

Covid-19 15-minute free assembly

Equipment (Italics = 1 per child)

Alcohol hand gel	Picture of Covid-19	Talcum powder
Large polystyrene ball	Acetone	Pipette x 2
Scissors	Printed large white blood cell x 3	Blank paper x 3
Scissors x 2	Antibacterial wipes	Green slime
Jar x 4		

IMPORTANT INFORMATION – You must ensure you wash hands/use alcohol hand gel before and after entering the school. Limit physical contact with children and adults and use antibacterial wipes on equipment after each assembly. The idea behind this assembly is not to cause panic but keep children calm and equip them with knowledge.

What is a virus – Ask the children if they know the name of the new virus that all the grownups are talking about. The answer is Covid-19 which is a new version of something called a coronavirus. Coronaviruses are really small viruses which look like they are wearing lots of crowns! Corona means crown (hold up picture of Covid-19).

Transferring virus – 2 minutes – Explain that when we cough and sneeze, viruses and bacteria shoot out of our mouths really fast! Demonstrate this by doing a fake cough and shooting some talcum powder over the front row or over the table or into the air. These viruses then go on surfaces and then get picked up by other people and may get into their bodies. Because viruses are invisible, we can't see where they are so they spread really easily. One thing we can do is to wash our hands.

Washing hands – 5 minutes – Hold up a large polystyrene ball. Explain that this is like the virus. Have a child come to the front to be this assistant. Ask them to put on a pair of goggles. Explain that when we wash our hands with just water, it's like this

child pipettes water onto the ball, nothing happens

When we wash our hands with soap, it's like this

child pipettes acetone onto the ball, it dissolves!

Explain that both soap and alcohol can destroy the outside layer of the virus and stop it being able to infect people. When you use soap or alcohol you are literally destroying viruses!

Explain that viruses can sound scary but luckily our body has loads of things to help stop it getting infected. Firstly, viruses cannot get through our skin so they can only get in the 'holes' in our body. This is normally our nose or mouth.

Mucus – 3 minutes – Hold up a pot of 'mucus' (green, clear, slime). Ask children if they know the name of the green stuff in their noses (mucus, snot, bogies etc.) explain that this mucus traps viruses and stops them getting into our body. Pour the 'mucus' from one pot to another and sprinkle some glitter into it to be 'virus particles'. Show how the virus particles stick in the mucus.



White blood cells – 5 minutes - Explain that, if the virus does infect anyone, our body has some really cool things called white blood cells that can destroy viruses. They are like soldiers in the blood. Have a child come up to the front and give them a picture of a white blood cell and ask them to hold it up to show everyone. Explain that white blood cells can change themselves to be able to destroy any virus. Cut out a square from blank piece of paper then give them a pair of scissors to cut a square shaped 'mouth' in the paper. Repeat as necessary. Explain that now the white blood cell can destroy the virus. This process of changing the white blood cells takes a few days which is why if they get a virus, they may feel a bit ill for a few days until their white blood cells have adapted themselves to destroy the virus.

Explain that, for most people, the Covid-19 virus will just make them cough and feel a bit ill for a few days but in some people their white blood cells don't work as well and they may need doctors and nurses to help them if they get infected. The reason people are worried is because they don't want all those people to get ill at once because there won't be enough doctors and nurses to help them. That's why we need to keep washing our hands, not putting our fingers up our noses and being careful to make sure the infection spreads slowly and everyone can get the help they need.

