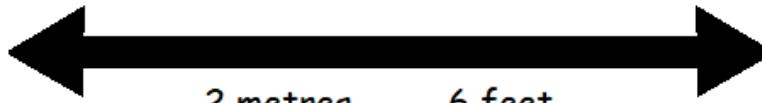


Social Distancing



2 metres --- 6 feet



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In order for kids to understand how to do this, they must first have a sense of what 2 metres / 6 feet actually means. This is too abstract of a concept for many kids as measurement and distances might not be meaningful yet. Some kids might have struggles with understanding personal space and others may need to have a concrete way to learn it.

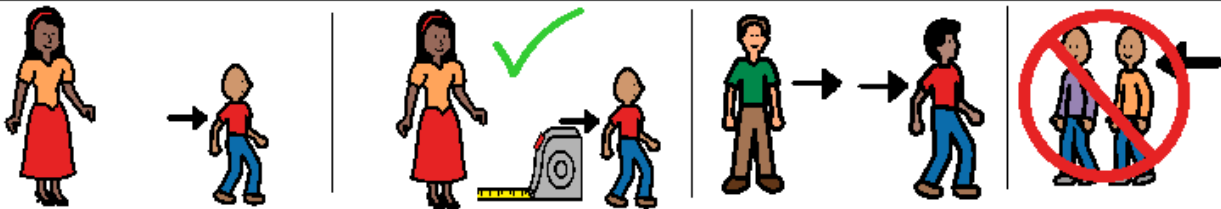


(or a piece of yarn)

1. Using a measuring tape measure out 2 metres / 6 feet.
2. Have the child walk heel to toe to count how many steps it is for them or walk at their typical pace if they are able to walk in this manner consistently and count how many steps.



3. Help the child walk around familiar things in the house to find what is the same distance with their walking pace. Perhaps find something outside too.



4. Child practises walking that distance away from another person. Then measure. This makes it concrete. Do this throughout the day so it becomes easy and routine.



5. Child stands still, another person walks toward them. Child tells the person when to stop as they reach the safe distance. Measure to determine if they guessed correctly.