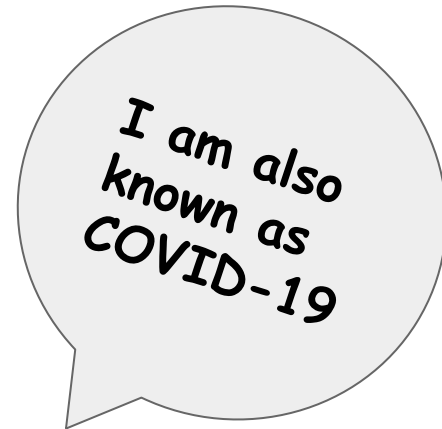
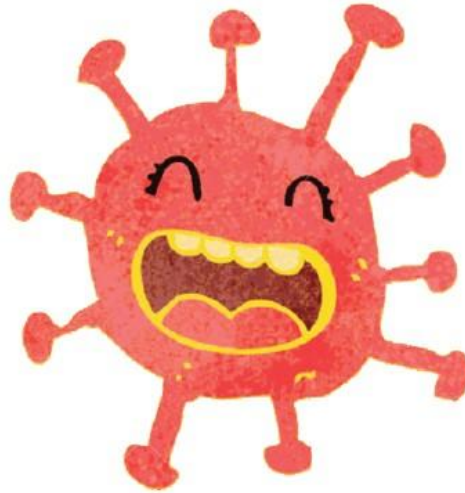


WHAT IS COVID-19?

A guide for students in K-1st grade

HELLO!

I am a **VIRUS**,
cousins with the Flu and
the Common Cold



I am also
known as
COVID-19

My name is Coronavirus

Have you heard about me?

YES

NO

**And how do you feel when
you hear my name?**



Relaxed



Confused



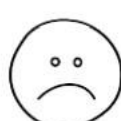
Worried



Curious



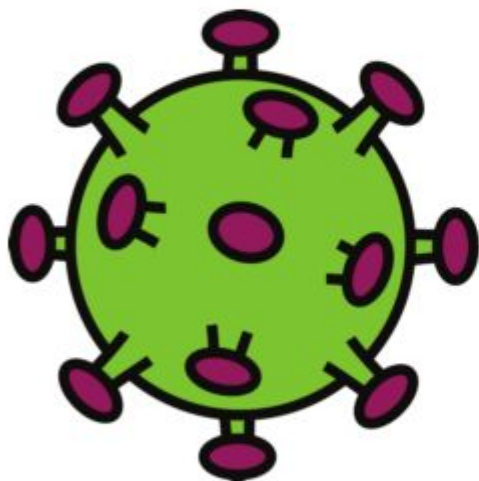
Nervous



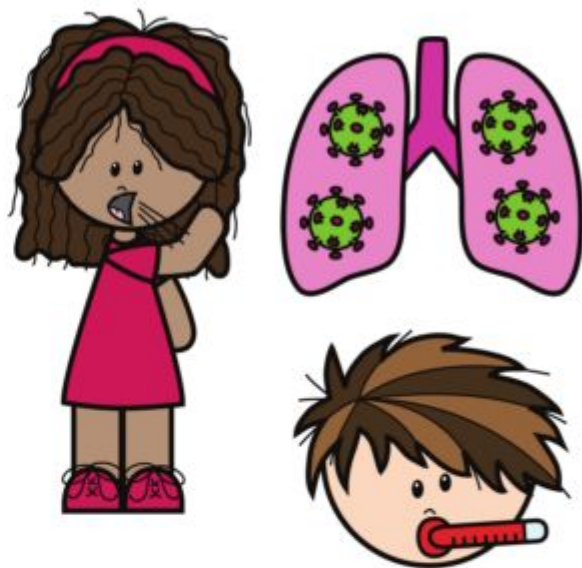
Sad

CORONAVIRUS

What is it?



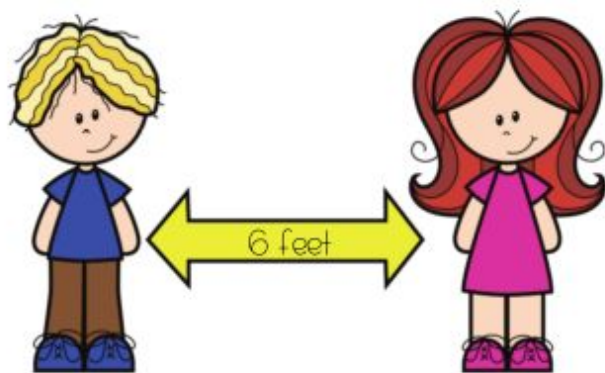
A social narrative for children



Coronavirus is a little germ that is going around the world right now. Another name for it is COVID-19. It is a germ that gets in the lungs and makes people develop a fever and cough a lot.



There are different ways that people get COVID. It can be spread through coughing or touching.



That is why it is so important to practice social distancing. That means I should stay at least 6 feet away from non-family members.



For now, doctors say that I should not shake hands, hug or touch other people. But, I can wave to them!



It is OKAY to touch and hug my family.

6



Because I shouldn't be close to a lot of people right now, I will be staying at home most of the time.

7



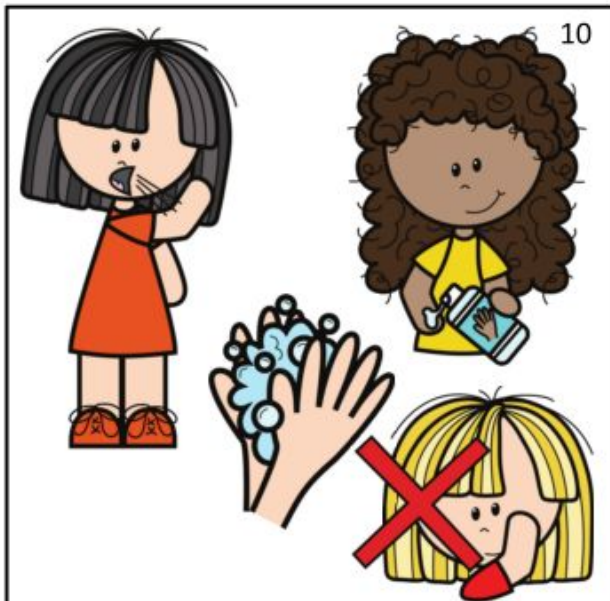
Some people call this quarantine and some call it self-isolation.



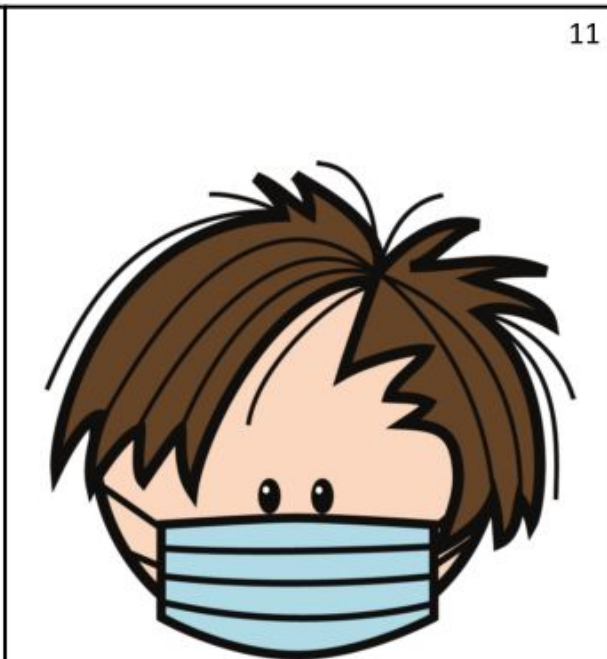
Quarantine isn't a bad thing, it is just the best way to help COVID go away. My family will help me find fun things to do at home!



A lot of schools will be doing something called distance learning. My teacher might send work and activities home for me, or I might do assignments on the computer or tablet. I might even get to see my teacher on the computer!



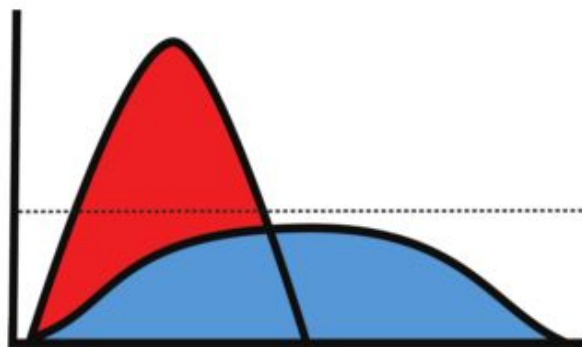
Some ways I can prevent COVID include: covering my cough and sneeze with my elbow, using hand sanitizer, not touching my face and washing my hands.



Other people might wear face masks to prevent COVID.



Washing my hands for at least 20 seconds is VERY important! I can set a timer, or sing a short song while I am washing.



Doing all these things will help “flatten or slow the curve”, which means that less people will get sick at the same time. This helps the doctors and nurses at the hospital.

WHAT IF I GET COVID-19?

People who are sick can be tested to check if they have COVID-19.



Most people with COVID-19 can stay at home and rest to get better. They will need to stay home for awhile so that they don't get other people sick.



A few people with COVID-19 may need to go to a hospital so a doctor can help them feel better.



COVID-19 usually doesn't make kids very sick but there are still some things I should do to keep myself and other people healthy!



WHAT IF SOMEONE I KNOW GETS COVID-19, LIKE MY PARENT OR TEACHER?



She might be coughing, have a fever and feel very tired.



While my mom is sick, she needs to stay in a room by herself. I should not go in.



When dad is in the room
by himself, he will work
on getting better!



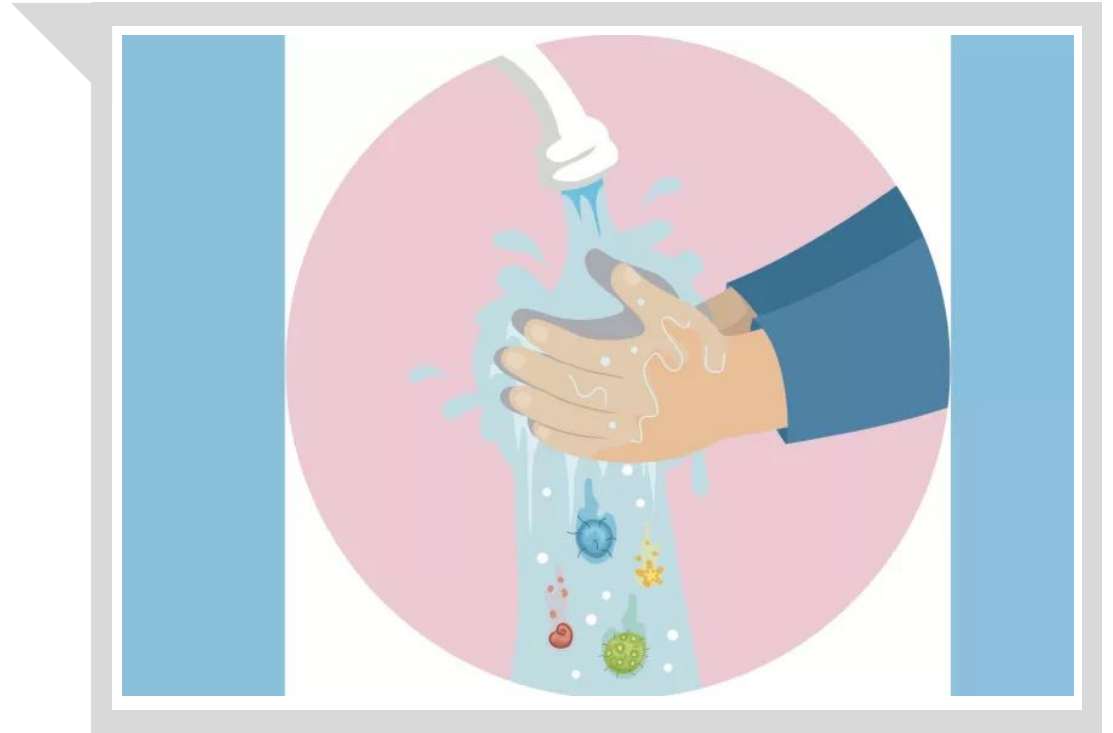
When I miss my dad, I
can draw some pictures to
slide under the door for him!

WHEN CAN I GO BACK TO SCHOOL?

When people in charge decide that it is safe and the COVID-19 germs are gone I will go back to school



WHAT CAN I DO
TO HELP?



I should wash my hands often. I take my time and scrub the soap between my fingers and all over my hands before I wash it off.



If I can't wash my hands, then I can use hand sanitizer. By keeping my hands clean I can help get rid of germs that make people sick!



I can cover my mouth with my arm or a tissue if I sneeze or cough to try and prevent the spread of germs.



I should avoid touching my face to prevent germs from entering my body. I should try not to pick my nose, touch my mouth or rub my eyes.



I should show support and respect to any classmate or teacher that might have gotten sick or has a family member who has gotten sick.



I should be empathic, kind, and inclusive towards everyone.

It is a hard time for everyone!

Remember, McKinley PRIDE!

Peaceful, Respectful, Intelligent, Diverse, and Enthusiastic

I am not a virus



I should not assume or accuse anyone of having COVID-19 because of the way they look or where they come from.

COVID-19 does not care about your race, ethnicity, sex, gender, etc.

If there's anything you may be confused or worried about don't be afraid to ask someone you trust.



When I Feel Mad, Sad, Worried or Unfocused at School I Can...



Draw or Color



Use a Breathing Board

Place my hands over my ears and breathe slowly and deeply listening to the ocean wave sound that my breath makes.



Try Wave Breathing



Read a Book



Treat Myself with Kindness and Just Breathe



Ask Permission to Quietly Exercise for a Minute or Two



Build Something or Do a Puzzle



Look at Feel-Good Pictures



Give Myself or a Stuffed Animal a Big Hug



Ask for Help



Squeeze Then Relax My Muscles (Try "Rocks & Socks")

Zooming all my strength into making this like the hands (transform into solid rocks). Then I release my fists, letting my hands and arms dangle like floppy socks.



Think of 3 Things I Am Grateful For



Tell Myself a Positive Affirmation or Mantra.



Journal or Write a Letter



Use a Tool from the Calm Box



Get a Drink of Water



Push Against the Wall and Then Relax



Stretch or Do Yoga



Help Someone or Ask to Do a Classroom Chore

Slowly trace my hand with my finger with my breathing in. As I trace my fingers going up, breathing out, as I trace my fingers going down.



Try 5 Finger Breathing

HOT CHOCOLATE BREATH



1. HOLD YOUR HANDS OUT IN FRONT OF YOU, AS IF YOU WERE HOLDING A MUG OF HOT CHOCOLATE.
 2. BREATHE IN SLOWLY, IMAGINING YOU ARE INHALING THAT WARM COCO SMELL, THROUGH YOUR NOSE.
 3. GENTLY EXHALE THROUGH YOUR MOUTH, LIKE YOU WERE TRYING TO COOL DOWN THE HOT CHOCOLATE BEFORE YOU TAKE A SIP.
- REPEAT - NOTICE AS YOU FEEL MORE CALM. YOU MAY EVEN NOTICE YOUR HANDS FEELING WARM.

May I be well,
may I be happy,
May I be healthy,

May I be
filled with
loving
Kindness.

