

# ***Look Both Ways!***

A board game for talking to kids about coronavirus, COVID-19, and feeling safe.

## **Directions and Discussion Guide**

Thank you for downloading ***Look Both Ways!*** This board game is designed to be a fun, free, and informative guide for talking to kids about coronavirus and COVID-19 during this time of apprehension and ongoing change. The game is intended to be used as a family activity, including parents, guardians, and other caring adults who are there to facilitate the discussion.

The game uses the metaphor of a walk around the neighborhood, and the caution taken when crossing streets as a reminder to kids that the lifestyle changes taking place in 2020 are a lot like looking both ways before we cross the street. Looking both ways doesn't mean that crossing the street is deadly, it means we are watchful and cautious so we can cross safely. The same goes for wearing face-masks and sheltering in place; we are being watchful and cautious to protect ourselves and our loved ones.

***Look Both Ways!*** is for two to four players, ages five and up. It features a dozen questions and answers about coronavirus on a deck of "Red Light" cards, and a dozen fun activities for kids and families on a deck of "Green Light" cards. Players draw cards as they travel around the board, and additional questions are on the board so different players have a chance to share thoughts and opinions about their own experience.

### **Assembly:**

Set your printer to print double-sided and in color, and print out the game board and cards. Tape the two halves of the game board together. Cut the cards along the lines into two decks of twelve cards each. Gather a dice and four playing pieces; you can use coins, small stones, buttons, etc.

### **Playing the game:**

Two to four players each put a game piece on one of the four Start spaces on the board. Youngest player rolls first and turns go clockwise. At each turn, the player rolls the dice, advances their game piece that many spaces clockwise, and does the activity indicated on the space. The red light symbol means draw a Red Light card and discuss the question on the back. The green light symbol means draw a Green Light card and do the activity shown. Other questions are on the board, and any player landing one a question may have a chance to answer it. The game ends when you run out of cards.

A guide for answering the Red Light questions, as well as for facilitating the Green Light activities, are on the following pages.

# Red Light cards – Questions and Answers

\* Note – the questions are numbered on the cards for ease in looking up answers in this discussion guide, but the cards do not have to be in any particular order during the game.

1. Do I have to have a mask and gloves to be safe? No, you don't. Just washing your hands and avoiding being close to people whom you don't live with protects you a lot. If a person has to go out for work or has to go grocery shopping, having a mask and gloves gives additional protection.

2. What is the difference between coronavirus, and COVID-19? Coronavirus is a group of viruses, including some not-so-dangerous ones like the common cold, and COVID-19 which is dangerous to some people. COVID-19 is a specific coronavirus which was discovered in 2019, and the disease it causes is called **CO**rona **VI**rus **D**isease **2019**, or COVID-19 for short.

3. What do I do if I DO catch it? If you were to catch COVID-19, it would probably be like having a bad case of the flu, with fever and a cough. You would stay in bed and rest a lot, and mom and dad would call the doctor to find out how to take care of you best. If you are an older person, like in your 60s or older, it can be worse and require a hospital visit. This is why we are being careful not to spread it, so the hospitals don't get too crowded for people who are sick.

4. Will COVID-19 go away? Yes, eventually. Scientists are working on a vaccine to make it go away, like measles, smallpox, or polio. This will take a while, and probably won't be ready until next winter. Some scientists also believe that warmer summer weather might help it go away.

5. If I feel sick and I have a runny nose, does that mean I have COVID-19? No. A runny nose is NOT a symptom of COVID-19. That's probably just a regular cold, or an allergy.

6. Is it true that it usually doesn't hurt kids? Yes. For some reason, kids don't get nearly as sick from COVID-19 as older people, or people with heart disease or lung disease.

7. How come I can't go to school, the playground, or see my friends? Most people, in the USA and all around the world, are staying home from work and school so that we don't accidentally spread the virus. This helps slow down the spread of the virus until they discover a vaccine, and also keeps hospitals from getting too crowded to help everyone that needs it.

8. Why is this game called "Look Both Ways"? Because being watchful and cautious about COVID-19 is a lot like being watchful and cautious when you cross the street; if you take a few precautions when you cross the street, like looking both ways and crossing at the crosswalk, you'll be much safer from cars. If you take a few precautions for staying healthy, like washing your hands and avoiding contact with other people, you'll be much safer from COVID-19.

9. How should I feel about coronavirus? You want to feel **watchful**, and **cautious**. Feeling watchful and cautious helps you make smart decisions. You don't want to feel panic or dread, because those feelings make it hard to think and also make it hard to make smart decisions.

10. If I see someone who is wearing a mask, does that mean they have coronavirus? No, it doesn't! It only means that someone is being watchful and cautious, so they don't catch coronavirus.

11. Have I ever saved someone's life? Have you ever thought about the fact that washing your hands, staying home, and staying healthy saves lives? It does! When you stay home and stay healthy, YOU are saving people's lives, and usually we don't even know whose life you save, but you do. When you stay home and stay healthy, you are a life-saving hero!

12. What can I do to help? Just try and stay healthy, and help other people around you stay healthy. Here are some good things you can do...

- Eat vegetables, they are really good for you!
- Also, get enough sleep, and enough exercise.
- Find ways to relax like guided relaxation or yoga for kids, you can find these on YouTube.
- Keep a routine, this is extra important; get up in time to have a good breakfast and get dressed by the regular start time of your school, and keep a schedule for schooling, meals, free time, TV or video, make sure to schedule some family time, and a regular bedtime. Maintaining a routine helps people manage stress, and helps people feel relaxed.

## Green Light cards – Activities for Fun

**Act Out a Scene** – Drop what you're doing and act out a movie scene, and get other players to help! Can't think of which one to do? Maybe these famous lines from movies will get you started...

- "These are not the droids you're looking for."
- "Simba, being brave doesn't mean you go looking for trouble."
- "What are you doing? Are you sure you speak whale?"
- "OK, OK, I'll tell you! Do you know The Muffin Man?"
- "Mother and father's ship!" "But this isn't the Southern Sea."

**Activity Dice** – Kids need lots of activity, especially when spending lots of time indoors. The activity dice is a way to suggest one of six physical activities throughout the day. Cut out the template below. Write the name of an activity in each square, and fold and tape the template to make a cube. Now kids can roll the dice on occasion and do the activity that comes up. Suggestions for activities include; yoga for kids (online), do your age in push-ups, hop like a frog

a few times from one “lily pad” to another, try and stretch all the way up to the ceiling and all the way to the walls, or dance to a favorite song.

**Another Language** – With some extra time on your hands, and access to the internet, this is a good time to introduce yourself to another language. If you learned five words a day in Spanish, French, Arabic, Japanese, or any other language, think of how much you would know after a month! You can practice common phrases with your family during the day, like “please pass the corn” at the table, “It’s time to do schoolwork”, or “I’m hungry for a snack”, or anything else you would say in daily conversation. Make it fun and useful!

**Daily Routine** – Maintaining a daily routine during this time when so many of our routines are in upheaval is really important. Kids should be up at a regular hour, dressed for the day and have a good breakfast by the regular time school starts. Online schooling is taking much less time, so they should set a schedule to get it done and then enjoy the rest of the day. Snacking should be limited to a snack time, so kids still have an appetite for a healthy dinner. In this activity, talk about daily routine, and have kids describe what their own daily routine is like. What works well? What needs improvement?

**Family Summer Olympics** – It looks like we won’t be having the regular Summer Olympics, but you can have your own Family Summer Olympics in your own backyard. Think of some fun all-ages events like Water-Balloon Catch, a Three-Legged Race, a Sleeping Bag Race (hopping across the yard in a sleeping bag), any kind of silly relay race, Giant Pictionary with sidewalk chalk, etc. You can spend a lot of time and have a lot of fun just planning this, and you can make ribbons or medals for the winners. Don’t forget to include a closing ceremony cookout!

**Grandparent Video Chat** – Even though this really isn’t a good time to visit your grandparents face-to-face, it is a great time to do video chatting. If they don’t know how, teach them, because the technology is getting easier and easier to use. You can take your time while online and do things you haven’t tried while doing a video chat before, like reading a book to them, sharing a drawing, asking jokes, or singing a song. Be creative!

**Leftover Garden** – Growing food is a huge way for a person to show that they can take care of themselves, and it’s also a good science lesson. It takes time and patience, but a few scraps of food can make enough for several more meals. The Leftover Garden is a fun way to show kids how food grows, and gives them a sense of ownership. There probably no better way to encourage kids to eat their vegetables than to have them grow it themselves! Potatoes, lettuce, celery, strawberries, and tomatoes are really easy to grow from things we usually just throw away. Many other plants can be grown as well. Do an online search for “how to grow a leftover garden” and you will find all kinds of ideas and techniques!

**Living Room Camp-Out** – Since we’re all stuck inside the house for a while, why not bring some outside adventure inside and have a campout in the living room? Roll out the sleeping bags, cook over the fireplace if you have one and cook camping food on the stove if you don’t, make

some microwave s'mores and tell ghost stories by flashlight! Whatever ideas sound fun for a real camping trip, a lot of this can be done right in your own living room.

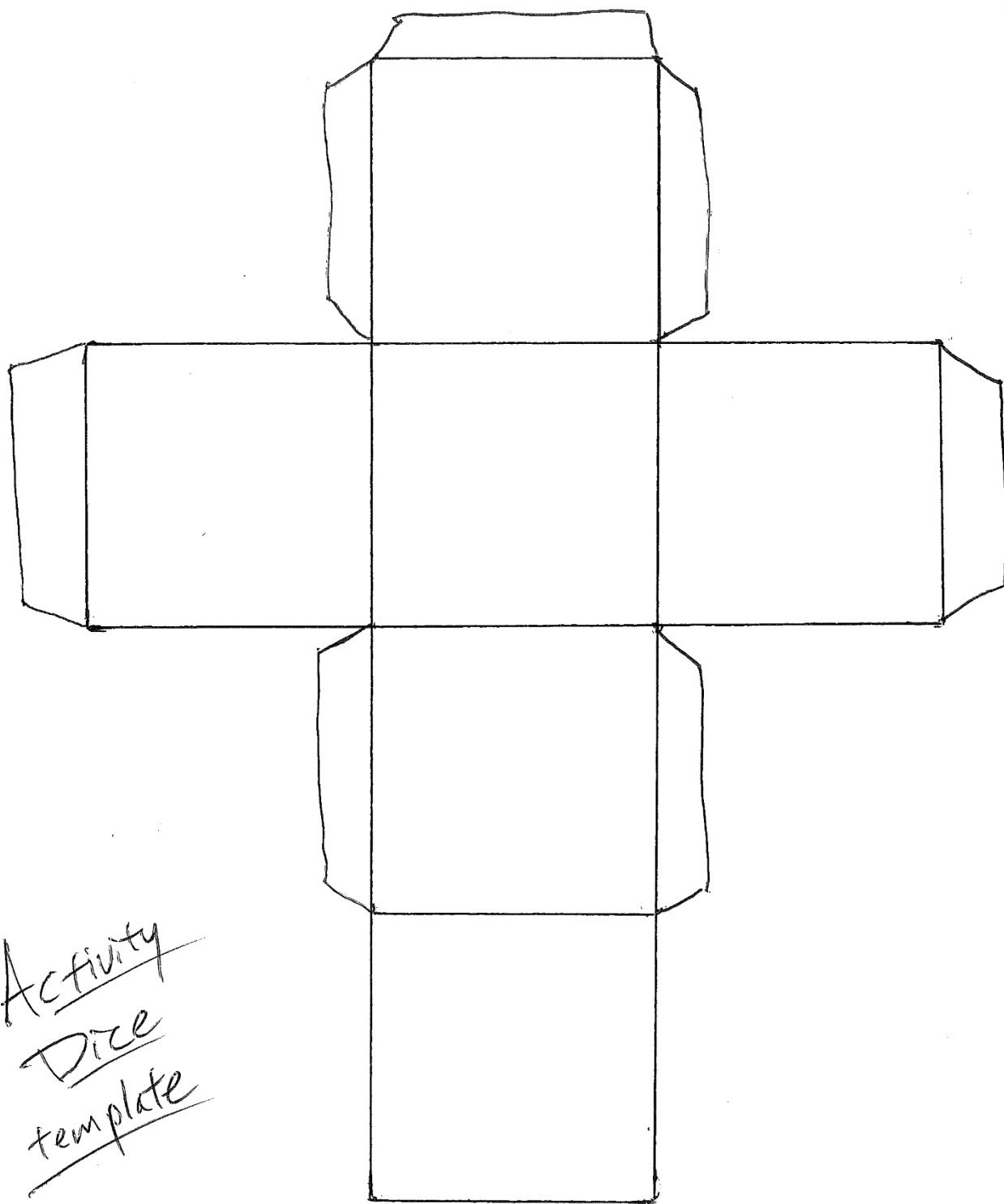
**Magical Trip to the Park** – If you cannot go to the park or playground for real, why not take a pretend trip? This visualization activity starts with having everyone sit on the couch, close their eyes, and an adult starts the trip by saying something along the lines of “We are going to take a magical trip to the park. Hang on tight to our magic couch!” Keep talking about the flight, maybe it’s on a magic carpet or a helicopter, and when you “arrive” at the park, talk about what you see, and how you feel the warm grass between your toes. Talk about the fun things to do, and since it’s imaginary, the options are endless. Kids can finally swing all the way around the top bar of the swingset, or they can go in the woods and look for dinosaurs, or they can play flying tag! It’s only limited by your imagination. At the end, everyone flies back to the living room and opens their eyes after a memorable, magical adventure.

**Six Feet** – There’s a lot of talk about social distancing and staying six feet away from people when out in public. But how far is six feet? This activity gives children and adults the chance to practice estimating this distance. You’ll need a tape measure, and some small object to toss such as coins or pebbles. Have everyone stand at a line side by side, and toss the object about six feet away. Try and guess who is closest to six feet, and then measure to see who is. This is a good activity to practice more than once.

**Two-Minute History Video** – What we are experiencing right now is something that future generations will read about in history books. You can make a video time-capsule to show future generations, maybe your own children or grandchildren, what life was like when everybody had to self-quarantine for so many weeks back in 2020. In the video, include working at home, schooling at home, and activities you did to stay busy.

**Wash, Wash, Wash Your Hands** – Would you like to learn a really good song for washing your hands? This one, to the tune of “Row Row Row Your Boat” reminds us what to do as we wash our hands, and singing it twice gives us the right amount of time for a really thorough clean.

*Wash, wash, wash your hands, front and back and in between,  
Rub ‘em and scrub ‘em, scrub ‘em and rub ‘em, then you know their clean!*



Activity  
Dice  
template