Physical distancing

Staying two metres away from other people will help prevent the spread of COVID-19. As a reminder, to prevent the spread the best actions to take are:

- Wash our hands regularly
- Stay home when we are feeling unwell
- Keep physical distance of two metres between ourselves and others
- Wear a face covering if you are unable to keep two metres away from others

Let's figure out what two metres looks like

Directions: In the space between the two characters, draw objects that make up two metres (lengths are approximate).

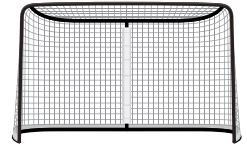| 2 Canada geese = 2 m | 2 beavers = 2m | 8 red squirrels = 2m | 4 school chairs = 2m | 10 markers = 2m | 5 basketballs = 2m | 1 hockey net = 2m |

2 metres

Parents and educators – See the Activity Plan to practice physical distancing skills in a game of zookeeper.