



# Physical Distancing

Physical distancing is an important goal that can be targeted at home during remote learning. New visuals (like taped lines on the ground or stickers to stand on) will be in place in your child's school, but also seen in public places like grocery stores. It is important your child learns to follow these visuals to create distance between themselves and others. Like all new skills, physical distancing is a skill that can be taught to your child. This handout will help guide you to achieve this goal!

## Before You Begin

- Can your child stand away from others at the recommended distance?
- Can your child stay out of others personal space?
- Can your child use social greetings that do not require touching? (e.g. waving)
- Can your child play without touching others or being close to others?
- Can your child stand on a visual marker (e.g. tape on ground, sticker on ground) and stay on it?

These are all goals you may need to work on with the help of your school team!

## Greeting without Touching

1. Tell your child you're going to work on greeting without touching. Tell them various ways they can do this (e.g. wave, say Hi, etc).
2. Show them a video of this or act it out for them to see.
3. Ask them to practice. Walk into the room and then immediately prompt them to wave by waving to your child first.
4. When they wave back, provide praise and even give them a favourite toy/activity for a few minutes as a reward.
5. Practice often and with lots of different people. Try practicing in real situations where a new person enters the room or if you see someone new outside of the house.

## Standing on Visual Marker

1. Tell your child you're going to practice lining up on a piece of tape or circle on the ground.
2. Put a piece of tape on the ground and tell your child to "Line up".
3. Immediately prompt your child by guiding them to the spot. Praise your child for standing on the spot and then allow them to leave.
4. Practice multiple times/day and gradually have your child stay on that line for longer and longer times, for up to 4-5 minutes.
5. Try putting the taped line in various spots in the house, such as by the sink, by the kitchen, and by the front door. You can even practice outside your house with pylons or chalk.
6. Once your child can do this in the house, practice in real situations like waiting in line at the grocery store.

## Keeping Distance

1. Tell your child you're going to work on staying one (or two) meters apart when playing/talking to one another.
2. Measure this distance together with a measuring tape/metre stick.
3. To make this very obvious for your child, it might help to place some tape on the ground of where they should sit, or the space they should stay in.
4. Practice keeping distance first with people in your home. Once the child is successful begin practicing in the community (e.g. at the park, at the grocery store).
5. When you see them distancing appropriately, provide lots of praise and even give them a favourite toy/activity as a reward.

\*You can also work on your child saying, "Move back please" or moving out of the way when others get too close.\*

## Teach Independence!

As a general rule, reduce the help you give to your child over time so that they can do these skills by themselves! If you find yourself walking your child through the task, try to minimize your words and instead use gestures to point to what they need to do. Eventually, reduce your gestures too until they can do it by themselves!