

Physical Distancing



Resources for Exceptional Children and Youth - Durham Region

What is physical distancing?

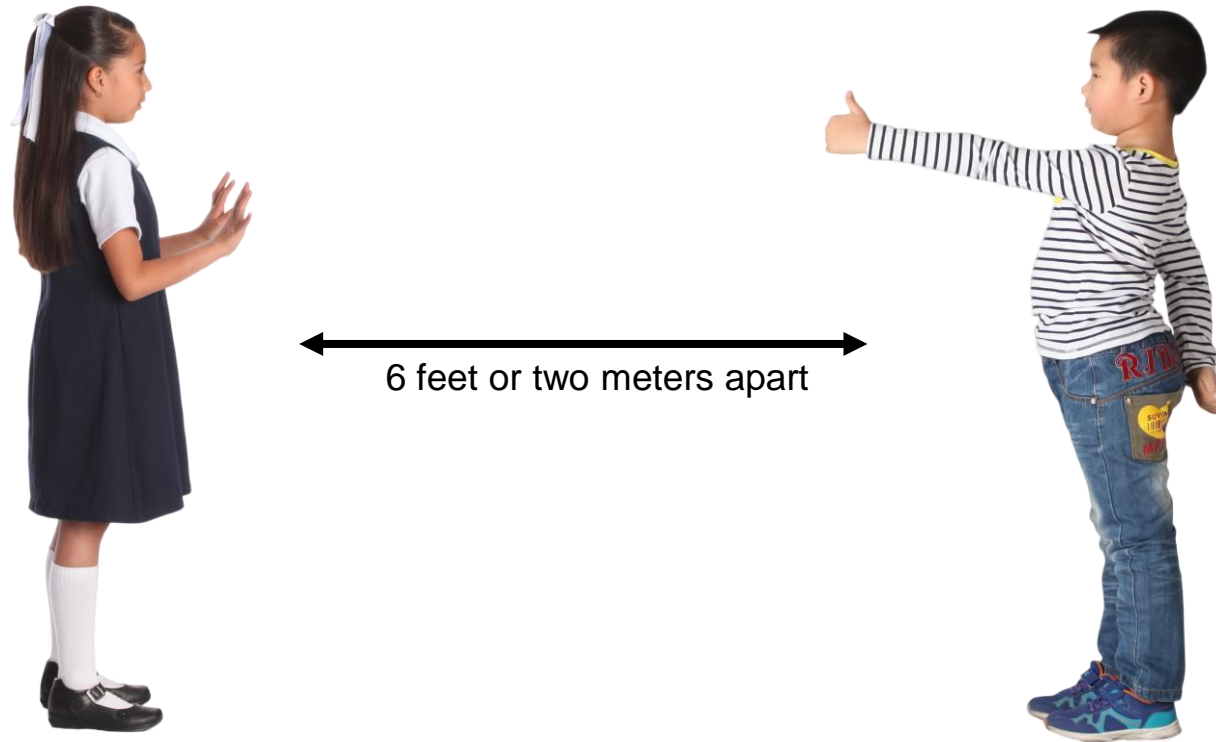
Physical distancing means minimizing close contact with others.



Physical distancing can include avoiding crowded places and gatherings, avoiding common greetings, such as handshakes or hugs, and having limited contact with people.

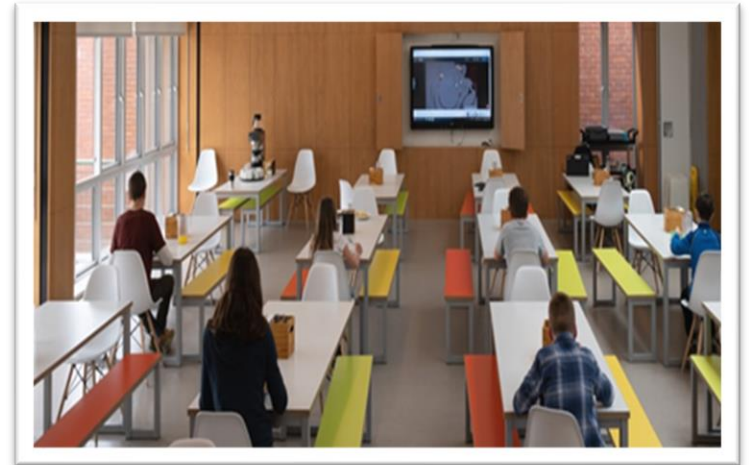


Physical distancing means to keep a distance of at least 2 arms lengths (approximately 2 metres or 6 feet) from others, as much as possible.

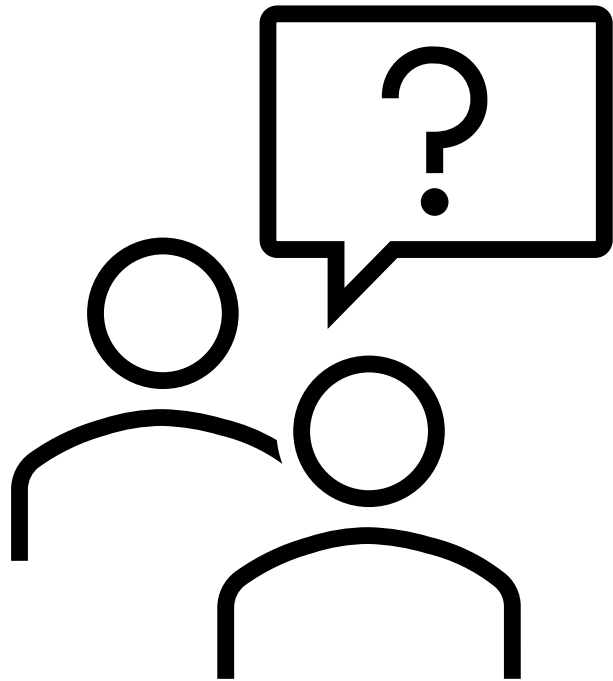


What physical distancing may look like

- Greeting others with a wave instead of a handshake or a hug
- More space between people (may have to sit every other seat at the table, leave extra space when lining up)
- Certain times of the day may be broken into smaller groups (outdoor play, lunch/snack times)



Can I still be social with my friends?



Yes! We can still be social, just in different ways.

Here are some fun ways to play with my friends while safely physical distancing



<i>Remember the key is to keep 6 feet apart!</i>	
1. Rock paper scissors	7. Long jump
2. Simon says	8. Fitness challenge
3. I spy	9. Movement bingo
4. Outdoor Tic Tac Toe	10. Drawing races
5. Talent show	11. Balloon keep up
6. Outdoor freeze dance	12. Paper airplane challenge



Remember, your teachers are always there if you need help or have a question.



References:

All photos found at:

1. Microsoft PowerPoint

2. www.pexels.com:

Photo by Jerry Wang

Photo by Julia Cameron

Photo by Leah Kelly

Photo by Gabriel Baranski

Photo by Jon Tyson

Photo by Public Domain Pictures

Photo by Edmund Dante

3. www.usplash.com

Photo by Pixaby

This information was researched by staff of RFEYC and is adapted from: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/social-distancing.html>, <https://kidshealth.org/en/parents/coronavirus-social-distancing.html>

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