we stay at home until we feel better. Sometimes people get more ill and need help from a doctor especially if their immune system was not very strong when they caught it.

When a virus enters your body, your body has a special defence system called your immune system that springs into action to fight it off so you can stay healthy. It makes equally tiny special cells called antibodies to fight the virus and stop it from making your body ill. Your body is AMAZING as it does this all without you knowing.

The better your body is at making those antibodies, the easier it is for you to get better. Usually healthier bodies have a stronger immune system, which is why it is always good to try and keep our bodies and minds as healthy as we can.

Normally when we get a virus like chickenpox, or flu we stay at home even if we don't feel bad as we don't want to spread it to some other people who might get very ill with it. The people who get very ill are usually grown-ups, or people with other illnesses that they have all the time. As these viruses have been around for a while, doctors know how to help people get better from them, or have vaccines which are special medicines that stop you getting the virus in the first place by giving you ready made antibodies. It means that everyone else can carry on going to school and work without worrying about catching it.

Slide 3: What is different about Coronavirus?

The Coronavirus is a new virus, which has been very good at spreading across the world quickly, which is why we can use the word 'pandemic' to describe it. This took everyone by surprise, so we have had to stay apart from each other as much as possible to give doctors and scientists time to find out about it. They need to find ways to make people who have it better and discover how to stop it spreading, like they have with other viruses we already know about. We do now know much more about it, but not enough yet for everyone to be able to get as close to each other like we were before lockdown.

What worries might the Jigsaw Friends have about everyone coming back to school?

What other viruses do you know about?

How do people feel with those viruses?

Do you get better from them?

Do you stay at home with a cold?

Who has heard of Chickenpox?

Do you know what vaccines people sometimes have in this country?

Has anyone heard the word 'pandemic'?

What kind of things have people been able to start doing again in the last month?

You have probably heard that most people who catch the Coronavirus are only mildly ill, and some people have no symptoms at all.

About 20% of people with symptoms who catch the virus have not been able to fight it off very well, and some of these even have to go to hospital to get better. These are usually people who have other types of illnesses, and who are often much older people. As I am sure you have heard, a small number of these people cannot fight the virus and have died. Even though most people do not get ill enough to go to hospital, doctors and scientists are particularly worried about this group of people and together are working hard all over the world to find ways to stop this happening.

Slide 4: What are the Symptoms of Coronavirus?

Not everyone has all the same symptoms of this Coronavirus but it mainly gives people:

A high temperature

A dry cough that keeps on going

Difficulty breathing

Feel tired and weak

Usually children have very mild symptoms, or do not know they have it all. What very interesting people you all are!

You may need to alter this according to new guidance from government – but this discussion is a good time to explain the main symptoms and also why it is hard to spot.

We do now know how the virus spreads from person to person, which is why we are able to come to school now, but only if we follow the rules to keep each other safe. Some of the rules will change when scientists find out more information, so that we can get back to living life more like we did before lockdown.

Slide 5: What can WE do to stop Coronavirus spreading?

What do you think these pictures represent? Can you think of anything else we are doing that helps to stop the virus spreading from person to person?

Slide 6: How does the Coronavirus get into our Bodies?

We do know that the Coronavirus gets into our bodies through our mouth, nose and eyes. Look at this picture of a face. Have you heard people talk about the T Zone? This shows the part of your body that you need to keep particularly safe from droplets in the air, and to keep away from your hands or anything else that may have been touched by someone with Coronavirus. It is even better to stop any virus reaching our face at all, so that is why it is good to try not to touch your face. (do not encourage children to touch their faces).

Invite children to explain how they think the virus might get to those places (coughs, sneezes, droplets of water in breath like you can see on a winters day, or when virus on your hands touches your face. Explain that it is very easy to spread, and all we can do is be as careful as we can – it is not anyone's fault if they catch Coronavirus, or someone they know catches it. All we can do is be as careful as possible and TRY not to catch it or pass it on.

Let me learn

Ask Children to draw a self portrait of their own face and draw on the T Zone. Around the outside, use labels, pictures and bubbles to explain how they can keep themselves and others safe from Coronavirus in school and out and about.

Alternatively, you may wish to use the activity sheet.

Help me reflect

Remind children of the learning intentions for this lesson. Ask them if they are thumbs (up/neutral/down) for each learning intention. Tell children that they may have questions that they don't want to ask in this lesson, or that come up at other times. Encourage them to keep asking questions, and that you will try and answer them now, or in the next lesson.

Does anyone know the main symptoms of Coronavirus?

Has anyone heard of any other symptoms?

What should someone do if they have any of the main symptoms?

Does it mean they definitely have Coronavirus?

Can we see the Coronavirus?

What does 'Social Distancing' mean?

How do you think the Coronavirus gets in to people's bodies?

Has anyone seen pictures of people in hospitals or anywhere else wearing face protection? How do you think this helps?

Notes

This lesson plan has been designed for use soon after the children return to school, allowing the pupils to talk about any worries they have about Coronavirus and to help everyone to see that we all have the same information.

We expect that most children will already know much of what is in this lesson, but it will bring together things they have heard and reassure them that everyone is working together to stay as safe as possible, and that the risk of real harm is very low for most of us.

It is not possible for us to offer any guarantees, but we can explain the facts and address any misunderstandings that may be worrying the children, and also show them the positive steps that they can take themselves to contribute to the local and global effort. We expect that children will be sitting at desks for these activities, but if you are able to get outside to make this a circle time with a large circle it will help the children to make eye contact in the Connect Us activity.

It may be that some people are unable to come back to school because they have family members in vulnerable groups, or because parents have concerns and have decided to keep children at home. If this is the case, reassure children that some people have decided to stay at home a bit longer because they may have other people in the family they are worried about, but that this does not mean that they are unwell with Coronavirus.



Calm Me Script - KS2 - Lesson 2

This Puzzle is about being healthy and the choices we make to keep ourselves healthy. So in this 'Calm Me' time we are going to focus on our bodies and how amazing they are.

So, let's start our 'Calm Me' time by sitting in our 'Calm Me' way, nice and straight in the chair, feet flat on the floor and spine all straight and proud. Shoulders are relaxed and eyes are gently closed. Now listen to our chime until you can no longer hear any sound...

In this quietness bring your attention to focus on your breathing. Breathe in through your nose with nice long, gentle breaths and feel your tummy expand as the air fills your lungs. Hold your breath for just a couple of seconds and then gently and slowly release the air back out again through your mouth.. Breathing like this we feel calm and gentle... Breathing in and silently counting 1,2,3,4... breathing out silently hearing the words "I am glad to be alive." Now come with me as we scan our bodies and keep discovering how incredible they are.

Keep breathing gently and slowly, and bring all your attention to your head. See if you can feel all your attention in your head...how does your head feel? Warm? Tingly? What an amazing thing your head is... think about what your head does for you...

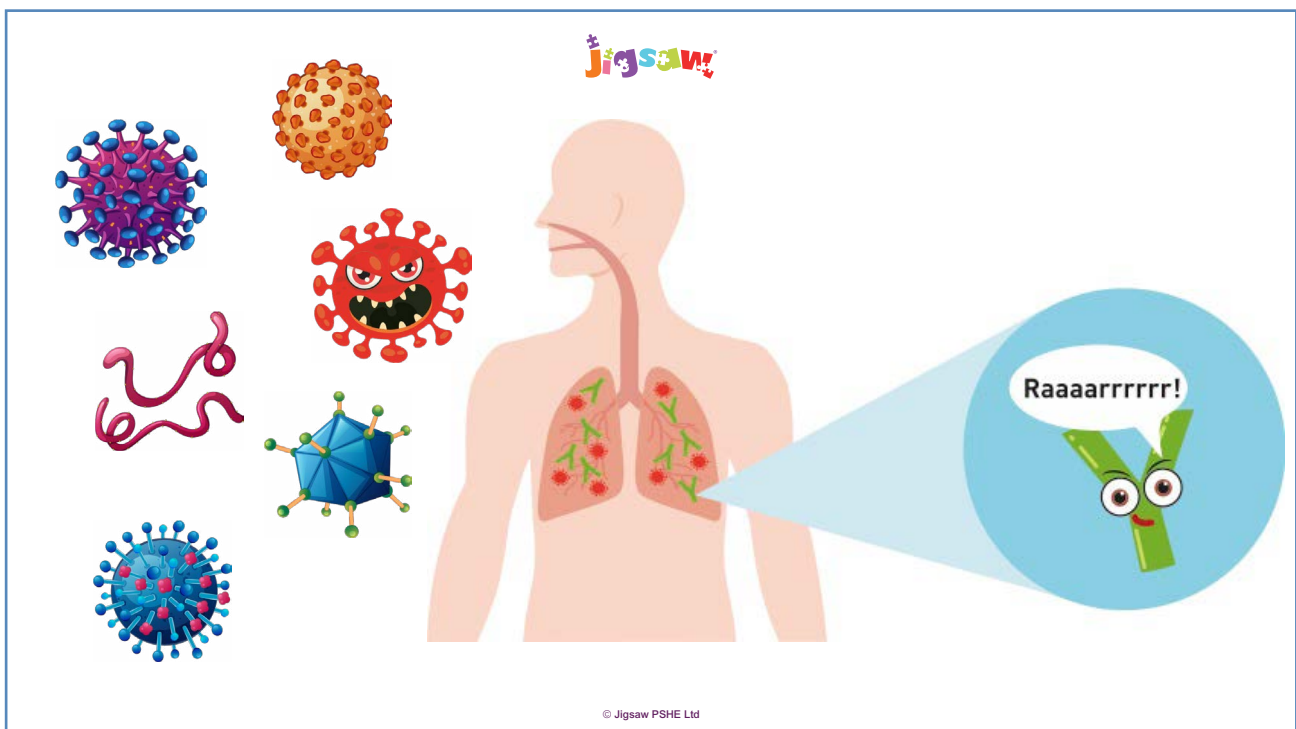
Now move your attention, focus your mind on your shoulders and see if they have any tension stored in them... let them relax... really relax Breathe in... amazing body

Breathe out... I am so lucky Now move your attention down to your feet. How do they feel? Gently wiggle your toes and keep your mind focussing on your feet. Feet make life so much easier for us...we can walk, run, play football, swim, balance, stop for a moment to appreciate your feet... Take one nice deep breath in and out. I appreciate my body and mind.

Then, as you listen to the chime fade away, bring your awareness back into the classroom in this present moment, nice and peaceful, ready to learn.



Coronavirus - PowerPoint Slides 1-2 - KS2 - Lesson 2



Coronavirus - PowerPoint Slides 3-4 - KS2 - Lesson 2



How do people feel with Coronavirus?

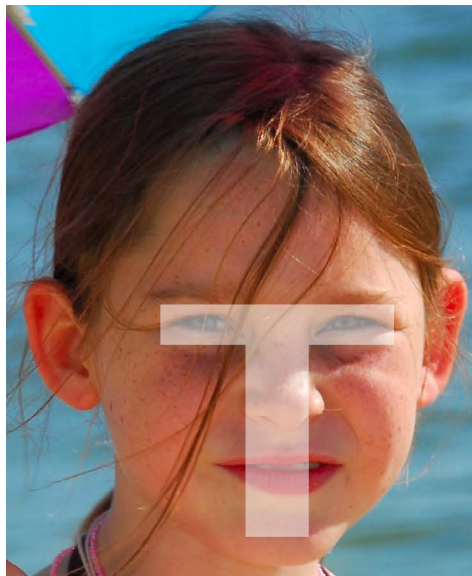


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Coronavirus - PowerPoint Slides 5-6 - KS2 - Lesson 2



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Coronavirus - How I can Stop the Coronavirus Spreading? - KS2 - Lesson 2

