

## PBIS Lesson Plan – Social Distancing

### Materials Needed:

- Space where individuals can sit in a circle with *at least* arm’s length distance between them (more distance between individuals if space allows).
- Social Distancing Poster

### Open:

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1. Transition individuals into the activity by saying “It’s time for group” and direct individuals to sit in a circle with *at least* an arm’s length distance between each person
2. Gain the group’s attention (e.g., say “1-2-3 eyes on me”)
3. [Say] “Let’s review the expectations for group.”
  - “It is important to be safe, responsible, and respectful during group.”
  - “We can be safe by keeping our hands and feet to ourselves and staying in our assigned seat.”
  - “We can be responsible by following directions, participating in the activity, and asking for help if frustrated.”
  - “We can be respectful by listening while others are speaking, raising our hand to participate, and using positive comments and gestures.”
4. [Say]
  - “Today, we are going to talk about Social Distancing.”
  - “Social Distancing is when we do not touch other people or their belongings to prevent the spread of colds and viruses.”
  - “Social Distancing helps to keep you and everyone around you healthy and safe.”

### Conduct:

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5. [Say]
  - “You may have heard that there is a virus going around right now called the Coronavirus or COVID-19.”
  - “The Coronavirus is like having a cold or the flu virus – people have a fever and cough.”
  - “The Coronavirus is spread by people touching other people and their faces and not washing their hands.”
  - “We can all work together to stay healthy.”
  - “Let’s look at this poster that shows us some things we should NOT do and things we can do INSTEAD to help everyone stay healthy.”
  - *Show individuals the poster.*
  - “Here are some things we should NOT do right now [point to side of poster that lists things to not do]
  - “I know these are positive greetings that we share with others and things we do to help peers but we want everyone to stays healthy so remember to NOT give anyone a high five, hug, fist bump, handshake, touch their hair, share hygiene products, and touch your face.”

- “INSTEAD we can greet others without touching them. Let’s practice some other ways that we can say Hi and Bye to each other.”
  - “First, let’s try the classic wave. [model] Great job participating everyone!”
  - “Next, let’s try the jazz hands wave. [model] Excellent job everyone.”
  - “Let’s try the t-rex wave. [model] Awesome participation.”
  - “Finally let’s try the raise the roof wave. [model] Nice work.”
- Optional – Ask the individuals “does anyone have any other ideas of appropriate waves we can do?” [praise individuals for participating with an appropriate response].
- Ask the individuals “raise your hand and tell me which wave you liked best.”

**Close:**

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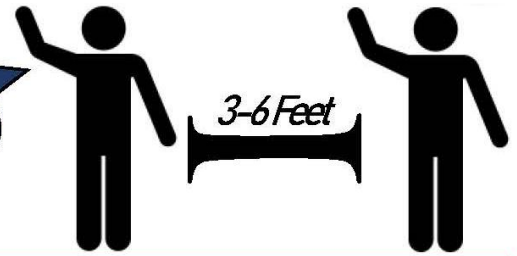
6. [Say]

- “Today we talked about Social Distancing to prevent the spread of the Coronavirus.”
- Remember that “Social Distancing is when we do NOT touch other people or their belongings to prevent the spread of colds and flu viruses.”
- “We can keep ourselves and everyone around us healthy and safe by NOT touching each other, NOT sharing products, and NOT touching our faces.”
- “Remember to use one of the waves we practiced today and properly wash your hands throughout the day.”

7. Conduct activity/location transition

- Give a transition reminder (1-5 minutes before transition to new activity)
- If it’s the end of the block, process individual’s point cards.
- Give directions for transition.
- Actively supervise individuals during the transition by moving, scanning, and interacting.
- Review expectations / give directions for next activity / location.

**STAY HEALTHY!**



<b>Instead of...</b>		<b>Do this...</b>	
	Handshake		Wave
	Fist Bump		Jazz Hands
	High Five		Raise the Roof
	Hug		T-Rex Wave
	Touch another person's hair		Hands at Your Sides
	Share hygiene products ( <i>hairbrush, body wash</i> )		Use Your Own Products
	Toe Tap / Elbow Bump		"The Bow"
	Touching Your Face		Wash Your Hands