

SOCIAL DISTANCING

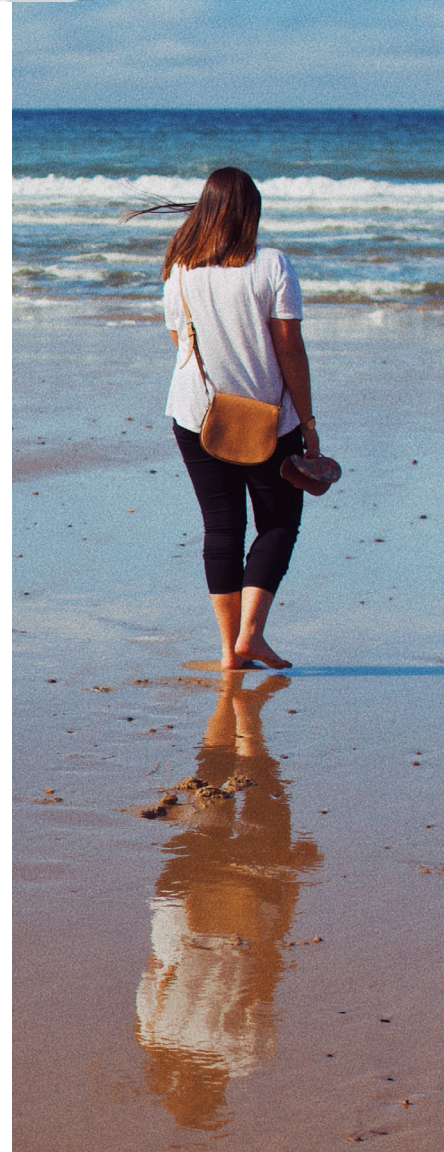
With the social distancing guidelines in effect and encouraged to prevent the spread of illness, it may seem like everything you normally enjoy doing is off the books. By social distancing, you will learn why it is important for this to be in effect, and how to make the most of your time.

Purpose

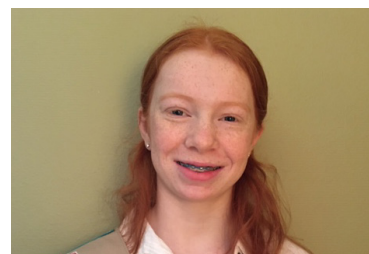
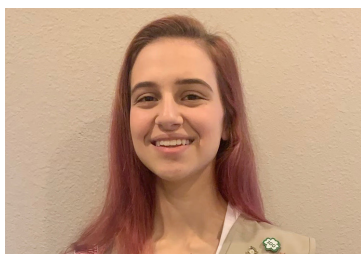
Upon completion of this Girl Scouts of Citrus Patch Program, I will have a greater understanding of how to properly implement social distancing for myself and others, as well as to protect those individuals that are more vulnerable in these types of situations.

Steps

- | | |
|--------------------------------------|---------------------------------|
| 1 EXPLORE AND SPREAD THE WORD | 4 COMMUNITY |
| 2 FAMILY | 5 REACH OUT TO THE WORLD |
| 3 FRIENDS | |



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STEP 1

Explore and spread the word

Social Distancing is the practice of maintaining a safe space between you and other people to prevent the spread of illness.

Choices - Do one:

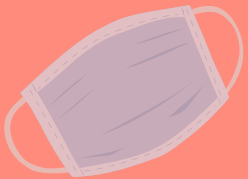
- ☐ **Create a public service announcement.** Write a script defining social distancing that provides examples. Record the PSA you created. Once you have recorded your video, post it on social media or share with your friends to spread the word.

OR

- ☐ **Write an editorial for your local newspaper.** Write an article explaining social distancing and why it is important for everyone participate. Share your article with your local newspaper and request it be published to encourage others to social distance.

OR

- ☐ **Create a poster or flyer:** Use art supplies to create a poster/flyer explaining what social distancing is and why it is important. Request for it to be put up in your local super market or post one around your community to spread the word.



STEP 2

Family

Have fun with your family from the safety of your home by doing one of these steps.

Choices - Do one:



Create a board game. Use your imagination and come up with an original board game. The game should have a set of rules, a board, and game pieces. Once the game is finished play it with your family.

OR



Create a meal of your choice. Go online or look through recipes with your family to find something to cook. Work together and cook your dish. When you are done cooking sit down with your family and enjoy your meal!

OR



Construct a fort! Using materials in your house, build a fort big enough for you and at least one other family member to fit in. After you are done building it you both can enjoy a sleepover while you are still in the safety of your home.



STEP 3

Friends

Staying safe at home doesn't need to keep you from your friends! So stay connected with them.

Choices - Do one:



Set-up a weekly hang-out to chat with a friend.

Using a safe digital platform, like, FaceTime, Zoom on Google Hangout (Be sure to get the permission of your parent first and remember to use the internet responsibly).

OR



Start a letter campaign. Write and send a letter to a friend using good old fashioned "snail mail". It only takes some pens and pencils and a little creativity. Once you send your letter, encourage another friend to do the same.

OR



Play a game virtually with another family.

Using a safe and secure video conferencing platform, set up your camera so everyone can see you and your table. Then choose an easy game that both families have. Go around in a circle taking turns playing that game.

STEP 4

Community

It is important to stay connected to your community.

Choices - Do one:



Promote positive communication in your community. Create a Facebook page for you and your neighbors. This can be used to assist others in need while still helping you and your community stay connected.

OR



Create a neighborhood scavenger hunt. Ask members of your community to hide fun objects in their windows for others to “seek-and-find” while out on walks.

OR



Party time! Encourage neighbors to participate in driveway ice cream socials or picnics. Bring outchairs and tables to catch up with your community from a safe distance.

When you think of the word community don't limit yourself to your local neighborhood. You could even have a sports or a school community.



STEP 5

Reach Out to the World

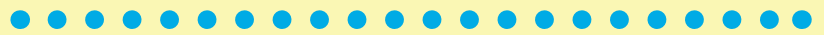
“Travel across the world” by doing one of these fun things.

Choices - Do one:



Write a letter to someone either out of state or across the world. Using safe internet choices and adult supervision look up how you can get a penpal. Ask your pal questions about how they are staying safe and what activities they are doing to keep busy. You can also tell them the fun things you’ve been doing while social distancing.

OR



Use social media to spread awareness beyond the limits of your community. A great way to spread awareness fast and easy is by posting about it on a social media platform. There are many different ways to spread awareness, you can make a TikTok or Snapchat of you washing your hands for the full amount of time or you can create a post for Instagram or Facebook.

OR



Investigate how people in other countries are celebrating together and start a celebration of your own. Many places around the world are still having celebrations and community events but are adjusting to them to stay safe. Some people are even doing things in honor of the nurses and doctors that are hard at work. Explore a few of the ways people are doing this and start your own community celebration based on what you find.



Still motivated to do more...?

☐ **Make a Thank you poster for your local EMS, firestations, or hospitals**

☐ **Sew and make masks for nursing homes**

☐ **Spearhead a celebration within your neighborhood to create yardsigns**

☐ **Use sidewalk chalk and write a thank you note on the sidewalk in front of businesses**

☐ **Leave a bottle of water for hardworking delivery workers outside your door**

☐ **Send an email to your teacher to thank them for their support during digital learning**

Thank you essential workers!

- Nurses
- EMT's/Paramedics
- Doctors
- Police
- Firefighters
- Nursing Home Staff
- Fast Food Workers
- Grocery Store Workers
- Gas Station Workers
- Postal Office Workers



Fun Facts



What's the difference between:

Social Distancing

Social distancing is keeping a distance (6 to 10 feet apart) between yourself and other people.

Quarantine

Quarantine is when a person is kept away from others because they may have been exposed to an illness.

Isolation

Isolation separates the sick people from the healthy people.

How to Make a Mask

You do not need to have a sewing machine or sewing experience to make a mask. Using the links below you can learn how to make a mask that will help prevent you from getting sick.

It is important to make a mask of your own. The health care professional need their specialty masks to keep them safe with assisting ill patients.

● [Face Mask Article 1](#)

● [Face Mask Article 2](#)

Girl Scouts of Citrus Council - Social Distancing Videos



[DIY Hand Sanitizer - Video 1](#)



[DIY Face Mask Video](#)



[DIY Hand Sanitizer - Video 2](#)



[Proper Handwashing Video](#)