Talking about viruses, illness, and pandemics can be a sensitive topic for adults and children. Everyone has been affected by COVID-19 in some way including kids. Experts have put out many resources for talking with kids and reducing the anxiety around this pandemic. For many girls learning more about the virus, how it works and what they can do to stay safe and help others can ease fears and stress and that is the goal of this patch. As you work on patch activities, please put physical and emotional safety of girls first. Girls may need a break from activities or time to talk with trusted adults about their feelings.

Resources for Adults:


- An article from the Child Mind Institute: https://childmind.org/article/talking-to-kids-about-the-coronavirus/


- Girl Scouts of Alaska webpage with virtual programs, digital activities, outdoor activities and more for girls complied from many different organizations: https://www.girlscoutsalaska.org/en/events/virtual-program.html
Build an Emergency Kit: No matter the emergency, having some basic supplies ready to go will help your family be prepared. Learn what should be included by playing an online simulation and printing out a checklist here: https://www.ready.gov/kids

Keep Calm And ______: Staying calm and lowering stress during a disease outbreak or other disaster can be challenging. Learn a new way to cope with stress and try it out. You could try taking a break from the news, learning a new skill like baking, spend time outdoors (as long as it is safe), or do some stretching or physical activity. The CDC has some information about managing stress and anxiety here: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

Soap Science: Soap is a key defense against diseases including viruses. Soap breaks down parts of the virus making it unable to harm you. Watch this short video to learn more about soap: https://www.youtube.com/watch?v=XntiCB6C9U. Try making your own soap. Washing hands is always more fun with soap you make! https://www.artbarblog.com/homemade-rainbow-soap-with-kids/. You can also design an experiment to test how well washing your hands works. Use this site for an example: https://www.mottchildren.org/posts/camp-little-victors/dirty-hands

Sing and Scrub: Learn how to properly wash your hands. A full 20 seconds is needed to do it right. Sylvia Acevedo shows her handwashing skills in her video here: https://www.facebook.com/watch/?v=1315192678664297. Come up with your own song that lasts 20 seconds, or choose one of your favorite songs and create a handwashing poster here: https://washyourlyrics.com/. Put up a reminder poster in your own bathroom to make sure you and your family members wash their hands! Share your handwashing technique with a younger sibling family member or friend. If you can’t get together in person, use technology to connect!

Viruses: Find out how viruses like coronavirus infect the human body by watching this video: https://www.brainpop.com/health/diseasesinjuriesandconditions/viruses/. Viruses are so small you can’t see them without a microscope, but we can make models of them to learn what they look like. Try it out here: http://www.ellenjirnchenry.com/homeschool-freedownloads/lifesciences-games/documents/Cutandassemblevirusmodels.pdf

Social Distance Math: Social distancing means staying home and avoiding interactions with as many people as possible. This presents many challenges for families and communities. Is it worth it? Take a look at simulations of how diseases spread through communities with and without social distancing measures in place. https://www.washingtonpost.com/graphics/2020/world/corona-simulator/. The goal of social distancing is to “flatten the curve.” Without taking these kinds of precautions, the virus would spread in an exponential way. Exponential growth means that something is growing faster and faster over time. To visualize exponential growth, find something small that you have a lot of (candies, beads, squares on graph paper). Start with one of your items. Every 30 seconds double your pile. Your pile will grow exponentially. After 30 seconds you have 2; after a minute, you have 4, 90 seconds you have 8. Keep going until you run out of items. If you can, use paper or a program like Excel to graph your exponential growth. Can you calculate how long it would take to get to 1000?

Order your patch online here: https://www.cognitoforms.com/Girlscoutsalaska/GSAKPatchOrderForm
Questions? Or need a paper form? Contact the program team at program@girlscoutsalaska.org