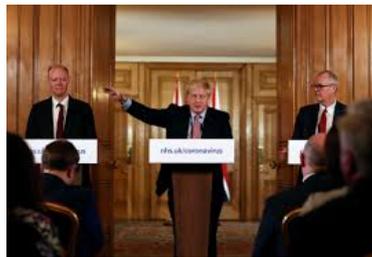


## Going for a walk is a safe thing to do



My name is \_\_\_\_\_. Usually I go to \_\_\_\_\_ School but we are in lockdown which means school is closed. This is so that people can stay safe from the Covid 19 virus. So, I am doing some school work at home and spending time doing some things I enjoy – like playing my computer games.

I have been brilliant! I have done some chores and stayed calm. I have done all the work I can – that is brilliant. Well done me!

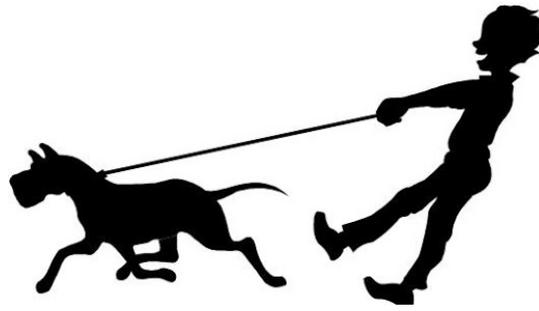


The government are trying to the best thing to keep people safe and they are taking advice from scientists who know more about these things. This is good.

One piece of advice is that it is good to go out for a walk each day. So far, the advice has been to walk near your home. This could be a walk through streets, around a park or green space or along the beach, canal or river. This is okay. Soon we might be able to go some other places for a walk but it is okay if I just want to say local at the moment. This is fine.



The scientists have discovered that Covid 19 is hard to catch when people are outside. Covid 19 seems to pass more on hard surfaces inside, or by people with the virus coughing when they are close together. That's why we talk about 'social distancing'.



Scientists have also found that children are not very affected by COVID 19. This is good news too.

Going for a walk has many benefits whilst we are at home. One is that it is physical movement that helps our bodies keep healthy. Another reason is being around nature (trees, water, plants and wildlife) is good for our mental wellbeing. (And it's good for your dog too if you want to take it out sometimes).



Noticing things we see can remind us that most of our environment is good. Taking time to listen, smell and look at things can give our brains a rest from being anxious. This is good too.



I can try to go for a short walk each day with someone in my family. I can feel okay that I am unlikely to get ill. If I see other people, it is okay to cross the road or pass them leaving space between you. I can wait in a safe place until they pass me. I can choose a route from my house that might be quiet.

Well done me. I am brilliant!