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SESSION PLAN CURATOR:  
Melissa Karadana  
Malte Helms

PUBLISHED BY:  
FundLife International  
A-303 Mendoza Complex  
141 Sto. Nino St., Tacloban City  
6500 Philippines

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Hello everybody,

I am sorry that, because of the Coronavirus, we cannot have our sessions together for the time being. As you know, this virus is changing lives all over the world.

The virus spreads from person to person, so we need to keep away from groups (so no FFLA sessions or tournaments!) and stay at home. Elderly people and those with existing health problems are especially at risk. Luckily, there are things that we can all do to help protect them and ourselves!

Stay Safe, Stay Healthy, Stay Home!
Protect others from getting sick

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick
Protect others from getting sick

Avoid close contact when you are experiencing cough and fever

Avoid spitting in public

If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider
All of this is really important, but when you are stuck at home it is easy to get bored! That is why FundLife is showing you some home exercises that are fun and keep you healthy.
Grab a piece of soap and go to the nearest source of water. Wet your hands and then spread the soap all over your palms, back of the hands, between the fingers, all the way back to your wrists. After that, wash your hands in the water for at least 20 seconds, keep rubbing them and imagine you need to get rid of as much dirt as possible. After that, tell your parents, siblings or other family members around you how to do it but remember the social distancing rule!

Warm-up completed!
These days, we all get a little bit bored at home. Also, we do not necessarily have a ball at home! No problem, a new social media trend came up to hold up a toilet roll. If you have a ball at home, try to juggle it with your feet. If you do not have either or, try to come up with a creative idea of an item which you could kick up. Set yourself aims, start low with maybe three, within only a couple of days you will be able to master this task and hold up the ball maybe 30 times!

Coronavirus disease 2019 (COVID-19) is an infectious disease caused by the virus strain severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Worldwide spread of the disease began for the first time in 2019 and has developed into the 2019–20 coronavirus pandemic.
Between practicing it is always important to hydrate, drink water! This, you can combine with a hand-wash-break. By now you should be able to master that skill and be able to tell your friends about it on social media!
Another cool exercise you can combine with the challenge is to hold up the ball: Get a trash bin, or any kind of bucket and try to kick your ball, toilet roll, any other item into it. Or try to do it with your hands, just like basketball. Vary your position, put barriers in the way, change it so that it does not get too easy and not too boring. Get creative!
Try to hold up the ball/toilet roll/item as often and as long as you can! Count your results and share your achievements with your teammates and classmates on facebook or tiktok! Recommend the games to your friends online, so that you can have a tournament while staying home but still connected.

Same goes with the bin-challenge! Record a video of yourself and share it on facebook, messenger, tiktok or whatever social media platform you use, enjoy!

https://www.youtube.com/watch?v=g85uJOa8mg8
In these complicated and boring days, it is important to stay joyful, creative, but also disciplined and aware of the dangers that come with this virus.

So, try to protect yourself and your surroundings as much as possible, try to read up on plausible sources about the virus and obey the rules coming from the government.

Stay Safe, Stay Healthy, Stay Home!

Wash your hands, be active and remain calm, we are all going to be back together very soon!

WHO: https://www.who.int/news-room/q-a-detail/q-a-coronaviruses