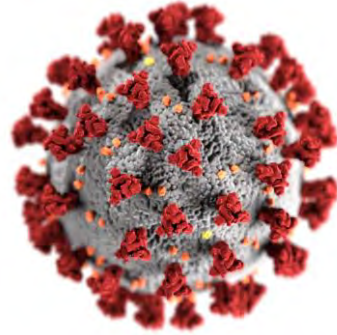


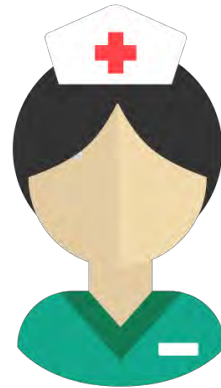
# It is okay for Changes During Covid-19 (School Holiday)



Right now, some people are sick with a virus, known as Covid-19.



Doctors and nurses are working hard to keep everyone safe and healthy.

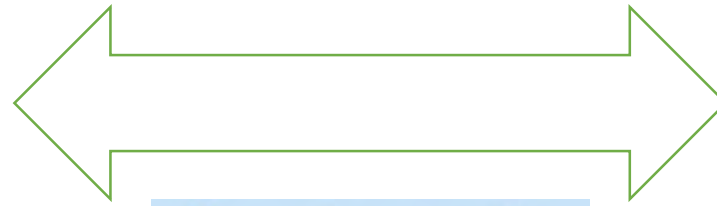


I need to keep myself safe and healthy too.



On 21 April, PM, Mr Lee Hsien Loong announced that we have to stay home for a longer period of time (until 1 June).

8 April 2020



1 June 2020



The extension is to help more people to keep themselves safe and healthy.

On 21 April, Minister of Education, Mr Ong Ye Kung also announced changes to the June school holiday. School holiday will now be from **5 May 2020 to 1 June 2020**.



It is okay that the school holiday has been moved forward. I may feel \_\_\_\_\_ (refer to feeling chart) but it is okay. I will feel better soon.



### Emotional Check-In

(Level 1)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Today, I am feeling:**

 Calm	 Happy	 Excited	 Confused	 Nervous	 Afraid
 Disappointed	 Hurt	 Sad	 Bored	 Upset	 Angry

However, to keep everyone safe, I still have to stay home and not go out and play.





I can do these activities at home instead.



Read

Exercise



Choose a  
favourite  
activity

Help with  
household  
chores



I can use a visual countdown or timeline to help me keep track of the school holiday. I can **highlight** the school holiday period and **put a cross (X)** when the day ends.

## May

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## June

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

I can plan a schedule for myself and follow the routine during the school holiday.

E.g. 1

Daily Schedule Example

Task	Done
 Wake Up	
 Brush Teeth	
 Get Dressed	
 Eat Breakfast	
 Read (30 minutes)	
 Exercise (30 minutes)	

\* Note: Icons from Microsoft Word Icons (Insert tab)

E.g. 2

Daily Schedule Example

Task	To Be Done	Done
 Read (45 minutes)		
 Computer (30 minutes)		
 Eat lunch		
 Walk the dog		
 Complete homework		
 Eat snack		



I can check in on my feelings and talk to my family members using the check in/check out card.











E.g. 1

## Emotional Check-In

(Level 1)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Today, I am feeling:**

					
Calm	Happy	Excited	Confused	Nervous	Afraid
					
Disappointed	Hurt	Sad	Bored	Upset	Angry

Taken from:

<https://do2learn.com/activities/SocialSkills/EmotionCheckIn-Checkout/index.html>

I can check in on my feelings and talk to my family members using the check in/check out card.

E.g. 2

(Level 2)

## Emotional Check-In

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

Today, I am feeling \_\_\_\_\_ because \_\_\_\_\_

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Taken from:

<https://do2learn.com/activities/SocialSkills/EmotionCheckIn-Checkout/index.html>

I will play my part to keep everyone safe and stay at home during my school holiday.



My teacher/AED(LBS) [insert name] will contact me again on \_\_\_\_\_ [insert a date, if possible] to tell me more about going back to school when announcement is made.

