

兒美遠距教學資源

#HealthyAtHome 防疫教學包



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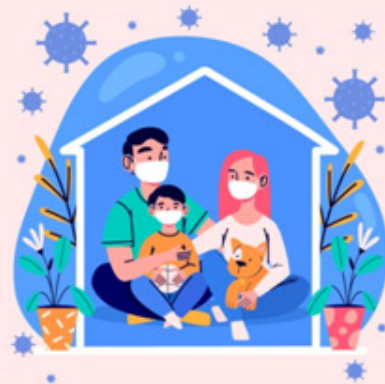
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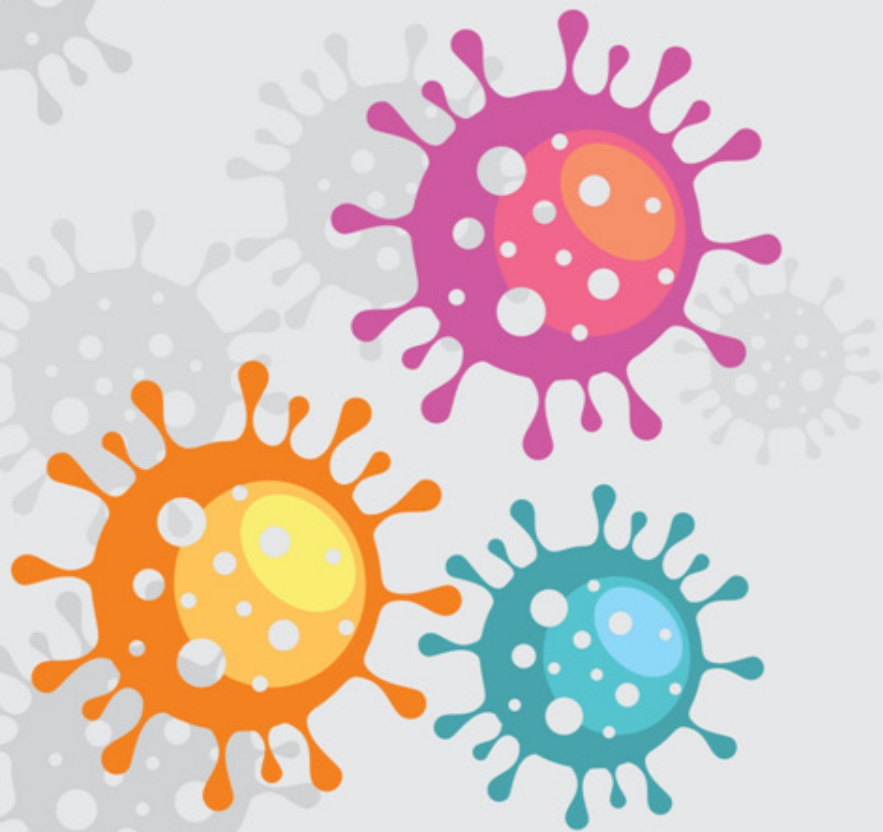
PART 1

Introduction

#HealthyAtHome

Staying at home every day can be difficult.

But it's important for us to do our parts to stay safe. Here are some “dos and don'ts” that can help keep us healthy at home.



PART 2

Dos and Don'ts

Adapted from:

<https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome>

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Get up and go to bed at similar times every day.

Stay up or sleep late.



**Shower once a day and
brush your teeth twice
a day.**

Skip your daily shower.



Eat healthy meals at regular times.

Eat junk food all day long.



Exercise every day.



Sit all day at home.



Make time for online classes, reading, playing, house chores, and family.

Spend too much time watching TV or playing video games every day.



**Enjoy doing new activities.
Help your family cook or
bake.**

Do nothing every day.



**Stay in touch with people
you love: use a phone,
social media or LINE.**

**Invite friends to your
house.**



Stay positive: try to watch less news that makes you feel worried.

Watch news for a long time and feel bad about everything.

PART 3

COVID-19: What You Can Do to Help

Adapted from:

<https://kidshealth.org/en/kids/coronavirus-kids.html#catbody>

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COVID-19: WHAT YOU CAN DO TO HELP

1

Wash your hands.

Use soap and water. Wash for 20 seconds.

COVID-19: WHAT YOU CAN DO TO HELP

2

Cover your sneeze or cough.

Sneeze or cough into your elbow, not your hand. Then wash your hands anyway.

COVID-19: WHAT YOU CAN DO TO HELP

3

Wear a mask.

Wear a mask when you leave your home.

COVID-19: WHAT YOU CAN DO TO HELP

4

Notice your feelings.

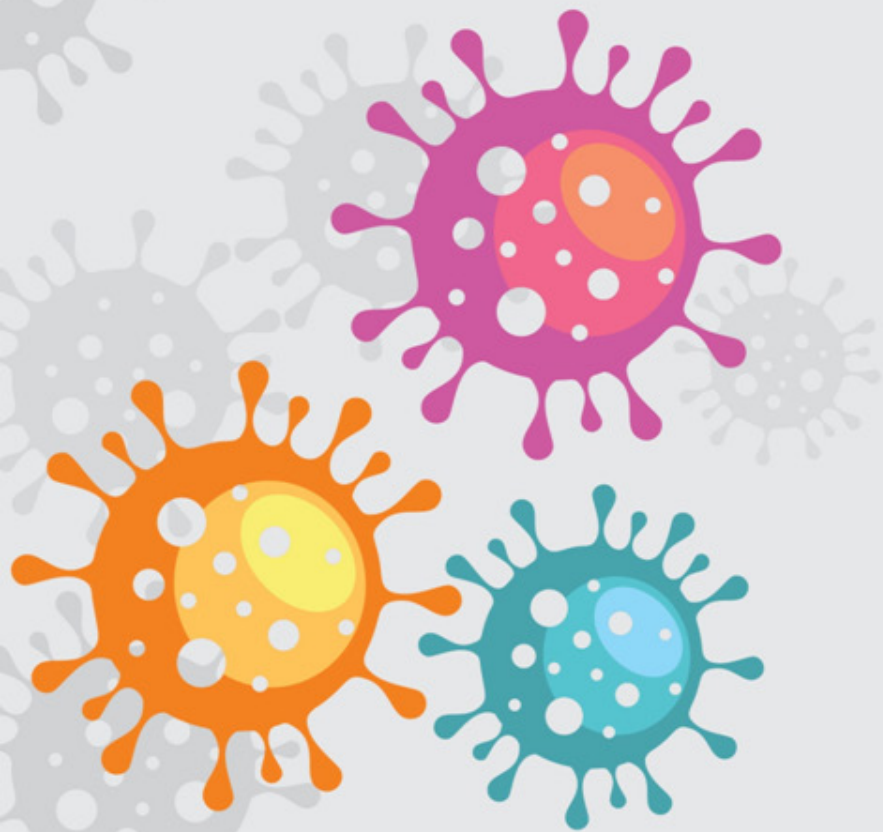
Talk about it with your family.

COVID-19: WHAT YOU CAN DO TO HELP

5

Be kind and helpful.

Show love to your family. Help take care of them.
Be nice to yourself, too.



PART 4

Word Search

Word Search

Find the words in the puzzle.



Play the puzzle online at:

<https://thewordsearch.com/puzzle/2465415/healthyathome/>

#HealthyAtHome

H	S	K	I	P	R	Y	E	E	D	S	S	H	R
O	N	L	I	N	E	T	V	O	E	E	R	C	A
S	D	L	L	T	I	E	O	I	R	X	I	U	L
Y	A	N	E	V	R	F	T	U	H	E	R	O	I
L	N	A	N	Y	K	I	C	S	G	R	H	T	M
I	R	I	D	N	V	I	U	Y	E	C	R	N	I
A	O	A	U	I	P	R	H	E	T	I	E	I	S
D	Y	J	T	U	B	E	D	I	U	S	I	Y	H
S	R	C	C	H	O	R	E	S	P	E	Y	A	O
T	A	T	S	A	D	E	I	R	R	O	W	T	W
A	E	E	V	I	T	I	S	O	P	T	S	S	E
Y	M	S	O	C	I	A	L	M	E	D	I	A	R
U	V	D	N	S	E	Y	H	T	L	A	E	H	A
P	I	D	S	Y	P	S	I	E	I	N	A	L	X

BRUSH
SOCIAL MEDIA
STAY UP
INVITE
SHOWER
ONLINE
EVERY DAY
CHORES
SIMILAR
JUNK FOOD
POSITIVE
HEALTHY
EXERCISE
ACTIVITIES
STAY IN TOUCH
SKIP
DAILY
WORRIED
GET UP

Play this puzzle online at : <https://thewordsearch.com/puzzle/2465415/>

Find the words in the puzzle.



<https://thewordsearch.com/puzzle/2465415/healthyathome/>



PART 5

I Can Help!

I CAN HELP!

These people need your help. Think and share your ideas with them.

1

My eyes are sore
from watching TV.



Notes

You can...

I CAN HELP!

These people need your help. Think and share your ideas with them.

2

I'm bored from
staying at home.



Notes

You can...

I CAN HELP!

These people need your help. Think and share your ideas with them.

3

I'm hungry.

What should I eat?



Notes

You can...

I CAN HELP!

These people need your help. Think and share your ideas with them.

4

**Grandma's birthday
is coming.**

**How can I celebrate
her birthday?**



Notes

You can...

I CAN HELP!

These people need your help. Think and share your ideas with them.

5

I'm sad.

I miss my friends
and teachers.



Notes

You can...

**Let's stay healthy and positive
at home.**

Protect yourself and family.

