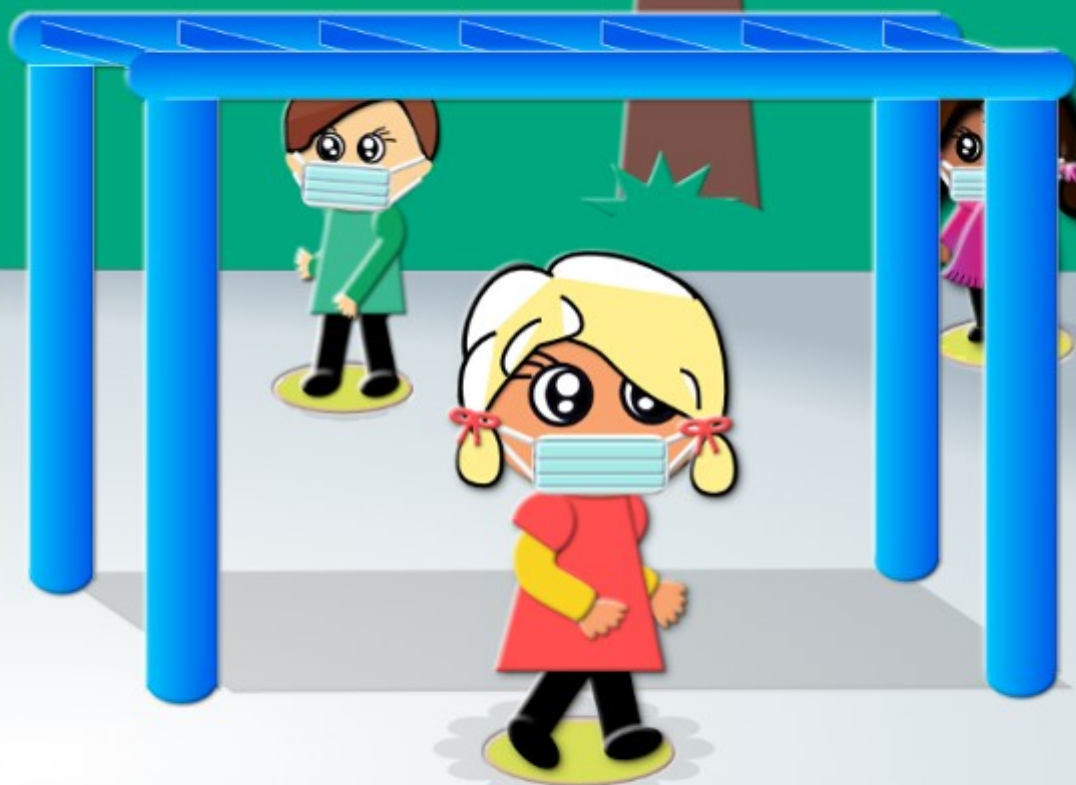


KIDS & COVID QUESTIONS

What Can I Do at Home?



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Other Books by Anjula Evans, M.T.S.C.

I Kicked the Ball in Gym Class: Self Esteem & Being Different (Book 1)

School Day Worries: The Link Between Thoughts & Anxiety (Book 2)

The Anti-Bullying Project (Book 3)

Why is Skin Color Different? (Book 4)

Where is My Gigi? Losing Someone You Love

What is Foster Care? Emma's Journey

The Super-Hero Survival Guide (Book 1)

The Super-Hero Survival Guide: Red Alert! (Book 2)

The Super-Hero Survival Guide: Close Encounters of the Green Kind (Book 3)

Antares Trap

COVID ICU

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For all the kids out there doing their best!

*Thinking of my four young nephews who are
working hard while they are at home:*

*Sayan, Samay, Milen, and Vinay
and for my niece, Marian*

CENTRAL

It was just another regular day at *Central*, as all the kids arrived at school. At least, that's what Hailey thought, at first.



SCHOOL





Hailey arrived a few minutes late, and asked Caitlan why everyone had been asked to wear a mask and to stay apart from each other.

Hi Hailey, I'm not sure, exactly.
It's something called "social distancing".
It's suppose to keep us from getting
sick. We'll find out more in class.



The classroom was set up differently than usual.



All the desks were spaced farther apart than they normally were. The students took their seats.



Today we're going to learn about COVID. It is a disease caused by the coronavirus, spreading very quickly in our community.

a disease

common



Cover your face

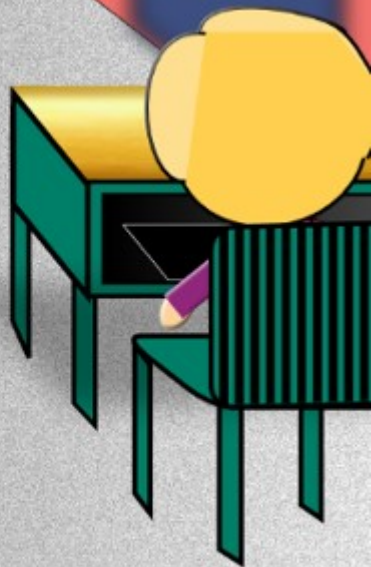
Outside is best

Vaccines will help

Improve your hand washing

Distance from others

What we can do to stop the spread of the disease



Cover your face



Outside is best



Vaccines will help



Improve your hand washing



Distance from others



What we can do to stop the spread of the disease

Wearing a mask helps

The disease spreads more indoors

When a vaccine is created it will help

Wash your hands well more often

Don't stand or sit close to others

Help stop the spread!

Signs or "Symptoms" of COVID:

Fever

Dry cough

Tiredness

Aches and pains

Sore throat

Diarrhea

"Pink eye"

Headache

Loss of taste or smell

Rash on skin or discolored toes/fingers

Difficulty breathing

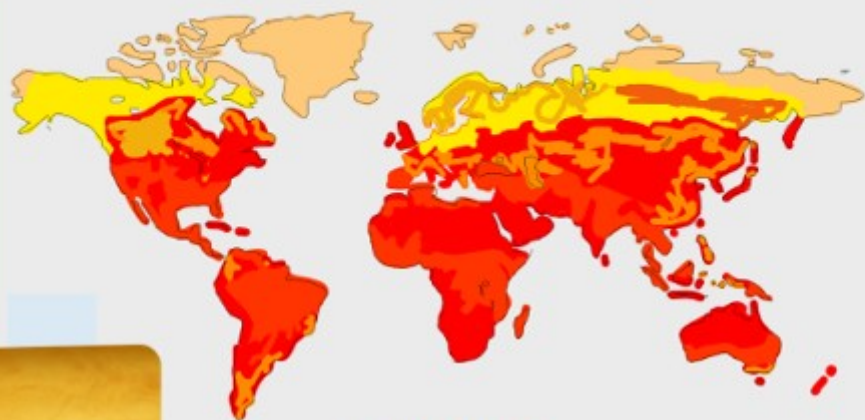
Chest pain or pressure

Loss of speech or movement

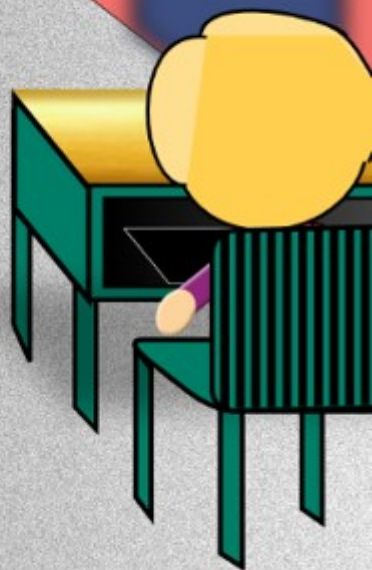
When a disease spreads all over the world like COVID has, it's called a "pandemic". This isn't the first time the world has had a pandemic. There have been many pandemics. However, the last one was over 100 years ago.

Can you imagine living over 100 years ago in a pandemic? They didn't have the same medicines as we do, and they didn't have hospitals set up the same way we do. There was no internet, no TV, and no cell phones back then. Many people didn't have electricity, water, or a bathroom in their homes. We are much better equipped to handle a pandemic today.





PANDEMICS





One reason why it is important to eat nutritious snacks is because they help us to avoid getting sick. Too many sugary snacks make it easier for us to get sick. Regular exercise also helps our bodies get ready to fight off diseases like *COVID*.

The coronavirus started spreading too quickly, so everyone stopped going to school, and worked hard on their schoolwork from home.



While they stayed home from school, Hailey started to think about how she wanted to learn as much as she could.

I need to make up a good plan so I'm learning new things and getting things done during the pandemic!



She thought about what she wanted to do, and wrote out a journal page.

Hailey's Pandemic Plan

New skills I'd like to learn:

make pancakes

sew new masks

play guitar

how to draw people

Skills I'd like to develop more:

play piano better

neater printing

faster running

Projects I'd like to start:

a journal

writing a book for other kids

Projects I'd like to complete:

finish my piano book

A goal for organizing my space:

put books in rainbow order

put papers in folders

hang clothes on new hangers

put puzzles in clear plastic bags

A goal for the family:

having a weekly games night

drive by pretty Christmas lights

make a list of movies to watch

Something fun I'd like to do:

make a fort out of cardboard

decorate the fort like a castle

Something special for someone:

write and mail a letter to grandma

_____ 's Pandemic Plan

New skills I'd like to learn:

Skills I'd like to develop more:

Projects I'd like to start:

Projects I'd like to complete:

A goal for organizing my space:

A goal for the family:

Something fun I'd like to do:

Something special for someone:

Aidan worked hard on his schoolwork at home. Even though recess wasn't the same, he was able to spend time with his family.



Ethan decided he wanted to improve his ball skills during his "at home" time, so practiced every day for 30 minutes. He was excited to show his friends his improvement when they returned to school!



Sometimes Jacob felt lonely, since he couldn't see his friends from school. He missed them a lot. Seeing them on Zoom wasn't the same as playing together every day.

Jacob kept having to remind himself that this was only temporary. It wouldn't be forever.



Then Jacob got an idea. He had always wanted to learn how to draw cars, but had never had the time to. Now was the perfect time to start learning new skills! Jacob knew he wouldn't always have this much time to himself, so he knew he should get to learning right away!



Emma put her books and games away in rainbow order and decorated small boxes to make tiny toyboxes for small items.

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

After school, Caitlan now helps her little sister to learn her colors, numbers, and ABC's so her dad can work from home while her mom makes dinner.



Aidan was feeling down, because he couldn't figure out how to put his day together while he was at home. His mom was so busy with work and his baby sister that she couldn't keep helping him.



I'll never be able to do
it by myself

Not True!

Then Aidan's dad showed him
that every day is just a bunch of
small routines put together!

Aidan wrote down parts of his day, then filled in the blanks later in red.

Monday's Schedule

Breakfast

Math

ZOOM

Reading

Writing

Baby time (so mom can make lunch)

Lunch & Mom time

Science

ZOOM

Social Studies

Art & Music Practice

Exercise & Shower

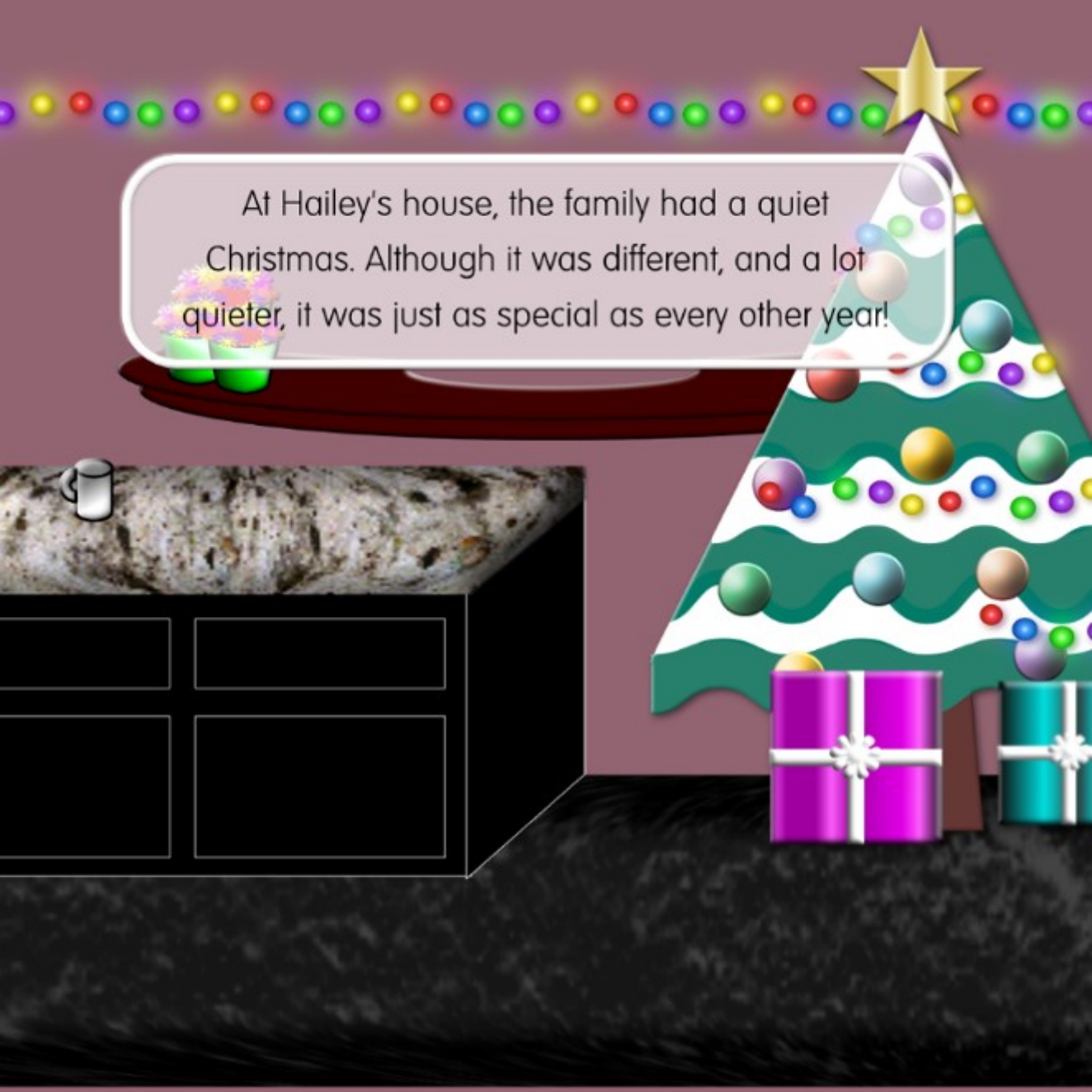
Dinner & Family time

Dishes & Tidy Bedroom

Dad time

Quiet time & reading

Bedtime

A festive Christmas scene. At the top, a string of colorful lights (yellow, red, blue, green, purple) is strung across the background. On the right, a green Christmas tree is decorated with white and green wavy patterns, colorful ornaments (red, blue, green, yellow, purple, orange), and a large gold star on top. Two wrapped gifts are at the base of the tree: a purple one with a white bow and a teal one with a white bow. On the left, a fireplace mantel holds a small white mug. Below the mantel is a black fireplace with four white rectangular openings. A text box with a light purple background and a rounded border is positioned in the upper left, containing a paragraph of text. A small, colorful, pixelated Christmas tree icon is to the left of the text box.

At Hailey's house, the family had a quiet Christmas. Although it was different, and a lot quieter, it was just as special as every other year!



Linking Thinking

Activity: Change a negative thought to a positive one

When I think:

Boredom

There's nothing to do



Do you notice that every thought has a matching feeling?

I'll change my thought to:

Creativity

There's always something interesting to do!



Discovery: My thoughts are linked to feelings.

Conclusion: If I change my thoughts, my feelings will change too!

Thought Hunt

Situation: we're not at school

Thoughts: There's nothing to do

Feelings: boredom, restlessness



Thought Change: There are things to do. I just have to find them.

New Feelings: productivity, creativity



Thought Hunt

Situation:

Thoughts:

Feelings:



Thought Change:

New Feelings:



FEELINGS

Activities:

Come up with as many feelings words as you can, using each letter of the alphabet. Here are some examples below to start you off.

A - Angry

B - Beautiful

C - Confident

D -

E -

Go all the way to "Z"!

You can set a timer to make this game more interesting!

Adorable

AFFECTIONATE

Alarmed Admired

Anxious Accepted

Bewildered

Bashful Bold

Brave BLUE

Cooperative

Caring CURIOUS

Calm Cheerful

Cautious

FEELINGS

Taken from "Kids & COVID Questions"

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Come up with as many feelings words as
you can, using each letter of the alphabet.
You can set a timer for this game, for fun!

A -

B -

C -

D -

E -

F -

G -

H -

I -

J -

K -

L -

M -

N -

O -

P -

Q -

R -

S -

T -

U -

V -

W -

X -

Y -

Z -

FEELINGS JOURNAL:

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TODAY I FEEL:



WHY DO I FEEL
THIS way?



DRAW SOME FACIAL EXPRESSIONS YOU'VE SEEN



Fill in the blanks with your own activities for days you are home. Remember, you can list "Free Time" as a time, and also change your schedule if the family schedule changes.

My Daily Schedule

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Breakfast

Lunch

Dinner

Bedtime

VOCABULARY

community: people around us

coronavirus: a virus that can cause disease

COVID-19: stands for COronaVirus Disease 2019, which can affect people's breathing, and have other dangerous effects

develop: to grow or build something

journal: a diary where we write about thoughts and feelings

organize: to put in a type of order

pandemic: a disease that affects the whole world

routine: things you usually do

skill: something you do well

social distancing: staying a safe distance away from people who don't live with you

symptom: something that shows you might have a disease

temporary: not forever

vaccine: medicine that trains your body to fight a disease before you get the disease