



Northcott PSHE Project!

This topic will help you to know what the Coronavirus is and why we have to do lots of things differently at the moment. It will also help you to know how you can keep yourself safe and help other people to stay safe. The Coronavirus is a new type of virus, or illness that our bodies have not seen before. Viruses are too tiny to see without a powerful microscope, but our bodies are used to catching lots of different viruses, and we are also very good at fighting them off. When a virus comes along and gets into our body for the first time, like a cold or maybe the chickenpox, our body notices it from the inside and starts making our own tiny special cells called antibodies that fight the virus and get it to stop attacking our bodies. This is what makes us get better. The stronger our bodies are, the better we are at making antibodies and getting better.

| <u>Task</u> | <u>Ideas</u> | <u>Links</u> |
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| <p>Things can feel a bit strange at the moment but it is important to remember that the world will go back to normal soon.</p> <p>Try writing a letter to your future self and open it at the end of the year.</p> <p>You can talk about how you feel, the things you have doing recently, things you miss and what you have learned from this experience.</p> | <p>How do you feel? Who can you talk to? What do you miss doing? Have you learned any new skills? What are you looking forward to? What have you learned? What will you do when you go back to school?</p> | <p>https://www.youtube.com/watch?v=WKS_WMwis9k</p> <p>https://www.bbc.co.uk/bitesize/articles/zjswwty (Quiz)</p> |
| <p>Bonus Activity:</p> <p>There is a link to a quiz about CoronaVirus. After reading the PowerPoint, have a go at the quiz and see how you do!</p> | <p><u>PowerPoint Presentation</u></p> <p>A COVID-19 PowerPoint presentation has been made to help you understand the virus and how to keep yourself and those around you safe.</p> | <p><u>What To Do When Completed</u></p> <p>Put your letter in an envelope and keep it somewhere safe. When school is open again, you will be asked to bring it in and share it with your class.</p> |