



## LI'LDOC Educational worksheets

GOALS: Awareness, education, entertainment, reassurance

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# LI'LDOC'S RAINBOW

### Goal of the activity

Improve awareness without frightening children: emphasize positivity, sharing, mutual aid, self-confidence and trust.



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## Materials

The free, downloadable (tidoc.ca) Li'lDoc deck of cards, scissors, paper and crayons, coloured pencils, felt-tip markers or painting supplies.



### STEP 1

After watching the episode on **The difference between a cold and the flu** or an episode on infections such as otitis, sinusitis, pharyngitis, hand-foot-and-mouth disease...), start a family discussion about COVID-19 and the best ways to live, think, be happy and keep helping each other despite confinement.

### STEP 2

Taking inspiration from the movement started in Italy that then spread across Canada, ask the children to make their own "Everything will be OK" rainbow. On a blank piece of paper, have them draw, colour or paint a rainbow with at least 7 colours. They can also include Geeko or Li'lDoc, whichever they prefer.

Visit [tidoc.ca](http://tidoc.ca) to download and print the Li'lDoc deck of cards. Each card has an action (think positively, laugh, do some exercise, wear protective items...). Have each child choose a positive action to associate with each colour of their rainbow.

### STEP 3

Lastly, have your children put their rainbow up in a window or on your front door to share their positive attitude with neighbours and passers-by!

