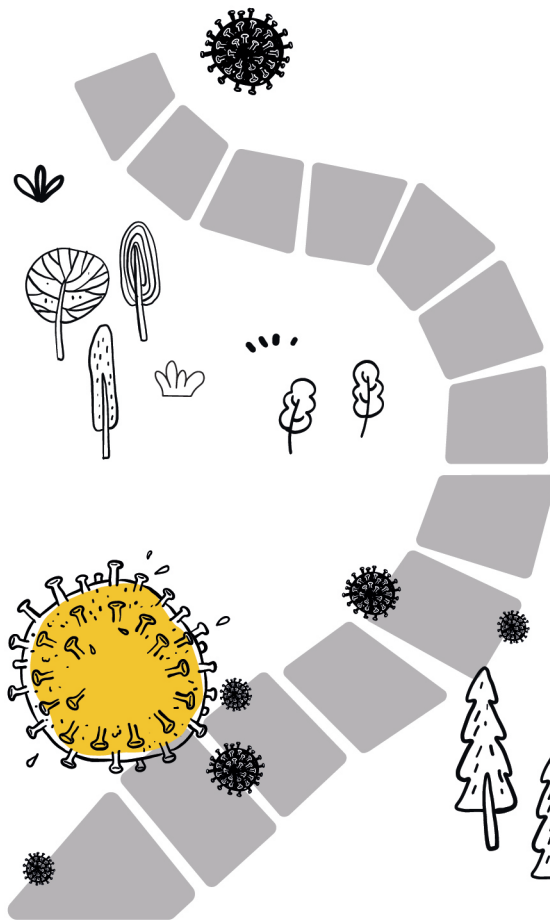


# Defeat the pandemic

Game instructions



Nick and Vicky live in nice village called DisasterVille. While their home is a great and beautiful place, sometimes the inhabitants' of DisasterVille would face some hazards in their home, for instance: wildfires, floods, earthquakes or even pandemics. However, Nick and Vicky quickly learned that if their community is well-prepared, organized and well-informed they are less likely to become vulnerable in these situations. So, with disaster preparedness they will be able to respond more efficiently in case of an emergency while also be able to help their friends in need when exposed to these hazards. Let's see how well they know what to do in these tricky situations, and what we can learn as well!

There are four disaster scenarios you can choose from: Fire, Flood, Pandemic, Earthquake.

## *Pandemic game background story*

Nick and Vicky's school friend Marc came one day and said that his uncle has a very bad cough and a high fever. Vicky knew right away that Marc should let the teacher know. She knew from her parents that there is a dangerous pandemic going on and everyone needs to be more careful. Marc immediately went home and talked to his doctor who advised him to stay at home if he feels sick. In the coming days, all families listened to the news to get the most up to date information about the pandemic. Every family was advised to stay home and get vaccinated when it becomes available to stop the virus spreading.

In the game, try to answer the questions and challenges. What should Nick and Vicky do to not let the virus get to their school? Hurry up and give the right answers – the virus is quick!

To fight the virus, you also need to get the families to get vaccinated as well as help the doctors to get to the hospital.

### **Phrases to learn:**

virus, pandemic, vaccine, keeping distance, germs

## Game instructions for teachers/educators/parents

The scope is to teach the children about disaster management, acquire the basic knowledge and skills. They will play together, forming a team and fight together against the pandemic.

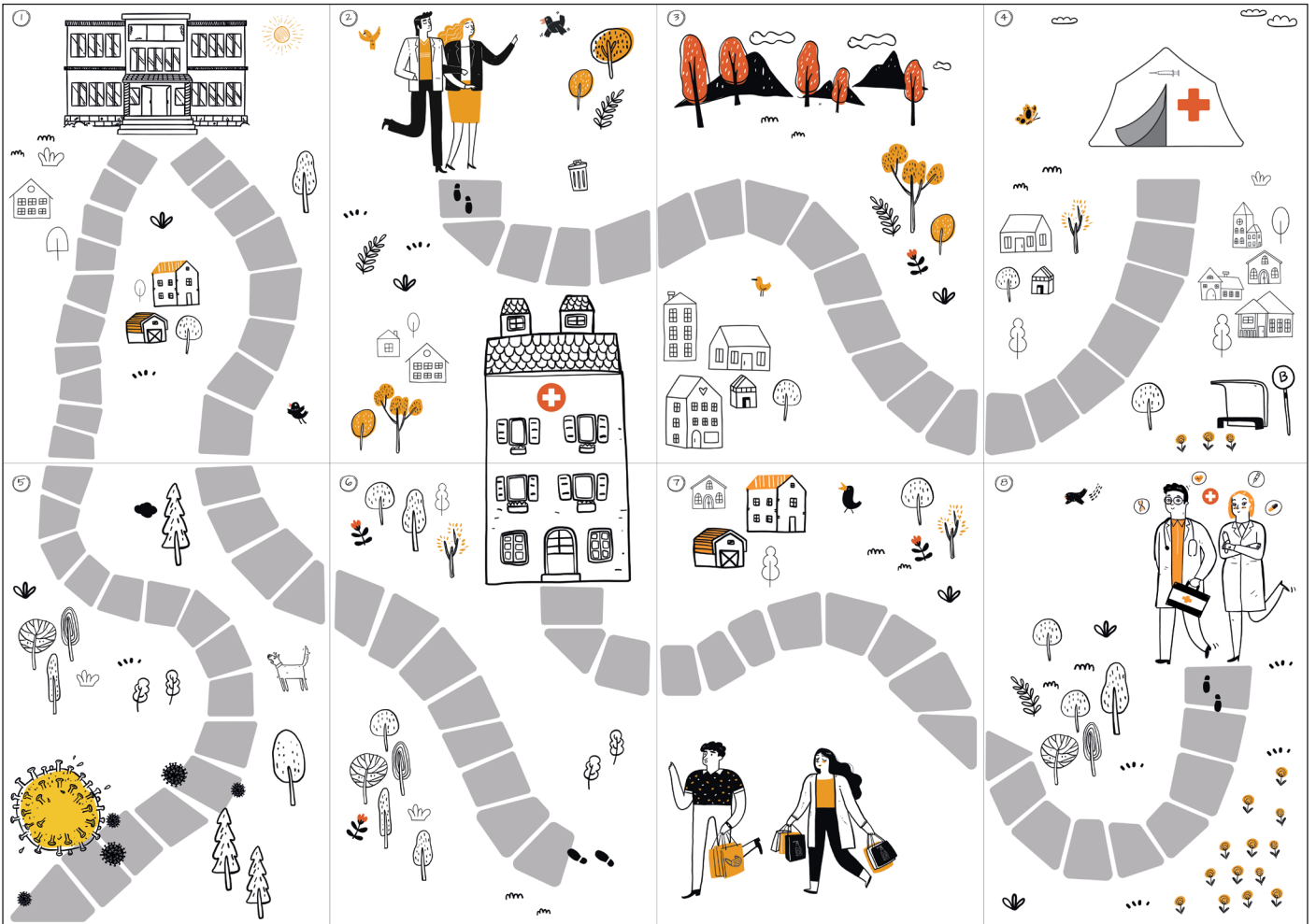
If we are playing the game with children **aged 5–7**, it is advisable to choose the simple version, playing only the “Pair the cards challenge” as indicated their age and later add questions and challenges.

For older children (in the case of children **aged 8–10** or older) we have the opportunity to expand and complicate the basic game with additional questions and challenges.

The game can be played by 3–5 children or 3–5 groups of children. When you play the game with groups of children, use the questions and/or challenges as well, so all kids can feel involved into the game. The groups may receive a challenge or question together.

### The basic game instructions are the following:

- 1** Put the game board together by the numbers. The children can colour it more and make it look like their own village/city. Place the small moving cards upside down. The 4 players (doctors, volunteers, friends going to get vaccinated, virus) should be placed at the corresponding starting point to start the game.
- 2** If the group is large, divide them in teams of two or more, depending on the size of the group.
- 3** The first player starts and turns a small moving card over which will show the moving steps and what needs to be moved (which player and how many steps). Move the corresponding character. Then put the small card aside.
- 4** When a player steps on a question or challenge card, turn up a card from the relevant package of cards and answer the question/challenge.
- 5** When a player arrives to the destination, the next earthquake card turned up will mean that steps should be taken backwards for the earthquake character, not forward. This is the reward for the teams for completing the path.
- 6** If the virus completes the path before all other would arrive to their destination, all players lose the game. All three other characters (doctors, volunteers, friends going to get vaccinated) must arrive to the destination before the virus arrives, to avoid the disaster and win the game.



*Pandemic board*

## Pair the cards challenge - for smaller children (5-7 age group and as a start/addition for age 8-10)

Prepare the pair cards and shuffle them. Each group of kids will get a number of cards that will be showing various images that need to be connected. Put some challenge (small) cards (select as many as you feel adequate to the level of knowledge of children) to the different paths – any place you select should be fine. Children will randomly step on it. When they step on it, turn up/select a pair card – ask the children to connect it with the proper image. After they do, read the explanation below.



*Challenge  
(small) card*

### 1 **Face – Mask**

Explanation: During the pandemic, you should have a mask over your face every time you are among other people or in closed spaces. Masks prevent virus from reaching other people and you are keeping your friends safe!

### 2 **Hands – Soap**

Explanation: Make sure to wash your hands first any time you enter the house or school! Wash your hands carefully before you touch your face or your food.

### 3 **Hands shaking (cross for wrong) – Fist bump (correct sign)**

Explanation: Even though it's nice to say hi to your friends by shaking their hand, in this situation of the pandemic, it is better to just fist bump them as the virus travels fast and can be on the hands of any of us!

### 4 **Kid rubbing nose with hand (cross for wrong) – blowing nose in a handkerchief (correct sign)**

Explanation: If your nose is itchy, even when there is no dangerous virus going around, you should always use a handkerchief and not touch it with your hands. We play with our hands and touch many things during the day that are not always clean, and our nose is sensitive, so we should always use a paper or linen handkerchief.

### 5 **Kids hugging (cross for wrong) – Kids cheerfully waving (correct sign)**

Explanation: If you haven't seen your friends or family for a long time, you may want to run and hug them, but remember, the virus travels fast if we are close to each other. In this period, it would be better to just wave to them and say hi.

**6 Mask below the nose (cross for wrong) – Mask across mouth and nose (correct sign)**

Explanation: We breathe through both our mouths and nose and virus travels through our breath. This is why it is important to cover both your mouth and nose with the mask when there is a pandemic.

**7 Mask on a chin (cross for wrong) – Mask across mouth and nose (correct sign)**

Explanation: Mask is made to be worn on top of your mouth and nose so that the virus can't reach other people. If you wear it below the chin, it's the same as if you don't have it.

**8 Kid rubbing eyes with hands (cross for wrong) – Kid washing face (correct sign)**

Explanation: Our eyes are very sensitive even in regular circumstances and you should never touch them with your hands as they can be dirty. If your eyes are itchy, try going to the bathroom, washing your hands and then washing your face with warm water. This is the safest way to touch our eyes and make them less itchy.

**9 Kids playing cards in a tight circle (cross for wrong) – Kids playing volleyball in a wide circle (correct sign)**

Explanation: While there is a virus around, we should try to play games that do not keep us so close together. So maybe instead of a game of cards, go out and play volleyball in the nature.

**10 Kid coughing in the hand (cross for wrong) – Kid coughing in the elbow (correct sign)**

Explanation: Always cover your mouth when you cough, but the best way would be to cough in your elbow, as this keeps germs off your hands so you won't spread them to other people and make them sick.

**11 Hands – Hand sanitizer**

Explanation: If you can't wash your hands with water and soap, always use the hand sanitizer. Hand sanitizer keeps your hands free of germs that can make you or other people sick.

**12 Kid eating a sandwich with hands (cross for wrong) – Mask across mouth and nose (correct sign)**

Explanation: If you are in public among people during the pandemic, you should have your mask over your mouth and nose and not take them off to eat. Eat when you come home and you have washed your hands in detail, so you can touch your food without worrying about germs.

**13 2 people 1.5 m apart (correct sign) – kids standing close (cross for wrong)**

Explanation: Try to talk to your friends on a safe distance, around 1.5 meters apart. This way you can still communicate and spend time together, but virus will not be able to travel through your breath from one to the other.

## Questions - for children of age 8 - 10

Prepare the cards with questions. Put the question (small) cards (select as many as you feel adequate to your group of children) to the different paths – any place you select should be fine. Children will randomly step on it. When they step on it, turn up a question card with the instructions – ask the children to reply, then read the explanation.



Question  
(small) cards

- 1 Q:** Since Nick and Vicky know there is a virus around, how should they say hi to their friends in school?

**A:** 1. Hug    2. **Wave**    3. Fist bump 4. Shake hands

Explanation: When there is a virus around, the best way to say hi to your friends in school would be to wave to them from a safe distance. You could also fist bump them, but the safest way is to stay apart so that the virus cannot travel through your breath or touch among you.

- 2 Q:** What is the first thing Nick is supposed to do when he comes back to school from a break in a school yard?

**A:** 1. Go to the classroom    2. **Wash his hands**    3. Have his lunch

Explanation: Remember, Nick played in the playground and touched many things outside that can be very dirty. If he eats his lunch before washing his hands, these germs from outside can be in his body through food. Also, if he goes to the classroom, he can maybe touch his face, mouth or nose with his hands and again get these germs into his body. The best option for Nick is to always wash his hands after playing outside, if there is a pandemic or not.

- 3 Q:** Vicky's eyes are itchy and she is in class. What should she do?

**A:** 1. Use her hands to scratch them    2. Use a clean handkerchief to wipe them    3. **Ask the teacher to go to the restroom, wash her hands and eyes**

Explanation: The best option before touching your eyes is to always wash your hands and then wash your eyes with warm water. If you are outside and you can't do that, a clean handkerchief can also be an option.



**4 Q:** Nick feels like he will sneeze. What is the proper way to do it?

**A:** 1. Sneeze in his hand      2. **Move from the others and sneeze in his elbow**

Explanation: It is very important to move away from other people if you can while sneezing. Germs and viruses travel through our breath and the safest way not to get someone sick is to move away and sneeze in our elbow, so that we do not get those germs and viruses on our hands either. Nick should do the same.

**5 Q:** Vicky is entering a store, but she was on the bus and she has nowhere to wash her hands. What should she search at the entrance?

**A: Hand sanitizer**

Explanation: If Vicky is unable to wash her hands immediately when getting out of the bus, she should use a hand sanitizer, that also kills germs and viruses on her hands that she maybe touched on the bus that is not always very clean.

**6 Q:** Nick is playing outside and he suddenly really wants to eat chips. Should he do it?

**A: Yes/No**

Explanation: Not while outside. Nick should go back home, wash his hands and touch food, especially if this food is being eaten with hands, like chips. If he is really hungry and needs to eat outside, he should use the hand sanitizer first.

**7 Q:** School decided that classes are online and Vicky and Nick miss their friends. Should they invite them over to play video games?

**A: Yes/No**

Explanation: If school is online, this means that Vicky and Nick shouldn't be physically close in a closed space with their friends. Maybe they can invite their friends to play video games online together or to spend time outside throwing ball and not being very close to each other. This way, they protect both themselves and their friends and family.

**8 Q:** Vicky is on the bus, wearing a mask, but she feels like she will cough. What is the right way to do it?

**A:** 1. Remove the mask to cough in her hand      2. **Keep the mask on and cough in her elbow with the mask still over mouth and nose**

Explanation: Even though it may seem better to remove the mask, it is there exactly for that reason: to stop germs and viruses from her cough or sneeze get to other people on the bus. Also, she will not get them on her hands if she coughs in her elbow.



## Challenges - select a tool - for children of age 8 - 10

You may decide to make the game more complex and use not only question cards, but challenge cards as well. Put as many as you think is adequate to your group of children and play the game as before. When they step on a challenge, turn up one challenge card with the instructions. The tools may be distributed to the groups and in case the tool is not with their group, they can exchange and negotiate! In case they do not need tools to respond, they should either act out a challenge or find objects in their surrounding that are the right answer.



- A** Once Marc has told the teacher about his uncle maybe having a virus, what should Vicky and Nick do?

Explanation: Tell their parents and start taking measures to protect themselves and their friends and family.

- B** Vicky sees Nick wearing a mask in a classroom on his chin. What should she do?

Explanation: Tell him to put the mask over his mouth and nose.

- C** What should Nick and Vicky do as soon as they come home from school?

Explanation: Wash hands, change their clothes, leave their shoes in the hallway.

- D** Nick remembers hearing a doctor on TV talking about the dangerous virus. What are at least 2 things that he should remember?

Explanation: Mask on the face, 2m distance, wash hands properly

- E** Vicky starts having a runny nose. What should she do?

Explanation: Not touch her face and use handkerchief. Tell her parents immediately.

- D** Think of the games you can play while remaining 2 meters away from each other.

Explanation: Hide and seek, pantomime, racing