

SEEMORE BUG SAFETY

THE TINY GERMS WE CAN'T SEE



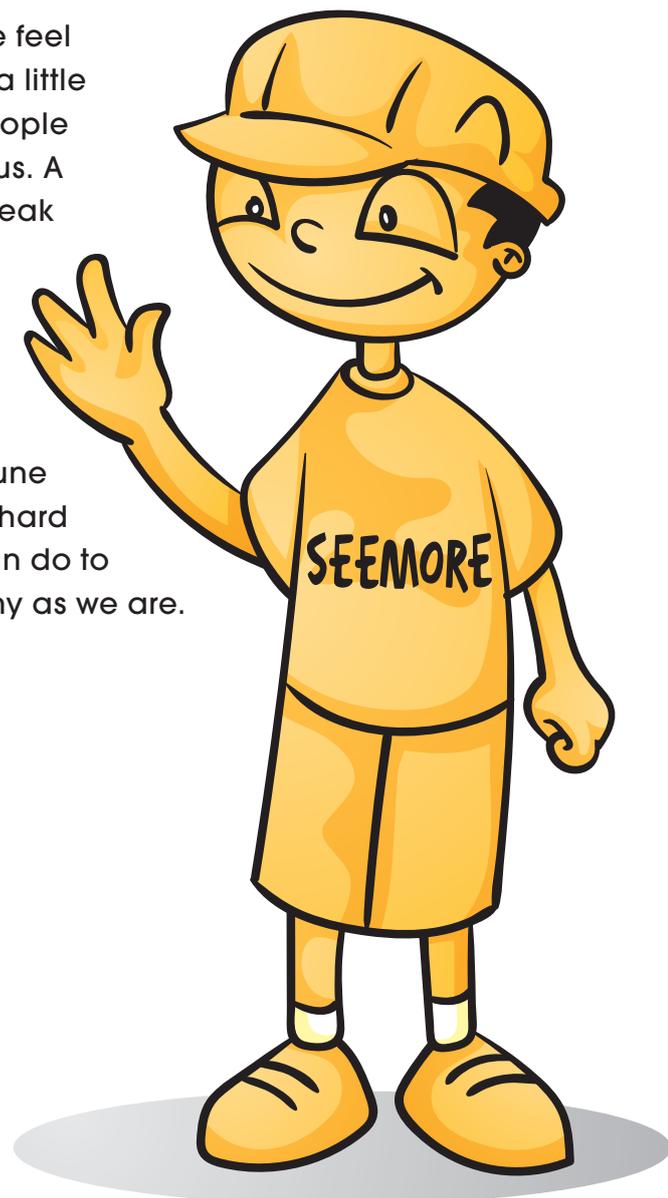
In this book you will meet SeeMore. SeeMore is a character that educates and empowers children to build a strong sense of identity and wellbeing so that they can keep themselves and others safe. With the right support for the little people in our lives, we can build a generation of 'safety risk aware' children, whilst still allowing them to be kids.

Children will receive SeeMore Safety activities related to this SeeMore Bug Safety book. We would really appreciate if you could spend some time working through the booklet and reinforcing their good choices. You will also have access to safety education resources online through the KIDS Foundation virtual classroom. Here you can read and listen to the SeeMore Safety library of stories and play safety-related games and activities www.kidsfoundation.org.au/classroom

Thank you for being part of the solution and making a much appreciated contribution to childhood safety by helping children build self-worth, wellbeing, resilience and respectful friendships that allow them to become responsible risk takers.

Hi, my name is SeeMore, I love to help little people feel safe. Sometimes things happen that make us feel a little unsafe or even anxious. At times you may hear people talking about a particular virus, like the Coronavirus. A virus is a tiny little bug that you can't see. It can sneak into our bodies usually through our nose or mouth and into our lungs. Inside our bodies we have a little army of bug fighters called the immune system. Our immune systems are really good at fighting bugs, especially when we are healthy. In some not-so-healthy and older people, their immune systems are a little weaker and have to fight extra hard to attack these bugs. There are some things we can do to be super bug fighters and help those not as healthy as we are.

Let's be like me and see more bug safety.



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Concept & Story by Dr Susie O'Neill - Illustrations by Dean Tonkin

To all the special little and big people in our lives.

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SeeMore:

Hi kids

Children:

Hi SeeMore, what are we going to learn about today?

SeeMore:

We are going to learn how to be as safe as can be when the virus bugs are about.

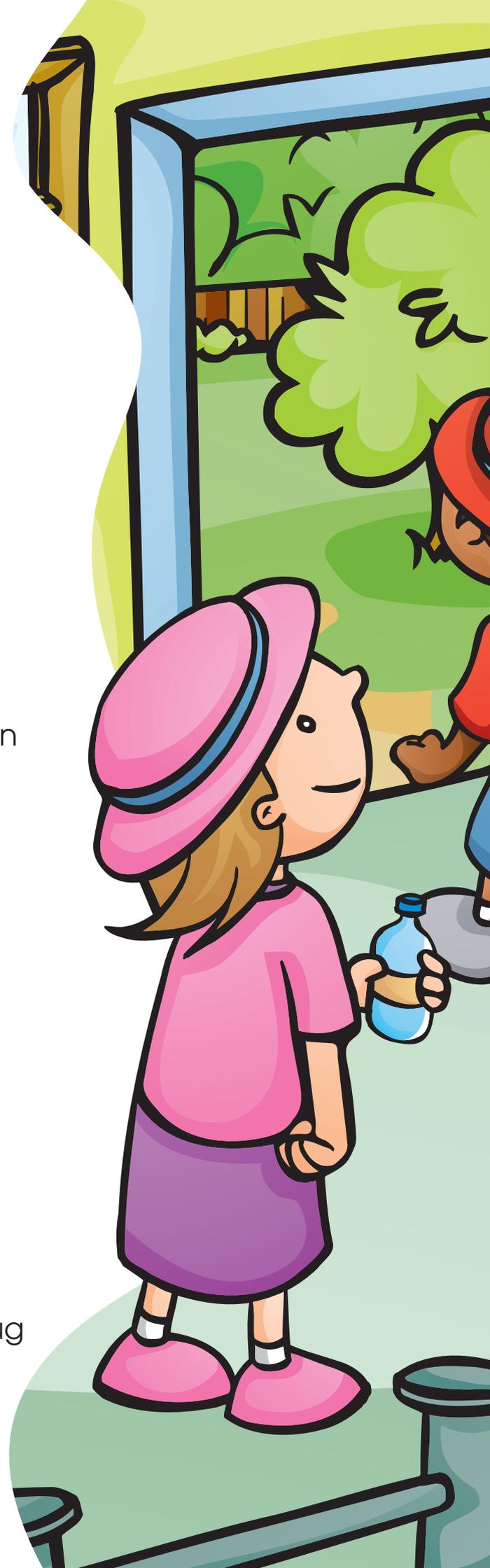
Can you think of some things we can do to stay bug safe?

Children:

Keep our bodies healthy by eating good foods, drinking lots of water, getting good sleep and playing outdoors.

SeeMore:

They are great ideas to keep our bodies healthy so we have good bug fighters. Remember it's best not to share our food and drinks as well.





SeeMore:

Can you think of some other things we can do to stay bug safe?

Children:

Wash our hands.

SeeMore:

Yes, we need to do that for 20 seconds with soap and water, liquid soap is the best.

If you sing the SeeMore Safety song it takes about 20 seconds, just about the right time for washing your hands with soap and water.





SeeMore Safety and you'll know what to do,
SeeMore Safety and you will make it through,
SeeMore Safety and you'll know what to do,
You will think safe, play safe and be bug safe too.
Think safe, play safe and be bug safe too.

Children:

When should we wash our hands?

SeeMore:

Everytime you go to the toilet. After covering a cough or sneeze. Before you eat or put anything into your mouth and after you touch animals.

Children:

What about when we touch things like door handles and remotes?

SeeMore:

Yes, you touch lots of things that can carry these bugs, that is why you need to wash your hands as much as you can, especially at times when there are lots of virus bugs around.





SeeMore:

Another safe idea is to cover a cough, sneeze and a yawn with a tissue or your elbow.

Children:

And, remember to wash your hands.

SeeMore:

Let's play a Bug Safe SeeMore Says Game.



SeeMore Says:
Wash your hands

SeeMore Says:
Cover your mouth
with your elbow

SeeMore Says:
Give yourself a hug

SeeMore Says:
Wave to your friend



SeeMore:

Sometimes when really yucky bugs are around, it is best not to visit people that are not well or the elderly, just in case germs are hiding inside you.

Can you think of some things we can do to show them we care even if we can't be there with them?

Children:

We could make a card, draw a picture, even Facetime or Skype so they still get to see us.

SeeMore:

They are all great ideas that can help your big friend/buddy feel special and loved.

If you are feeling a bit anxious about the virus bugs, remember your bodies have a little army of bug fighters that keep you healthy. You can always talk to a big person you trust to help you to understand more and be like me, see more bug safety.





See if you can find the
5 good bug safe habits.
SeeMore will help.

1. Washing hands.
2. Wave to friends.
3. Make a card for a friend.
4. Stay healthy by eating good food.
5. Cough, sneeze or yawn into a tissue.

ANSWERS:







To access the virtual classroom for more resources
go to www.kidsfoundation.org.au/classroom

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