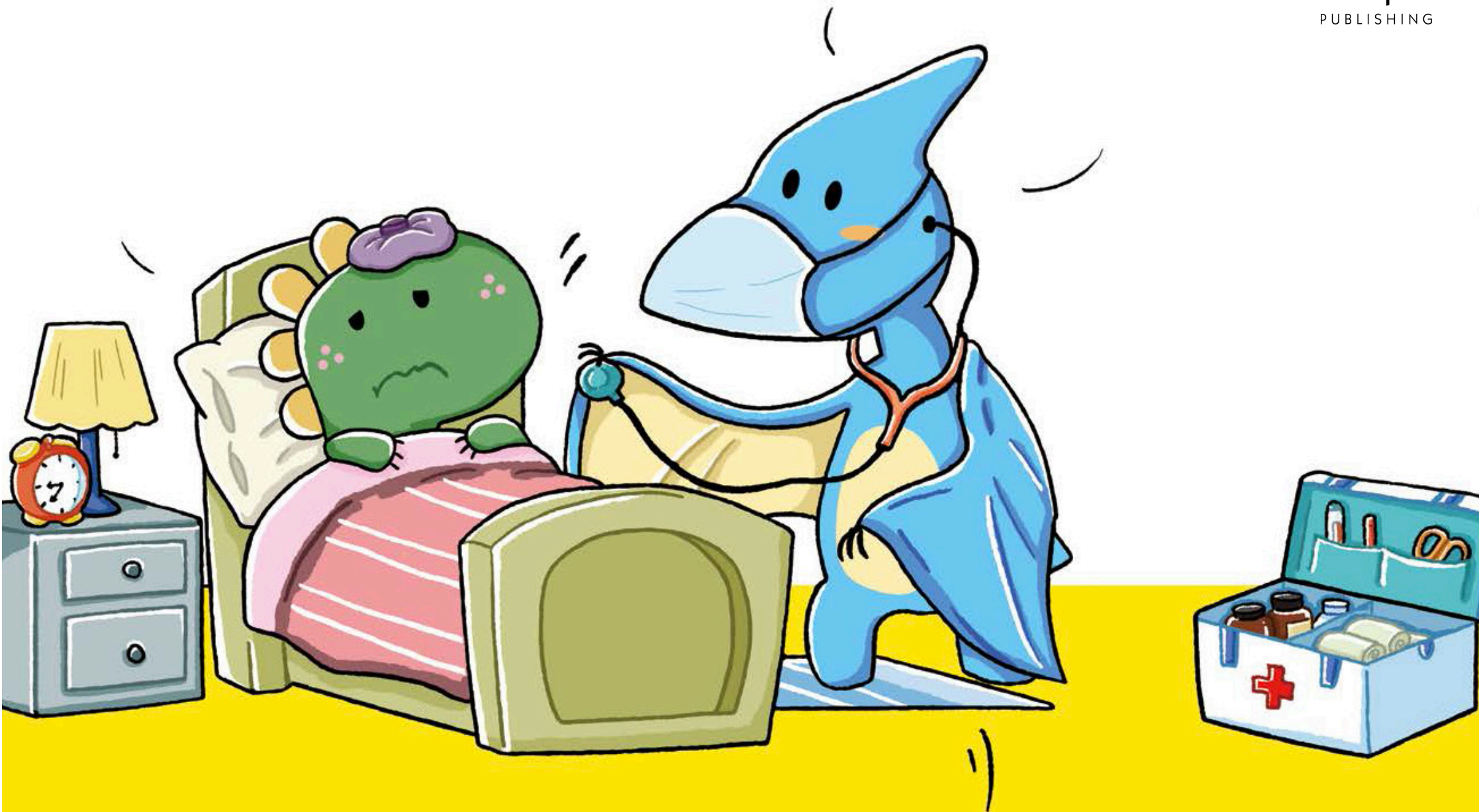


How to be a Bug Warrior Teaching Notes



How to be a Bug Warrior

Synopsis

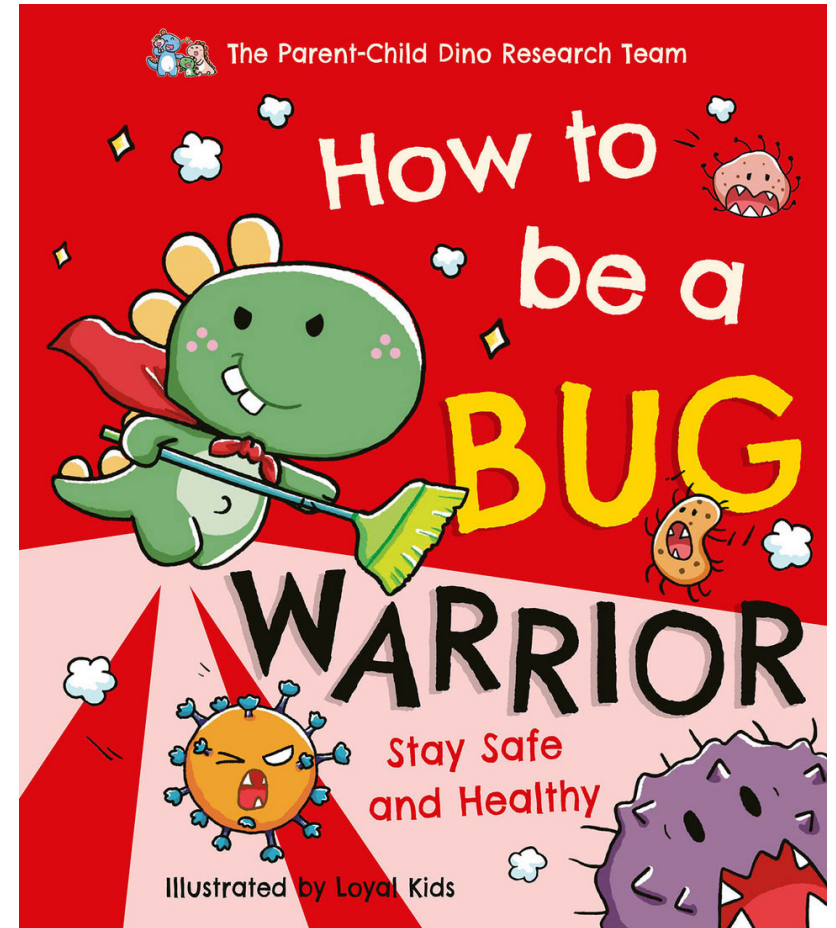
Danny Dino is not feeling well. What can he do to protect himself and others from getting sick? Dr Pterosaur tells Danny Dino and his friends how to prevent the spread of germs and bugs through correct hand washing, and other useful tips. Can you do the seven-step super hand wash just like Danny Dino?

About the Author

The Dino Parent-Child Relationship Research Team is composed of experts on early childhood psychology and early childhood education in domestic universities. By analyzing early childhood behaviors, it studies the characteristics of early psychological development, and provides parents with professional advice on understanding their children. It promotes the goal of a healthy parent-child relationship.

About the Illustrator

The Loyal Kid company has been engaged in creating children's books since 2009. The company has a young and energetic illustrators' team. In addition to making its own children's books, it also undertakes illustration cooperation with both foreign and domestic publishers.



PUBLISHING

www.littlesteps.com.au

www.littlestepspublishing.co.uk

Discussion Topics and Activities



Discussion Topics

1. Show the children the front cover of the book and ask if they can read the title. Can they guess what the story might be about?
2. Ask the children to explain, in their own words, what illness can be like, for example have they ever had a cold? Think about the terms bug, virus, germ, disease, and see what you think they all mean.
3. Ask the children if they can remember the seven-step hand washing technique and get them to do a demonstration, create their own video, or draw a step by step guide to put in their homes or classrooms to help others.
4. Bring the discussion to coronavirus and COVID-19 specifically. Ask the children if they have heard these terms before and if they know anything about them. Explain that COVID-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most infected people will experience mild respiratory illness and recover without special treatment, or be asymptomatic and not experience any issues. Some people, such as the elderly and those with underlying medical problems are more likely to develop serious illness. Try to alleviate worries children may have by using this book as a guide to help them stay as safe as possible.
5. Children will have likely had some disruptions to their daily life and schooling, and may have to have stayed inside more often than usual. Allow children to share their experiences; what has been difficult and what have they enjoyed?

Activities

Activity 1 Take the Bug Warrior Quiz

There are five questions below, with multiple choice answers. The correct answer gives you the most points. Take the quiz and then add up your points to see if you are a virus warrior like Danny Dino.

Activity 2 Symptoms Word Search

Can you find the symptoms hidden in the word search?

Activity 3 Spot the Difference

Can you find the 10 differences between the two pictures?

Activity 4 Helpful Tips

Read through these 6 tips on how to protect yourself and the people around you from viruses.

Activity 5 Make Your Own Mask

Follow the instructions to make your own mask.

Activity 6 Writing and Drawing

Think about what you want to do once the protective measures are over.

Activity 7 Colouring-in

Give Danny Dino and his friends some colour on these sheets.



Now that you have read my book, take the quiz and see if you are a real **bug warrior**!

1. What should you do when you sneeze in a public place?

(10 points)

- a. Cough hard so you get rid of the virus.
- b. Cover your nose with your hands.
- c. Cover your nose with a tissue or sneeze into your elbow.

2. What is the first thing you should do when you get home?

(10 points)

- a. Hug your mom and dad.
- b. Wash your hands with soap for twenty seconds.
- c. NO need to wash your hands, eat a snack right away.

3. Do you remember the order of Dr. Pterosaur's seven-step method on how to wash your hands?

(10 points)

- a. Back of hands, inside of hands, fingers interlaced, back of fingers, fingernails, thumbs and wrists.
- b. Inside of hands, back of hands, fingers interlaced, back of fingers, thumbs, fingernails and wrists.
- c. Inside of hands, back of hands, fingers interlaced, pull the hands, back of fingers, base of index and wrists.

4. How should you wear a mask?

(10 points)

- a. Wear at least two or three masks at the same time.
- b. Masks can be worn upside down too.
- c. Wear your mask tightly on your face, covering your nose, mouth and chin.



5. If you are feeling sick, what should you do?

(10 points)

- a. Stay home and call your doctor to seek advice.
- b. Invite your friends to your house and have a party.
- c. Meet up with your friends, they will make you feel better.



Check your score!

40-50 points: Congratulations, you are bug warrior! You have learnt how to protect yourself and others in order to stay away from viruses. Share your knowledge!

30-40 points: You are awesome. You know a lot of things about viruses but you are missing some key facts. Read this book again and retake the quiz to see if you score higher.

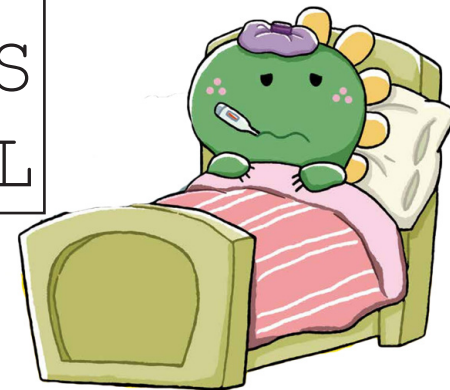
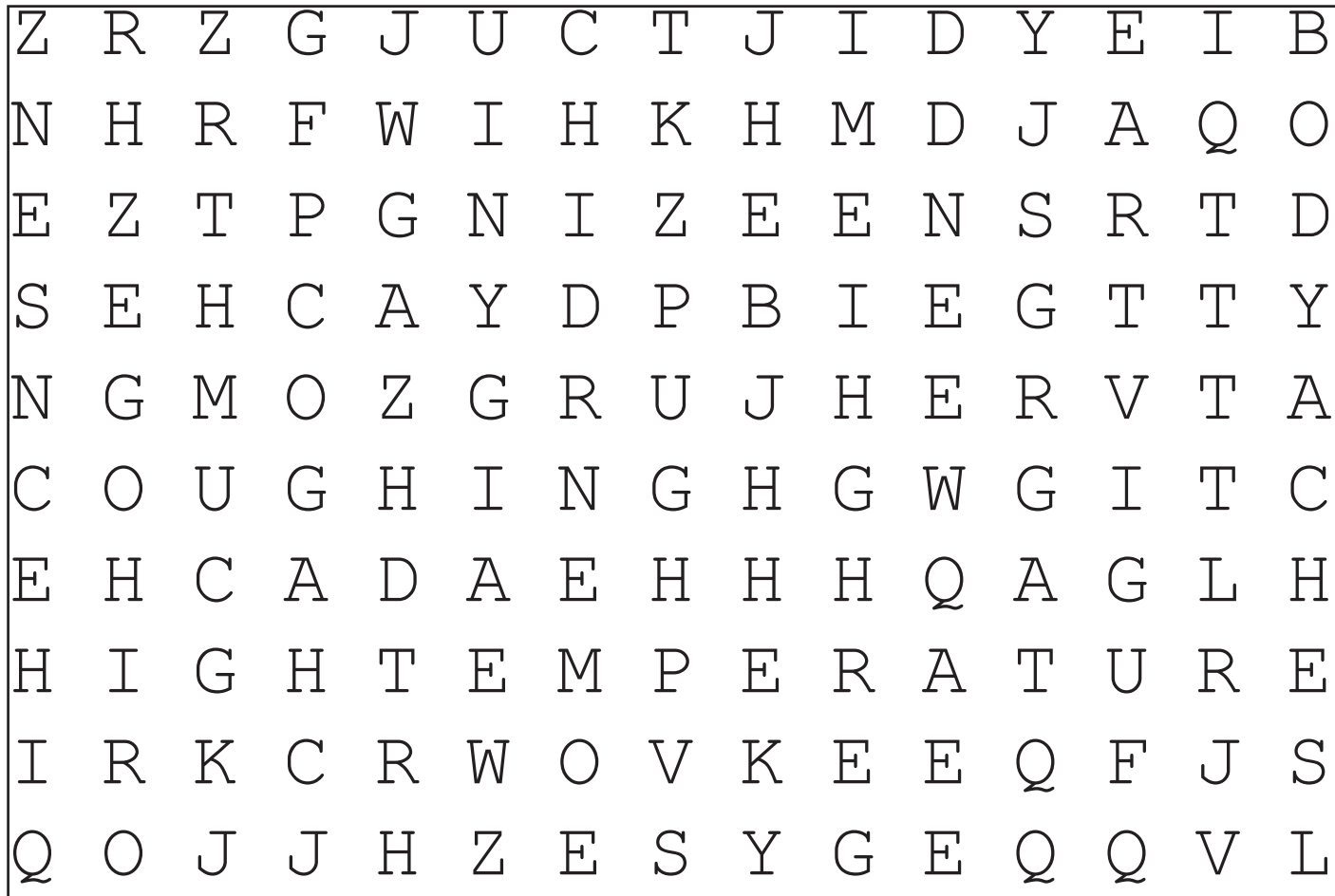
Under 30 points: You know some of the basic steps on how to tackle viruses but if you want to become a bug warrior, go through this book again.

Symptoms Word Search

When someone catches a virus, the germs make them feel unwell. For example, the person might start sneezing or coughing or their body temperature might rise. These signs of an illness are called symptoms.

Below is a list of five different symptoms people can display when they have a virus. Can you find all the symptoms in the word search?

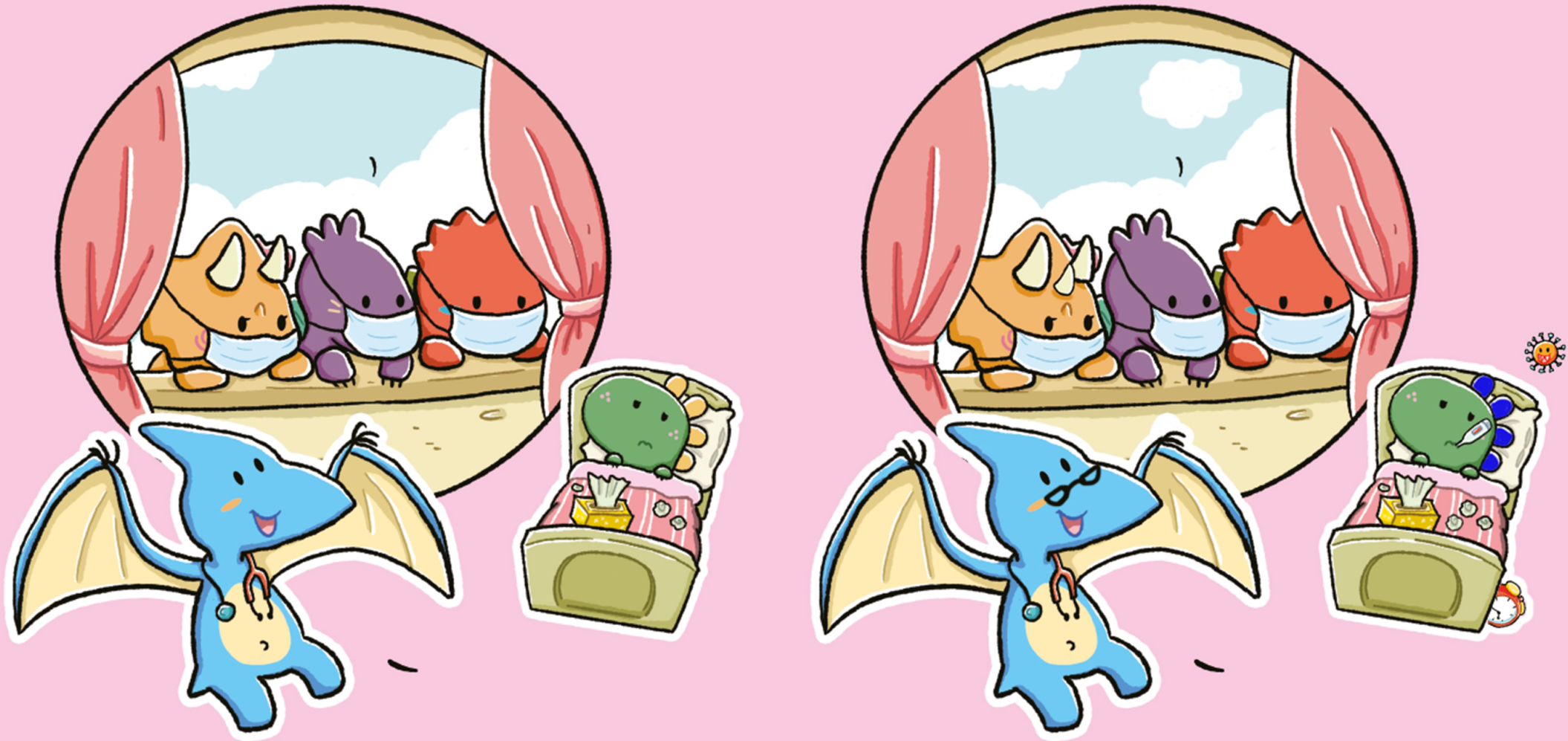
Coughing, Sneezing, Headache, High Temperature, Body Aches



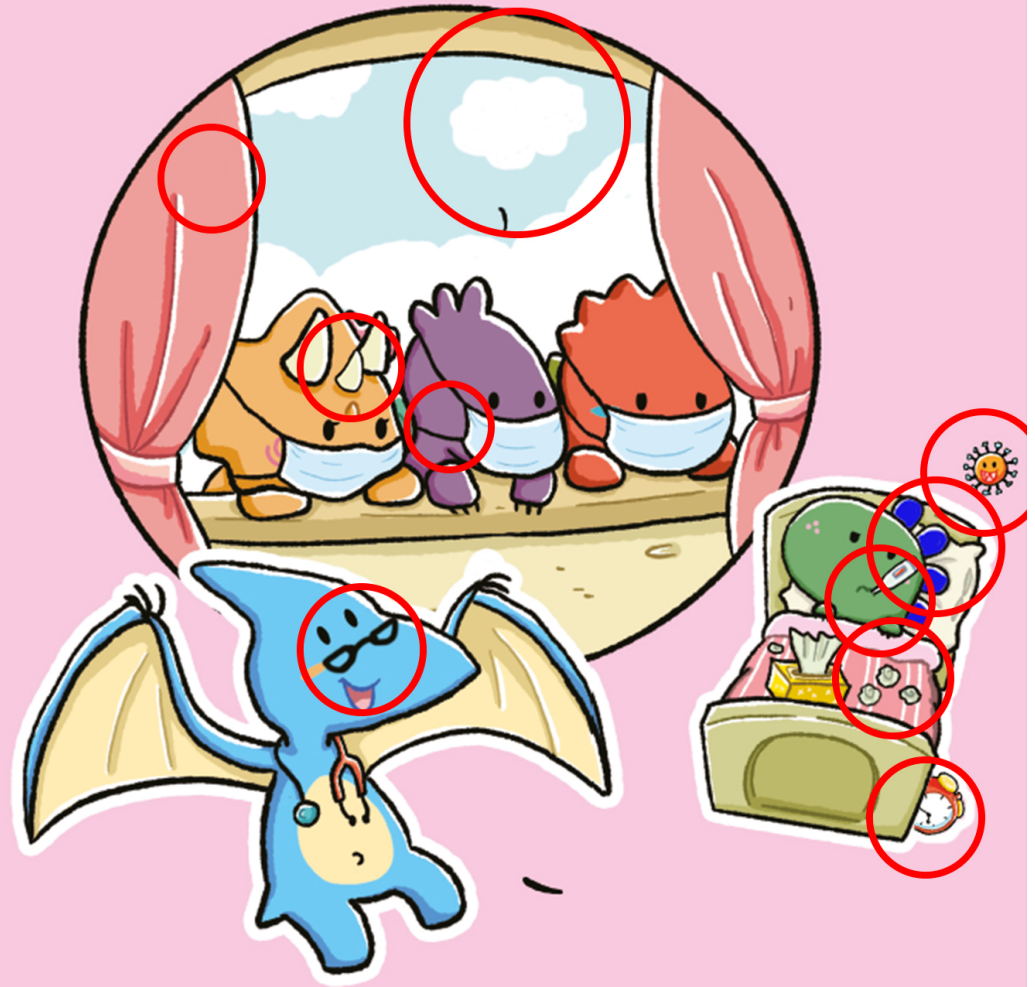
Symptoms Word Search Solution

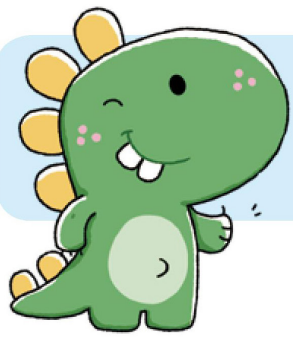
Z	R	Z	G	J	U	C	T	J	I	D	Y	E	I	B
N	H	R	F	W	I	H	K	H	M	D	J	A	Q	O
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S	E	H	C	A	Y	D	P	B	I	E	G	T	T	Y
N	G	M	O	Z	G	R	U	J	H	E	R	V	T	A
C	O	U	G	H	I	N	G	H	G	W	G	I	T	C
E	H	C	A	D	A	E	H	H	H	Q	A	G	L	H
H	I	G	H	T	E	M	P	E	R	A	T	U	R	E
I	R	K	C	R	W	O	V	K	E	E	Q	F	J	S
Q	O	J	J	H	Z	E	S	Y	G	E	Q	Q	V	L

Can you spot 10 differences between the two scenes?



Answers:





Here are my 6 tips on how to protect yourself and the people around you!



1 Wash your hands with soap often and count to twenty to make sure you scrub thoroughly.

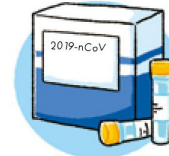


2 Stay home if you are not feeling well.

3 If you have to go out, wear a mask so you don't share your germs.



4 Take the medications given by your doctor and rest.



5 To help your body fight the bug, drink enough water and eat healthy by having plenty of fruits and vegetables.

6 A vaccine is the best way to prevent you from becoming ill. The doctor will inject a small amount of liquid into your arm. Don't be scared, it only lasts a few seconds and it won't hurt for very long.



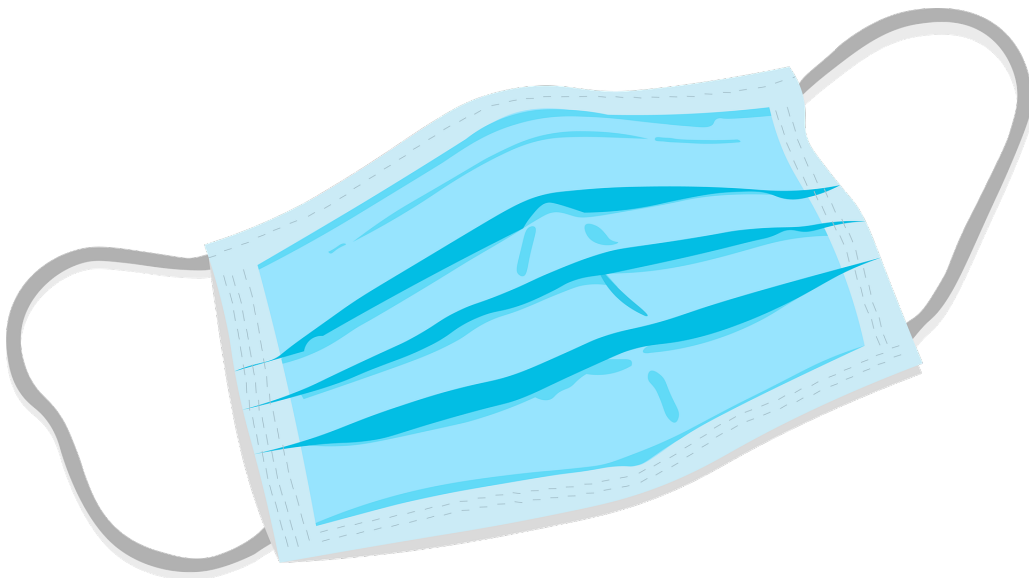
Make Your Own Face Mask

As you can see from Danny Dino, a mask helps to stop the spread of the virus. Using the instructions below, you can make your own mask. (As you will be using scissors and a needle, ask an adult to help you.)

You will need:

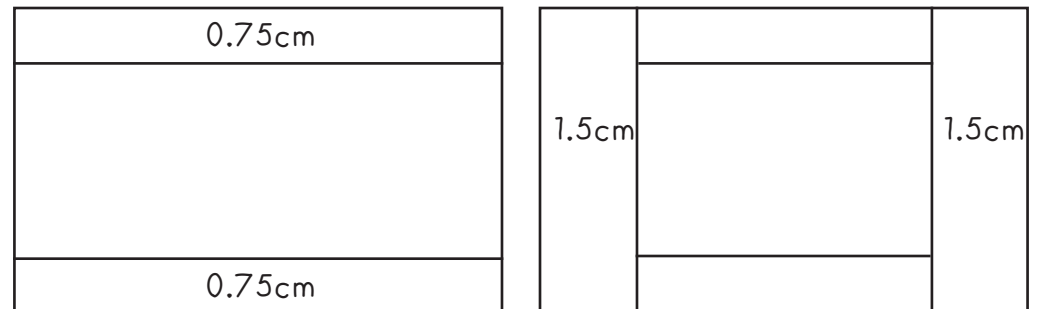
- Two rectangular pieces of cotton fabric
- Two pieces of elastic
- Scissors
- Needle and thread

Note: children ages 3 to 6 tend to wear a mask which is 20cm by 15cm, with a 13cm piece of elastic. Children ages 7-14 would need 22cm by 16.5cm and a 14cm piece of elastic.



Instructions

1. Choose the fabric that you are going to use to make your mask.
2. Cut out two rectangles of the appropriate size (depending on the age of the child).
3. Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.



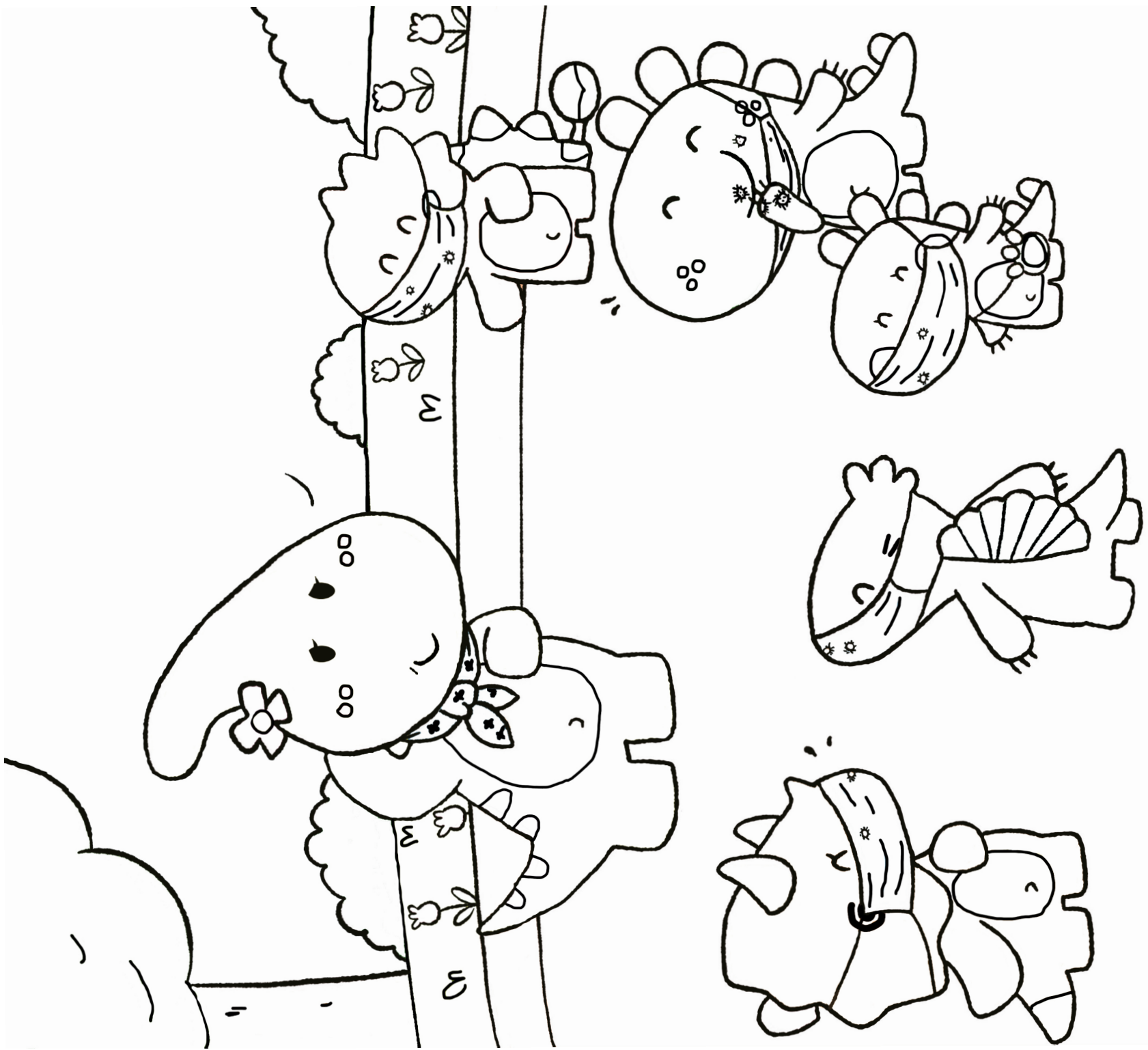
4. Run the length of elastic through the wider hem on each side of the mask. These will be the ear loops. You can use a big needle to thread it through and then tie the ends tightly.
5. Gently pull on the elastic so that the knots are tucked inside the side hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears. Now you have a mask just like Danny Dino and his friends!

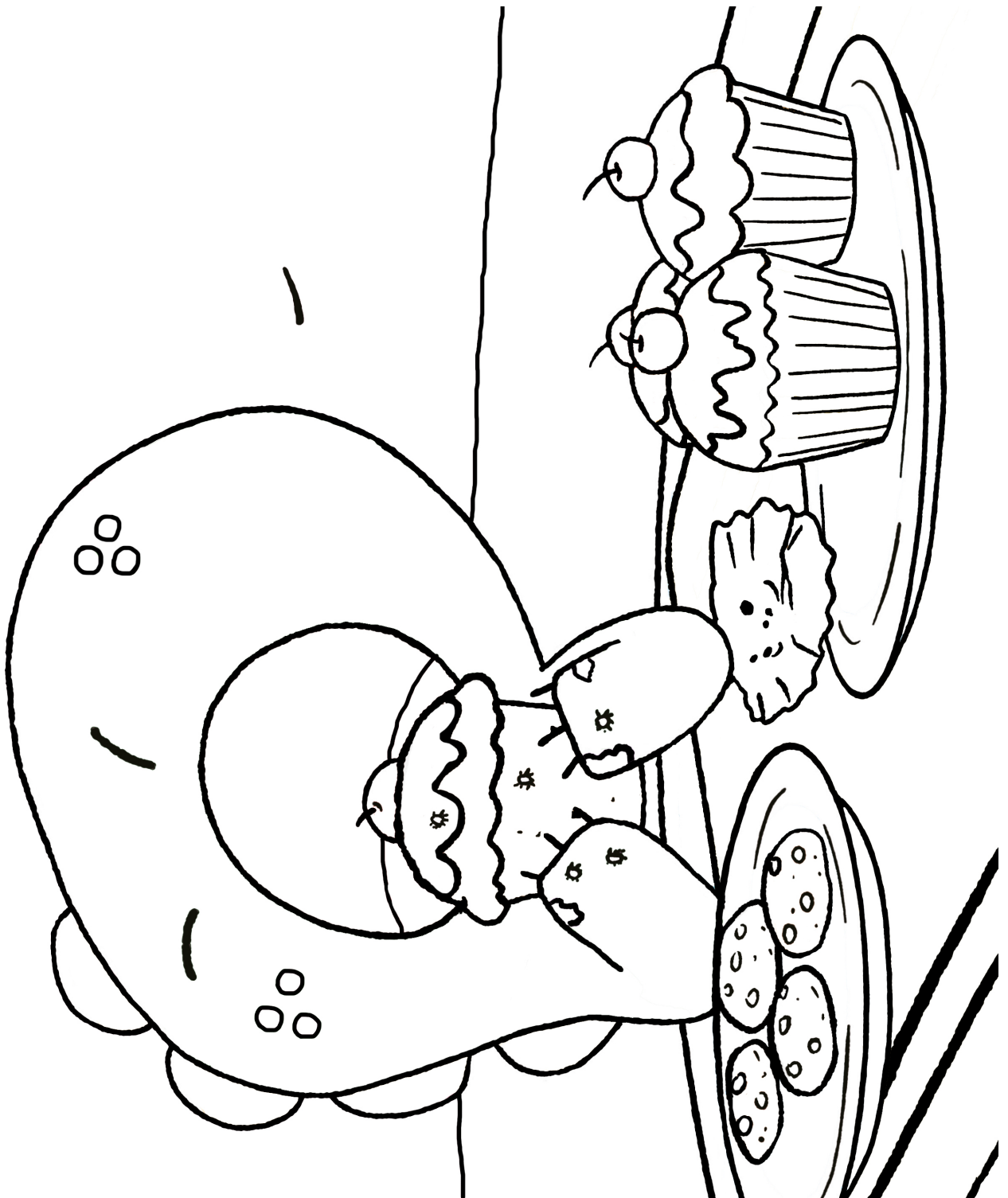
Drawing and Writing Activity

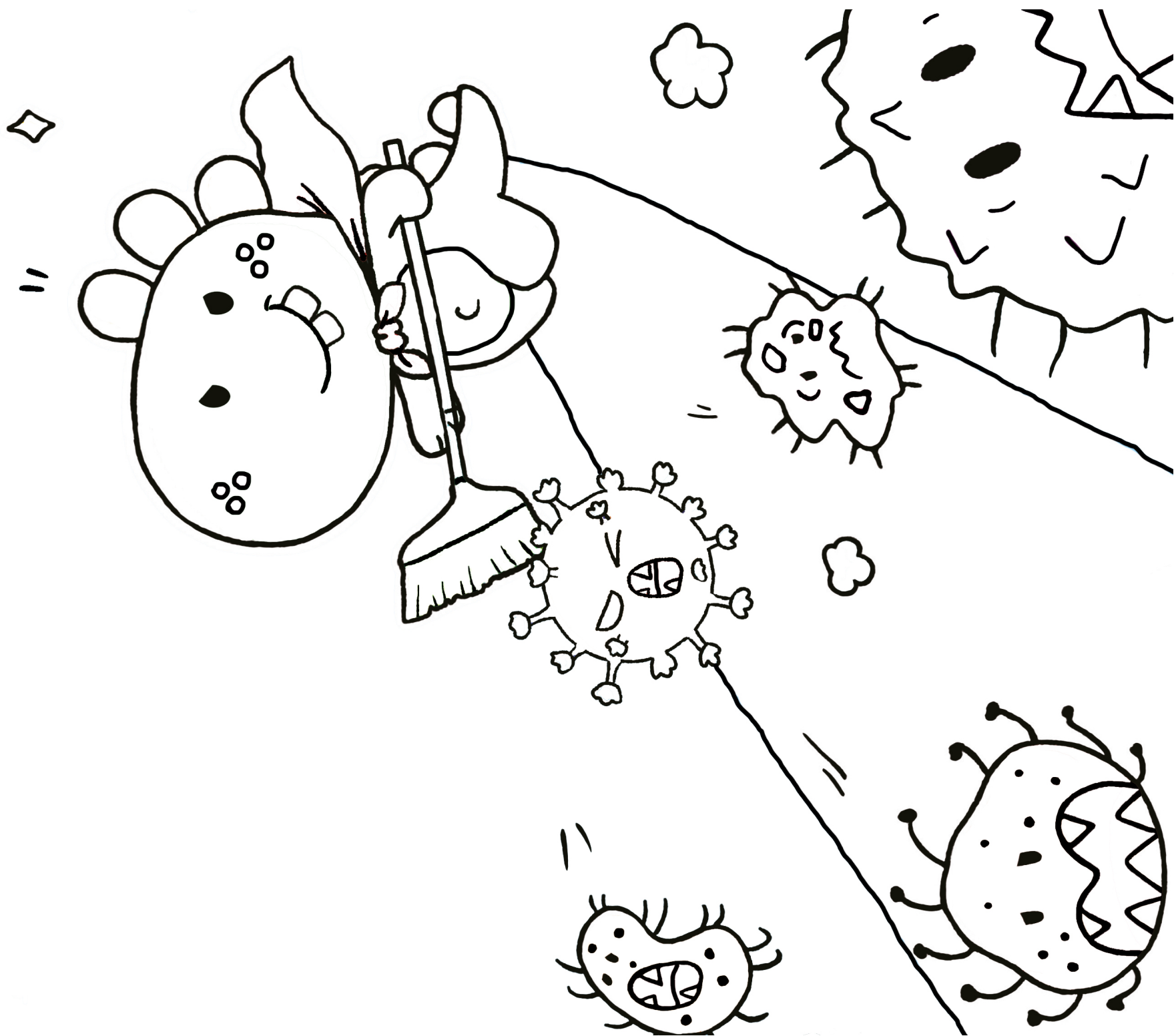
Since many places are taking precautions against corona virus, you may find that you have to stay at home much more than you used to and that many places like shops and schools are closed for the moment. But it is important to know that it is not going to last forever.

Think about what you would most like to do once things go back to normal. Draw and write a few lines about your chosen activity in the spaces below.









Danny Dino's Super Duper Double Chocolate Muffins (makes approx. 20)

Cake Ingredients

140g dark or milk chocolate
375g self-raising flour
1 tablespoon baking powder
50g cocoa powder
80g caster sugar
2 eggs
2 teaspoons vanilla extract
100g unsalted butter
375ml milk
50g white chocolate chips
50g Milk chocolate chips

Icing Ingredients:

100g milk chocolate
200g butter, softened
400g icing sugar
5 tablespoon cocoa powder
2 tablespoon milk
10 Glacé Cherries, halved

Preheat oven to 180 C.

Line muffin tins with 20 cases.

Melt chocolate in the microwave gradually, removing every 30 seconds to stir until smooth. Leave to cool slightly for 5 minutes.

Sift the flour, baking powder and cocoa together into a bowl, and then stir in the sugar.

In a separate bowl, beat together eggs, vanilla, oil and milk. Stir in the melted chocolate.

Fold all the dry and wet ingredients together, then fold in chocolate chips. Do not over beat.

Fill muffin cases with the mixture using a spoon and bake for approx 25 minutes. Check to see if muffins are rising. Remove from oven and place on a rack to cool.



Melt the chocolate for the icing in the microwave gradually, removing every 30 seconds to stir until smooth. Leave to cool slightly for 5 minutes.

Mash the butter and icing sugar together with a fork, then switch to a wooden spoon or electric beaters until smooth.

Sift in the cocoa and pour in the melted chocolate, then gradually add the milk and mix until smooth.

Once muffins are cool, use icing to decorate the top of each muffin with a spatula or spoon, and garnish with a halved glacé cherry to finish.

Store any leftovers in an airtight container for up to 4 days.