

## Remote Learning in Pre-School and Primary

- Last week, schools across Northern Ireland have set up an online support community on Twitter which can be accessed [@learn\\_ni](#) School principals and teachers are adding daily a range of resources, links and ideas to support each other with remote learning.
- It is imperative for schools to ensure that all children have their C2K username and password in order to access C2K software from home. It would be helpful to remind children of the SMART rules when using the internet.
- Children thrive when there is a plan for the day or a daily schedule. It helps them to feel safe and secure. It is also very important that there is a **balance** between online learning, written and practical activities, outdoor learning and free time.



## COVID-19 DAILY SCHEDULE

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Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

## Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

## Pre-School

### Non-screen learning suggestions:

- Getting Ready to Learn Book Bags.
- Getting Ready to Learn Happy Healthy Kids physical equipment.
- Outdoor physical activities.
- Look at the wildlife, hedgerows and keep track of the changes in nature and photos and drawings.
- Gardening activities- planting and digging.
- Make models from junk materials, Duplo, Lego (*see some suggestions for Lego below- note American spelling*).
- Cut and stick activities, paint and draw.
- Fill a sink with water and engage in water play.
- Play board games e.g. snap, Dobble.
- **Bedtime box** *Suggested contents:* Teddy in box decorated as a bed; Blanket; Small toy for teddy; CD of bedtime songs and rhymes; Storybook – *Five Minutes Peace, Goodnight Moon, The Gruffalo, Goodnight, Little Bear.*

- **Happy sack** *Suggested contents:* A selection of photographs of happy people/faces (or a variety of expressions for comparison/discussion); CD of happy songs and rhymes; Storybook – *I Feel Happy* ; Use phone to record happy sounds, laughing etc.
- **New baby box** *Suggested contents:* A baby doll; Box decorated as cot/cradle with blanket; Bottle, clothing and nappies; Storybook – *You're the Biggest* (brilliant for new big brothers and sisters!)
- **Playdough bag/box** *Suggested contents:* Recipe card so children can easily make it with some help (see recipe); shape cutters egg cups, plastic glasses and natural materials around the home and garden; range of tools for shaping and creating marks, using cooking utensils; special ingredients e.g. rice, glitter, spices and herbs.
 

**Recipe for playdough**

2 cups of plain flour

2 tablespoons of vegetable oil

½ cup of salt

2 tablespoons of cream of tartar





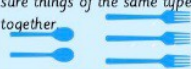
1 cup of water and food colouring, if desired.
- Bake and cook with adults.
- Ideas to promote fine motor skills include scissor activities with dough, newspaper, old magazines and card. As the skills progress change the thickness of the paper to make it more difficult and challenging by using former birthday cards and Christmas cards. Use household items like tongs and tweezers to lift sticks, cotton balls, small stones, etc.
- Don't forget the gross motor skills. Apart from the normal running and outdoor play, indoor activities could include: encourage children to bear walk, roll along the floor with arms tucked in and stretched out to strengthen core muscles, balancing/following on the lines on the tiles and using them to hopscotch and not forgetting to encourage using alternate feet on the stairs while counting.
- Further ideas on app called *50 Things To Do Before You are Five* which is available on Google Play on the App Store.
- Further home learning ideas kindly supplied below by Pamela Algie, principal of Bangor Nursery School.





## Home Learning Ideas One





<p>Go on a number hunt around your house or outside.</p> <p>What numbers can you see? What are the numbers for? What do they tell us?</p> 	<p>Sing some nursery rhymes or songs with a grown up.</p> <p>What is your favourite? Do you know the actions? Can you clap along in a steady beat?</p>	<p>Can you help get ready for dinner? How many plates, cups, knives and forks or spoons will you need for each person?</p> 	<p>Share a story with an adult. What was your favourite part of the story? Who is your favourite person in the story?</p>
<p>Look in the cupboard for three different sized tins or packets. Feel them. Are they heavy or light? Can you work out which is the heaviest? Which is the lightest? Put them in order.</p>	<p>Read a favourite story with a family member.</p> <p>If it is safe to do so - visit your local library.</p> 	<p>Can you go on a colour treasure hunt? Around the house can you find things that are different colours and then sort them into sets of green things, blue things, red things etc.</p>	<p>Practice using scissors to cut some pictures out of a newspaper or catalogue. Maybe you can make a picture with them.</p> 
<p>Help with the washing! Can you help match all the pairs of socks from the washing? Look for patterns that are the same or things that are the same colour.</p> 	<p>Play Kim's game with a grown up. Put five or six small items on the floor. Try and remember them! Close your eyes. The grown up will take away one item and cover the ones that are left with a tea towel. Open your eyes and look, what's missing?</p>	<p>Ask a grown up to show you some coins. Talk about the names of the coins. Look for the small number on each coin that tells you how much it is worth. What colours and sizes are they?</p> 	<p>What am I? The grown up will give you some clues about an animal, it has spots, it has a long neck. Can you work out what animal it is from the clues?</p>
<p>Spot the difference. Look at the grown up or around the room. Try and remember what everything looks like. Close your eyes. The grown up will change one thing (glasses on/off, move ornament etc) Can you find what has changed?</p>	<p>What shapes can you see around your house? Can you find circles, squares, rectangles and triangles?</p> 	<p>Can you tell a story you know to a grown up? Can you put get the bits of the story in the right order and tell it so it makes sense?</p>	<p>Can you help sort the knives, forks and spoons into the drawer? Make sure things of the same type go together</p> 



## Home Learning 2



<p>Go on a number hunt around your house or outside for numbers 1, 2, 3, 4 and 5- can you put the numbers in order? Talk with an adult about the number before, after and between.</p> 	<p>Can you draw a picture for someone who might be lonely on their own? Maybe a neighbour or family member.</p>	<p>Can you make a name the fruit and vegetables in your house? Have a chat about how they feel and smell (and taste!) Have a chat with a grown up about where these grow.</p>	<p>Look at a calendar with a grown up - talk about the days of the week and what happens on each of the days. Maybe you go to Sunday School or Football every Tuesday. What special things do you do during the week?</p>
<p>Go for a walk and collect some sticks. Can you order them by length?</p> <p>Which is the longest? Which is the shortest? Can you find something at home the same length as one of the sticks?</p>	<p>Read a favourite story with a family member.</p> <p>If it is safe to do so - visit your local library.</p> 	<p>Help a grown up wrap some presents (or cereal boxes) of different sizes. How much paper do you need to cover a small box? How much paper do you need to cover a big box? What do you notice about the difference?</p>	<p>Practice using scissors to cut some pictures out of magazines</p> 
<p>Tell your grown up about your favourite thing about school. Why do you like it? Make eye contact as you talk and ask your grown up about their favourite thing about their day.</p>	<p>Look at a collection of coins</p> <p>How could you describe each coin? Is it little or big? Is it round or does it have lots of sides? What colour is it? Can you see any numbers on the coins? Ask a grown up their names.</p>	<p>Practice tearing long strips of papers from an old newspaper or magazine.</p> 	<p>Can you practice counting objects using numbers just like we do at dinner time! Maybe you can sing some number songs like 1,2,3,4,5 once I caught a fish alive.</p>
<p>Make a card for someone special. Inside it you can write a message. Tell a grown up what it says. Can you post it in the post box?</p> 	<p>With an empty container can you listen to a grown ups instructions and fill it? Try with long narrow containers, short wide containers and containers of interesting shapes/sizes</p>	<p>Look at some old photos with your child. What differences do they notice? How have they changed? How have other family members changed? Can you put a baby photo, toddler photo and recent photo in order?</p>	<p>Make Playdough <b>with a grown up</b></p> <p>2 cups playdough 2 tbs oil 1/2 cup salt 2 sachets cream of tartar 1 - 1.5 cups of boiling water (mix together and stir to combine)</p>

 <b>Home Learning 3</b> 			
Using lego or blocks can you make towers of different sizes? Which is the tallest? Which is the smallest?	Watch the NSPCC video <i>Pantasaurus</i> . Discuss this with your child.	Can you collect shoes/clothing of different sizes. Compare the sizes and talk about them using words like bigger/longer.	Look at some photos of baby animals with your child. Talk about the names of the baby animals e.g. lamb for a baby sheep.
Go on a shape hunt around the house. Can you find circles, triangles, squares and rectangles. Talk about each shape, use its name and talk about the number of corners, sides and the length of sides.	Read a favourite story with a family member. If it is safe to do so - visit your local library.	Talk about different times of the day - Morning, Afternoon and Night. Talk about what you do at different times of the day. Help your child develop an understanding that we do different things in different parts of the day.	Go for a walk outside with your child. Look for signs of Spring and discuss them - photos for this may be sent through Seesaw.
In the sink or bath experiment to see what objects around the house can sink or float	Make Rainbow toast - put a little food colouring in water. paint this lightly on to a slice of bread and toast it.	Vegetable printing - cut a vegetable in half and dip in some paint. Print on to some paper or a roll of wallpaper.	Help your child to take some photos of their favourite things using a phone or tablet device. Print these and make a collage or use an app like PicKids.
Set a challenge for your child and set a stop watch on your phone. How quickly can they tidy their toys/how quickly can they match a collection of socks?	Have a dance party - each family member picks one song to dance to.	Make ice lollies or jelly. Talk about the before and after. How has it changed?	Listen to some classical music - what instruments can you hear? how would you move to the music? fast? slow? How does it make you feel?

## **Foundation Stage**

### **Screen learning suggestions:**

- [Oxford Owl](#) A range of free eBooks for 3-11 years. Parents and teachers can register for free.
- **Guided reading activities** (attached) supplied by Karen Irwin and shared on Twitter  
[@learn\\_ni](#)
- [Topmarks Counting Games](#)
- **Maths Puzzles and Problems** for Years 1 and 2 (attached)
- [ICT Games](#) are on-screen games for literacy and numeracy




**Non-screen learning suggestions:**

- Create a routine for the day using pictures/drawings/words.
- Learn to ride a bike, bat/ball activities, skip, run, dig, hop.
- Take a walk and look at the wildlife, hedgerows and keep track of the changes in nature and record findings in photos and drawings.
- Gardening activities - planting and digging.
- Keep a dairy/journal.
- Make models from junk materials, Duplo, Lego (*see some suggestions for Lego below- note American spelling and some grammatical errors!*).
- Play board games e.g. dominoes.
- Bake and cook following recipes.



# 30 Days of LEGO Play

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1	Day 2	Day 3	Day 4
You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.
Day 9	Day 10	Day 11	Day 12
Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.
Day 13	Day 14	Day 15	Day 16
You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.
Day 17	Day 18	Day 19	Day 20
Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.
Day 21	Day 22	Day 23	Day 24
You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.
Day 25	Day 26	Day 27	Day 28
You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.	You are hired to build a house entirely out of yellow Legos.
Day 29	Day 30		
There is blizzard. You will need to build a snowmobile			What was your favorite day?

## Key Stages 1 and Key Stage 2

### Screen learning suggestions:

- **Google Classrooms (C2K MySchool username and password required)**  
Use the new classroom tab to set tasks.
- **Microsoft 365 (C2K MySchool username and password required)**

**OneNote** - can be used to upload and store children's work and provide written/audio feedback.

**Teams** - is a collaborative platform that combines chat, video calls and file storage. Use Teams to communicate with your class via video call or chat and store resources. Some schools are using Teams to set work for a group e.g. write a story in a group of six to enable children to work in groups and collaborate with their friends while working from home.

**FlipGrid** - is a video tool where children/teachers can record short video responses to collaborative class grids. It can be used to pose questions for children to answer/reflect/discuss a topic.

**Immersive Reader** - is supported in Word Online, OneNote, Outlook, and PowerPoint. Children can use Immersive Reader to hear the document read aloud, change the appearance of a document to help the reader focus on the content (increase/decrease text size, the amount of spacing between letters and words or the background colour of the document), identify parts of speech and a translate option.

**Office Lens-** can be used to scan a printed text and place it in OneNote — the program will use text recognition to launch the immersive reader.

- **Newsdesk (C2K MySchool username and password required)** Newsdesk is a very useful tool for schools to develop children's fluency in reading, comprehension and writing skills. The Newsdesk Hour will be in operation from Monday 23 March where children can listen to interesting articles, watch video content and write about what they have read or learned. Children can also take a picture and upload it onto School Reporter section of the main Newsdesk site. The activities and topics are updated daily.
- **Collaborate Ultra (C2K MySchool username and password required)** video conferencing/virtual classroom. Collaborate Ultra can take up to 500 participants in any one session. Teachers can present slides, talk about learning, have children engage with the teacher etc. There is also the facility to have break out rooms. One teacher is using Collaborate Ultra to support a child who has additional needs.
- **SeeSaw** can be used by teachers to engage with children and parents and to set and share work. Schools need to have an account with SeeSaw already.
- **Apple Camera And Clips** - free video apps to make professional videos that use graphics, effects and more. These tools can be used to create short and simple flipped videos to send to your class.
- **Explain Everything** - is an interactive app which can be used to create presentations, lessons and videos using drawing tools to illustrate or write a concept.
- [Purplemash](#) is available for free during the Coronavirus crisis. The site has resources for literacy and numeracy that can be pitched at many levels.
- [Oxford Owl](#) A range of free eBooks for 3-11 years. Parents and teachers can register for free.
- [Mashable](#) 12 children's e-books which can be downloaded free of charge.
- [NI Libraries](#) The website offers free eBooks and eMagazines.
- **Accelerated Reader (AR)** is a reading management and monitoring programme that aims to foster independent reading. The internet-based software assesses reading age, and suggests books that match children's needs and interests. The children take computerised quizzes online once they complete the book. Please note, schools must have an account with Renaissance Learning in order to access this from home. This is not a free resource.
- **Lexia** is a spelling and reading programme. Schools must have an account before this can be used.



- **Guided reading activities** (attached) supplied by Michael O’Kane and shared on Twitter [@learn\\_ni](#)
- [INTO Film](#) have made member-facing activities freely available to all due to COVID-19. There are a range of primary age activities which include application of film knowledge, critical thinking and literacy skills.
- [ICT Games](#) are on-screen games for literacy and numeracy.
- [Number Fun](#) - Free of charge for one month the portal contains over 200 song video presentations, accompanied by their respective resources for learning and teaching mathematics. There are four age ranges and nine themes in each age range to include: number and place value; addition and subtraction; multiplication and division; fractions, ratio and proportion; measurement; shape; position and direction; statistics; algebra; and, extras.
- [Time Tables Rock Stars](#)- free full access during COVID-19 outbreak
- [Learning by Questions](#) is offering a free 60 day evaluation account in light of COVID-19.
- [Primary Games](#) Free maths games.
- **Mathletics** is curriculum-aligned lessons and activities for numeracy. Schools must have an account before this can be used.
- **Maths Puzzles and Problems** for Years 3-7 (attached).
- [BBC Bitesize Primary](#) have a range of activities across all areas of the Northern Ireland Curriculum.
- **BBC Super Movers**- free active learning programme for children in KS1 and KS2.
- **Topic based projects** which can be shared through online learning platforms, the school app or website [DKfindout.com](#) and [Natgeokids.com](#) are useful websites for research for a World Around Us project. Some schools have ‘set’ a project within Teams for groups of children to collaborate on e.g. research all about a country.
- [Explorify](#) Free resources to explore scientific concepts.
- [Natural History Museum](#) Free resources for the World Around Us programme.
- [Scratch](#) to develop interactive stories, games, and animations

- [Minecraft](#) CCEA resource using Minecraft to explore the Vikings.
- **YouTube PE Skill School** Progressive and age/stage relevant Primary PE Challenges and most can be done at home with few resources.
- **Go Noodle**- free resources with movement and mindfulness videos created by child development experts available at <https://www.gonoodle.com>
- **YouTube Art for Kids Hub** Weekly ideas to ensure progression and appreciation of primary school art.
- [Tate Kids](#) which can be accessed at to explore art and artists.
- [The Kitchen Table Classroom: art and learning at home](#) Take a virtual tour of famous art galleries.
- [The Worldwide Art Gallery](#) Children can submit their art work for publication.

#### **Non-screen learning suggestions:**

- Read a book.
- Practise your musical instrument e.g. recorder, piano, violin flute etc.
- Dance or enjoy some yoga stretches.
- Paint, draw or make a model from junk materials.
- Play board games such as Monopoly or Trivial Pursuit.
- Play card games such as Uno or Phase 10.
- Bake or cook.
- Go out into your garden and enjoy the fresh air- run, jump, skip, kick a ball, play tennis up against a wall.

#### **Other online resources available for remote learning**

- [Scholastic](#) are offering free resources from PreK and Kindergarten to Grades 6+. Please note spelling is American but some lovely stories to listen to, word match activities, quizzes and information about authors.
- [TTS](#) are offering free downloadable activity books for 5-7 years and 7-11 years.
- [Oliver Jeffers](#), the children's author from Belfast, has taken to the internet to do a live reading of one of his books each night and talking about where he got his ideas for the stories.



# How to clean DEVICES

Our electronic devices can be a breeding ground for germs and bacteria. Many viruses, including coronavirus, can stick around for several hours or even days after being touched by or otherwise coming into contact with an infected person. With that knowledge, keeping them clean can be as important as keeping ourselves protected in order to avoid becoming ill and maintaining a high level of hygiene and cleanliness. We have therefore created this guide to help you clean your devices effectively.

## Always

Use wrung out alcohol wipes. Apple state that using a 70% isopropyl alcohol wipe or disinfectant wipe is ideal for the outside of a handset. To be on the extra safe side, power down the device before cleaning it. If you use a screen protector or protective case, you can clean these gently with warm water and soap. Just make sure you remove them from the phone first. While you CAN use general disinfectant spray, make sure it's sprayed onto a clean, soft cloth first, and not applied directly to the device. It will need to say something along the lines of 'kill 99.9% of bacteria' on it to be effective.

### MOBILE PHONES & TABLETS

Turn the laptop all the way off before starting any kind of cleaning and always unplug it from the mains. If you can remove the battery of the device, do so. Wipe the screen with a dry microfibre cloth, then thoroughly wring out an alcohol wipe and repeat before returning with a dry cloth. The rest of the laptop can be cleaned with an alcohol wipe, much like a mobile phone, but be careful to wring it out to avoid unnecessary liquid dripping into the inner circuits. Be sure to clean thoroughly on and around the keys and any other buttons, but not between any open cracks.

### LAPTOPS & COMPUTERS

Remove any batteries the controller might use (Xbox controllers sometimes have batteries in the back). Use alcohol wipes and be sure to get into the crevices around the sides as well as all the buttons on a video game controller, then dry it immediately with a microfibre cloth. On a console, pay specific attention to things like the power buttons and disc/cartridge eject buttons if there are any. If you have a vacuum cleaner with an appropriate attachment, use this to remove things like dust or food prior to using an alcohol wipe. A microfibre cloth will also do the job but make sure it's clean and dry before you use it.

### GAME CONTROLLERS (& CONSOLES)

Use alcohol wipes like with laptops and keyboards. Make sure they're unplugged and leave them to dry a little after using disinfectant wipes. If you have a hoover with the right attachments, be sure to give it a once over first to remove food and debris. Compressed air is also great for keyboards. Use short, sharp bursts and aim to push dust towards somewhere you can hoover it easily. Lightly dampen a cotton swab with rubbing alcohol and be sure to get between the keys as much as possible. Things like mice, headphones and microphones also need to be disinfected with wipes. If your keyboard is wireless, remove the batteries before you clean it. Don't let any moisture leak inside the keyboard and dry them with a clean microfibre cloth.

### KEYBOARD & MICE

## Never

Don't submerge the device in bleach or soapy water. Similarly, do not clean the device whilst it's charging or otherwise plugged into another device. Using alcohol wipes on things like leather cases or other fabric and material should also be avoided as it could damage them. Don't clean phone cases with in-built batteries or other electronics with soap and water. A big thing to remember is to not use straight rubbing alcohol. It can damage the oleophobic and hydrophobic coatings that keep oil and water from damaging the display and ports. Finally, don't use regular house-hold surface cleaners (non-disinfectant ones) on phones and tablets - they are too abrasive and may damage them irreversibly.

As with mobiles, avoid using water to clean the more delicate parts of your laptop such as keys and ports. While some of the more modern phones can be waterproof, laptops aren't and it will almost certainly cause damage and irreparable.

Do not use soapy water or bleach on the controllers and definitely not on the console itself. Make sure controllers are unplugged and inactive before cleaning them to avoid any problems with the electronics. Similarly, consoles should not be left on and need to be unplugged from the mains before being cleaned. Stay well away from the ports on consoles too, as any liquids could damage the interior.

Don't clean them with warm soapy water. The electronics in these are not designed to be waterproof like some modern mobile phones and tablets. Also, don't use too much rubbing alcohol on keyboards as they could remove the lettering on top of keys.



## General Tips

1

Don't rub too hard. A gentle swabbing will be sufficient and excess cleaning could damage your devices. Wait a few minutes for the disinfectant to work, then wipe it clean.

2

How often you clean your electronics depends on a number of factors such as how much you come into contact with other people. Be sensible and practical.

3

Keep hands and faces as clean as possible. You'll have to wipe clean electronics less if you're nice and clean using them.

4

Remember, some germs are good and can help build a healthy immune system in children, but you can never be too careful with coronavirus.

5

Do not use regular kitchen sponges to clean devices - often they contain as many or more germs than our phones.

6

Consider using hands-free devices instead of pressing the phone to your face while making a phone call. If there's anything nasty on your phone, the last place you want it is near your face.

### Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



Sources:  
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