

# Facts4Life Activity Mat



## Riding the Ups and Downs

Tick off which of these common illnesses/conditions you have experienced.

Chicken Pox	Common Cold	Headache
A broken bone	Asthma	A splinter
Vomiting	A cough	An earache

Everyone experiences illness at different stages of their life. Think about the conditions above that *you* have experienced. What caused them? How did you feel? What helped you to feel better?

The good news is that most of the time, most people get better from most illnesses on their own, without needing to take a medicine or visit a doctor.

## What is the common cold virus?

*The Coronavirus is a new and very nasty virus that we are learning to protect ourselves from. Some of these protective measures are the same for all viruses.*

Watch this video: <https://www.youtube.com/watch?v=bJodnybRE0Q>

### Key Facts for Life

How many viruses cause the common cold?

Do medicines fight the virus?

How is the cold virus spread?

How does the body fight the virus?

What exactly do we mean by 'acquired immunity'?

How can someone reduce the risk of catching the cold virus?

**Further Facts4Life research:** Design a poster or PowerPoint presentation explaining how to reduce the risk of catching a virus. Include this Facts4Life message: **Most of the time, most people get better from most illnesses on their own.**



## Puzzle Time!

Unscramble these words and use the circled letters to work out the phrase below. (Hint: all these words are to do with the common cold).

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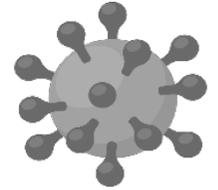
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Make your own Common Cold word puzzle to test out on a friend or family member.

## Keep Learning



By continuing to learn new knowledge and skills we keep our brain active and have a greater sense of wellbeing. Set yourself a target of learning to do one of the following over the next week – or set your own challenge!

- Learn to count from 1 – 10 in another language
- Learn the NATO phonetic alphabet (alpha, bravo, charlie etc.)
- Learn a couple of phrases in sign language



For more wellbeing activities, see <https://facts4life.org/for-parents-carers/>