**Social Distancing**

Sometimes changes happen at home and school.

There are some changes happening now. These changes are to help keep me, my family, my teachers and my friends safe and healthy.

One of these changes means using ‘social distancing’.

Social distancing can help everyone stay safe and healthy.

Social distancing means keeping a safe distance from other people and staying away from busy places to stop germs spreading to people and stop us from getting ill.

A safe distance is about 2 metres. If I hold my arm out straight in front of me, this is about 1 metre. If the person I am talking to also holds their arm out in front of them, this will be about 2 metres.

My teachers and parents can help me practice social distancing.

Social distancing will mean I may not be able to go to school or there will be some changes at school.

Some of my friends might not be at school.

Some of my teachers may not be at school or I might have different teachers.

We might do some fun activities rather than our usual work at school.

This is OK. My parents and teachers will help me to stay safe and healthy and use social distancing.

If I feel confused about these changes and how to use social distancing, I can ask my parents and teachers and they will help me understand.