OF COVID-19

Created by Elizabeth Bender, CCLS
McLane Children's Baylor Scott & White





1: Water

2: Add soap and rub, scrub for at least 20 seconds (Happy Birthday x2)

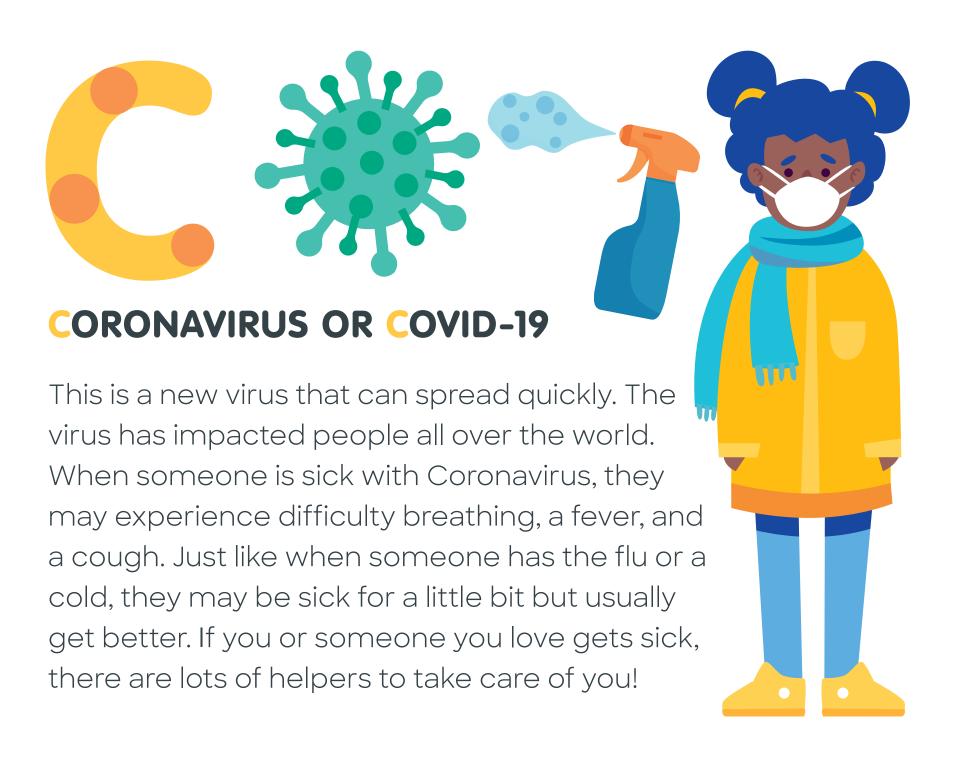
3: Rinse and dry!

This helps you get rid of germs and stay healthy!



Remember that when we are stuck at home and maybe feel scared, we sometimes can get mean with those around us, including those we love.

Remind yourself to be kind with those around you!





DEEP BREATHING

When you start to feel afraid or anxious, take three deep breaths. If that does not help, take a few more. Sometimes it helps to take three deep breaths to start your day in the morning.





Fruits and vegetables are always important to eat! But did you know eating healthy foods can help your body not get sick? Continue to eat fruits and vegetables and other healthy foods your parents give you to eat! AND just because you are home from school does not mean it is time to eat whatever you want. Make sure you listen to your parents about what and when you get to eat!

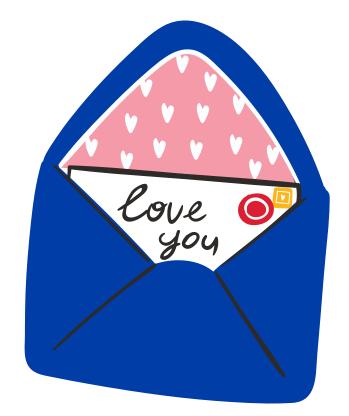


FOCUS ON SOMETHING POSITIVE

Sometimes when things are scary or hard that is all we can focus on. Even if you can only think of one good or positive thing, try to focus on that one

thing. Some ideas are how much your parents love you or that you got to eat mac and cheese for lunch or how much fun you are having with your brother or sister.

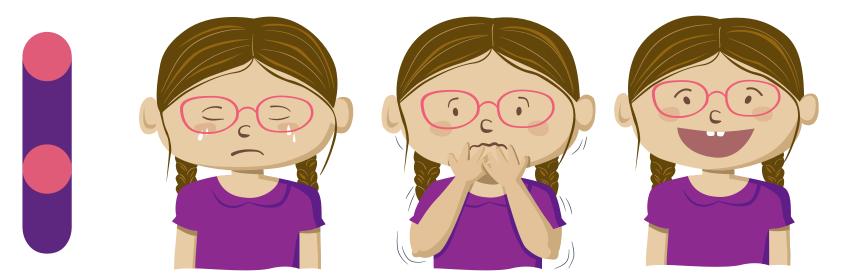




You are having to spend more time at home than normal right now and that can be hard. Try to come up with creative things to do at home. Some ideas include: make a fort, create a selfportrait, write letters to your grandparents who you cannot visit right now, help your parents with making dinner, write a song, or whatever comes to your mind! Use your imagination!



There are so many people who are helping in so many ways right now! Your parents are helping take care of you while you are at home and cannot be in school. Your teachers are thinking about you and making sure that you still get the work you need to do to be successful. Grocery stores and other stores are staying open to make sure people are able to get the things they need. Hospital workers are helping kids just like you and adults like your parents stay safe and get better every day. Who are some other helpers you know about? How can you be a helper right now?



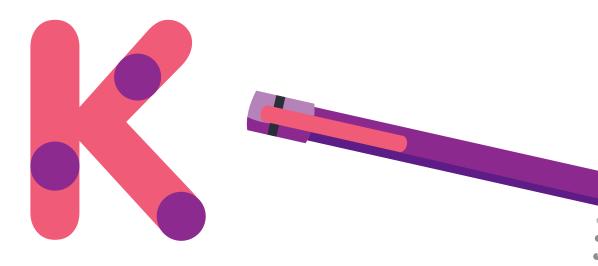
INCLUDE OTHERS ON WHAT YOU ARE THINKING & FEELING

When we are scared or worried, sometimes we bottle it all up inside. Or you may think that your parents have too much to do right now and will not have the time to help you. It is very important for you to tell someone you trust what you are thinking and feeling. Your parents love you and their job is to keep you safe. You may also be feeling excited that you do not have to be in school right now and that is okay too! One idea if you are feeling scared or worried is to write down specific things and then sit down with your parents to talk about your list and ways that they can help you.



Jokes are a great way to stay positive and use your creativity! Below are a few to get you started, but what are some others that you can create?!

- 1: What do you call a dinosaur that is sleeping? A dino-snore
- 2: What did one volcano say to the other? I lava you!
- 3: Why can't Elsa have a balloon? Because she will let it go.
- 4: What did the banana say to the dog? Nothing. Bananas can't talk.



KEEP A GRATITUDE NOTEBOOK

Write down all the things that you are grateful for in a notebook or a journal. Be creative with it! You could write one

thing a day or you could write something every time you are feeling thankful. This is a great way to focus on positive things and it will be something you can look back at to remember each time you felt thankful!



While you are stuck at home, it is a great time to learn something new! There are tons of things online that are being offered for free at zoos, libraries, museums, and so on. Talk with your parents about something cool you could watch to learn something new or you may want to learn how to draw, sing, or write a story! What ideas do you have? Have fun!



You may be seeing lots of people wearing masks right now. You may see people just out and about wearing masks, or, if you have to go to the doctor or the hospital, you may see people wearing masks there. Everyone who is wearing a mask is trying to keep themselves and others safe. It is okay for you not to be wearing a mask though, don't worry! If you start to feel sick and have to go to the doctor, the doctor may ask you to wear a mask. Be sure to ask your parents if you have questions about people wearing masks.



Right now most schools have closed. Some schools are closed for a little bit while others have closed for the rest of the year. Schools have closed to make sure that kids are staying healthy and to make sure that all of the germs at school get cleaned before you go back. Your teacher may have sent you things to do to keep your brain working strong. Don't worry, eventually school will open again and you will get to see all your friends!



Make sure you do not just sit in your house all day! Spending time outside keeps your mind and emotions healthy by being in the sun and breathing fresh air. Some ideas that are safe to do outside right now include: going for a bike ride, going for a walk, playing in the yard, and doing chalk art!

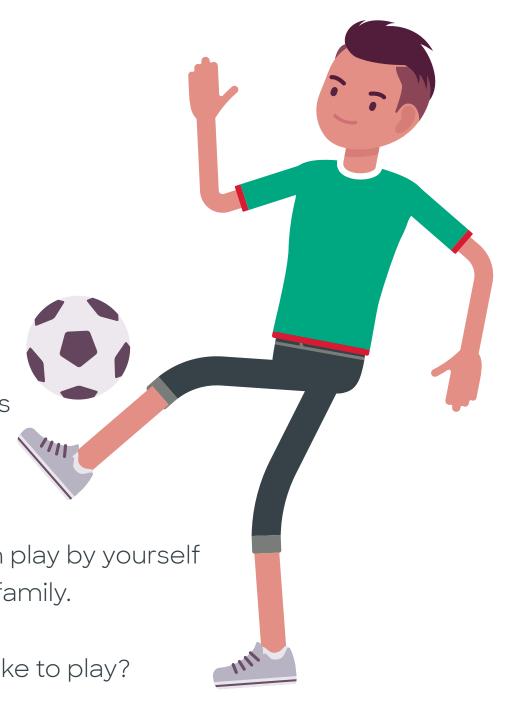
What other ideas do you have for things you could do outside?

PLAY A GAME

This is a super fun idea and there are lots of different kinds of games! You can play board games, card games, video games, and games outside!

There are games that you can play by yourself and games you can play as a family.

What kinds of games do you like to play?

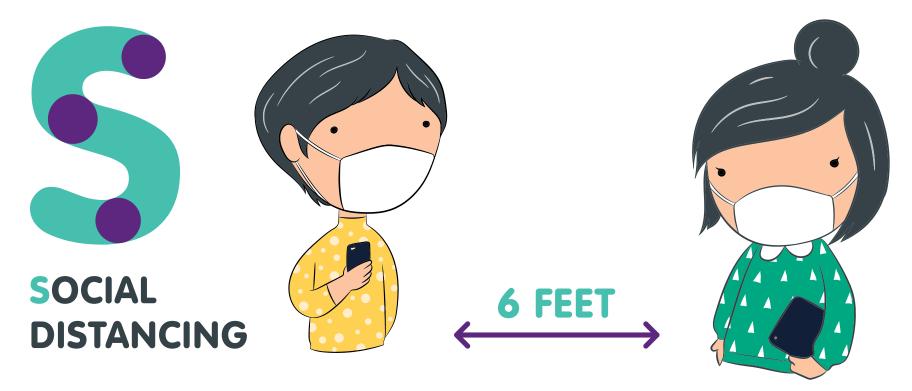




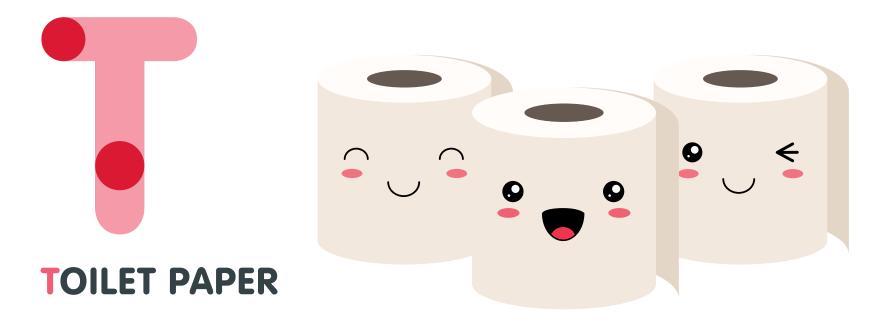
You may be hearing this word being said by people you know or people on the TV. It is a big word that just means a period of time during which a person needs to not be around other people because they are sick or they have been around someone who has been sick. Because the coronavirus is so new, people who have it or who have been around someone with it are being asked to quarantine to keep other people from catching the virus. If you have more questions about this word, be sure to talk with your parents.



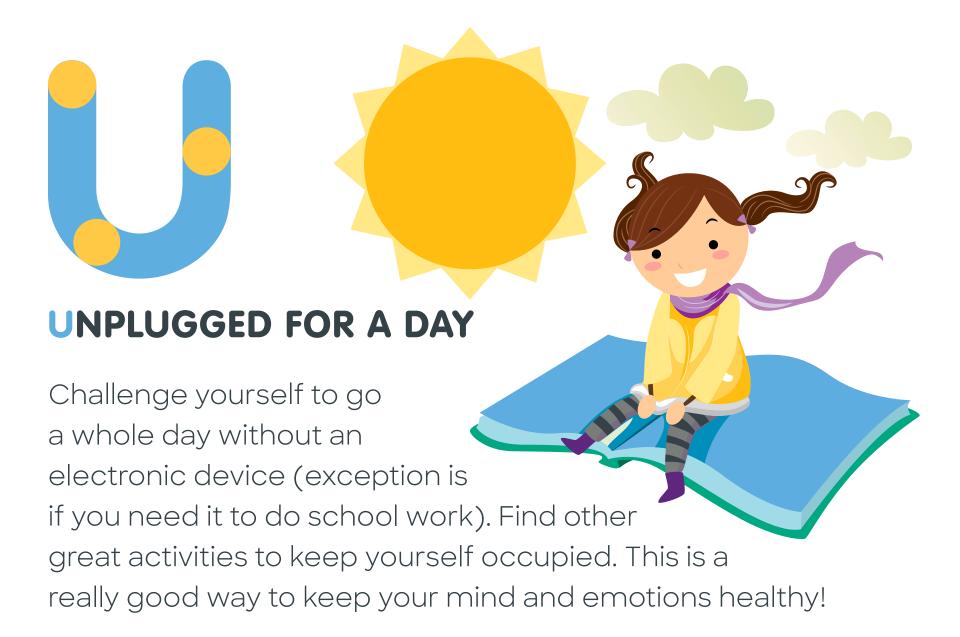
In order to keep everyone safe, lots of restaurants have closed. However, some places are still serving food at the drive-thru window, delivering, or bringing out to your car! It can be hard right now to not be able to go eat at your favorite restaurant but, just like your school, restaurants will be able to open up again!



This is another phrase like quarantine you may be hearing people say. Currently, we are being asked to stay at least 6 feet away from other people which is about the height of a tall man. Social distancing helps lower the chance of a person getting sick. If you are at home with your family, you can be close to them and still can get hugs from your parents. Be sure to talk to your parents if you have more questions!



You may be hearing that stores have run out of toilet paper and that some people are not able to buy toilet paper right now. This may seem weird or even scary. Stores are working very hard to get things restocked, including toilet paper. Be sure to only use as much toilet paper as you actually need – this is a good idea even when you are not low on toilet paper. Talk to your parents about the toilet paper situation at your house!



What ideas do you have for your day unplugged?



parties have now been canceled. Even though this happened to keep you and other people safe, it is really hard and it is okay to be sad. Be sure to talk to your parents when you are feeling sad and find ways to still have fun things to do while hanging out at home.



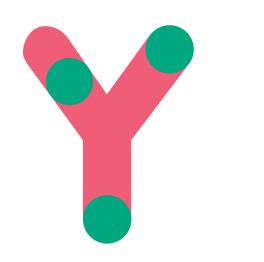


EXPRESS YOUR EMOTIONS

Find creative ways to express how you are feeling! You may want to write in a journal, paint a picture, or write a song. Make sure you share your emotions with an adult you trust.



What unique ways can you express your emotions?



YOU ARE IMPORTANT!

All of the changes of not being able to go to school and having to stay home are happening to keep you healthy and safe.

You are important and you matter!
Remember to keep being yourself during this time!

Last but not least, be sure to keep getting a good night's sleep. It might help to go to bed at the normal time you go to sleep for school even though you are not in school right now. Good sleep helps keep your body healthy as

sleep helps keep your body healthy and ready to fight off germs so you do not get sick.





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