



# Two metres apart

**This activity helps your child's understanding of how far 2 metres is and will enable you to discuss keeping safe while out and about**

Explain to your child that when we go out of the house, we have to keep two metres apart from other people. This means anyone who does not live in our house, even friends or other family members. You can explain to your child that this is to stop the virus spreading that is making people poorly.

To help your child understand how far two metres is, go into your garden. If you don't have a garden, find a clear space inside. Place one piece of paper or card on the floor and then use a tape measure to measure two metres and place the next piece of paper or card down. Show your child the tape measure as you are using it and point out the numbers for them to see.

Invite your child to stand on one piece of paper, and you stand on the other. Explain to your child that this is two metres and this is the distance they need to try and stay away from other people when they are out of the house. You could set some challenges for each other, for example can you throw or kick a ball to each other when you are two metres apart? Could you throw a paper aeroplane to each other? How many jumps will it take them to reach two metres?

## How does this help my child's development?

- This experience supports your child's early understanding of distances and measuring
- Having a concrete experience of understanding the distance of two metres will help your child understand how and why they need to keep apart from each other
- Throwing, kicking and jumping all support your child's gross motor skills

**Let's be safe, you and me.**



**STOP THE SPREAD  
OF CORONAVIRUS**