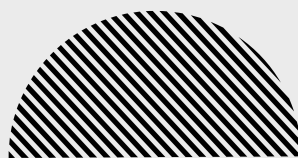
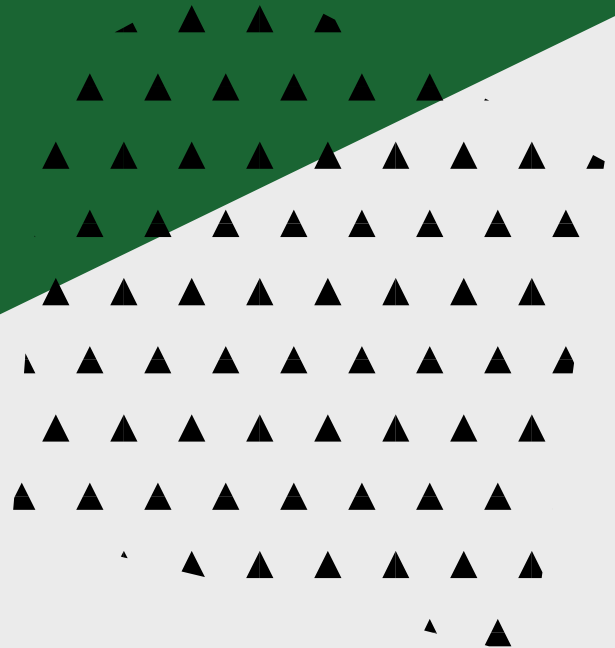




Unlocking Potential

UP's Weekly
Well-being activity

27.04.20





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What's Inside...

We hope you are enjoying receiving our Weekly Well-being activities and find them useful.

Remember that many of these activities will have an accompanying demonstration video which you can find on the Unlocking Potential YouTube Channel so that you do not need to print this pack.

Here's what's inside this week:

Covid-19 Timeline – Recording my experience

We know that each of you will be experiencing something different during “lockdown”. We’ve made this timeline to help you understand the events that have happened around the world so far that led to lockdown and so that you can add in your personal experience of Covid-19. One day historians will write about when all the schools closed, and what you remember will be very important!

This week we have included a timeline for December to March, keep your eyes peeled at the very end of April for this month’s timeline.

How to make an origami Fox Face

This is a fun activity that will help you to build up strength in your fingers - we call this improving your ‘fine motor skills’. You can find the video showing you exactly how to make it here <https://youtu.be/vA71IDw11w>

How to make a whole origami Fox

If you managed to do the ‘Fox Face’ maybe you can try our trickier Fox... even more training for those fingers! The video for this one is here <https://youtu.be/clFm1TtTDvE>

Video only – Mindfulness for children

Watch this short video for an introduction to mindfulness. We talk about what mindfulness is and how it can be helpful. Then, we practice a mindful moment together!

<https://youtu.be/xGVpUiFiboY>

Video only – Mindfulness for adults

Watch this short video for an introduction to mindfulness. We talk about what mindfulness is and how it can be helpful during this time.

<https://youtu.be/CzzUFS1ke90>



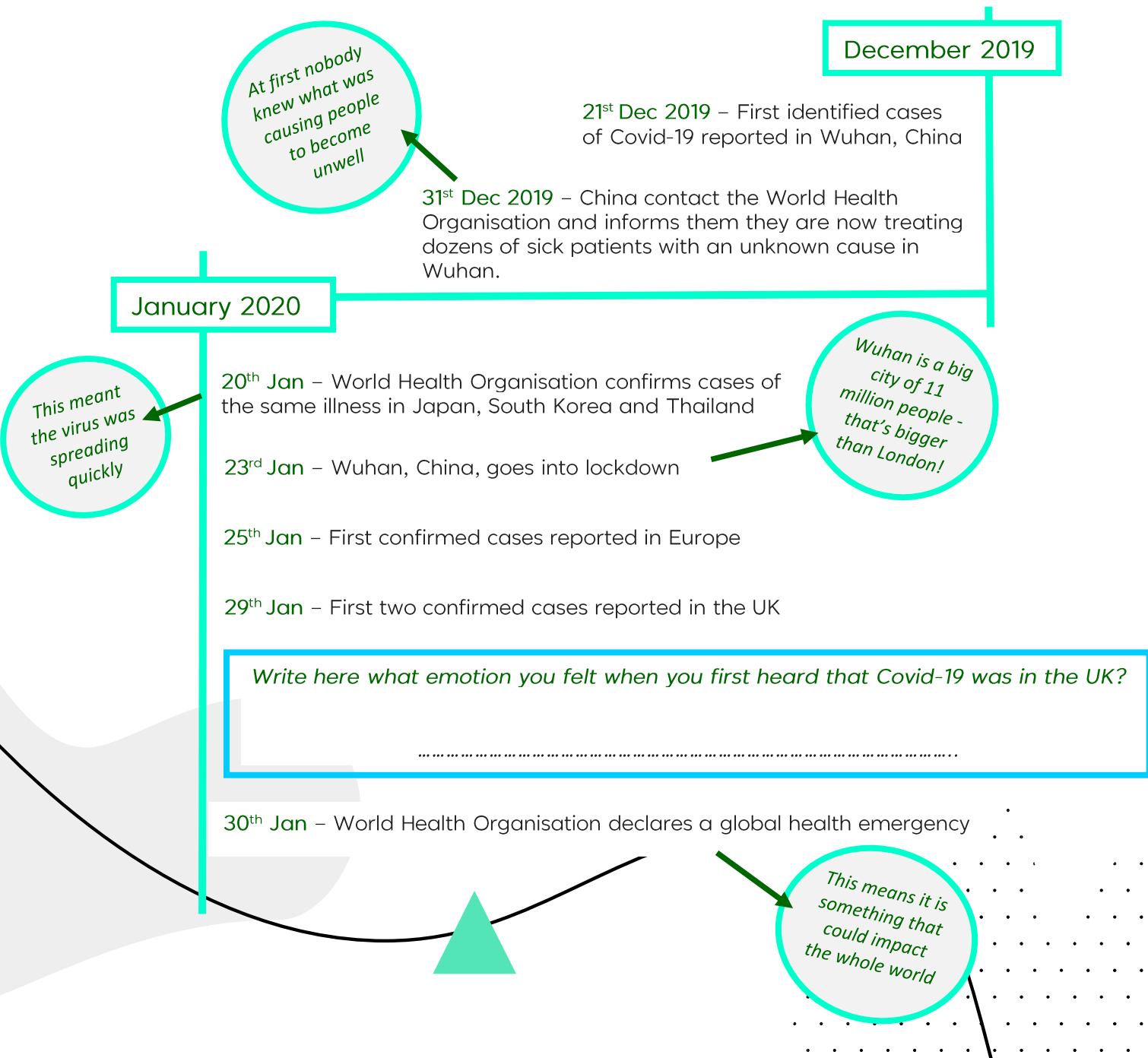
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Covid-19 timeline – recording my experience

Covid-19 is a virus that makes some people very unwell, this is the reason we are all staying home and keeping safe while the NHS looks after sick people and while scientists find the best way to stop Covid-19 from affecting more people.

It is not just in the UK where children are not going to school; there are children in 197 countries in the world that are also missing school just like you and for the same reason! So, you have something incredibly unique in common with millions of other children around the world!

Complete this timeline to help understand the events that have happened around the world so far and add in your personal experience of Covid-19. One day historians will write about when all the schools were closed, and what you remember will be very important!



At first nobody knew what was causing people to become unwell

December 2019

This meant the virus was spreading quickly

Wuhan is a big city of 11 million people - that's bigger than London!

This means it is something that could impact the whole world



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February 2020

This entire hospital was built in just 10 days!!

3rd Feb – To cope with the numbers of people becoming sick, a new hospital is opened in Wuhan, China

11th Feb – the virus is named ‘Covid-19’

12th Feb – The first case is confirmed in London. This brings the UKs total cases to 9

14th Feb – Egypt has its first confirmed case, the first case in the continent of Africa

This is short for Coronavirus 2019

‘Lockdown’ means limiting where people can go and who they can see, for the safety of everyone.

21st Feb – Italy begins its first stages of lockdown in 11 areas

26th Feb – Brazil reports its first case, the first case in the continent of South America.

28th Feb – 14 countries in Europe now have rising numbers of cases

We were not in lockdown in February; what are your favourite things to do when you can see your friends and family – you could draw a picture or write about life before lockdown here:

28th Feb – British cruise ship called the Diamond Princess goes into quarantine (nobody is allowed to leave) in Japan after a person tests positive, there is over 3,500 people on board.

Nobody was allowed to leave the ship for almost a month!

March 2020

6th March – UK advised to wash their hands more and for 20seconds to prevent the spread of Covid-19. We are told that 20 seconds is the same as singing *Happy Birthday* twice.

Do you have a favourite song to sing whilst washing your hands? You could ask someone in your family or household to time you. Write the name of your hand washing song here:

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Panic buying is when people suddenly start buying more of something than they need because they are worried the shops will run out

8th March - After being told to 'plan ahead' by Public Health England, people in the UK start to panic buying toilet paper, pasta, rice, flour and canned food.

*Was there anything your family bought lots of or ran out of?
You could draw a picture or write a list here:*

This is when a disease or illness is impacting the whole world

11th March - The World Health Organisation declare Covid-19 as a pandemic

16th March - The UK government advises people to avoid unnecessary contact, this is called 'social distancing' - people are still going to work and school in the UK, so it is difficult to know what to do

A number of countries in mainland Europe bring in 'lockdown' measures during this time

By this time China had been in 'lockdown' measures for almost 3 months.

16th March - Venezuela, Ecuador, Peru go into lockdown. Colombia and Costa Rica close their borders so visitors from other countries cannot come in.

17th March - 'Stay home, stay safe' is the UK's motto. Everyone is told to avoid leaving the house to travel anywhere unless they really need to.

19th March - China reports their first day with no new local cases since the pandemic started.

20th March - Primary schools across the UK close for all children except if their parents are 'keyworkers' or they have other special circumstances. All pubs, restaurants, gyms and other social venues also close.

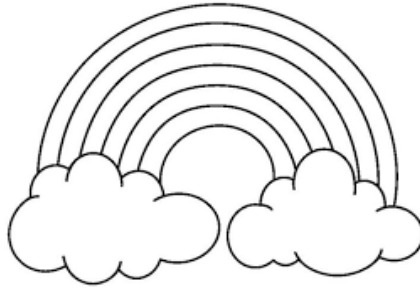
*What was your last day at school like?
Draw a picture or write what you remember in this box:*



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20th March – Children start creating pictures of rainbows to put up in their windows.

Have you made a rainbow for your window? You can colour in this rainbow as a reminder of what it means:



The rainbows remind people to stay positive; even when it is raining, we know the sun will come out eventually, and together they will create a beautiful rainbow.

24th March – UK bans all public gatherings; people cannot be in groups of more than 2 people unless they live together.

24th March – 12000 former NHS workers voluntarily return to support the NHS!

23rd March – UK goes into full lockdown.

26th March – The UK starts a weekly ‘Clap for essential workers’ at 8pm on Thursdays. This is to say thank you to everyone who is going to work in order to keep us safe and the country going.

Do you know anyone who an essential keyworker? You could draw a picture or write about what they do in this box:

People stand outside their houses, hang out of windows and on balconies banging pots, cheering, ringing bells. Cars on the streets and boats in harbors sound their horns.

That's a lot of people!!!

27th March – More than 750,000 people sign up to volunteer to help the NHS.

27th March – UK Prime Minister, Boris Johnson, tests positive for Covid-19 and goes into isolation.

29th March – USA has the highest number of cases in the world.

30th March – The Teddy Bear Hunt begins; families across the UK put teddy bears in their windows for other children to find whilst they are out on their daily walk.

Next time you are out for a walk see if you can spot any teddy bears in windows – you can write here how many you find:

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How to make an origami Fox Face

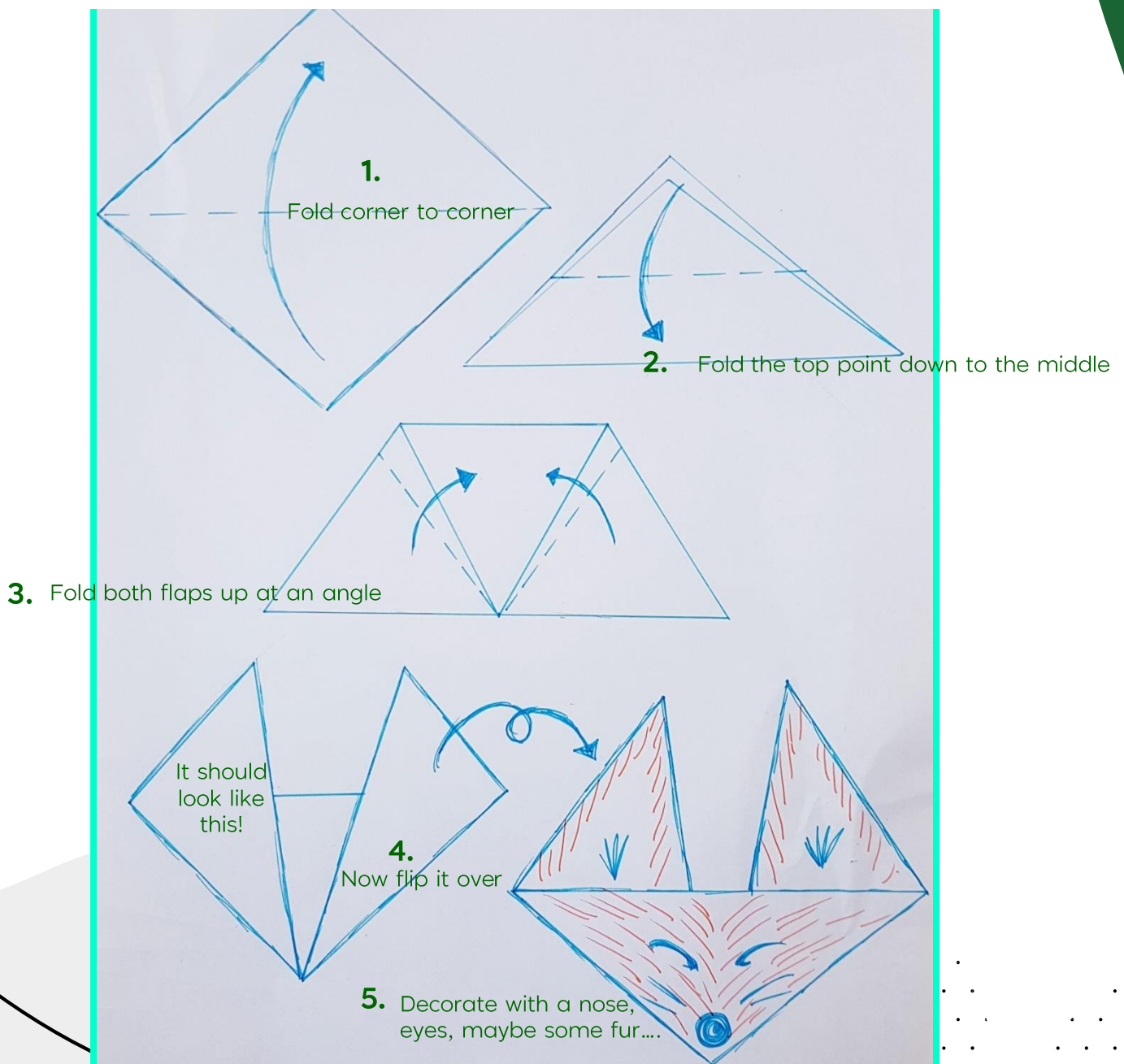
This is a fun activity that will help improve your fine motor skills.

All you need to make this is:

- a square piece of paper
- a pen for decorating

You can watch our demonstration video at <https://youtu.be/vA71IDw11w>

It also shows you how to make a rectangular piece of paper into a square if you don't have one.



...and there you have it, you made a fox face!



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How to make an origami Fox

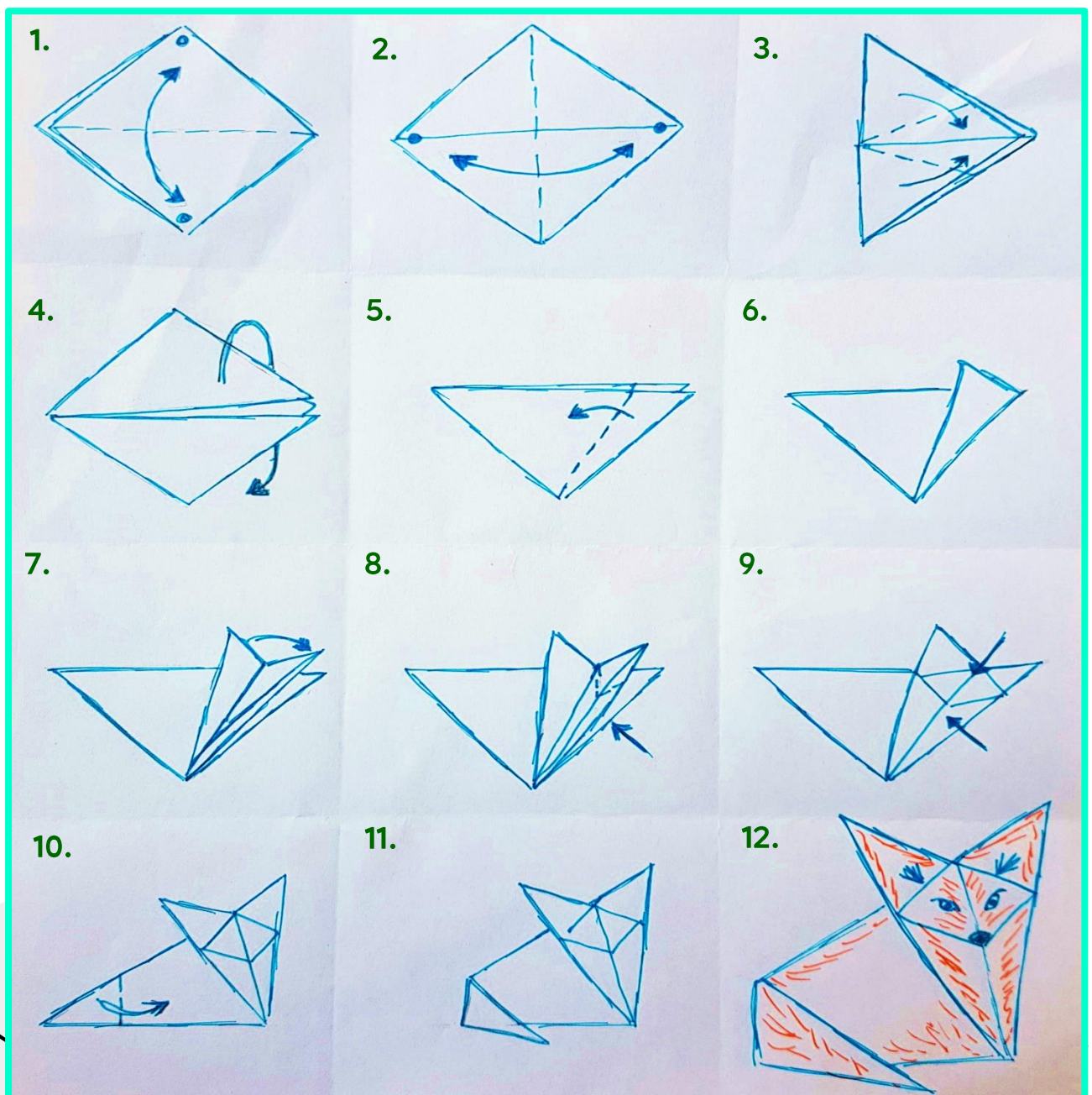
Did you manage to make a fox face? If you want to challenge yourself, you could try to make this full fox too.

All you need to make this is:

- a square piece of paper
- a pen for decorating

You can watch our demonstration video at <https://youtu.be/cIFm1TtTDvE>

This also shows you how to make a rectangular piece of paper into a square if you don't have one.



...Woweeeee! You made an entire fox!!