

Facts4Life Activity Mat

Check In Activity



What music is your mood?

Music can evoke all sorts of different emotions. Think back over the last 24 hours. Can you think of different pieces of music which would represent your different moods during that period? Choose a piece of music to illustrate, showing how it makes you feel or how it reflects your mood.

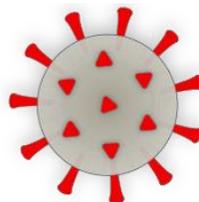
Riding the Ups & Downs

How we feel changes all of the time. This is completely normal.

How a virus spreads

Watch this short video and answer the questions below:

<https://www.youtube.com/watch?v=aFdP0Nd5-m4>



Key Facts for Life

You may have seen a lot of talk in the news about the R rate. What do we actually mean by the 'R rate'?

Work out how quickly a virus with an R rate of 2 will spread from one person to over 500 people (Hint: start with 1 and keep doubling).

If Measles has an R rate of between 12 and 18, why do you think we don't see a huge outbreak of Measles in this country?

The government is trying to keep the Coronavirus R rate below 1. List all the actions that help to do this. Can you think of more than 5 actions?

Whose responsibility is it to keep the R rate low?

Children and young people who catch Coronavirus are often asymptomatic which means they have the infection but do not have any symptoms. Why is it important that they also follow the guidelines on keeping the R rate low?

Research: Can you find out the average R rate of other infectious diseases?

Puzzle Time!



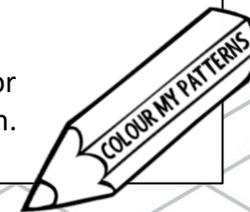
Find and unscramble the missing letters to work out the words in the boxes.

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1. IN_ECTION
2. RESPONSIBILIT_
3. ME_SLES
4. DISE_SE
5. RA_E
6. INFLU_NZA
7. VIRU_
8. _YMPTOMS

Use this idea to design your own word puzzle to test out on a friend or family member.

Once you have deciphered the words, design a logo, badge or T shirt emblem to encourage people to keep the R rate down.



Spread a little happiness



Happiness can spread from one person to another. Our actions affect other people's feelings and they, in turn, will affect different people. Try some of the actions below to start spreading a little happiness. How high can you get your happiness 'R rate'?

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|---|--|--|
| Contact a relative you haven't seen for a while | Do a bit of cleaning without being asked | Offer to make someone a drink |
| Pay someone a compliment | Share a snack with someone | Recommend a book to a friend |
| Send a positive message to someone | Leave a thank you note for someone | Have a sort out, ready to give to a charity shop |

For more give / be kind ideas , see <https://facts4life.org/for-parents-carers/>