



FOR EVERY ACTION THERE IS ALWAYS AN EQUAL AND OPPOSITE REACTION

Our world changed overnight with the spread of COVID-19 and all the things we could do in February seem so distant now in April. The simple high 5 has been replaced with a wave and people are learning more about personal space.

ONLINE RESOURCES

Now more than ever our Virtual Classroom is at the forefront of our program. Online learning has become commonplace nearly overnight and is now one of the best ways to stay connected.

Our virtual classroom has all of our SeeMore Safety books available to listen to and read along with as well as teacher resources and games for the children. Open the virtual classroom by clicking the black key at the top right of our website.

Or go to <https://www.kidsfoundation.org.au/classroom> We have made it free for everyone, so sign up and play the online games, read the books and print the resources too.



SEEMORE BUG SAFETY



In order to help combat the spread of virus' SeeMore has written a new book, **SeeMore Bug Safety** - The tiny germs we can't see. Inside the book there are many messages on when, how and why to wash your hands in order to stay safe.

Sharing stories is a great way to spread the message of hygiene and helps develop a deeper understanding of the reasons behind why we stay clean and safe. We have created a 12 pages of **Activity Sheets** to accompany the new Bug Safety book which you can share with everyone.

COMPETITION TIME

HELP THE SPECIAL LITTLE PERSON IN YOUR LIFE WIN THEIR VERY OWN SEEMORE MASCOT DOLL

1. Download the free activity sheets located at www.kidsfoundation.org.au
2. Get colouring-in
3. Post the 'artwork' (activity) to instagram
4. Tag @thekidsfoundation

Over the next couple of weeks SeeMore will choose his favourites and be in touch to get one of his little SeeMore helpers out to you! It's that easy...





SEEMORE'S
TIPS FOR
STAYING SAFE
AND GERM
SMART

WASH YOUR HANDS FOR 20 SECONDS OR MORE...

1. Before you eat
2. After going to the toilet
3. Before touching your face
4. After touching a pet
5. As much as you can



OTHER WAYS TO STAY SAFE AND HEALTHY

1. Eat fruit and vegetables
2. Drink plenty of water
3. Go outside for a walk or exercise and get some fresh air
4. Get plenty of sleep
5. Do breathing exercises

KEEP OTHERS SAFE FROM GERMS

1. Cover a cough, a sneeze or a yawn with your elbow or a tissue and bin the tissue
2. Say hello to friends by giving them a wave and a smile
3. Maintain a social distance two arm lengths for little people
4. If you're not feeling well keep away from others
5. Don't visit others especially older people, like your grandparents, if you are unwell

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