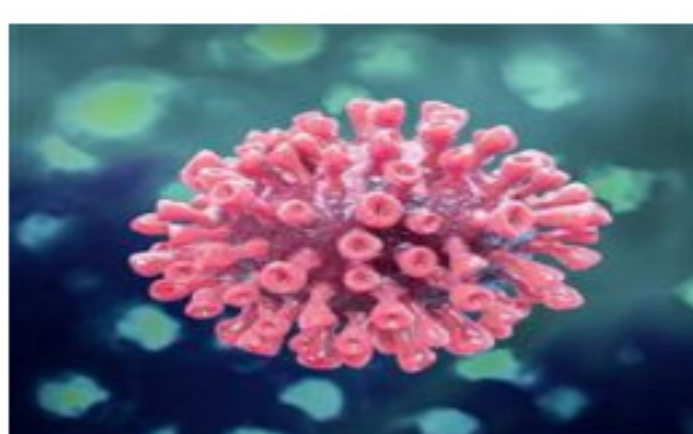


Resources > Teaching Plan > [Learn, Understand and Taking Action on COVID-19](#)

In recent months, a sudden outbreak of COVID-19 spread around the world, posing unprecedented challenges to human survival. However, in the face of the epidemic, human beings did not sit idly by. Medical workers, scientists, and community service personnel all took action and worked together to overcome the crisis. This is undoubtedly a special time in human history. We recognize that this particular global public health emergency also challenging us to make children and youth know more about the virus and how to protect themselves. To this end, Children & Youth Science Center of CAST developed a set of courses consisting of 15 activities to help teachers guide students to carry out scientific activities themed with novel coronavirus, so that students could scientifically understand 2019-nCoV and the outbreak, understand the basic protective methods and measures, and take appropriate actions to deal with it. We should also understand the unremitting efforts made by human beings in the epidemic and be grateful to all those who have contributed to the control of the epidemic.



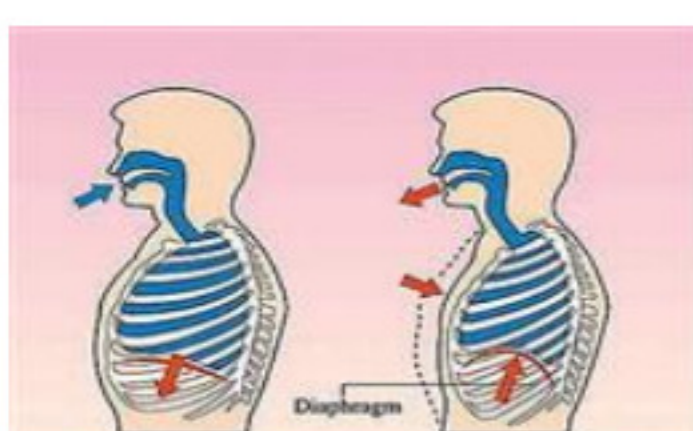
Activity 1 What is 2019-nCoV?

In 2020, a global outbreak of COVID-19 has occurred. As of May 20, nearly 4.9 million confirmed cases of COVID-19 have been reported worldwide, with more than 320,000 deaths. This is a global public health emergency facing all mankind. In this activity we will help students understand what COVID-19 is, what is the difference between viruses and bacteria? Through this activity, students can learn about the difference between viruses and bacteria, recognize the structure of viruses and build COVID-19 models by themselves. (This activity is suitable for high grade in primary schools and junior high schools)

[Learn More](#)

Activity 2 What is COVID-19?

What diseases does the 2019-nCoV cause? What kind of disease is? How is it different from the common cold and flu? Through this activity, students will learn about the symptoms of the 2019-nCoV and its harm to the human body. (This activity is suitable for high-grade in primary school and junior high school)

[Learn More](#)

Activity 3 Inhale and exhale

Why should we breathe? How does the human body breathe? Students will understand the breathing process and the organs involved in this activity, and recognize the importance of the respiratory system. (This activity is suitable for high-grade in primary school and junior high school)

[Learn More](#)

Activity 4 How does the virus spread?

Is the 2019-nCoV contagious? How does 2019-nCoV spread? Through this activity, Students will understand the transmission routes of the 2019-nCoV, and think about prevention method. (This activity is suitable for high-grade in primary school and junior high school)

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Activity 5 How to wear a face mask properly?

How to choose a face masks? How to wear a face mask properly? Through this activity, students will learn about the characteristics and applicable places of different types of masks, discuss the correct methods and key points of wearing masks, and provide reasonable suggestions for citizens and medical personnel about wearing masks. (This activity is suitable for high-grade in primary school and junior high school)

[Learn More](#)

Activity 6 What does the bread experiment tell us?

How to protect yourself during the COVID-19 outbreak? In addition to wearing face masks, frequent hand washing is also an important prevention. Through this activity, students will understand why we need to wash hands, and learn the correct steps of hand washing. (This activity is suitable for primary school)

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Activity 7 What do you wash your hands with?

Washing hands frequently is one of the effective measures to prevent infectious diseases, so what do you wash your hands with? What are the differences between various hand cleaning products? Through this activity, students will investigate different common hand cleaning products and provide reasonable suggestions for choosing. (This activity is suitable for high-grade in primary school and junior high school)

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Activity 8 Science in Disinfection

In addition to wearing masks when going out, how to do protective work such as household disinfection? Through this activity, students can learn about the principles and methods of using the common disinfection products, and provide suggestions for ordinary people to disinfect their homes. (This activity is suitable for high-grade in primary school and junior high school)

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Activity 9 Restraining Orders during COVID-19

Is a restraining order issued against you in your city? Do you support this initiative? Through this activity, students will understand the need to spend on less "go outside" during the COVID-19 and formulate a reasonable protection plan based on the needs of different people. (This activity is suitable for high-grade in primary school and junior high school)

[Learn More](#)

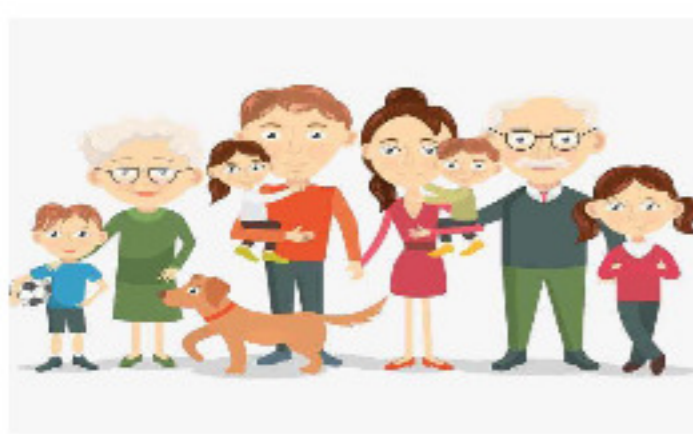
Activity 10 Tips about Anti-epidemic—Balanced Diet

How can we protect ourselves against the epidemic? How can we enhance our immunity? In this activity, students will discuss how to enhance their immunity by having balanced diet. (This activity is designed for students in senior grades in Primary school and Junior School).

[Learn More](#)

Activity 11 Tips about Anti-epidemic—Organized Schedule

How can we protect ourselves against the epidemic? How can we enhance our immunity? Students will discuss how to enhance their immunity by arranging reasonable schedule through this activity. (This activity is designed for students in senior grades in Primary school and Junior School).

[Learn More](#)

Activity 12 Compile a Family Protection Guideline

Have you read a guideline for COVID-19 prevention? What's in it? In this activity, according to different requirements of family members, students will compile a guideline for COVID-19 family protection based on what they have learned. (This activity is suitable for high grades in primary schools and junior high schools.)

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Activity 13 Emotion and Health

Have you ever felt anxious about the outbreak of COVID-19? Or have your family and friends been panicked? In this activity, students will learn what is anxiety, how does it affect your health, and how to use psychological methods to relieve the anxiety. (this activity is applicable to students in senior level of primary school and middle schools)

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Activity 14 We Are Together

What impact does COVID-19 bring to our lives? In this special moment, which groups are quietly working hard and giving? Through this activity, students will share the stories that happened around them during the epidemic, and give respect to those who made great contributions for others in the stories. (This activity is suitable for middle and high grades in primary schools and junior high schools.)

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Activity 15 Community of Common Destiny for All Mankind

Do you know what viruses human have fought in history? What should we do to defeat the COVID-19? Through this activity, students will realize that under the epidemic situation, the world is a community of common destiny. Only by fighting together can finally defeat the virus. (This activity is suitable for high grades in primary schools and junior high schools.)

[Learn More](#)