



**SANA**  
Model School

# **ACTIVITY-1**

## **JUNE – G1 & G2**

**(HEALTH & SAFETY)**  
**COVID AWARENESS**

# ACTIVITY -1

**Activity Title: Health & Safety (Covid 19 Awareness Program)**

**Duration of the activity: 30 days**

**Classes: 1 & 2**

**Teachers Responsible: Class Teachers**

## **Description of the activity:**

A clear presentation was shared with the children to help them understand the basic concepts of disease prevention and control. It's very important that children can continue to learn the prevention and control the spread of Covid 19 and other Viruses.

Emphasize to keep themselves and others safe by knowing the fact and taking appropriate precautions. The presentation was done prior the commencement of the online classes. Recall the activity every day before the class begins. Similar presentation was done to the parents by a doctor to create awareness on the protocols and the importance of vaccination.

“We are in this together - we will get through with this together”

## **Learning Outcome**

### **1. Knowledge:**

- Introduce the concept of social distancing.
- Cleaning and disinfecting. Clean your hands before you put your mask on, as well as before and after you take it off. Make sure it covers your nose, mouth and chin.
- Washing hands regularly with soap for 20 seconds.
- Follows the healthy diet.

### **2. Skills:**

- Communication
- Agility and adaptability
- Problem solving
- Basic Competency Skills
- Socio emotional skills

### **3. Attitudes:**

- Social awareness
- Positive mental wellness
- Takes responsibility

## Subjects Integrated:

**English :** Communication skill develops while explaining the protocols during the class.

**Math :** Children learn multiplication as the number of times they wash their hands and the concept of measurement by following social distancing and time by knowing the duration in minutes and seconds.

**EVS :** Enhance the habit of being hygiene , self-caring to be healthy and clean.

## Evidence: 1

**SANA MODEL SCHOOL**  
presents  
**Covid Awareness Program**

United We Stand Against Covid-19

TOGETHER WE FIGHT Covid-19

DATE: 12-06-2021  
TIMING'S: 3:00 PM- 4:30 PM  
ON ZOOM(LINK):

**CONTENTS**

1. Covid awareness
2. Safety protocols
3. Vaccination
4. Symptoms
5. Type of medical treatment available
6. Oximeter and normal readings

**STOP COVID-19**

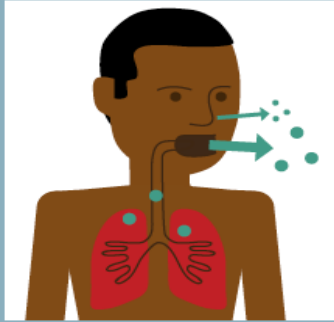
**Guest Speaker:**  
**Dr. O.S. Aysha (M.Sc., M.Phil., Ph.D)**  
Head, PG and Research Department of Microbiology  
Mohammed Sathak College of Arts And Science

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# What is COVID-19 and how is it passed on?

**COVID-19** is a new infectious disease that affects your lungs and airways.

It's caused by a virus that's spread in droplets from the mouth and nose when you cough, breathe, speak or sing.



You can get the virus by:

1.

Having close contact with someone with COVID-19 and breathing in droplets exhaled by them.



2.

Touching contaminated surfaces and then touching your face.



### CARING FOR COVID-19 SYMPTOMS AT HOME

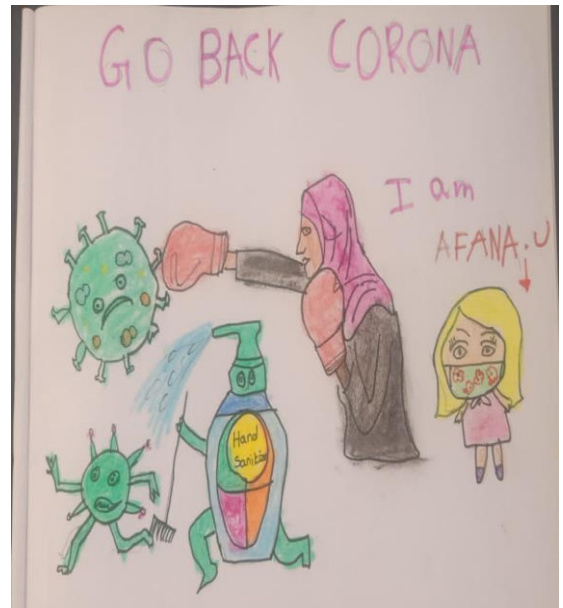
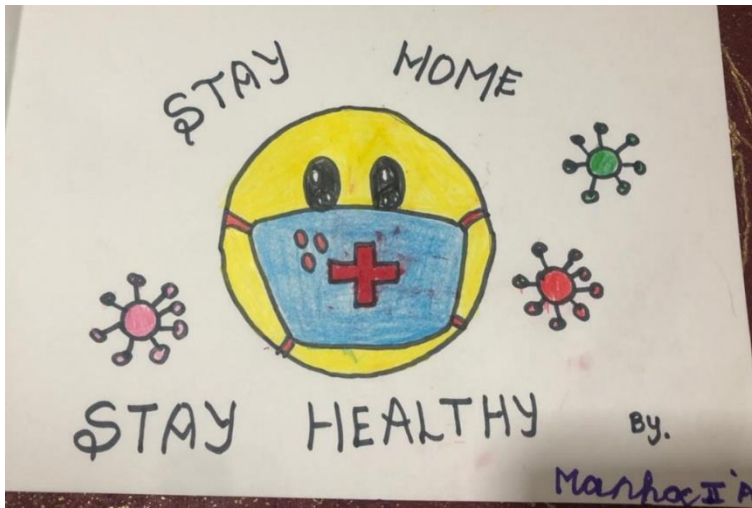
Hand hygiene 	Rest 	Social distancing 
Use fever-reducing medicine 	Drink plenty of fluids 	Clean/disinfect surfaces regularly 

<b>BE HEALTHY, BE CLEAN</b>			
<b>CLEAN &amp; DISINFECT</b>			
<b>SOCIAL DISTANCE</b>			

**During this covid-19 pandemic..... we can maintain a healthy diet by: ➡**


**Eating a variety of foods from all foodgroups. Drinking water regularly.**

Students Work:



WASH YOUR HANDS FREQUENTLY

WEAR MASK

STAY HOME STAY SAFE

EAT FRESH FRUITS

USE SANITIZER

Protect yourself and others from COVID-19

- Wash your hands frequently with soap and water or alcohol-based handrub
- Cover coughs and sneezes with a bend elbow. Wash hands after
- Avoid touching your eyes, nose, mouth
- Keep 1 meter distance away from others

Dua for Corona Virus

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِرَبِّكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ أَنْ تَجْعَلَ لِي دَوَاءً لِكُلِّ دَاءٍ يَكُونُ لِي شِفَاءً

Done by MELVISH MOHEED I A

CORONA VIRUS

Use mask

Eat healthy

Wash your hands regularly

Clean the surfaces

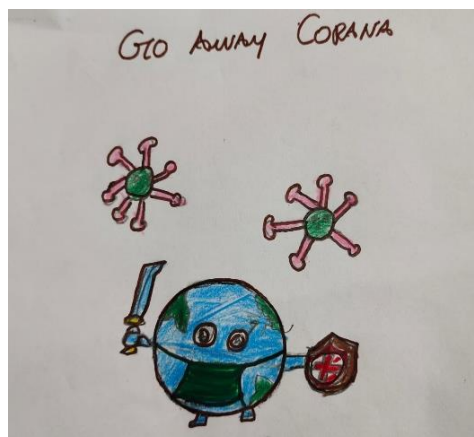
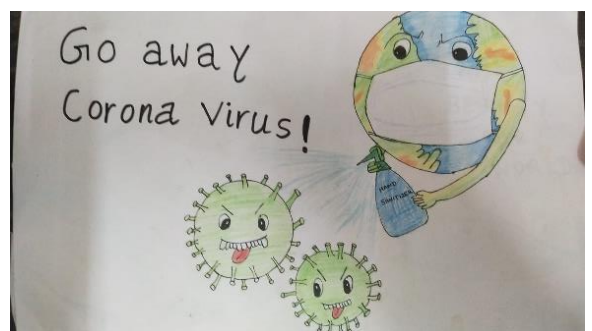
Cover your mouth

Stay at home

Maintain a safe distance

Don't touch your face

By Syed Kashif I A





## Student Write up

Covid Awareness

1. Covid-19 is a disease which is caused by corona virus.
2. It causes fever, cold, cough and shortness of breath.
3. It spread from one person to another.
4. We should follow the protocol given by doctors to stop the spread of this disease

5. We should stay at home.
6. We should wear a mask.
7. Maintain social distancing.
8. Wash our hands regularly.