

Learn how to prepare for your journey



Your task



Imagine that you're going on a journey. There are some new things you need to do to stay safe when you travel, so it's a good idea to prepare at home. There are three important things to remember

- 1. Wash your hands.** Wash your hands with soap and water for 20 seconds before and after you travel. Can you think of a song that lasts for 20 seconds so you can sing it as you wash your hands?
- 2. Keep 1 metre between you and other people.** Can you find something in your home that is 1 metre long? Or what about working out how many of your steps equal 1 metre? That way you can practice how far 1 metre is.
- 3. Wear a face covering.** Grown-ups and children 11 years and over must wear face coverings on buses and trains. There are lots of easy ways to make a face covering at home. With your family, search the internet for "DIY sock masks" to find simple instructions. Make your face covering so that you're ready if you need to travel.

Play this game to help you prepare for your journey

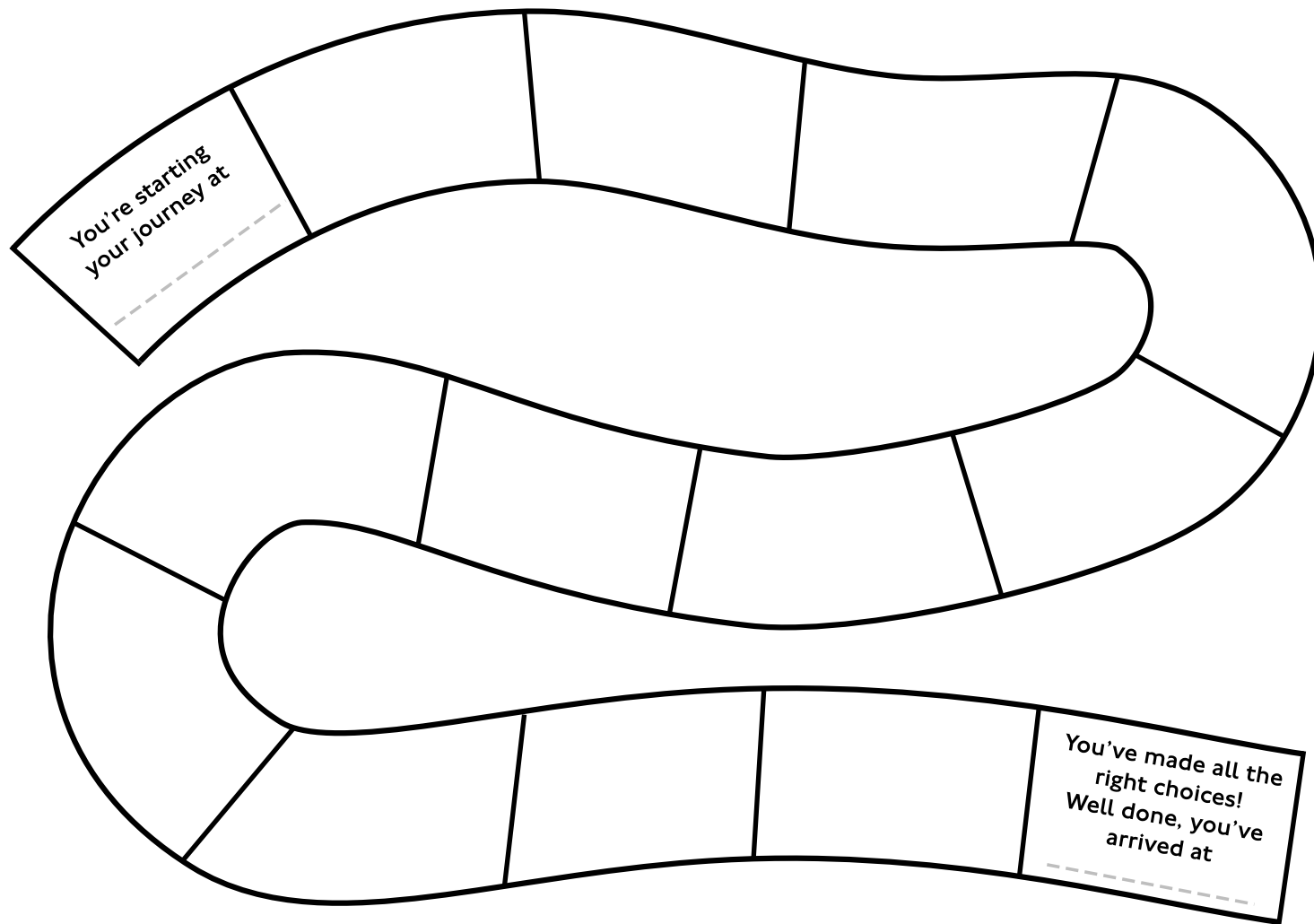
With your family, play this simple game to help you remember what to do. You will need a dice, a piece of paper and something to write with. Scissors are optional.

Draw or print out the path on page 2. Next, each person needs to find something to use as a counter. You could cut them out from the template below, or you could use little toys.

Next decide where your journey will start and end. It could be somewhere imaginary, or it could be somewhere you know. Write the start and end on the path in the space provided.

To start, everyone puts their counter at the start of the journey. The winner is the first person whose counter reaches the end. Take turns to roll the dice and follow the instructions for the number you've rolled. Keep going until you reach your destination!

Use this path to play the game



Follow the instructions for the dice number you rolled:

1. You washed your hands for 20 seconds!
Move forward 3!
2. Oh no! You forgot your face covering!
Go back to the start!
3. You made a colourful face covering!
Move forward 3!
4. You forgot to use the soap when you washed your hands! Miss a go.
5. You worked out how many steps is 1m!
Now you know how to tell the right distance between people, move forward 2.
6. You remember all three things!
Move forward 4!

Make your own counter

Cut out and create your own counter using the template below:

