

FOOTKIN[®]



KEEP
HEALTHY
Activity book



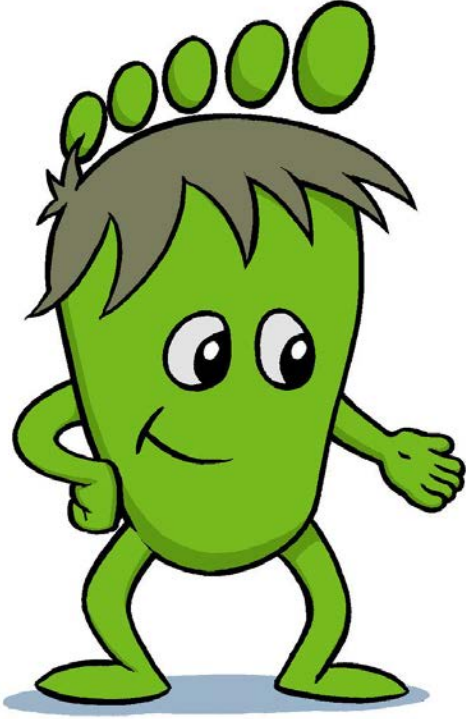
This activity book belongs to:

Name:

School:

Class:





Hi there, my name is Footkin, I'm from a planet called Marchoon. I'm here to help you make planet Earth as green and as peaceful as my home.

Our life back there is a bit different. For instance, there is no gravity and we float or fly through space. We also live for hundreds of years because we lead a very healthy life and we know a lot about viruses. I can teach you about them if you like, so you too can Keep Healthy.

Join me in this fun and informative journey!

Footkin

Sometimes we feel unwell. We catch a cold or have a tummy bug due to some viruses going around.



Fact:

Nearly 22 million school days are lost annually due to the common cold.

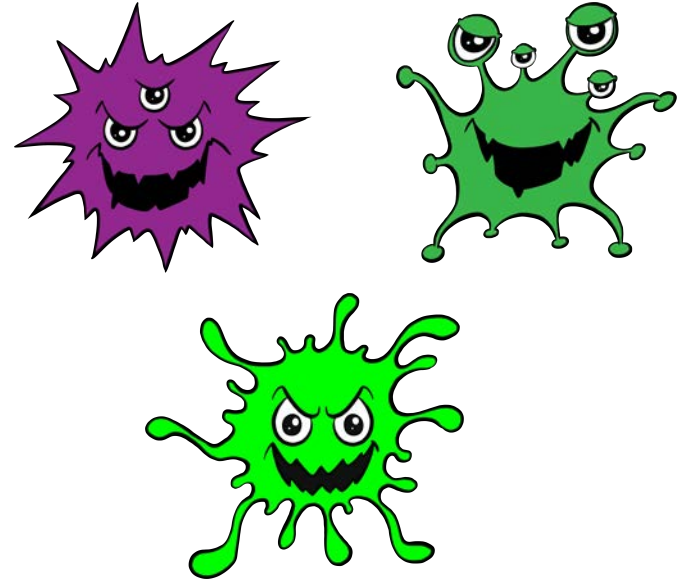
Note:

There are some tiny viruses on some pages, see if they're happy or sad and why.

What is a virus?

Viruses are a type of germ. Very tiny ones and usually quite nasty.

When they get inside our body, they make us poorly.



Facts:

- The name virus is from the Latin word meaning 'slimy liquid' or 'poison'.
- Walter Reed discovered the first human virus, yellow fever virus, in 1901.
- In order to survive, viruses need a host like humans, animals or plants. Once they are inside a host, they grow and multiply. They are like a photocopier and can make copies of themselves.

Do we always show symptoms if we have a virus?

No, not necessarily. There is a period called incubation which is the time from virus entering the body until symptoms first appear. In the case of Influenza this may be as long as 4 days and can be up to 14 days for Coronavirus. So people who have a virus may pass it onto others before they even know they are sick.



How viruses spread?

One of the most common ways viruses spread, is through coughs and sneezes. Through tiny droplets in the air that are released when a person with a virus sneezes, coughs, or blows his nose.

Facts:

- As many as 40,000 droplets are expelled by a single sneeze.
- You can not keep your eyes open while sneezing
- Did you know that the particles in a sneeze travel at 100 miles per hour?
- If you feel the need to sneeze but don't want to, try looking away from the light, pressing your tongue to the top of your mouth, breathing deeply, or preemptively blowing your nose.



It's very important to cover our nose and mouth when we sneeze, either with our elbow, or with a tissue, in which case we should dispose the tissue and wash our hands right after that.

If we happen to cover our mouth with hands when sneezing, we should wash our hands immediately to prevent spreading germs as we will later touch doorknobs, taps, and other objects.



Colour it in!



Fact:

Donna Griffiths of Worcestershire, England is believed to hold the record for the longest sneeze in the world. She sneezed continuously from 13th January 1981 (when she was 12), until 16th September 1983, a total of 978 days.

Connect the dots to help Footkin avoid spreading the virus!



Colour it in!






Fact:

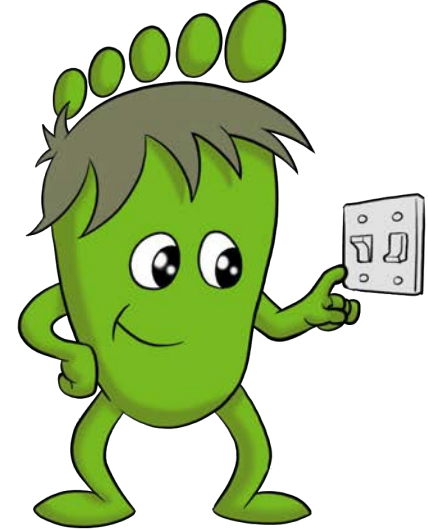
Everyone makes some noise when sneezing. What we call that noise depends on where in the world we live: The English say "achoo," the French say "atchoum," Italians say "hapsu," the Japanese say "hakushon," and Swedes say "atjo."

Connect the dots!



Catch it!	Bin it!	Kill it!
<p>Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.</p>	<p>Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.</p>	<p>Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.</p>
		
<p><i>Catch the germs with a tissue! Or becomes a big issue.</i></p>	<p><i>Bin the tissue kill the germ! Say bye virus loud and firm!</i></p>	<p><i>Wash your hands 'n clean your nails. You're the winner virus fails.</i></p>

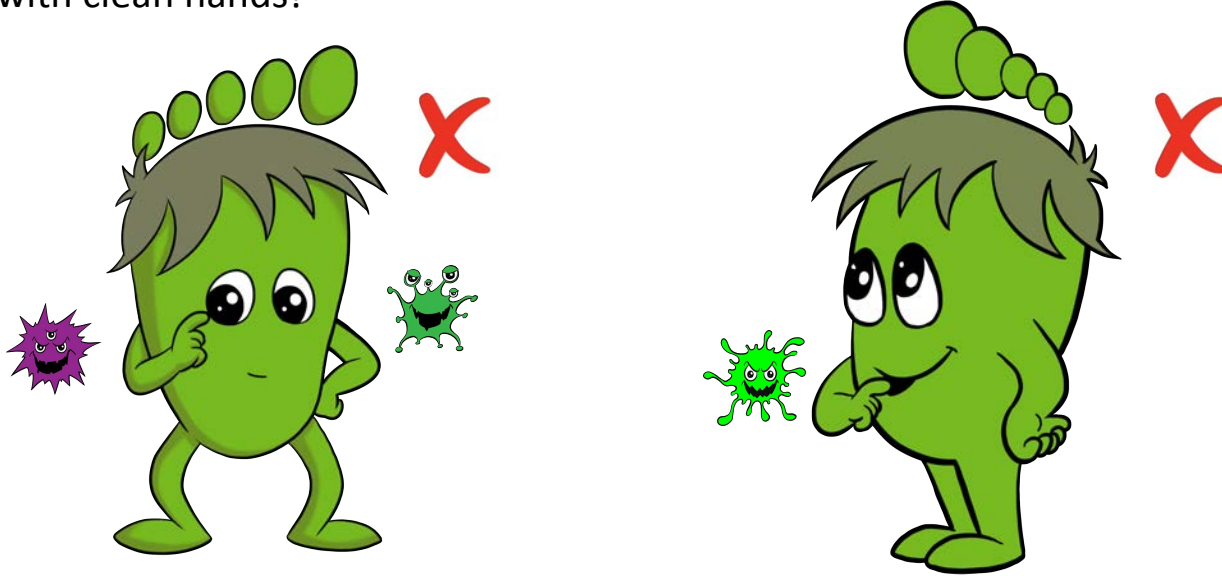
Germs can live on hands, clothes and surfaces like desks, computer keyboards, mobiles, door knobs, taps or light switches for hours. So they can be passed on, by touching a contaminated surface or by shaking hands or high five.



What can we do instead of high five, hug or handshake?
I've seen people being quite creative doing foot bump, hip bump, winking instead or we can just smile and wave.

Let's break the habit and stop touching our face.

Throughout the day, we touch a lot of surfaces: desks, doorknobs, lift buttons, where viruses can live for hours. From there, germs can then piggyback on our fingertips to our nose, mouth or eyes then enter our bodies and make us sick. So let's not touch our nose, mouth or eyes unless with clean hands!



Fact:

It is estimated that people touch their face about 23 times per hour! See how long you can avoid touching your face

Let's see how we can beat the virus!

Have no fear
Footkin is here



Wash Hands Frequently!



Eat Healthy Food!



Keep Active and Exercise!



Keep Calm and Meditate!



Did you know that 80% of common infections are spread by hands. We should wash our hands when we get home, before eating, after going to the toilet, after blowing nose.

Washing our hands regularly for at least 20 seconds, can massively decrease the frequency of colds, flu and other infections.



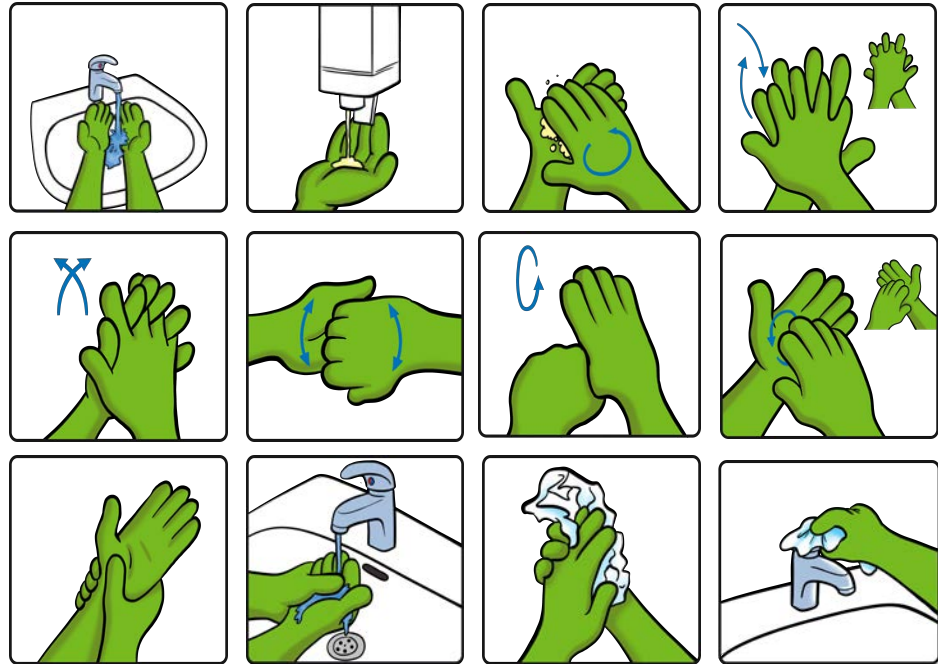
You can sing this with Footkin while you're washing your hands. It takes about 20 seconds!

*Wash my hands 'n clean my nails
I'm the winner virus fails*

*First you make your both hands wet
Then some soap and you're all set*

*Germs germs go away
I keep my hands clean today
Germs germs go away
I will do this everyday*

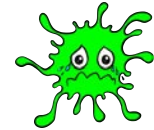
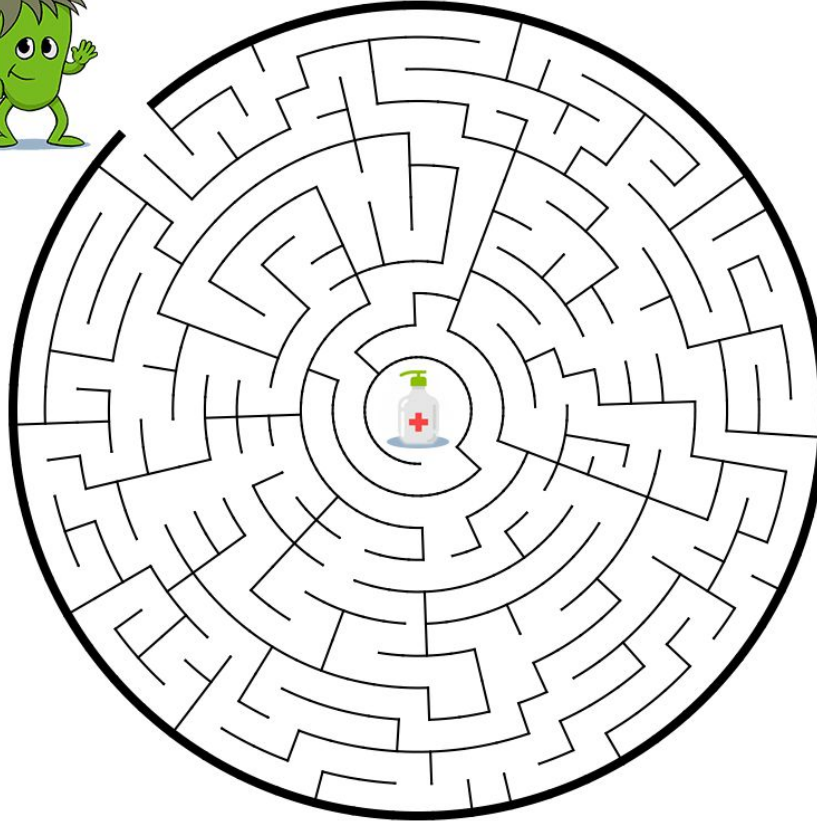
*Rub and rub while tap is off
Rinse and rinse and rinse it off*



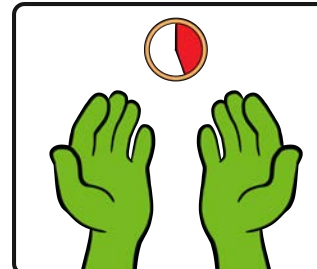
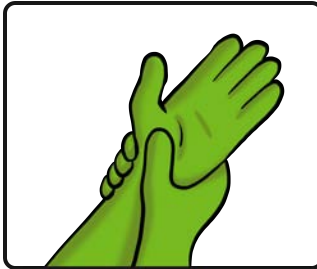
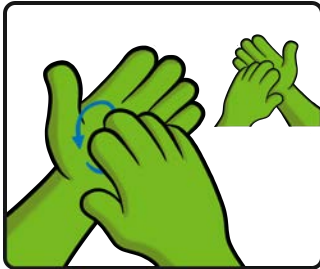
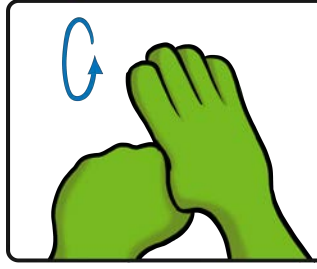
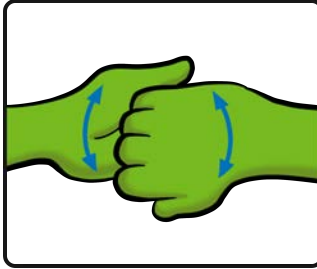
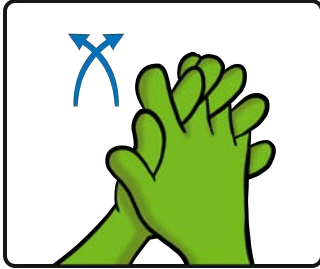
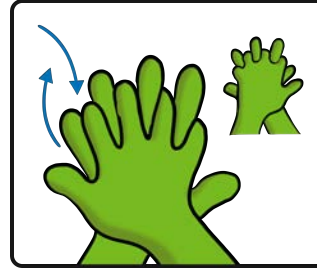
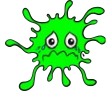
Colour it in!



Help Footkin find his way to the **hand wash** to clean his hands.



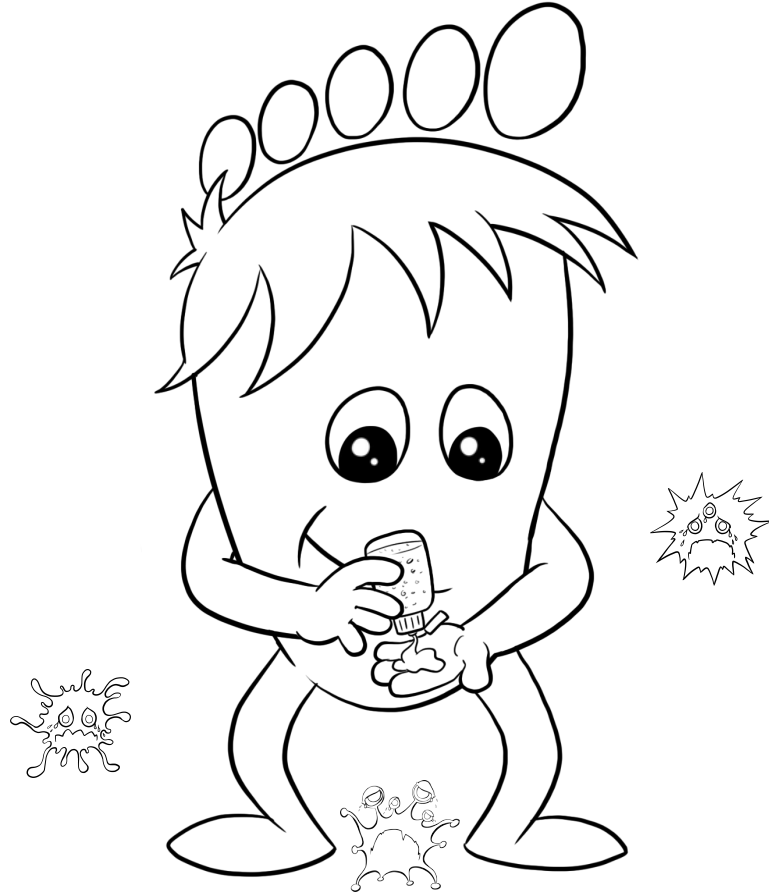
When water and soap are not available, this is how we wash our hands with **hand sanitiser**.



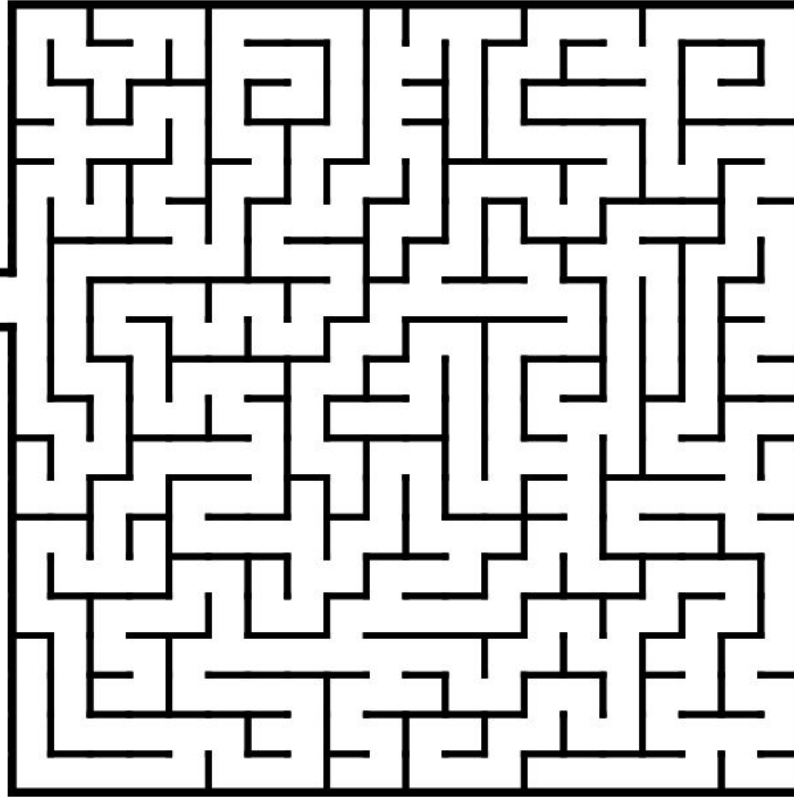
Alcohol-based hand sanitisers fight against germs and kill 99.9% of germs.



Colour it in!



*Footkin needs your help to reach the **hand sanitizer**.*



Gargling with warm salt water is beneficial. It actually does soothe sore throat.



Eat Healthy Food, Not Junk Food!

A plant-based diet consisting of seasonal fruits, raw vegetables, grains, legumes, nuts and seeds is much better for your body and the environment and helps with digestion and having a healthy stomach, and gives you vitamins and minerals needed for good health.

Eat a rainbow every day.

If you want the strength to play.

Some call it the 'Five-A-Day'

This is the most healthy way!



Fact:

Our digestive systems are designed to handle uncooked food. After eating a cooked meal, there is a rush of white blood cells towards the digestive tract, leaving the rest of the body less protected by the immune system. At the same time if a virus comes along, our body is too busy digesting the food to fight the virus!

Be active and exercise!

Exercise is important for staying healthy.

Be active, walk, run, cycle. Play and have fun!

A strong body can fight and defeat viruses.



Keep Calm and Meditate!

Keeping calm, can boost our immune system.
Meditation, helps us stay calm therefore
improves the immune system.

However if we're worried, we're reducing our
body's ability to fight off viruses and germs.

So let's keep calm and meditate!



K	P	L	J	H	N	M	W	G	O	X
T	S	A	N	I	T	I	S	E	R	M
I	O	G	I	I	Q	C	V	R	F	W
M	A	C	F	H	W	R	Y	M	K	A
A	P	O	O	S	T	O	S	S	G	S
G	V	P	O	X	H	B	L	I	A	H
I	E	S	T	C	N	E	S	H	J	I
N	L	S	K	U	P	S	Z	T	N	N
E	S	K	I	B	A	R	P	W	C	G
L	V	Z	N	S	Q	E	L	I	A	H

WORDSEARCH

Find the words below:

Sanitiser

Soap

Microbes

Virus

Hope

Washing

Footkin

Germs

Health

Imagine

Be happy!

Play and have fun! Picture a happy healthy life for everyone on planet Earth.

The future is yours, the way you dream it.



Finally, because we care about our friends and family, when we are unwell, we should stay away from them, and avoid school and play dates.

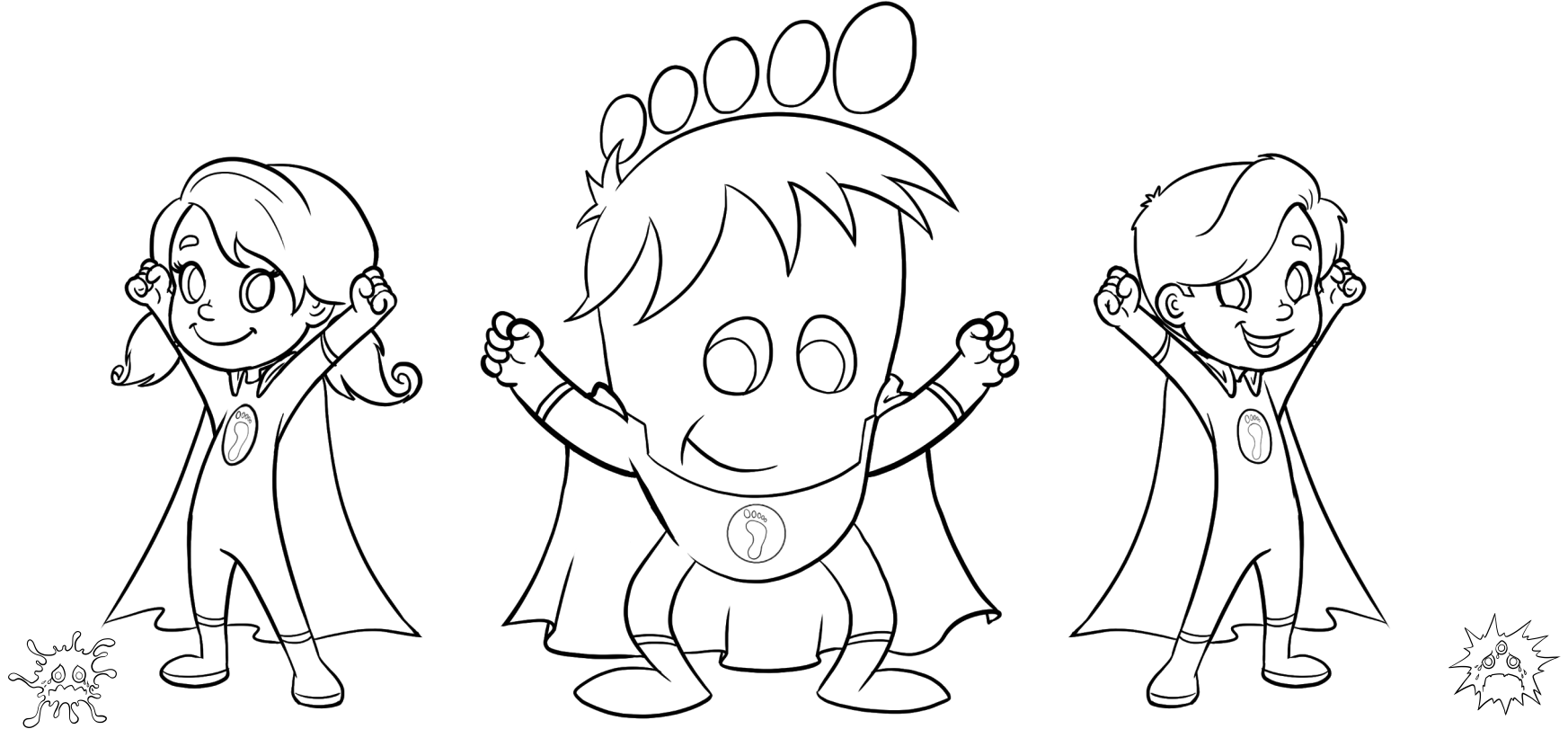
We shouldn't also blame anyone for spreading a virus. It doesn't matter who we got it from. Nobody passes the virus onto another person on purpose.

Let's be each other's friend and ally in sickness and in health.

KEEP HEALTHY!



Colour it in!



Activity: Germs Spread Through Touch

Learning objectives:

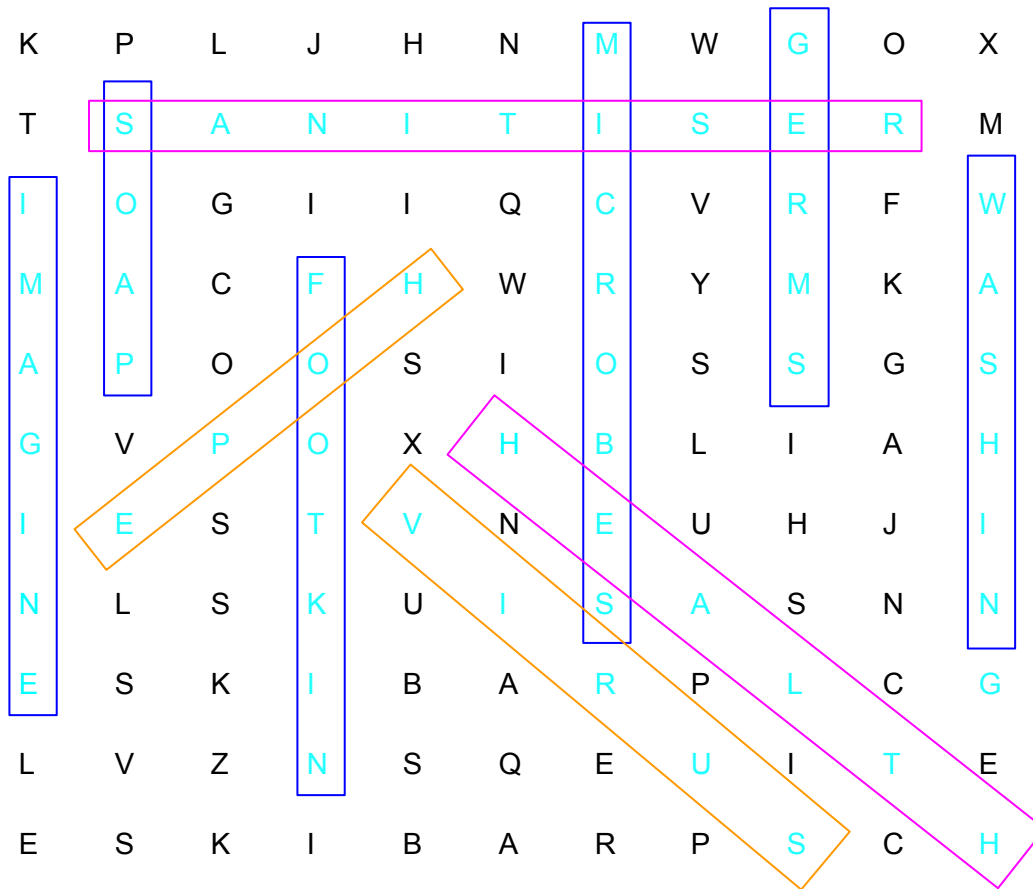
- Hands can spread whatever is on them, including germs, through touching.
- Using soap and warm water is the best way to clean hands from germs.

Material:

- Flour, sand or eco-friendly glitter
- Bowl
- Soap
- Water
- UV light (if available)

Activity: Hands spread what's on them through touch;

- The kids' hands need to be a bit oily so the flour/sand/glitter stick to them. Use a bit of hand cream if their hands are dry.
- Put some flour/sand/glitter on one kid's hands and ask the kid to rub them together.
- Then ask the same kid to shake hands with another kid or an adult.
- Show and explain how the flour/sand/glitter has been transferred only by shaking hands.
- Ask them to wash their hands with cold water and no soap.
- Show them, preferably with the help of UV light, the sand/flour/glitter that is still on their hands, and explain how germs can not be removed with water only.
- Ask them to wash their hands with soap and warm water for 20 seconds by using the method we learned earlier and singing the song.
- Now show them how clean their hands are (preferably with the help of UV light)



A note from me, Footkin;

A note from me, Footkin

I hope you liked my activity book and that you had fun and learned new things.

If you did enjoy it, why not read some more? You can download the other activity books for free from www.mindyourfootprint.org.uk. They are about the environmental issues covered by Eco-Schools Australia, such as Litter & Waste, Transport, Water, Energy, Biodiversity and more! They are not only educational resources to entertain children at home and at schools, they're also great tools to engage and empower you to become eco-warriors.

I would also like to invite you to join me on Facebook [@Footkin](#) and on Instagram [@theFootkin](#) for fun and engaging posts. Give me a shout there and share your thoughts with me.

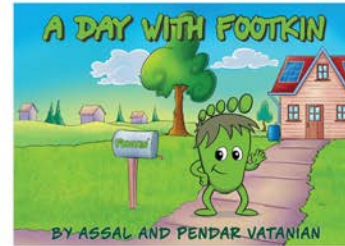
You can also help me raise awareness and educate others using [#Footkin](#) and [#MindYourFootprint](#).

Let's make this a better world, the future is yours, the way you dream it!

Love and Peace,
Footkin



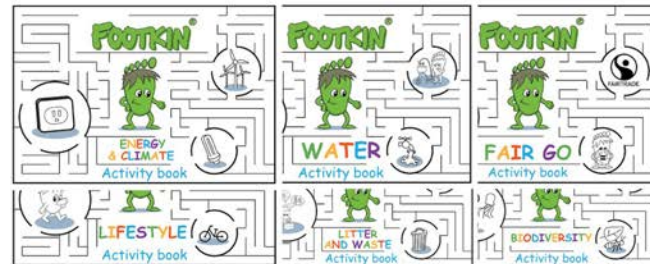
These are some of the fantastic books from Footkin:



And Footkin activity books on all these topics:



- Biodiversity
- Energy & Climate
- Fair Go
- Lifestyles
- Litter & Waste
- Waste and Waterways
- Water



Visit www.Footkin.com for Footkin activities, games and fun!