

All of the scientists, doctors and nurses are being our heroes in the big world to help stop covid-19 from spreading, but how can we be superheroes in our small world to help keep everyone healthy and happy?

There are lots of small world superhero challenges I can do to keep me and my family happy and healthy to help to beat covid-19. I could ...

Think of new song to sing when I wash my hands	Make sure I keep 2 metres apart from other people when I go for my walk	Remember to catch it, bin it, kill it – if I sneeze or cough into a tissue.	Write a comic story about how all the children in the world have helped to beat covid-19
Teach someone in my house a new skill... video messaging, doing a tik tok dance or keepie uppies	Learn a new skill from someone in my house	Cook a meal or a snack for my family using up what we have in the fridge	Call or message a friend or someone in my family who is feeling lonely or worried
Create a fun schedule for my family. Plan one fun activity each day that we can do as a family	Keep a video or written journal about what I have been doing at home to show my teachers	Make a rainbow to cheer up people as they walk past where you live	Try a new food I haven't tried before

Today my superhero challenge will be:

