



How to....

Make the Best of Staying In



www.educoot.org

Note to Students

You can do these worksheets as part of your course.

Do those worksheets that your teacher has given you.

Go through all the sections. You don't need to complete every section but at least read through it all.

When you need the Internet, you will see this icon:

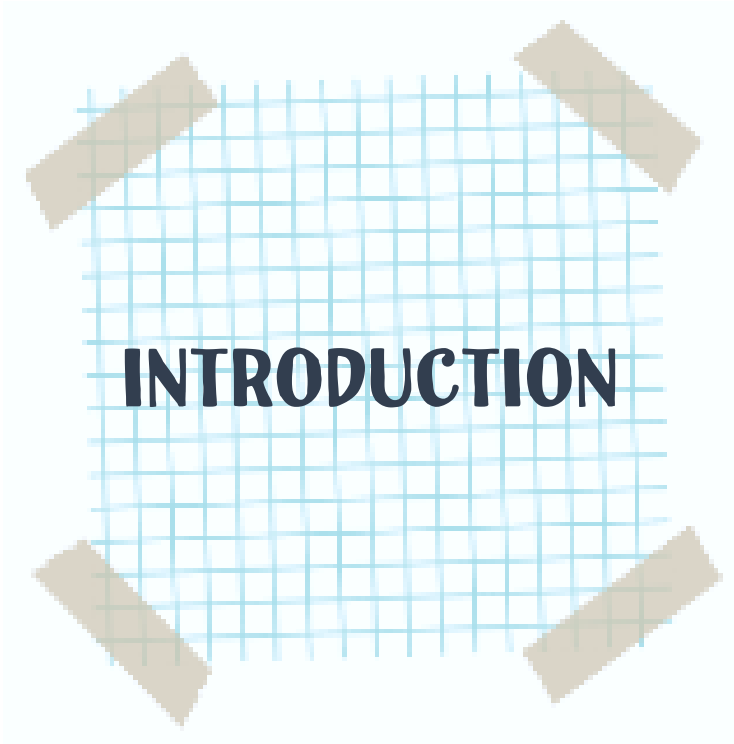


Answers will be provided.

During this time:

- ★ Take good care of yourself.
- ★ Choose this time to form new, good habits.
- ★ You might find that doing less at home can make you more tired!
It's important for your health that you eat healthy foods and exercise.
- ★ If you feel uncomfortable, out of breath or sick when doing any of the relaxation techniques, stop immediately. Always check with your doctor before trying out new exercises or activities.
- ★ If you are feeling unwell, rest and self-isolate.

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A. How are You?

How are you?

1. On the scale below, what is your score?



2. What is going on that might make you feel this way?

a) Name 1 good thing in your life right now.



b) Name 1 bad thing in your life right now.



c) Name 1 thing that's OK in your life right now.



3. On the scale below, where would you like to be?



4. To get to this score, name 3 things that would be different:

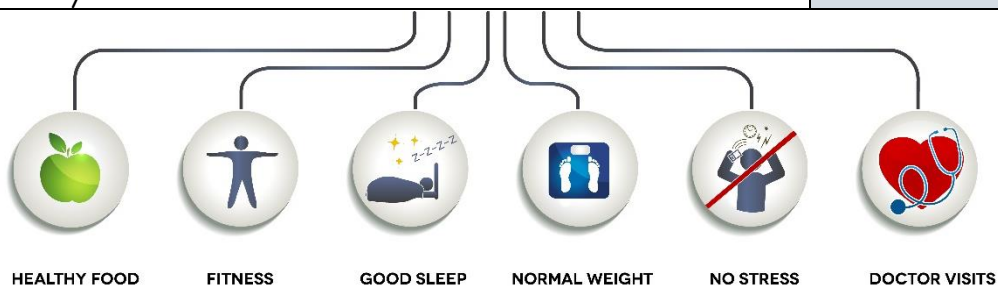
5. Think about these things:



6. How well are you doing in these areas? Write numbers. **Think carefully before you answer.**

Oh, no!	Not really	I don't know!	Yes, sort of...	Oh, yes!
1	2	3	4	5

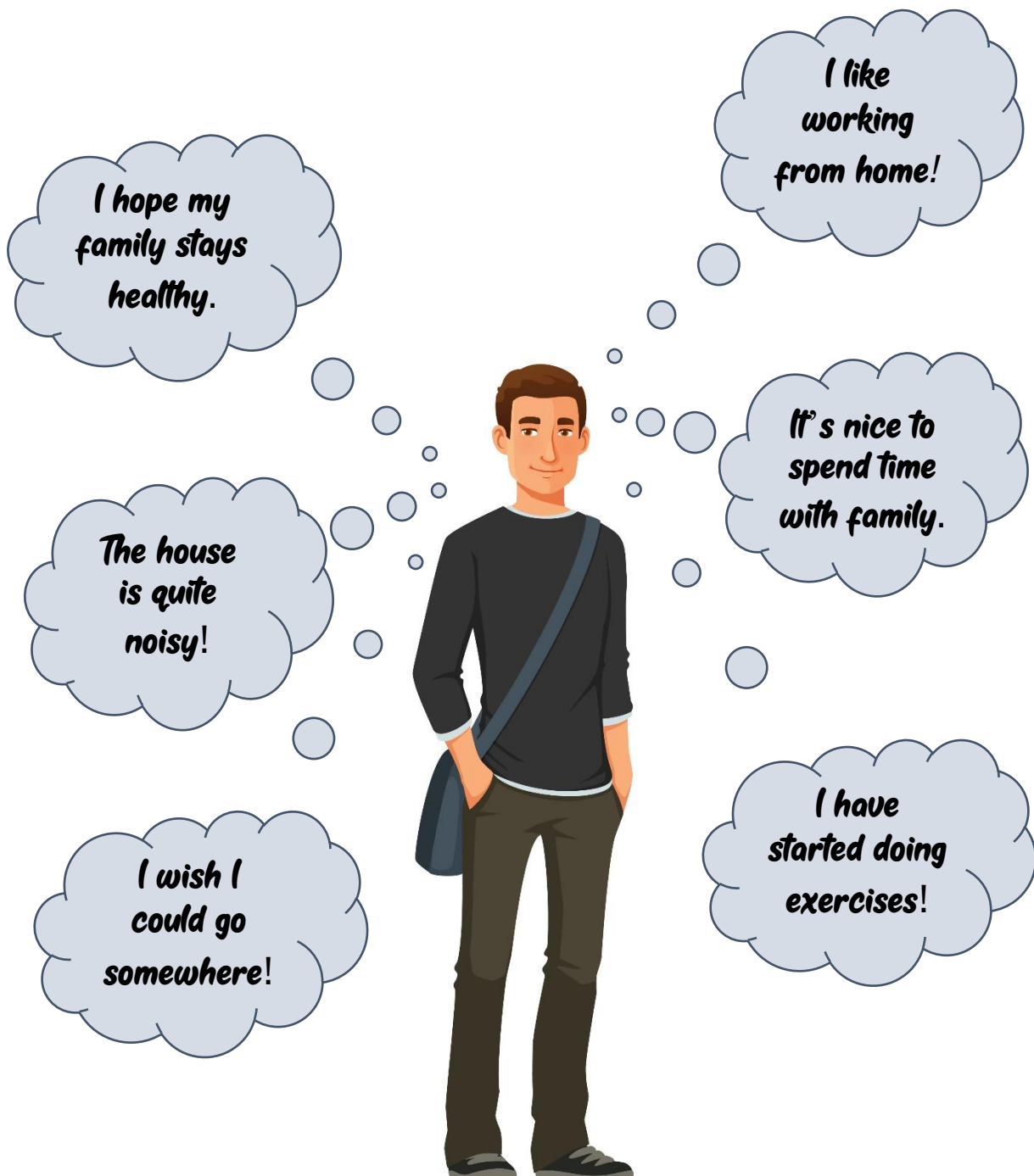
	Your Score
I have a healthy diet.	
I drink at least 8 glasses of water per day.	
I exercise every day.	
I feel healthy.	
I have a good sleep pattern.	
I often get fresh air.	
I have good contact with family.	
I have a few friends. (at least one)	
I make time for social contact.	
I like my job / course.	
I have enough money to live.	
I am happy in my home.	
I have a hobby or interest.	
I feel good about myself.	
I have life goals.	
I feel like I have a purpose.	
I want to keep learning.	
I laugh every day.	
I have ways to deal with stress.	



Even if life is great for you, there are still ways to make it even better! If life isn't great, it's all up to you to make it better!

7. Think about the areas of your life you want to change.

Liam is doing a course. Now, he is working from home because of the pandemic. He has mixed feelings.



B. Helpful Vocabulary COVID-19



I. Read the definitions.

asymptomatic

means you are not showing any symptoms of a specific disease, but you could still be infected

communicable

this means it can be easily spread - COVID-19 is a communicable disease

coronavirus



viruses that cause acute respiratory illnesses, when looked at under a microscope, they look like they are surrounded by a spiky array thought to look like a corona, or a crown-like shape, which is where the name comes from

COVID-19

a highly infectious respiratory disease caused by a new coronavirus, discovered in China in December 2019 and has since spread around the world

flatten the curve

this means slowing the spread of an epidemic disease so that the healthcare system can cope

isolation

complete separation from others of a person suffering from an infectious disease



mitigation

steps taken to slow the spread of infection, e.g. quarantine, isolation, social distancing, proper handwashing



pandemic

a disease which has spread throughout an entire country, continent, or the whole world

quarantine

strict isolation imposed to prevent the spread of disease

self-quarantine

is when someone does not have to go into quarantine but chooses to do so to be careful

respiration

this is breathing

screening

checking a person to see if they have a disease



shelter in place

during the coronavirus outbreak, shelter in place are orders for people to stay at home and not leave unless absolutely necessary

social distancing

steps to reduce contact between groups of people, people should keep a distance of 6 feet (2 metres) between each other

ventilator

a machine that helps a patient breathe

virus

an infectious agent that multiplies only within the cells of living hosts, such as bacteria, plants, and animals

HANdSHAKes
X CANCELLED X

WHO

World Health Organisation - directs and coordinates international health within the United Nations system

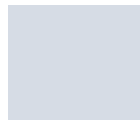
2. Try the quiz to check your knowledge of the words.

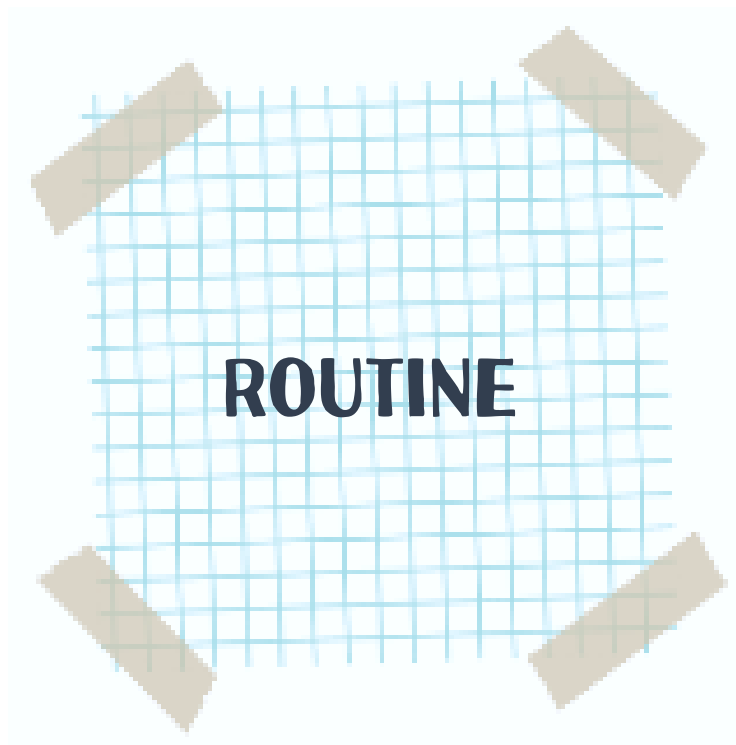
Click on: Practice then Play

<https://www.goconqr.com/en-GB/quiz/21725653/Educoot--COVID-19-Vocabulary>



What was your score?





A. Changes in Your Routine

1. Read:

The coronavirus has changed our routines!

Examples of how routines have changed:

- ★ Children are learning from home.
- ★ People are working from home.
- ★ Sporting activities have been cancelled.
- ★ Restaurants and pubs are closed.
- ★ Other businesses are closed, e.g. hairdressers, I.T. shops, gyms, clothing shops, estate agents, beauty salons, hotels, libraries, markets, etc.
- ★ Movement is restricted, e.g. we cannot go and visit friends and family members, we should not travel further than 2 km, we need to practise social distancing, etc.



2. Label the signs.

travelling, meetings, coughing over others



NO

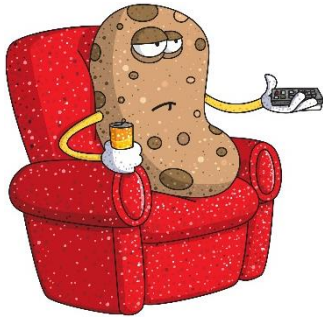


NO



NO

B. Why You Need a Routine



It might sound boring, but we need routines! For all of us at home, the day can just slip through our fingers and we are left wondering where it went to! We should have the time now to write a daily plan and start forming new habits. **Routines are good for our mental health.**

I. Complete the sentences.

worry, not, help, Write, routine, give

- a) Not knowing what we are doing next can cause stress and _____ .
- b) Routine helps us to do those things that are good for us such as exercise. If it's part of our _____ , we don't think about it—we just do it!
- c) Good routines _____ you to get important things done.
- d) Routines _____ us a sense of security and purpose.
- e) _____ down your routine and stick it on the fridge.
- f) Change things that do _____ work for you.

2. Look at this example of a daily routine:


★ *To do list* ★

★ URGENT ★

- *9 am Hygiene routine*
- *9.45 am Breakfast*
- *10 am News*
- *10.15 am Exercise, fresh air*
- *11.15 am Learning*
- *1 pm Lunch, fresh air*
- *1.30 pm Learning*
- *2.30 pm Contact others*
- *3 pm Learning*
- *4 pm Relaxation technique, fresh air*
- *4.30 pm Prepare and have dinner*
- *6 pm Watch TV, listen to music*
- *7pm Meditation, fresh air*
- *8.30 pm Hobbies / Chill Out*

- Do 10 minutes extra exercise*
- No unhealthy snacks*
- Start new painting*
-
-

STAY HYDRATED



BREAKFAST

Mixed berries and oats, yoghurt

LUNCH

Whole wheat bread, egg salad

DINNER

Spaghetti with fresh tomato sauce

HOW TO

14

C. Your Routine

1. Write a routine for yourself.

Things you could include on your routine:

- ★ Meal planning
- ★ Exercise
- ★ Learning
- ★ Hygiene routine
- ★ Relaxation techniques
- ★ Meditation
- ★ Hobbies, e.g. cooking, baking, painting
- ★ Water intake
- ★ Listening to music
- ★ Watching TV
- ★ Contacting others
- ★ Fresh air
- ★ News, staying informed
- ★ Gratitude (what you're thankful for)

2. See examples below:

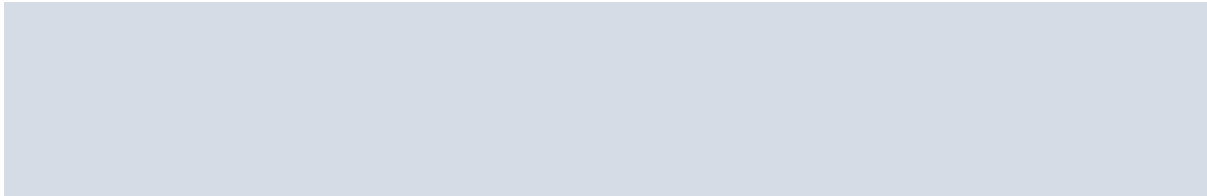
Remember! You can change your routine if it's not working for you.



3. Read:

- * Creating new routines can be hard, especially in difficult times, but they will help you to stay healthy at this time.
- * It can be hard to remember to take care of yourself when you're worried.
- * You could be worried about your health and that of your family.
- * You could also be worried about finances.
- * While things feel more unstable in the world right now, you can help yourself by forming a stable routine.

4. What do you think of this routine? Give reasons for your answer.



5. Work out a routine for yourself. This sheet below is NOT fillable online. Write your routine out however it suits you. (If you have a printer, then print this page)

Write down your routine!
✓ Tick things off.

Daily Planner

Date

Top Priorities

To-Do List

B
 L
 D

Mood 😊 😐 😞 😄 😁

Water Balance

Meals

.....

Notes

.....

Thanks for

1
 2
 3
 4
 5

Routines

.....

Productivity

☆☆☆☆☆

5:00 - 5:30
5:30 - 6:00
6:00 - 6:30
6:30 - 7:00
7:00 - 7:30
7:30 - 8:00
8:00 - 8:30
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7:00 - 7:30
7:30 - 8:00
8:00 - 8:30
8:30 - 9:00
9:00 - 9:30
9:30 - 10:00
10:00 - 10:30
10:30 - 11:00



A. Healthy Diet

Do you have a healthy diet?

A healthy diet is so important!

Write the correct answers.

mood, sick, energy, longer, helps, your, skin, better, bones, learn

A healthy diet:

a) makes you feel

b) improves your

c) gives you lots of

d) helps you to

e) you keep a normal weight

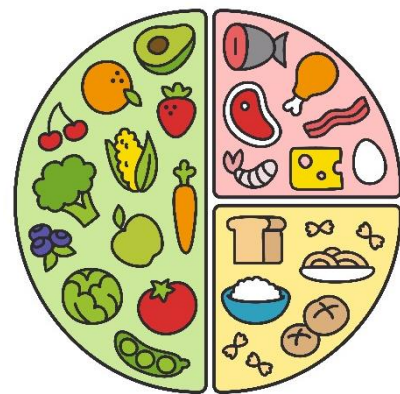
f) lessens your chances of getting

g) keeps heart strong

h) keeps your and teeth strong

i) improves the look of your hair and

j) can make you live



A healthy diet will improve your life in every way!

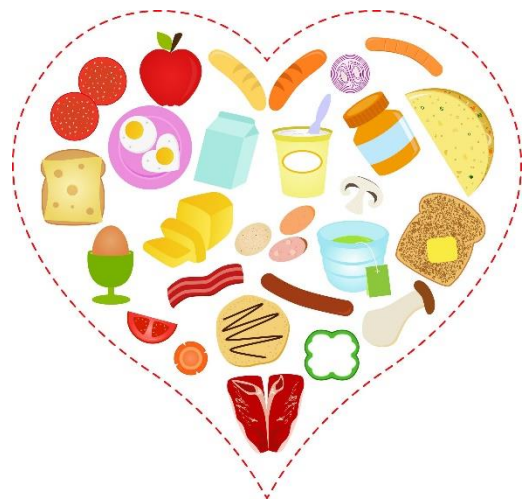


B. What does Healthy Eating Mean?

Everyone is different. Your diet must suit your body and lifestyle.

1. What should you have in a healthy diet? Tick the correct answers.

- fruits - all the colours
- trans fats
- sugar
- vegetables – all the colours
- whole grains
- good fats
- fast foods
- lean proteins

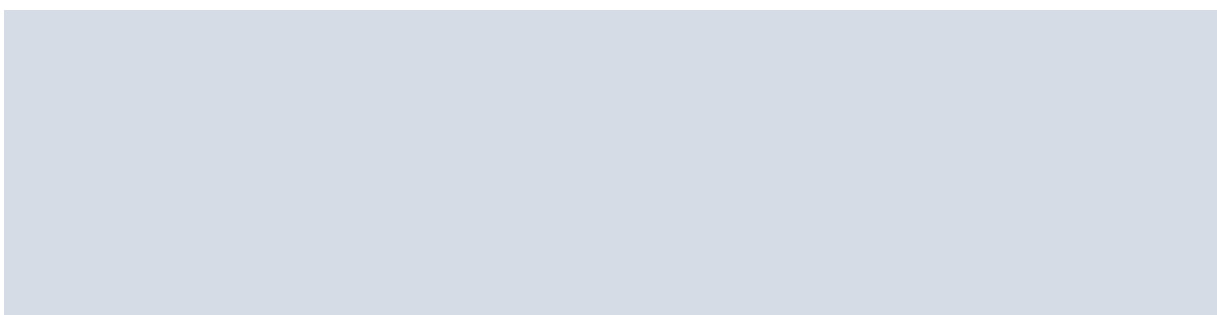


2. Half our diet should be fruit and vegetables. Write some below:

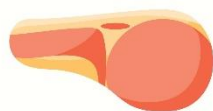
Healthy eating does not mean that you can never eat a piece of cake or a pizza!

- ★ When you are changing your habits, do it slowly.
- ★ Start by cutting out some unhealthy foods.
- ★ Swap unhealthy snacks for healthy snacks.
- ★ Don't buy unhealthy foods. If there are unhealthy snacks in the cupboard, you will probably eat them!

3. Which of these foods below do you often eat?



MOST ADDICTIVE FOODS



BACON



HAMBURGER



PIZZA



FRENCH FRIES



FRIED CHICKEN



CHIPS



STEAK



ICE CREAM



CHEESE



CHOCOLATE



SODA



WHITE BREAD

Not only should you eat healthy, but also, be careful of portion sizes.

- ★ Think smaller portions.
- ★ At home, look at your portion sizes.
- ★ Your serving of meat, fish, or chicken should be the size of a deck of cards.
- ★ A half a cup of mashed potato, rice, or pasta is about the size of a traditional light bulb.
- ★ By serving your meals on smaller plates or in bowls, you can trick your brain into thinking it's a bigger portion.
- ★ If you don't feel full at the end of a meal, add more leafy greens or have some fruit for dessert.

4. What do you notice about the portion sizes below?



Not a good idea....

5. Read:

- * Start eating healthy.
- * Keep things simple.
- * Eat fruits and vegetables of different colours.
- * Eat a variety of foods.
- * Try to eat fresh foods.
- * Replace the unhealthy foods with healthy foods. For example, swap fried chicken for grilled salmon. You can still enjoy your meal!
- * Think about how you feel after eating. The healthier the food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.



6. Label the meals: **unhealthy** and **healthy**.

































7. Try this quiz. Choose the healthier options. The answers are below the photos on the website.

<https://www.goodhousekeeping.com/health/diet-nutrition/a22716780/healthy-eating-quiz/>



8. Try to eat a variety of colours. Look at the diagram.

WHITE	YELLOW	RED	PURPLE	GREEN
				
 Immune system  Protection of stomach  Low cholesterol  Healthy heart  Healthy gut	 Low cholesterol  Healthy heart  Healthy joints  Eye protection  Preventing cancer	 Healthy heart  Healthy blood vessels  Skin protection  Cellular rejuvenation  Preventing cancer	 Healthy heart  Healthy blood vessels  Improve your memory  Cellular rejuvenation  Protecting of the urogenital system	 Protection of stomach  Healthy bones  Eye protection  Immune system  Preventing cancer

9. Name one fruit or vegetable which has this health benefit:

a) healthy bones

b) skin protection

c) immune system

d) memory improvement

e) healthy joints

f) stomach protection

g) eye protection

h) cancer prevention

**Eat loads of fruit
and vegetables!**

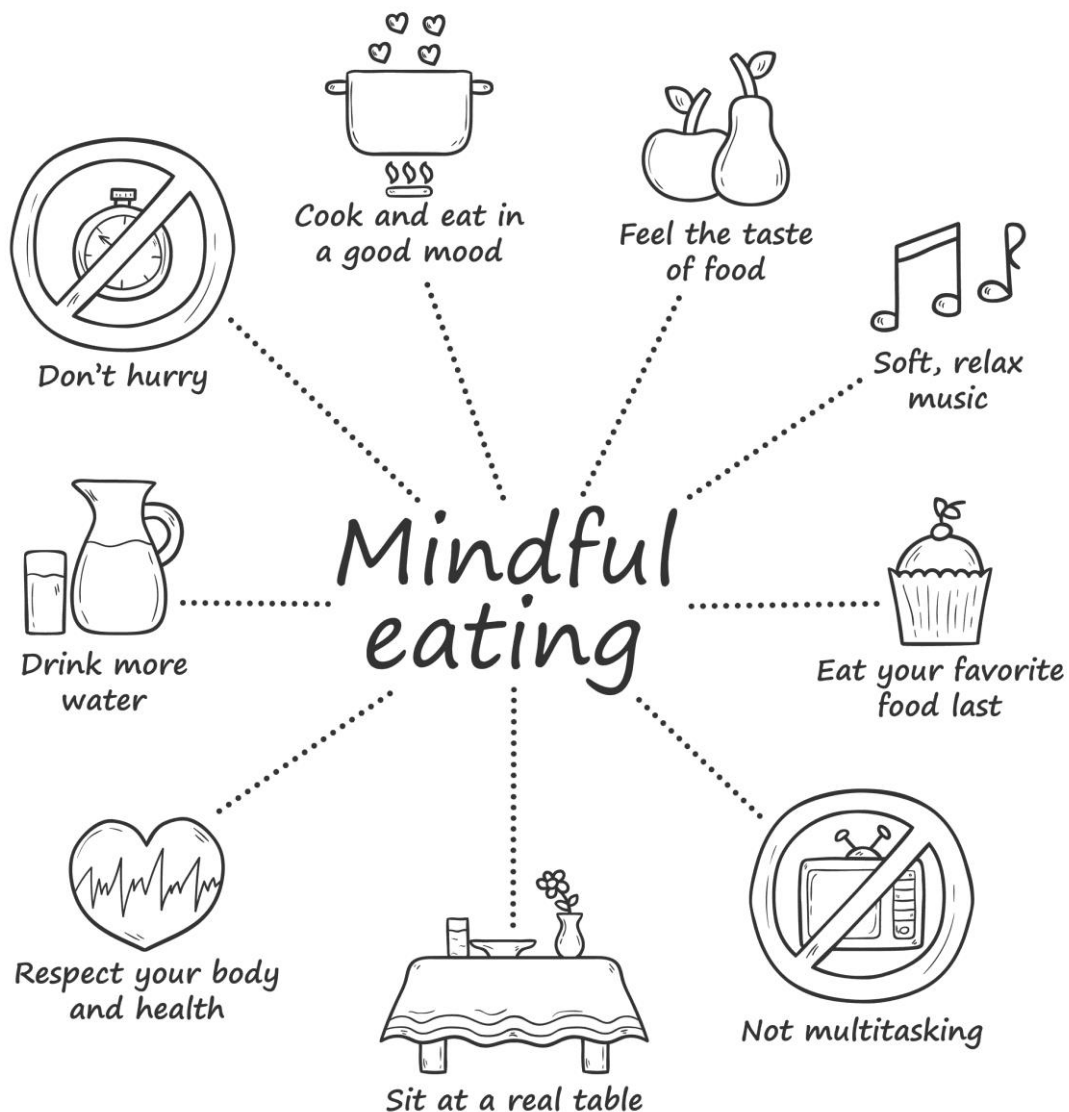


C. Food and Feelings

1. Read:

- ★ Don't rush when you are eating. Take your time.
- ★ Remember! Food is nourishment. Nourishment is the food necessary for growth, health, and keeping your body in good condition.
- ★ It takes a few minutes for your brain to tell your body that it has had enough food!
- ★ So, eat slowly and stop eating before you feel full.

2. Look at the diagram.



3. Answer the questions.

a) What is the reason for eating?

b) Why should you eat slowly?

c) When should you eat your favourite part of the meal?

d) Where should you sit when eating?

e) What could you listen to while eating?

f) What should you NOT do when eating?



g) ← Is this good practice?

Yes

No

4. Here are some tips for healthy eating. Complete the sentences.

***TV, feeling, family, eating, hungry, ways,
Eat, stress, social, snacks***

- a) Eating should be a _____ event, when possible.
- b) When everyone is home, this is a good opportunity to make mealtimes a relaxed event with the _____.
- c) _____ with others whenever possible.
- d) Eating alone, especially in front of the _____ or computer, can make you eat too much. You are not thinking about if you are getting full.
- e) Make sure you have lots of healthy _____ in your home.
- f) We don't always eat only because we are _____.
- g) Many of us also turn to food to cope with _____.
- h) We often turn to the comfort of _____ when we are sad, lonely or bored.
- i) While many of us are at home now, we need to be very aware to not eat just to pass the time. And we should not eat just because we are _____ down or worried.
- j) Learn healthier _____ to cope with stress and emotions. (later in this course)



***Enjoy family
meals!***

D. Making Meals



1. Read:

- ★ Prepare more of your own meals.
- ★ Cooking at home means you know what is going into your food.
- ★ Food that is prepared in the home can be healthier.
- ★ A home cooked meal will usually have fewer calories, less bad fats and less sugar.
- ★ Cooking at home will also save you money.
- ★ If you don't know how to cook, use the Internet to find delicious, healthy and easy recipes.

2. Click into the websites below. Find one recipe you could try!



a) Jamie Oliver

<https://www.jamieoliver.com/recipes/category/course/cheap-cheerful/>

Which recipe would you try?

b) These Beginner Dinners Will Teach You How To Cook

<https://www.buzzfeed.com/melissaharrison/beginner-dinner-recipes>

c) Supercook

Here you can enter ingredients you have and you'll get recipe suggestions.

<https://www.supercook.com/#/recipes>

d) Carry out your own search!



**Always be safe
in the kitchen!**

E. Food Labels

1. Read:



- * It is best to eat food that is as close as possible to how it was in nature e.g. fruit, vegetables, nuts and seeds.
- * But when you buy packaged foods, read the labels!
- * How do you know if a food is high in fat, saturated fat, sugar or salt?

There are guidelines to tell you if a food is high in fat, saturated fat, salt, sugar or not.

Total fat

High: more than 17.5g of fat per 100g

Low: 3g of fat or less per 100g

Saturated fat

High: more than 5g of saturated fat per 100g

Low: 1.5g of saturated fat or less per 100g

Sugars

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

Salt

High: more than 1.5g of salt per 100g (or 0.6g sodium)

Low: 0.3g of salt or less per 100g (or 0.1g sodium)

Nutrition Facts	
Serving size	100 grams
Amount Per Serving	
Calories	280
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Polyunsaturated Fat 3.27g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 54g	193%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 419mg	30%
Iron 6mg	35%
Potassium 961mg	20%
Magnesium 243mg	60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2. Look at the label. Comment on the fat and sugar content.

3. Read:

* Colour-coded nutritional information tells you, at a glance, if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

* red means **high**

* amber means **medium**

* green means **low**

* In short, the more green on the label, the healthier the choice. If you buy a food that has all or mostly green on the label, you know straight away that it's a healthier choice

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

Check the number of calories too!!

4. Should you eat this food regularly? Say why or why not.

Pepperoni pizza 1 (per ½ pizza)

Energy	Fat	Saturates	Sugars	Salt
1601kJ 383 kcal	22g	8.7g	2.7g	2.6g
19%	31%	43%	3%	43%

of an adult's Reference Intake.

Typical values (as sold) per 100g: Energy 1322kJ/316kcal



5. Go and look at food labels in your kitchen! Now!

F. Water

1. Read:

- ★ Drink plenty of water.
- ★ Water helps flush our systems to get rid of waste products and toxins.
- ★ If you don't drink enough water, you could feel tired and have low energy and headaches.
- ★ It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

2. Look at the benefits of drinking water:



3. How many words can you make from the advice below?

STAY HYDRATED. DRINK WATER.



Non-alcoholic fluids, including tea, coffee and fruit juice, all count towards your fluid intake.



4. Match the questions and answers. Write the numbers.

- a) Which letter of the alphabet has the most water?
- b) If you drop a yellow hat in the Red Sea, what does it become?
- c) Small boats, 5 guests in each; sail on land but never on water;
Busy during the daytime, anchored at night. What am I?
- d) What always runs but never walks, often murmurs, never talks,
has a bed but never sleeps, has a mouth but never eats?
- e) What has five eyes, but cannot see?
- f) What is the healthiest kind of water?
- g) You can see me in water, but I never get wet. What am I?
- h) A man was outside taking a walk when it began to rain. He did
not have an umbrella and he wasn't wearing a hat. His clothes
were soaked, yet not a single hair on his head got wet. How could
this happen?
- i) When can a man walk on water?
- j) Where can you find an ocean with no water?

- A. he was bald
B. wet
C. on a map
D. a river
E. well water
F. C



- G. when the water gets very cold
and freezes
H. the Mississippi River
I. a reflection
J. shoes



A. Exercising at Home

I. Read:

Exercise is vital to your health.

You may be stuck at home now. This means you are probably getting much less physical activity.

Think about how active you are in your 'normal' life:

- ★ Going shopping
- ★ Visiting friends
- ★ Walking to a friend's house
- ★ Walking around town to pay bills, run errands
- ★ Walking stairs at work and at your school / centre
- ★ Doing physical activities, e.g. playing football, walking with friends, going to the park
- ★ Having 'days out', e.g. going to the zoo, going to the beach, having a picnic
- ★ Having social outings, e.g. going to the pub, movies, a restaurant, a sports match



These things might be 'out of bounds' right now.



NO SPORTS ACTIVITY

2. What types of exercise/physical activities are you missing out on?

Exercise has many benefits. If you are not getting any exercise now, then you should look to change this immediately.

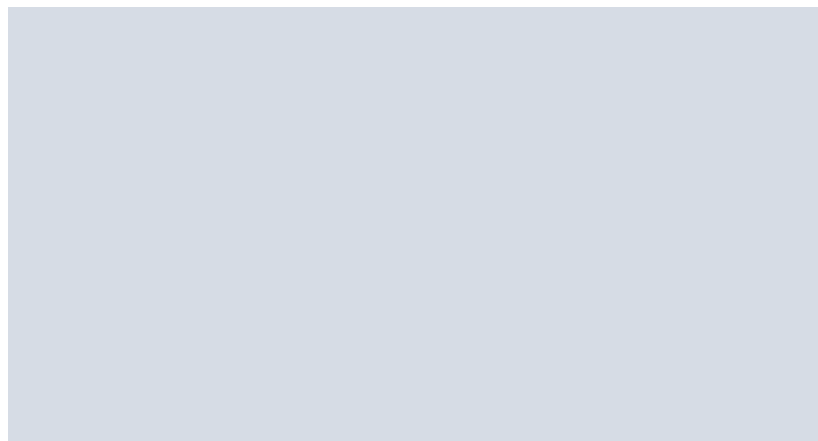
3. Look at this list of benefits!

- * Makes your heart stronger
- * Helps prevent illnesses, e.g. diabetes
- * Helps you to break bad habits such as smoking or drinking too much alcohol
- * Helps you control your weight
- * Improves your mood
- * Helps your mental health
- * Makes you more relaxed
- * Lowers the chances of depression
- * Helps your thinking and learning skills
- * Helps you to make better decisions
- * Makes your brain work better
- * Strengthen your bones and muscles
- * Makes you sleep better
- * Increases your life span
- * Lowers your stress levels



Why wouldn't you exercise?!

4. Write some ways in which exercise could help you learn.



B. Your Exercise Routine

If you don't regularly exercise, now is a good time to make it a habit!

If you exercise often, good – keep it up!

I. Tick the physical activities you could do every day:

- Clean the house
- Walk up and down the stairs (if you have any!)
- Wash the car
- Do some gardening
- Dance the night (or day) away
- Follow YouTube exercise classes
- Do stretches
- Start spring cleaning



- Other:
- Other:
- Other:
- Other:

2. Unscramble a word in each sentence.



a) If you are new to exercise, start slowly.

Even **vief** [redacted] minutes is OK!

b) Exercise a little bit longer each **yad** [redacted].

c) Keep track of your exercise. Note it **nowd** [redacted].

Then you will see your progress.

d) You can **esu** [redacted] a fitness tracker too.

e) Make exercise more fun. Try listening to **sicum** [redacted]

or watching TV while you exercise.

f) Do different types of exercise, e.g. dance, **ogay** [redacted]

class, exercise class, stretching, etc.

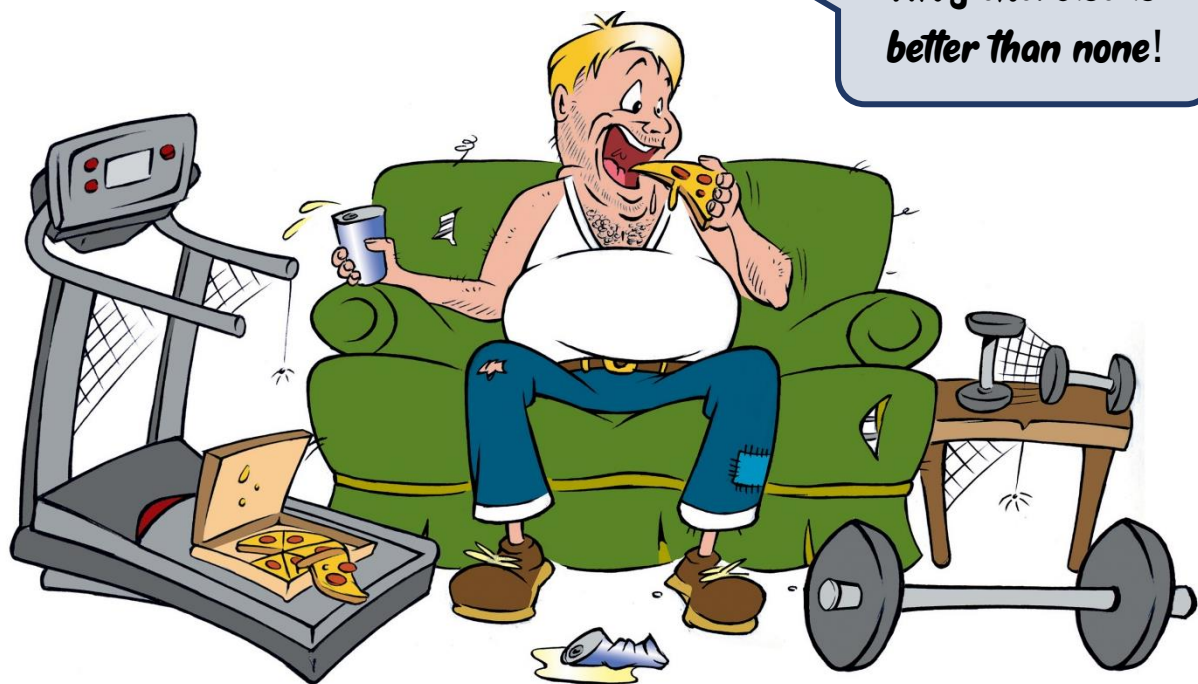
g) Go for a **lawk** [redacted], preferably on your own.

h) If you go outside to exercise, do not go further than 2 km away

from **meho** [redacted].

i) Keep **asef** [redacted] distance between you and others.

3. Give some advice to the man below:



4. Try this class below. (You do not need to do the full video to start with)

20 Minute Full Body Stretch for Pain & Flexibility | Safe Beginners Yoga Stretches with Lindsey

<https://www.youtube.com/watch?v=UeCSQ3VKJts>

Time: 20:26



Always check with your doctor before starting new exercises.



5. Here are some more videos you could try:



a) 10-minute workouts – Zumba Beginner’s Level

https://www.youtube.com/watch?v=9_MxwQwIORI

Time: 11:26

b) 10-minute Morning Yoga for Beginners

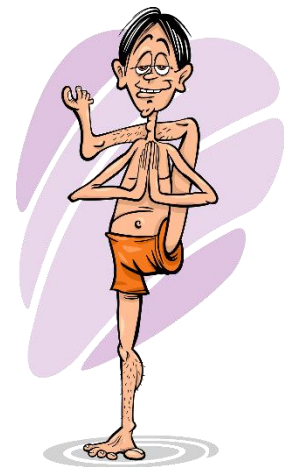
<https://www.youtube.com/watch?v=VaoVIPrYft4>

Time: 9:59

c) 15-Minute Bounce-Back Cardio Dance Workout

<https://www.youtube.com/watch?v=Rj2IubFfEqY>

Time: 15:24



If you are already as fit as a fiddle, look up other workouts on YouTube.





A. Protecting Yourself and Protecting Others

1. Read:

- * Stay aware of the latest information on the COVID-19 outbreak.
- * National and local authorities will have the most up to date information on the situation in your area.
- * Follow the advice given.

2. Click into these websites:



a) gov.ie

<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>

b) HSE

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

3. Take note:

- * Although you should stay informed, do not overdo it by checking updates all day!
- * Only use official websites.
- * Be aware! Not everything on the Internet is true!



4. Follow the rules.



be informed



keep calm



be careful

COVID-19



make yourself
feel cozy



wash your hands



stay home

5. Tick the things you are doing:

- Staying informed
- Keeping calm
- Making yourself cosy

- Staying at home
- Washing your hands
- Being careful

(You should be doing all these things!)

B. Handwashing

1. Look at the diagram:



2. Complete the sentences:

① Apply on your .

② your palms.

③ Rub your hands .

④ Wait until your hands dry.

3. How clean are your hands?



Super Clean	Clean	Quite Clean	I must wash them now!
-------------	-------	-------------	-----------------------

4. Choose the correct words.

a) Wash your hands:

once a day

often

never

b) Wash your hands with water and:

soap

a cloth

soap

c) Washing your hands kills:

viruses

your skin

hygiene

d) You should wash your hands for:

5 seconds

20 seconds

2 seconds



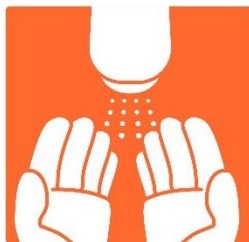
1. Wet hands



2. Soap



3. Wash for 20 seconds



4. Rinse



5. Dry



6. turn off water
with paper towel

***Go and wash
your hands!***

C. Other Safety Tips

Choose the correct words.

- a) Avoid touching your eyes, [redacted] and mouth. (hair, nose)
- b) Our hands touch many surfaces and can pick up [redacted] and these can enter your body and make you sick. (viruses, cloths)
- c) Cover your mouth and nose with your bent elbow or [redacted] when you cough or sneeze and throw away the tissue immediately. (tissue, hands)
- d) If you have a fever, cough and difficulty breathing, get medical care [redacted]. (early, later)
- e) Clean all surfaces every [redacted] as usual with a detergent or disinfectant. (month, day)
- f) Use [redacted] wipes to clean things that you use all the time, such as your mobile phone, tablet and computer. (disinfectant, baby)



D. Staying at Home

Yes! Everyone needs to stay at home.

If everyone stays at home, this will help to slow the spread of coronavirus.

1. Read:



You should only leave your home to:

- * shop for essential food and household goods (stuff that you need to stay alive!)
- * go to medical appointments or get medicine and other health products
- * care for children, older people or other vulnerable people (this does not mean social visits with family or friends!)
- * exercise outdoors, but do not go further than 2 kilometres from your home (also only do this with members of your own household, keeping 2 metres distance between you and other people)
- * travel to work only if you must (if you must go to work, practise social distancing)
- * Other than these reasons, **STAY AT HOME!**



2. Answer Y (YES) or N (NO).

Should I

- a) Take food to a sick relative
- b) Take a walk with friends
- c) Go to the shop to buy snacks
- d) Go for a 4 km run
- e) Get my medicine from the chemist
- f) Buy food for the family
- g) Go to family for dinner

3. You might need to restrict your movements further if you:

See you
in 2 weeks

- * live with someone who has symptoms of coronavirus, even if you feel OK
- * are or have been in close contact of someone who has/had coronavirus

* have returned to Ireland from another country

You need to restrict your movements for at least 14 days.

4. Complete the sentences about how to restrict your movements:

not, time, work, older, two, visitors, online, use

- a) Do not go to [] .
- b) Do not [] public transport.
- c) Do not have [] at your home.
- d) Do [] visit others, even if you usually care for them.
- e) Do not go anywhere - order your groceries [] or have some family or friends drop them off.
- f) Keep away from [] people, anyone with long-term illnesses and pregnant women.
- g) You can exercise outside for a short [] by yourself.
- h) If you go walking, keep [] metres distance from other people.

Self
QUARANTINE

E. Self-isolation

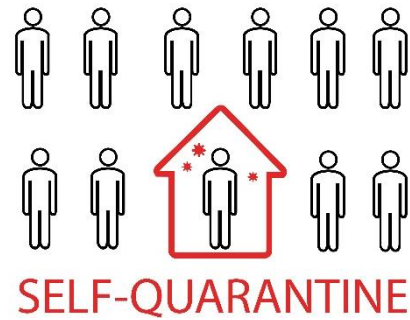
I. Read:

Self-isolation means staying indoors.

It means not having contact with other people.

You will need to self-isolate:

- * if you have symptoms of coronavirus
- * before you get tested for coronavirus
- * while you wait for test results
- * if you have had a positive test result for coronavirus
- * if you have any cold or flu-like symptoms, e.g. sore throat, runny nose, blocked nose, cough or wheezing



Even if you must self-isolate:

- * There is no need to panic.
- * Most people with coronavirus will only have mild symptoms and will get better within weeks.
- * But even if your symptoms are mild, you can still spread the virus to others.



 SELF QUARANTINE 

2. How do you self-isolate?

- ★ Stay indoors and avoid contact with other people.
- ★ Behave as if you have the virus if you have symptoms.
- ★ People you live with will need to restrict their movements.

3. Write **Do** or **Don't**.

- a) Stay at home. _____
- b) Keep the window in your room open. _____
- c) Have a picnic with family. _____
- d) Share cups and plates. _____
- e) Invite visitors to tea. _____
- f) Keep away from others in your home. _____
- g) Catch a bus to the city. _____
- h) Wash your hands well and often. _____
- i) Visit neighbours to check on them. _____
- j) Check your symptoms - call a doctor if they get worse. _____
- k) Have friends, family or delivery drivers drop off food or supplies but keep your distance. _____
- l) Visit your doctor if you feel unwell. _____
- m) Clean your room every day with a household cleaner or disinfectant. _____
- n) Cover your coughs and sneezes. _____



F. Symptoms

1. Look at the symptoms of coronavirus:



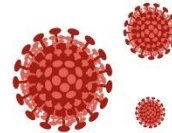
2019-nCoV

CORONAVIRUS

2-14-day incubation period

SYMPTOMS

- headache
- fever
- dizziness
- sore throat, cough
- runny nose
- difficulty breathing



Coronavirus testing

If you feel unwell or you suspect you have been exposed to the virus, call your doctor.

2. Read more information here:

<https://www2.hse.ie/conditions/coronavirus/testing.html>



3. Write the name and telephone number of your G.P. below:



A. Personal Hygiene

1. Read:

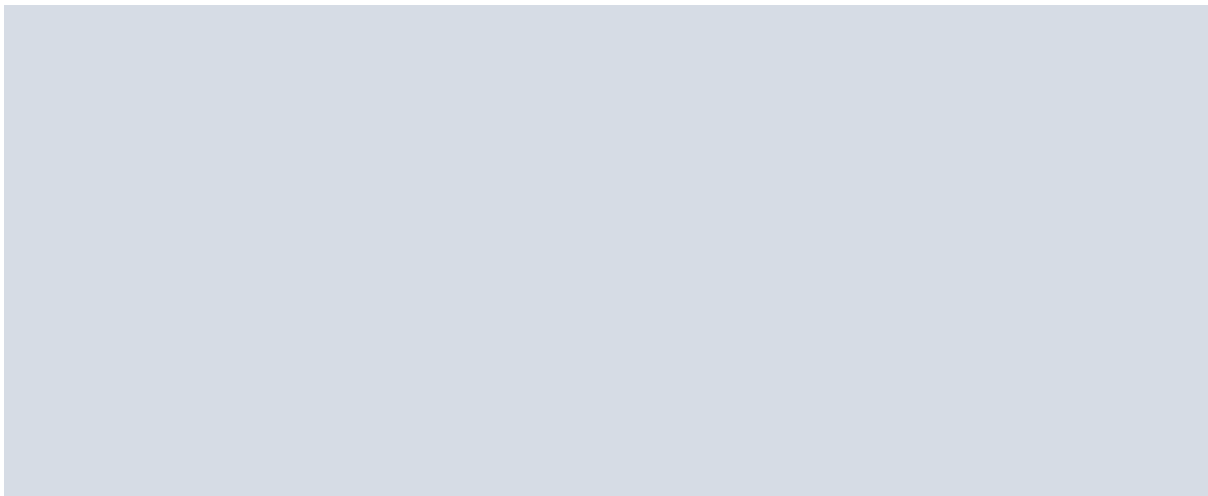


You need good hygiene for your wellbeing. Just because you are mostly at home is no reason to slouch around in pyjamas all day!

By being well presented, clean and tidy, you will feel more confident and fresher, even if you are only at home!

Being hygienic also reduces the risks of ill health.

2. Name some good personal hygiene habits.



**Take care of your body.
It's the only place you
have to live.**

- Jim Rohn

B. House Proud

1. Your home needs to be tidy and hygienic too.

- ★ Be proud of your home.
- ★ Go from room to room and note down areas that need fixing, tidying, clearing out, etc.
- ★ Examples of changes could include: tidying messy shelves and stuffed drawers, deep-cleaning some areas, organising your stuff, etc.
- ★ It will be good for your home and good for your head!

Note: Do not fix electrics, plumbing or structural issues unless you are qualified to do so.

***Mess is not good for
your mental health!***



2. Keep a list of areas in your home that you clean up or fix:

I have cleaned up these areas:

--

3. Try the Marie Kondo way to get rid of things you do not need. Marie states that if something does not 'spark joy' in us we should get rid of it.

You don't have to throw stuff away; keep good stuff to donate to charity for when they open again.

Try on all your clothes and determine whether they 'spark joy'.

4. Look at the websites:

a) Marie Kondo's website:



<https://konmari.com/>

b) 5 Marie Kondo Organising Tips

<https://www.chatelaine.com/home-decor/repurposed-home-organizers/>

Before



After





A. Why Stay in Contact with Others?

1. Read:

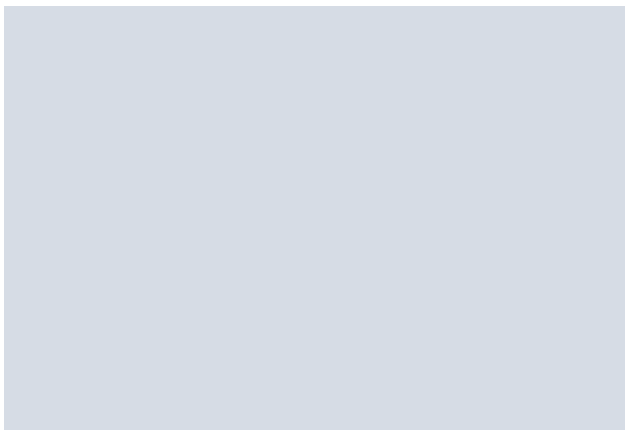


- * Humans are social animals.
- * We need contact with other people. We need it for support, wellbeing and entertainment.
- * Studies have shown that having good contact with others helps our physical and mental health.
- * Having a good support network can lower your stress levels.
- * We all need a sense that we belong.

At the moment, we do not have the usual face-to-face contact with others.

But! You can stay in touch with family and friends in other ways!

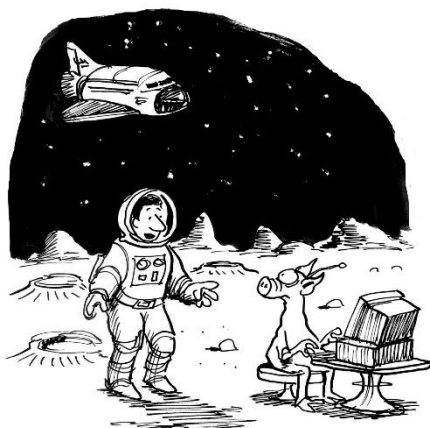
2. Name some ways in which you can stay in contact with family and friends.



3. Complete the sentences.

have, chat, support, good, seeing, others

- a) When we are in contact with _____, we feel better about ourselves.
- b) People can give us _____ and we can support them.
- c) We can _____ fun with family and friends.
- d) During this time when we are not _____ people face-to-face, we must still stay in touch with people.
- e) Phone a friend, send someone an email, or _____ on social media.
- f) This might be a _____ time to get in touch with family and friends you have not contacted recently. Life can be busy and sometimes we lose touch with family and friends - now is a good time to reconnect.

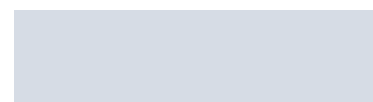
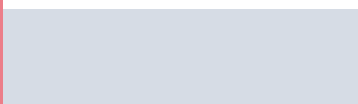
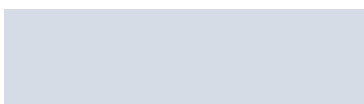
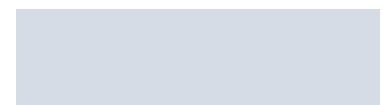
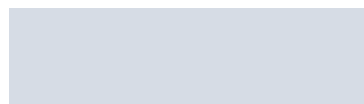
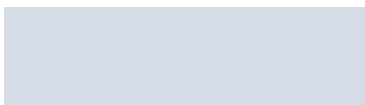
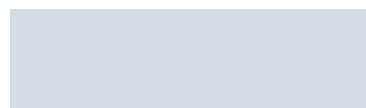
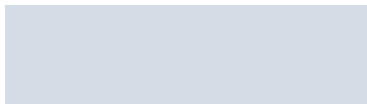


“Do you have 4G up here?”

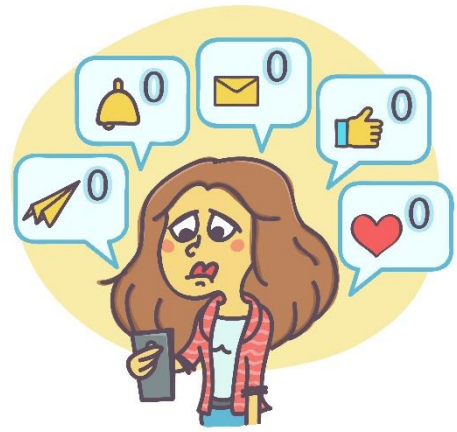


B. Social Media

I. Name the social media icons. If you are not sure, do some research online.

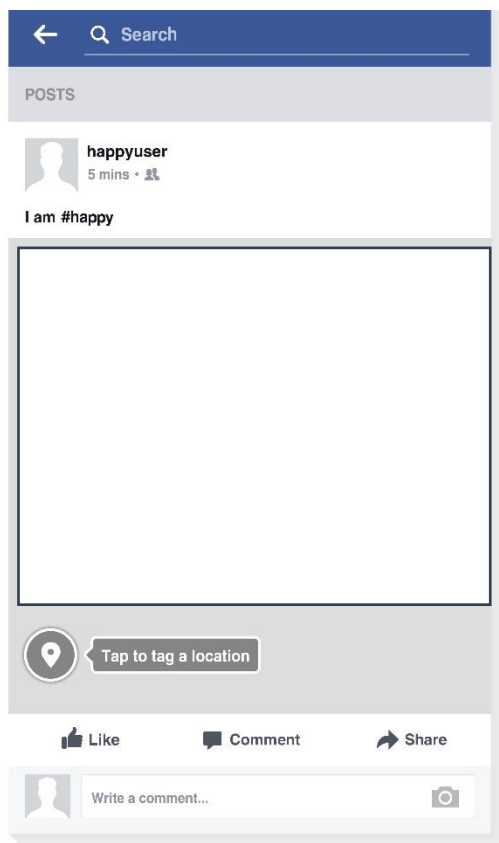


2. While you are at home, you might be using social media more often. Remember! Social media should not be taken too seriously. It should not control your life.



3. Read these quotes about social media:

- ★ On Twitter, we get excited if someone follows us. In real life, we get really scared and run away.— Unknown
- ★ Tweet others the way you want to be tweeted. – Germany Kent
- ★ If we could simply ‘solve’ our personal issues rather than posting them, Facebook will be empty.
- ★ What happens in Vegas stays in Vegas; what happens on Twitter stay on Google forever! - Jure Klepic



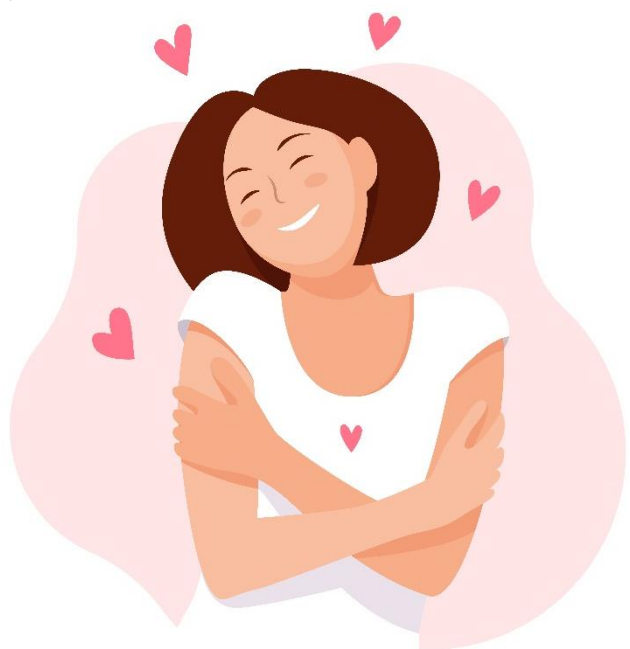
4. Type a ‘Facebook’ post about what you are doing today. Make it a positive, happy post!



C. Time for You

You need some time to yourself too. Tick the correct statements.

- Spending time with yourself can make you happier.
- Being alone gives you brain time to think.
- You should spend all your time with other people.
- You should try and spend hours and hours on your own.
- Being alone can help you to solve problems.
- If you have a busy house, you can't be alone.
- Spending time with yourself makes you more positive.
- Even if you're busy, find the time to be on your own for a short while.
- People can disturb you if they want to.





A. How Relaxation Techniques Can Help You

1. Read:

These times can be stressful. A pandemic is not something most of us thought about before it happened.

Some of us may be feeling stressed and unsure.

Using relaxation techniques will help to calm you.

Practising relaxation techniques can have many benefits such as:

- * Slowing your heart and breathing rate
- * Helping with pain
- * Lowering your stress
- * Putting you in a better mood
- * Helping you to concentrate
- * Helping you sleep better
- * Giving you energy
- * Helping you to make decisions
- * Helping you to think more clearly



2. What things do you do to relax? Write them below.



3. How often?

- ★ You should try to set aside 30 minutes each day to practise these techniques.
- ★ Do them more than once a day if you can.
- ★ The more you practice, the better you will get and the more effective they will be.
- ★ Keep using these techniques, even if you don't feel better straight away.
- ★ It can take time before you start to feel better.
- ★ Add them to your daily routine.

4. Before you start relaxing, make sure your **mind, body and environment** are just right. Here are some things to do:

- Put on comfortable clothes.
- Take off your shoes.
- Find a cool and quiet room.
- Choose a place where you'll not be disturbed.
- Lie down or sit comfortably with your legs uncrossed.
- Close your eyes gently.
- Clear your thoughts.
- Focus on your breath
- Don't worry if you can't relax immediately. Thoughts might pop into your mind. Don't focus on them; just let them pass through.



5. How did you feel after doing this?

B. Relaxation Techniques



1. Watch the video. Follow the instructions.

How to reduce stress with the 2:1 breathing technique

<https://www.youtube.com/watch?v=CQjGqtH-2YI>



Time: 4:16

2. How did you feel after doing this?

Breathing tips:

- ★ Don't breathe too quickly, and deeply – this can make you feel dizzy, faint or even more anxious.
- ★ Take slow, regular breaths – this can help you to control stressful thoughts and feelings, and make you feel calmer.

3. Try this:

5-Minute Meditation You Can Do Anywhere

<https://www.youtube.com/watch?v=inpok4MKVLM>

5:16 minutes



4. This is a visualisation exercise. It means you will be thinking of something to focus your mind.

- A. Sit comfortably.
- B. Think about the perfect place to relax. It can be a real place or a place you make up!
- C. The place must be restful, calming, safe and happy.
- D. It must be a place you would want to go back to.
- E. Imagine it in as much detail as you can. What does it look like? What sounds can you hear? What can you smell?
- F. See yourself comfortably enjoying this place.
- G. Now close your eyes and take slow, regular breaths in through your nose.
- H. Notice your breathing.
- I. Breathe out through your mouth.
- J. Do this exercise for 10 to 20 minutes.



5. Briefly describe the place you were thinking about:



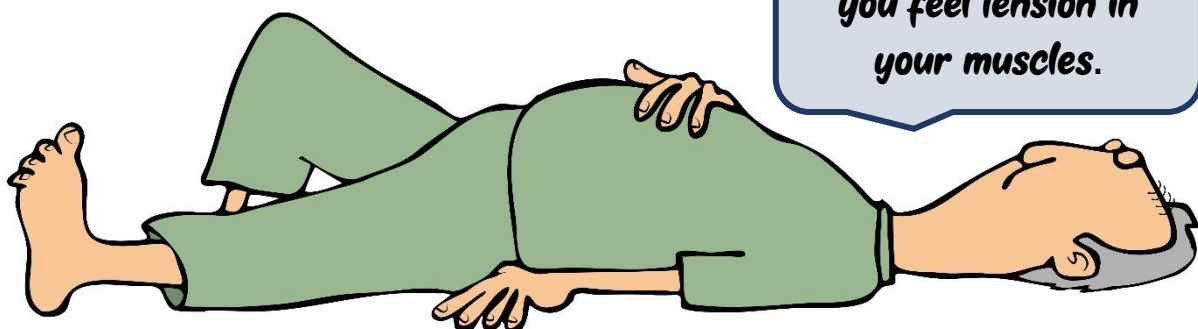
6. How did you feel after doing this?

7. This is a quick muscle relaxation. This exercise will teach you to recognise and reduce muscle tension. You can relieve tension in any part of your body.

Take note: If you have any physical injuries or conditions that may cause muscle pain, don't tense the muscle in that area.

- A. Sit in a comfortable chair.
- B. Close your eyes and concentrate on your breathing.
- C. Slowly breathe in through your nose and out through your mouth.
- D. Make a fist, squeezing your hand tightly.
- E. Hold this for a few seconds and notice the tension.
- F. Now, slowly open your fingers and feel the difference.
- G. Notice and feel the tension leaving. Your hand should feel much lighter and relaxed. Enjoy this feeling of lightness.
- H. Make a fist with the other hand and follow the same pattern.
- I. Do this for a few minutes.
- J. You can do this same exercise with other muscles in your body.

Lie down or sit down.



8. How did you feel after doing this?

9. Read:

Once you've learned some relaxation exercises you can use them whenever, and wherever, you need to, throughout the day.

To do this you can use a reminder. This reminder could be an elastic band on your wrist that you can pull to remind you when you start feeling stressed or worried.

Whatever you use to remind yourself, when you feel stressed:

- * drop your shoulders
- * check your breathing
- * relax the muscles in your body
- * practise a relaxation technique



After relaxation:

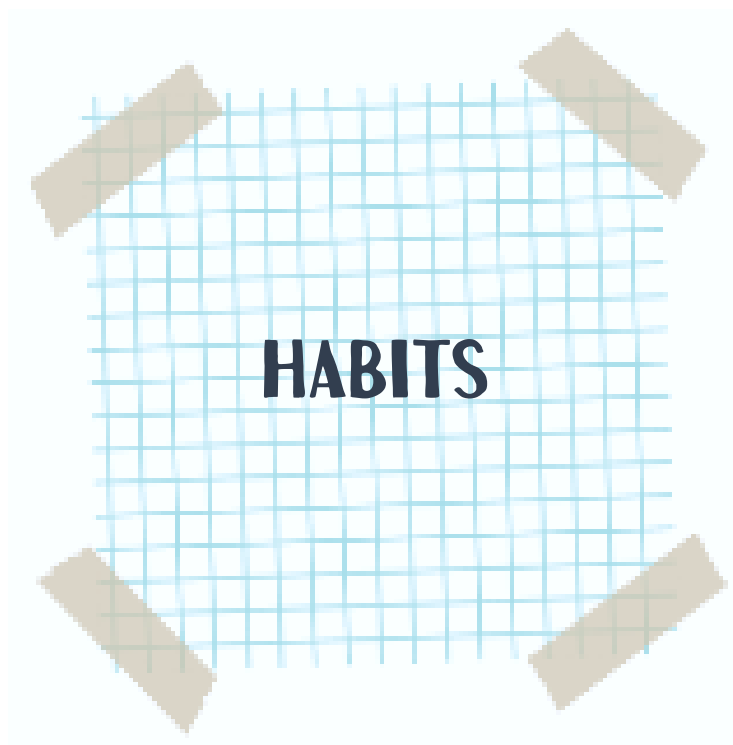
- * Don't rush to get up after relaxation exercises.
- * Sit with your eyes closed for a few minutes so you don't get dizzy.
- * Open your eyes and make sure you feel OK before standing up.

10. Here is a website with some relaxation techniques you could use:

Relaxation Techniques for Stress Relief

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

11. Write the relaxation techniques that work best for you.

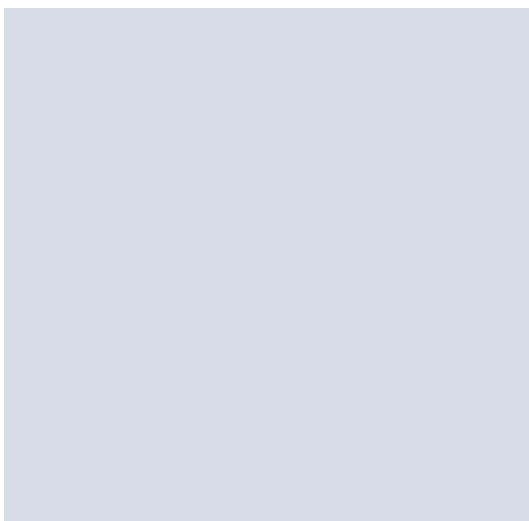


B. Forming More Good Habits

1. Read:

- ★ You might be feeling low and unmotivated on some days. That's OK. Don't feel guilty about your emotions or for not doing much on some days. This is normal.
- ★ We are in unusual circumstances. It's only natural to feel unsure at times.
- ★ It's about knowing this isn't an individual and isolated suffering, but a collective suffering. People all around the world are feeling confused and worried.
- ★ Many people are sick, and many people have lost loved ones.
- ★ It's important to stay in touch with others. Speak to family and friends about how you are feeling.
- ★ Keeping active will help you. But it is almost impossible to stay busy all day, every day. Allow yourself to relax without guilt!
- ★ Try to accept the situation that we are in. Accept it and accept yourself.

2. If you are feeling down, name 3 things you could do.



3. What do you think about forming these habits? Write a brief comment for each.

a) You might be saving money by staying at home. Take this time to do up a budget that you can follow in the future. Spend a little time in the days ahead thinking about how you can cut back. (Think about things you are missing out on, e.g. the hairdresser, the barber, the beauty salon, going out for meals, movies at the cinema, sporting events, etc!)



Blank area for writing a comment for habit a).

b) Keep your environment clean and tidy, so that it's a pleasant place to be in.

Blank area for writing a comment for habit b).

c) You may be working or learning at home. Find ways to keep yourself motivated.

Blank area for writing a comment for habit c).

4. Read:

- ★ *Bad habits interrupt your life and can stop you from accomplishing your goals.*
- ★ *Bad habits can affect your health — both mentally and physically. And they waste your time and energy. Most of your bad habits are caused by two things... stress and boredom.*
- ★ *It's difficult to just stop a bad habit. Rather, you replace it.*
- ★ *For example, if you smoke when you get stressed, trying to “just stop smoking” may be hard, especially in these unsure times. Instead, you should come up with a different way to deal with stress and do this new behaviour instead of having a cigarette.*

5. Think of things/activities that could replace these bad habits.

<i>Bad habit</i>	<i>You could do this instead.....</i>
Eating crisps and chocolate when watching TV	
Spending hours on social media, e.g. Facebook	
Always being too tired to exercise	
Ordering take out for dinner	
Drinking too much alcohol to relieve stress	
Not asking others for help at home, doing it all yourself	





A. Why is Humour Important?

1. Read:

- * Your sense of humour is like the immune system of your mind.
- * Humour:
 - * is good for your health
 - * guards against depression
 - * improves your quality of life
 - * gives more control over anxiety
 - * improves your physical immune system
 - * can improve heart health
 - * lowers blood pressure and muscular tension
 - * can help you be creative
 - * can motivate you
 - * can help you to make better decisions



2. What kind of things do you laugh at?

3. Look at this website:

55 Funniest Signs Around the World

https://www.boredpanda.com/funniest-signs-around-the-world/?utm_source=google&utm_medium=organic&utm_campaign=organic



B. Laugh!

Click into the videos to watch them. Give each one a rating out of 10.

a) Animals Being Jerks

<https://www.youtube.com/watch?v=fFJ-EDR1b5U>

Time: 20:27 (you don't need to watch all of it)

Score out of 10:



b) Top Funny Moments of Irish TV: News Fails

https://www.youtube.com/watch?v=mZk3Mv8_6qc

Time: 8:12

Score out of 10:



c) Best of Ted - Father Ted Compilation

<https://www.youtube.com/watch?v=9uHAbpmOILk>

Time: 10:28

Score out of 10:



d) Funniest Game Show Answers of All Time

<https://www.youtube.com/watch?v=R7ghDhpCLKM>

Time: 14:59

Score out of 10:



Although the coronavirus is very serious, there is no harm in looking at the lighter side of it. People all around the world are using humour to help them cope.

Here are some examples:

Cartoons

<https://www.politico.com/cartoons/2020/03/26/cartoonists-around-the-world-take-on-a-global-pandemic-000141?slide=0>

Coronavirus (Covid-19) Lighter side of lockdown (singing) (Italy) - BBC News - 14th March 2020

<https://www.youtube.com/watch?v=E4jp7kgqc-o>

Time: 1:46

People self-isolating during coronavirus show it's not all doom and gloom

<https://www.thesun.ie/fabulous/5237840/people-self-isolating-during-coronavirus-show-its-not-all-doom-and-gloom-with-hilarious-jokes-to-lift-peoples-spirits/>

27 Coronavirus Jokes and Memes to Help you get through Quarantine

<https://thelanguagenerds.com/27-coronavirus-jokes-and-memes-to-help-you-get-through-quarantine/>



Here are some things to do. Don't knock them until you try them out – at least once!



- ★ Add 'Try something new' to your daily routine planner.
- ★ If you have children at home, you can involve them in all these activities.

1. Complete a jigsaw puzzle. Figure out the Rubik's Cube. Do crossword puzzles.

- ★ Crossword puzzles to do online (quite hard):

<https://www.boatloadpuzzles.com/playcrossword>



- ★ Different types of puzzles to do online, e.g. wordsearch, crossword, sudoku, etc.

<https://simplydailypuzzles.com/daily-word-search/>

2. Start a journal. It doesn't have to be about the coronavirus, but it could also be about a specific interest you have, anything from cats to carrot cake!

3. Write poetry. Write an entire poem in less than a minute!

<https://www.poem-generator.org.uk/>



4. Download the Duolingo app to learn a new language. It's free and courses start right from the beginning. It's a great app.
<https://www.duolingo.com/>

5. Do a whole beauty routine - face masks, moisturiser, etc! Do some routines you don't usually have time for.

6. Write thank-you notes to people who are going out of their way to help others.

THANK YOU

7. Learn a new skill. YouTube can help. Just type in what you want to learn!

Examples:

★ 'How To' videos:

<https://www.youtube.com/user/HowToBasic/videos>

(lots of videos to choose from!)

★ DIY HOW TO SCRAPBOOK ideas + tips

https://www.youtube.com/watch?v=9LZy9tvr_yQ

Time: 8:33

★ A JAPANESE METHOD TO RELAX IN 5 MINUTES

<https://www.youtube.com/watch?v=m3-O7gPsQK0>

Time: 3: 01



★ How To Play Poker for Beginners

<https://www.youtube.com/watch?v=NIFguTSypBQ>

Time: 3:48



8. Play board games with the family.



9. Listen to music that you enjoy. Type into YouTube the name of the song or singer/band.

You can leave relaxing music in the background, for example:

★ Relaxing Music for Stress Relief.

Soothing Music for Meditation, Healing Therapy, Sleep, Spa

<https://www.youtube.com/watch?v=IFcSrYw-ARY>

(it's 3 hours long!)

10. Take time to reflect: What have you done well in the last year? What goals are you setting for yourself in the next year? Jot these down in your journal.

11. Clean up your phone and computer. Sort out your folders and files. Sort out your photographs. Delete files and photos you do not need.

12. Make a list of things for which you are grateful. You can also write this in your journal.



13. Make quarantine themed TikTok videos.

Tik Tok

14. Rearrange your furniture to make it seem like your home is a totally different space. (It would be good to do this after you have done your spring-cleaning)

15. Learn a new style of dance on YouTube.

★ Beginner's Guide: How To Salsa Dance (No Experience Needed)

<https://www.youtube.com/watch?v=C4MAFLeVY7c>

Time: 11:44

★ 3 Simple Dance Moves for Beginners (Hip Hop Dance Moves Tutorial) | Mihran Kirakosian

<https://www.youtube.com/watch?v=ujREEgxEP7g>

Time: 6:26

16. Do a course online, e.g. a typing course.

★ Learn Touch Typing

<https://www.typingclub.com/>

★ There are many free, online courses here:

<https://alison.com/>



17. Consider donating money to food banks / charities to help families struggling to get meals.



18. Start a craft project, e.g. knitting, needlepoint, oil painting, collage or whatever takes your fancy!

19. Read some books. This is a great way to relax and work on your brain at the same time.

★ You can listen to many free audiobooks on YouTube – just type in ‘free audiobook’. Don’t pay for any! Find ones that are free.

Example:

https://www.youtube.com/watch?v=93T6fpkKehQ&list=PLJNfzEzBB_BotQOim32t5PXBVAnnd4RMW

20. Get some culture. Here you can click into virtual tours of galleries and museums.

★ 11 of the best virtual museums and art gallery tours

<https://www.housebeautiful.com/uk/lifestyle/g319llll4/virtual-tours-museum-art-galleries/>

21. See animals. Look at live streams of animals and take virtual zoo tours:

★ America

<https://www.travelandleisure.com/attractions/zoos-aquariums/virtual-zoo-live-animal-cams>

★ Dublin Zoo

<https://www.dublincity.ie/animals/animal-webcams/>

22. Practise a musical instrument.

23. Find interesting videos on YouTube.

Examples:

★ What Is Myth? Crash Course World Mythology #1

https://www.youtube.com/playlist?list=PL8dPuuaLjXtNCG9Vq7vdvJytS-F-xGi7_

13:01 minutes

★ Vlog Brothers: You Need to Know About This Ridiculous Fish

<https://www.youtube.com/watch?v=vVHyafcpssk>

3:57 minutes

★ Sci-Show: Why Do We Smile?

<https://www.youtube.com/watch?v=zUvpzIN7plk>

3:49 minutes

★ How to Adult: A Self-Care Action Plan

<https://www.youtube.com/watch?v=w0iVTQS&ftg>

5:01 minutes

**TOGETHER
WE WILL GET**



**THROUGH
THIS**