

# Keeping Healthy and Safe: Physical Distancing

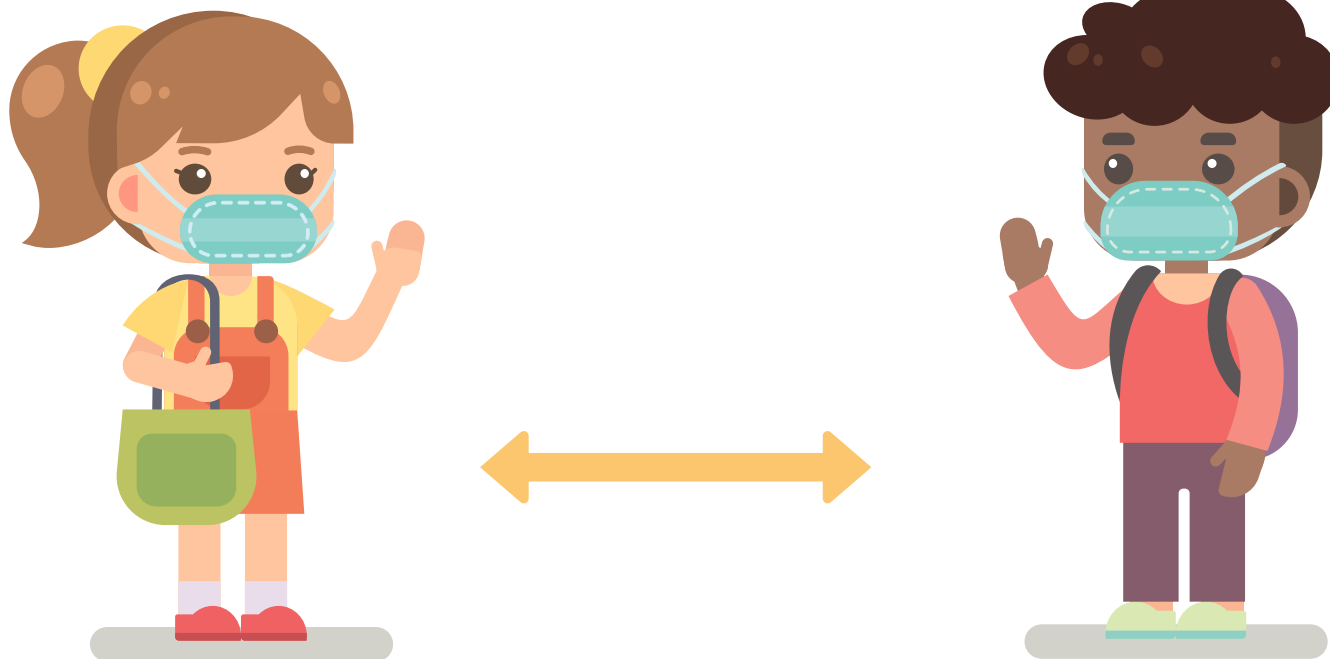
*Young children are learning to sit or stand six 6 feet apart from each other, when possible. Adults can support them with simple explanations, visual supports, and practice.*

## Provide a Simple Explanation

Use simple phrases, such as:  
“Germs can hop from person to person, and we don’t want that! When we scoot far apart, we won’t share germs.”

## Use Visual Supports

Provide pictures of children having fun but standing far apart. Put tape or stickers on the floor to remind children to keep their distance.



## Set Them Up for Success

Mark available seats with colorful tape, carpet squares, or stickers. Allow distance between tables and cots.

## Provide Practice and Encouragement

Demonstrate new ways to show affection, such as air high fives, air hugs, silent cheers, and thumbs up.

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Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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