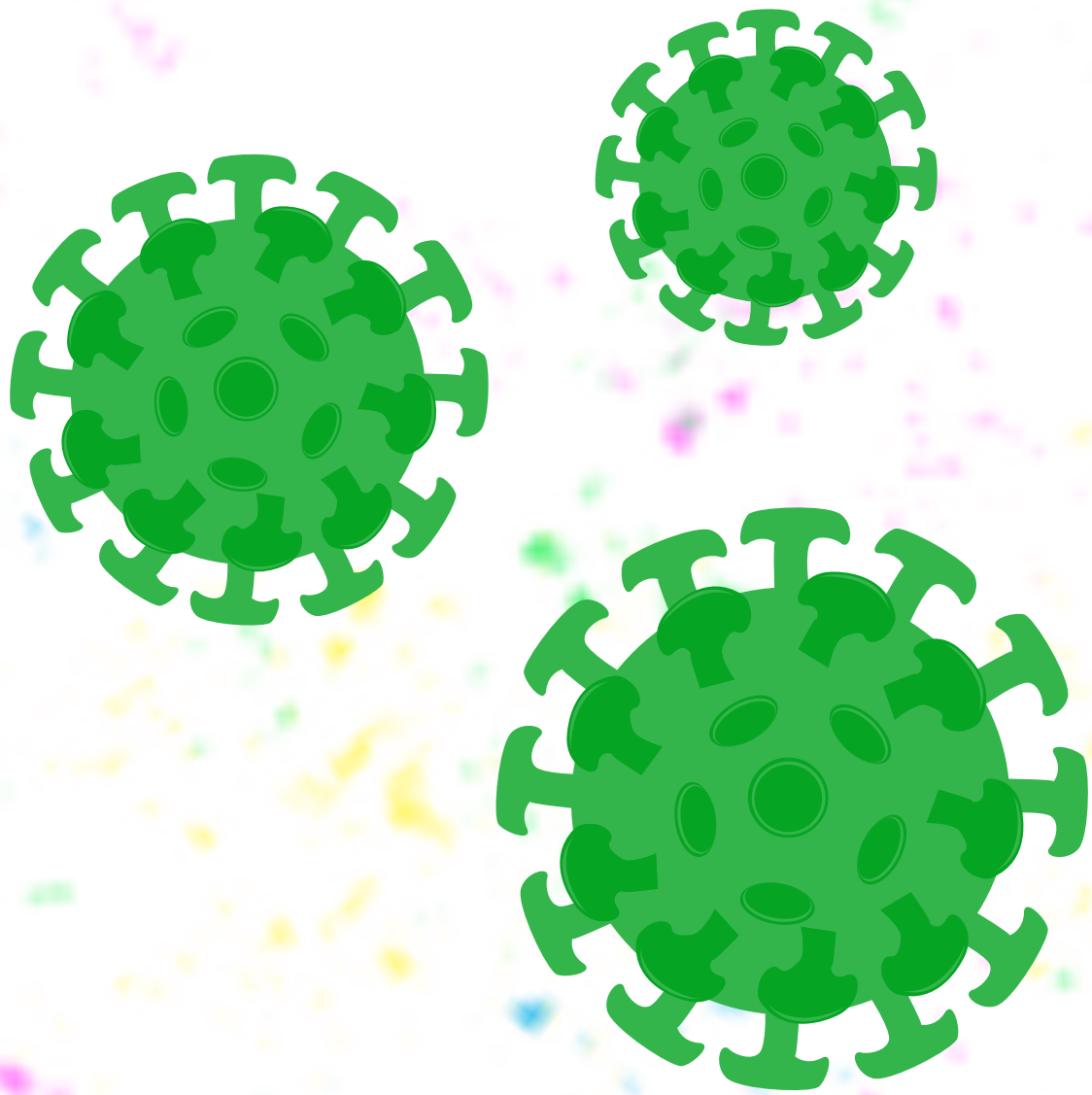
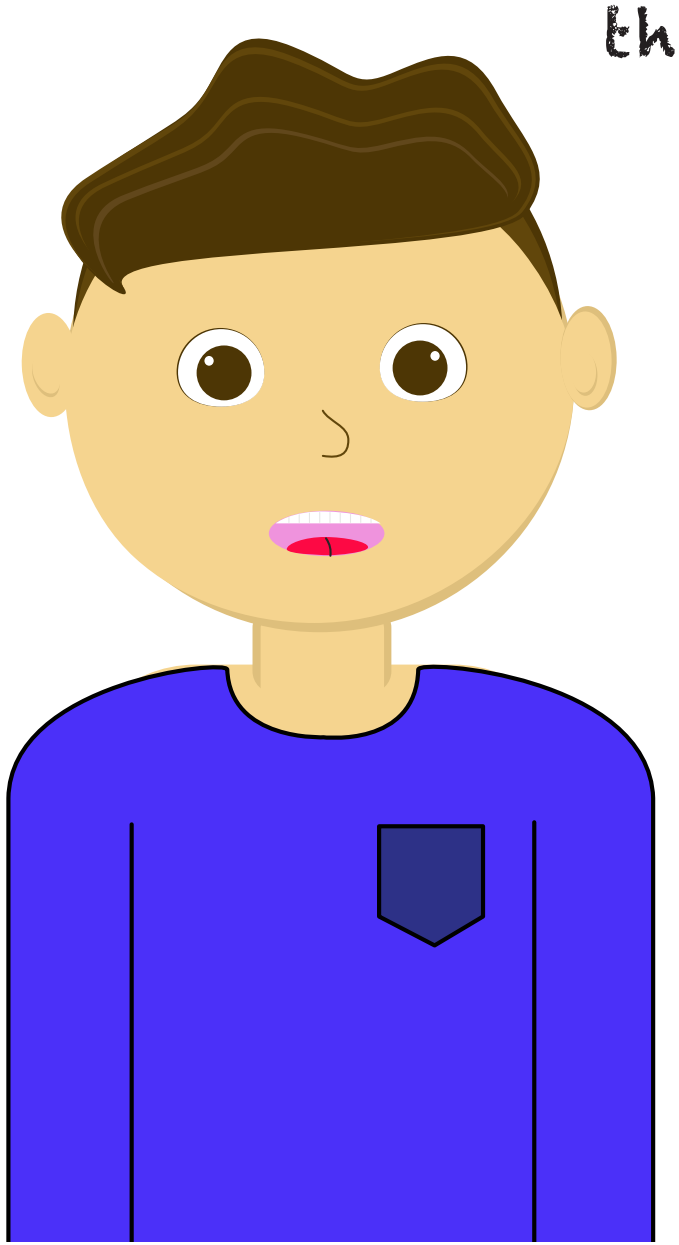
The Germ Called Coronavirus; A short guide for children

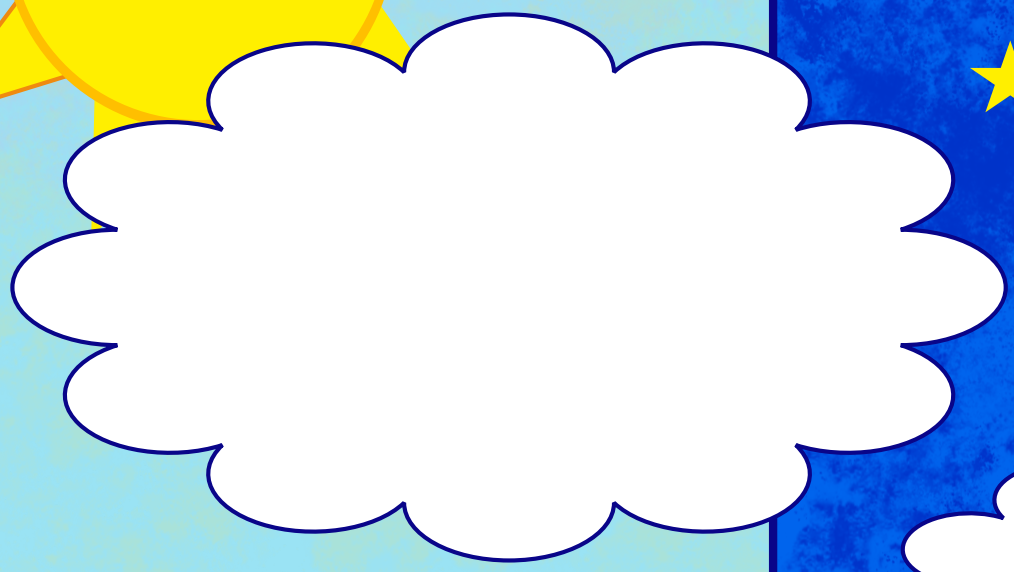


Written by Fernando Gonzalez III, LCSW

Hi, Im Sam.

And I want to tell you the story of how I learned about the Coronavirus.





Once upon a time,

I used to wake up and have a normal,

not so different day.

This is what I did on most days.

My daily schedule

7:30AM Wake up ✓

7:40AM Put my clothes on ✓

7:45AM Have breakfast ✓

8:00AM Leave for school ✓

8:30AM Math ✓

9:15AM Reading ✓

10:00AM Science ✓

10:45AM Lunch ✓

11:30AM Recess ✓

12:15PM Art ✓

1:00PM Gym ✓

1:45PM Social studies ✓

2:30PM Go home ✓

2:45PM Play break ✓

3:00PM Homework ✓

5:00PM Play break

5:30PM Dinner with the family

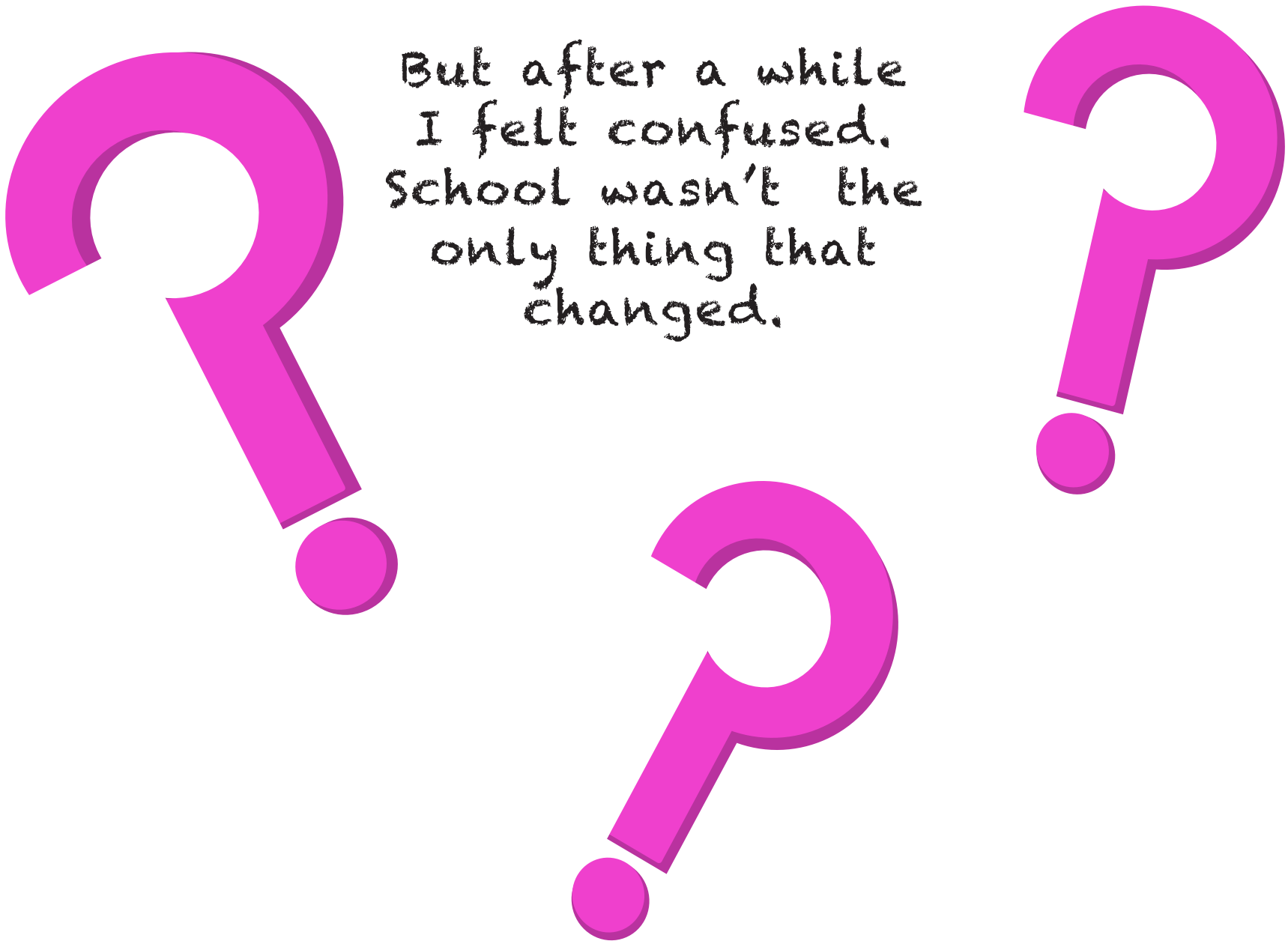
6:15PM Free time

7:00PM Get ready for Bed

Then one day, I was told
I did not have to go to
school.

It was the best
day ever!

But after a while
I felt confused.
School wasn't the
only thing that
changed.



Now I do school

work at home, recess

at home, and Lunch

at home.

Actually, I do **everything** at home!

7:30AM Wake up

7:40AM Put my clothes on

7:45AM Have breakfast

8:00AM Leave for school

8:30AM Math

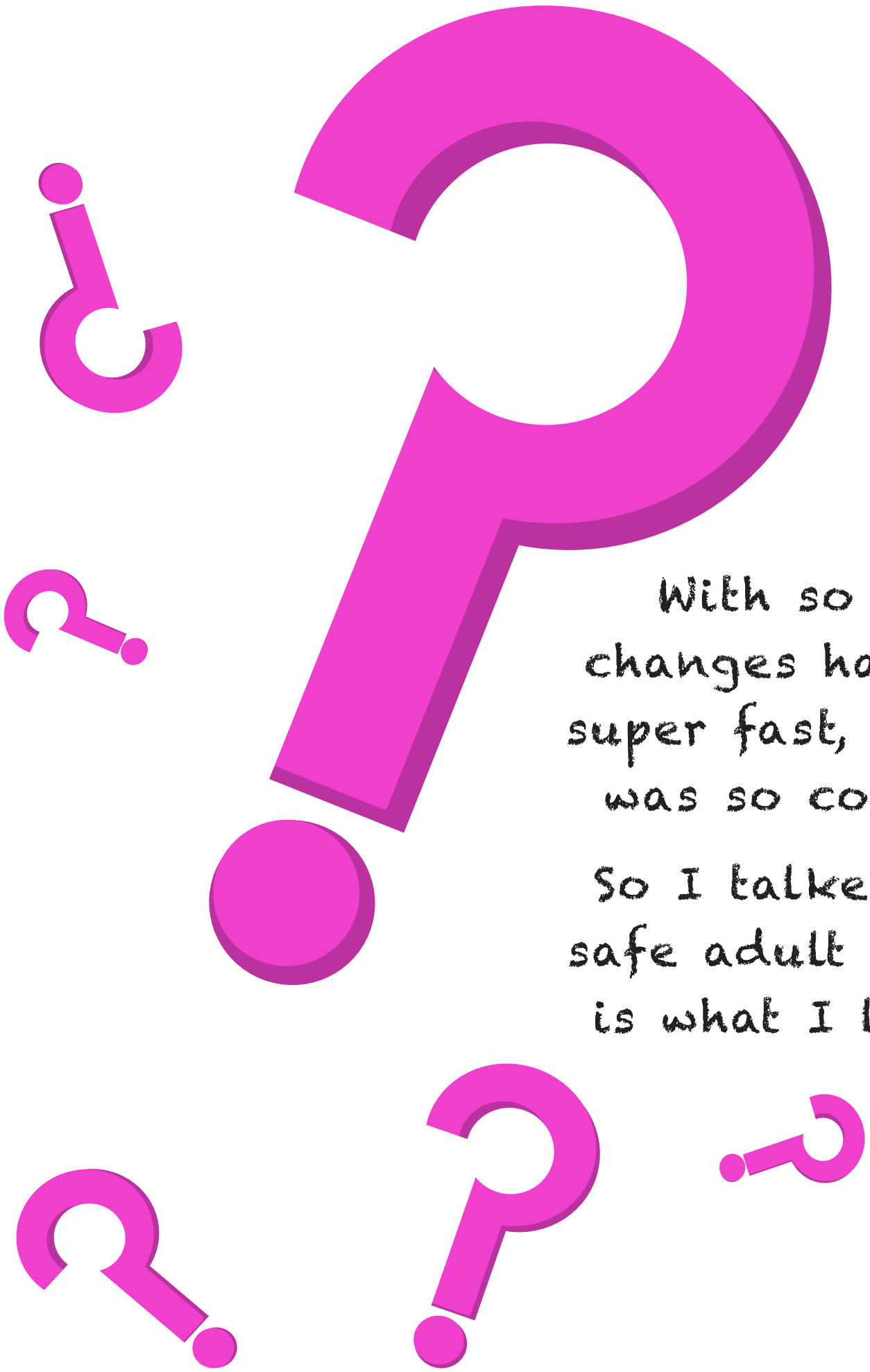
12:15PM: Art

2:30PM Go home

1:00PM Gym

3:00PM Homework

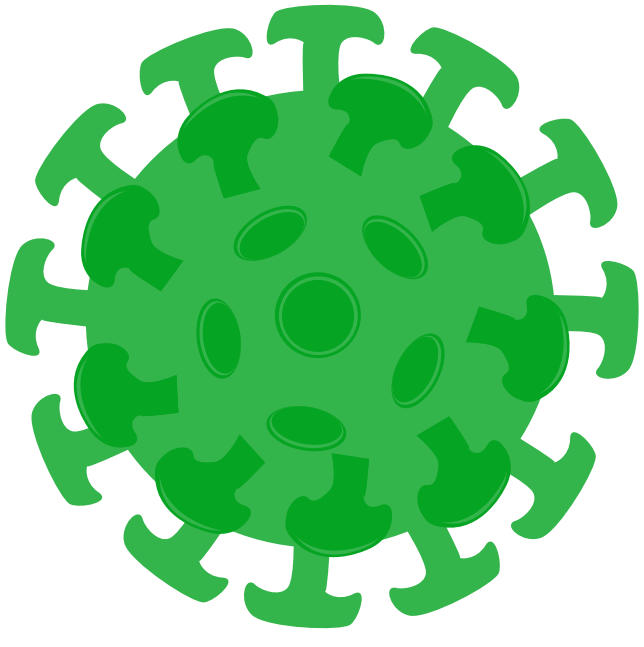
10:45AM Lunch



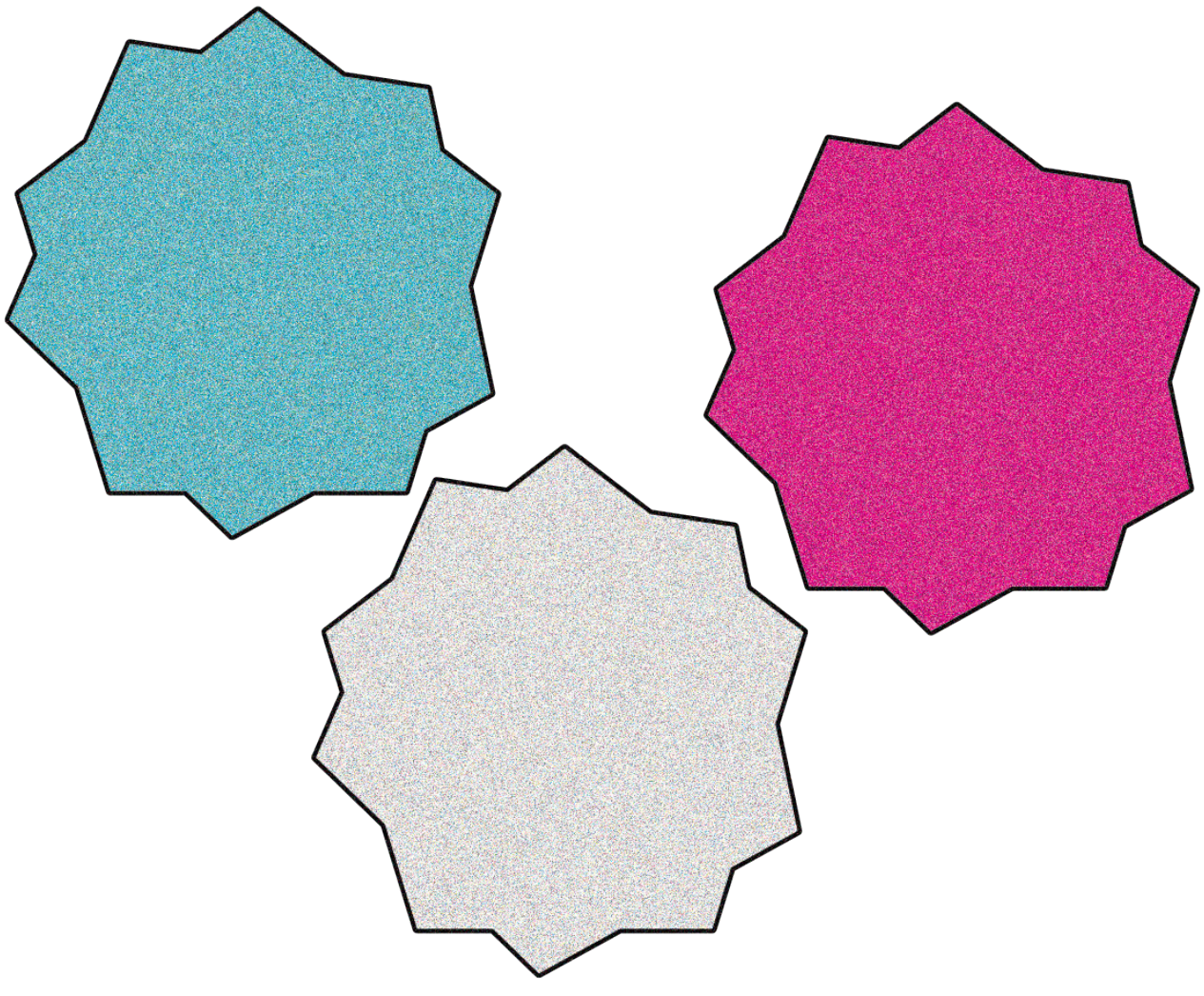
With so many changes happening super fast, my brain was so confused!

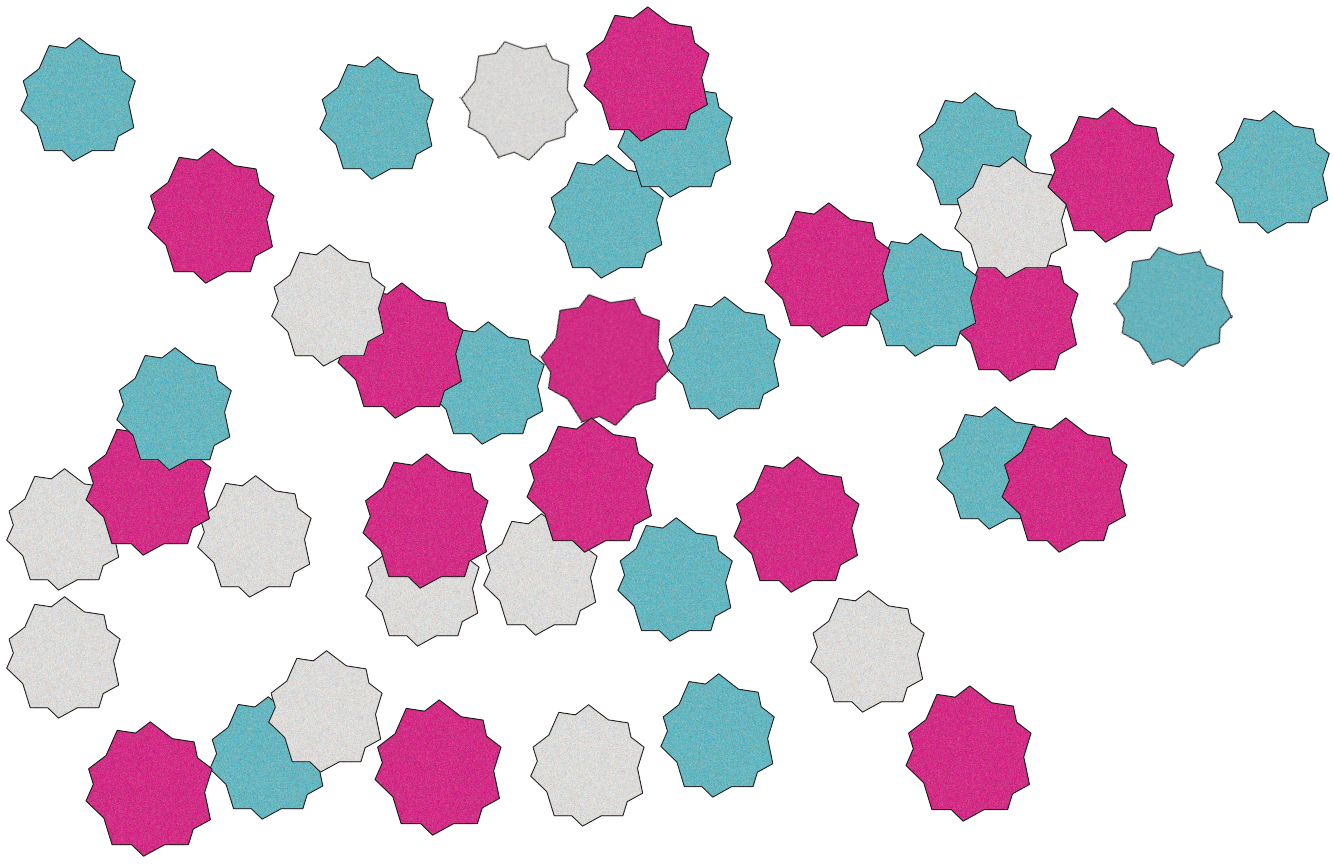
So I talked to my safe adult and here is what I learned.

This is the icky germ we call Coronavirus

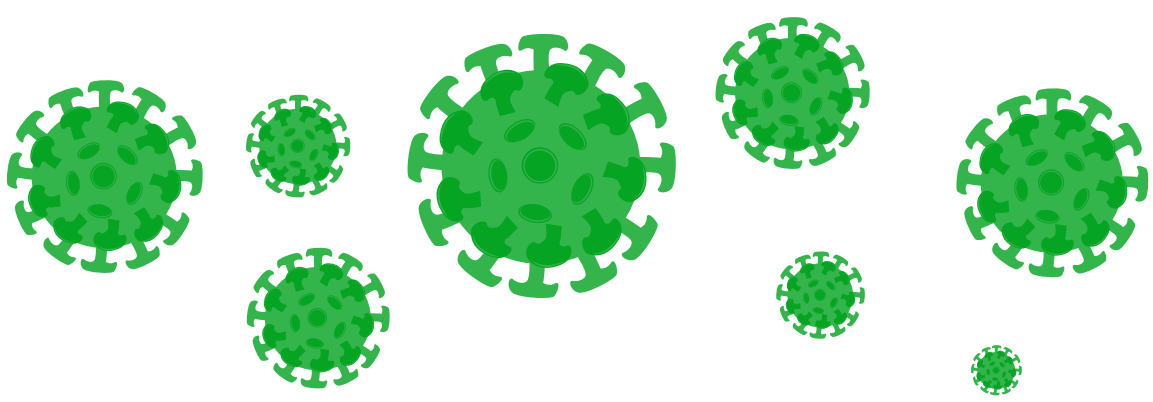


It's kind of like glitter





Glitter spreads really fast once it's out of the container. It sticks to a lot of things. It can be hard to find and very tough to clean.



Coronavirus is the same way.

When Coronavirus sticks to you, these are a few things it can do.

1. It can give you a fever (this means it makes your body super super hot).
2. It can make you cough a lot.
3. It can sometimes make it tricky to take normal breaths (kind of like when it is tricky to breathe after doing 20 jumping jacks), but most children don't have this problem.

https://www.cdc.gov/coronavirus/2019-ncov/index.html

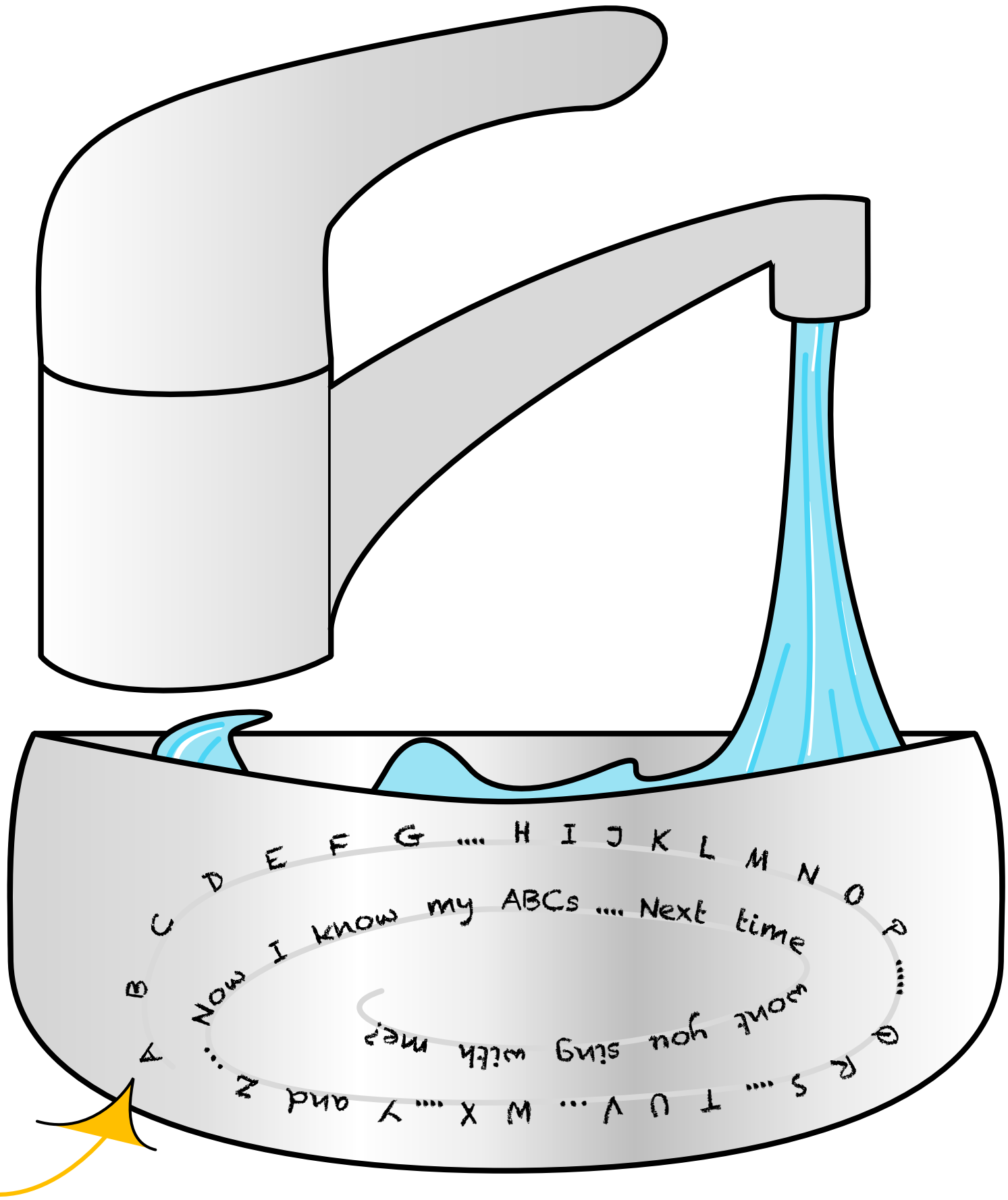
Your teachers and Principal do not want you to get sick, so they decided to close your school. This will stop coronavirus from getting stuck on everyone at school.

Your teachers and Principal trust that your safe adult will help keep you safe, clean, and away from coronavirus.

With all of these changes, it can be confusing to know what you can and can't do. My safe adult and I made a list. Ask your safe adult to make a list of all the things you can do.

And ask your safe adult to make a list of all the things you can't do.

One way to stop germs from spreading is to wash your hands for as long as it takes to sing the ABCs.



Practice singing the ABCs while you trace the alphabet with your finger.

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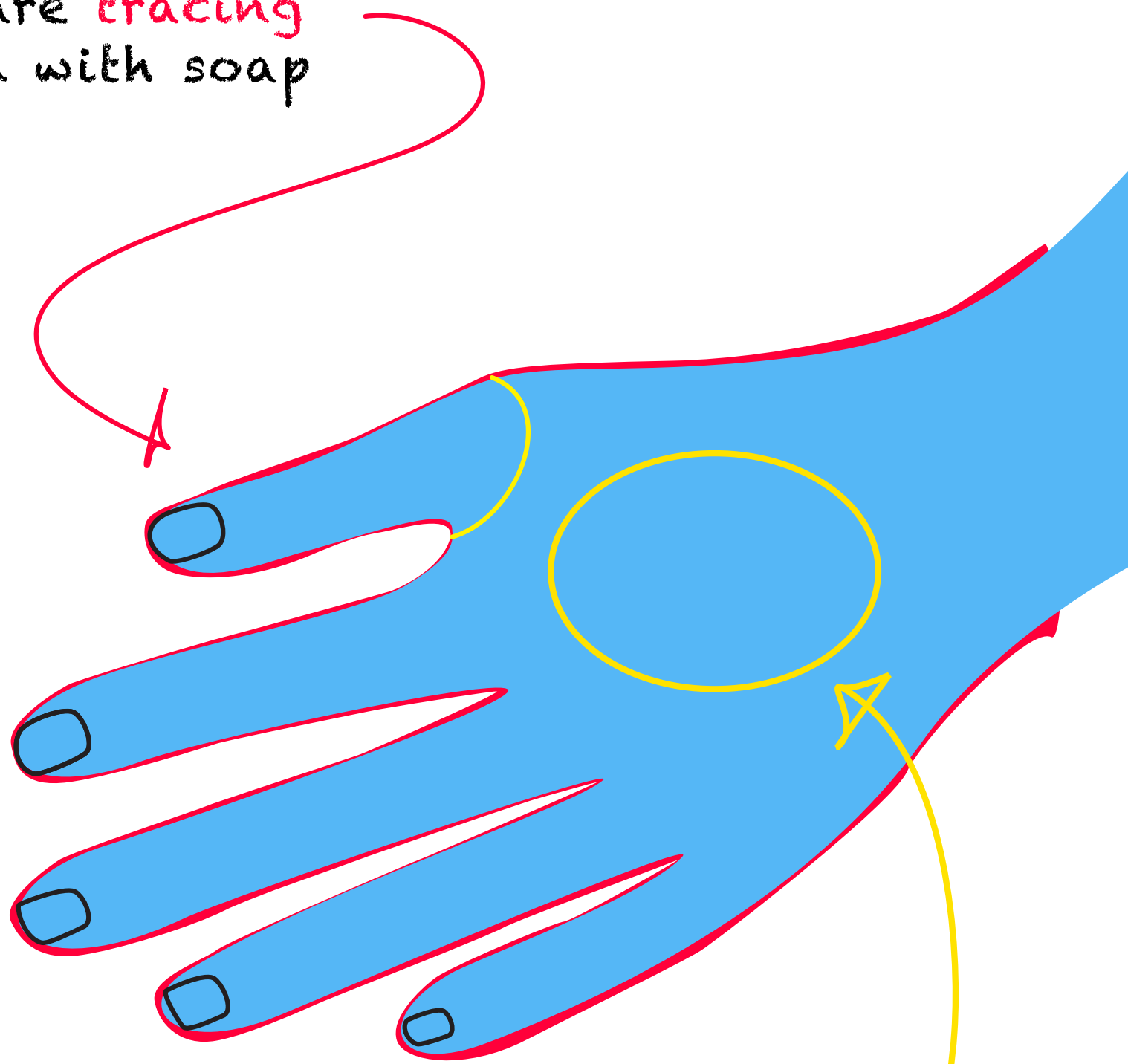
Try your best to wash in between your fingers and your nails, kind of like you are tracing your hand with soap



And don't forget your thumb, the middle of your hand, both inside and out. Keeping your hands clean is a great way to keep germs from spreading quickly.

Change brings up many feelings and that's ok! Talk to your safe adult about how you feel so they can take care of you.

How do you feel today?

Angry

Annoyed

Scared

Happy

Calm

Nervous

Worried

Confused

How does your safe adult feel today?

Confused

Scared

Calm

Happy

Worried

Nervous

Annoyed

Angry

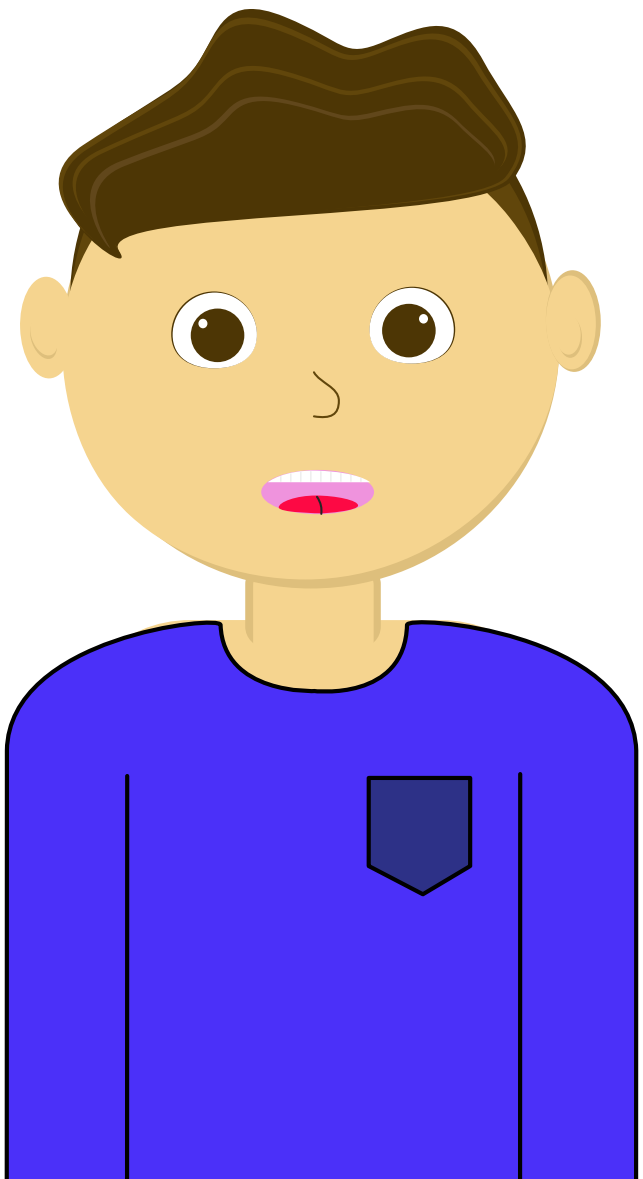
Are there other feelings you have that are not on this list?

My safe adults tells me that it is okay for me to have the feelings I have.

They are NORMAL.

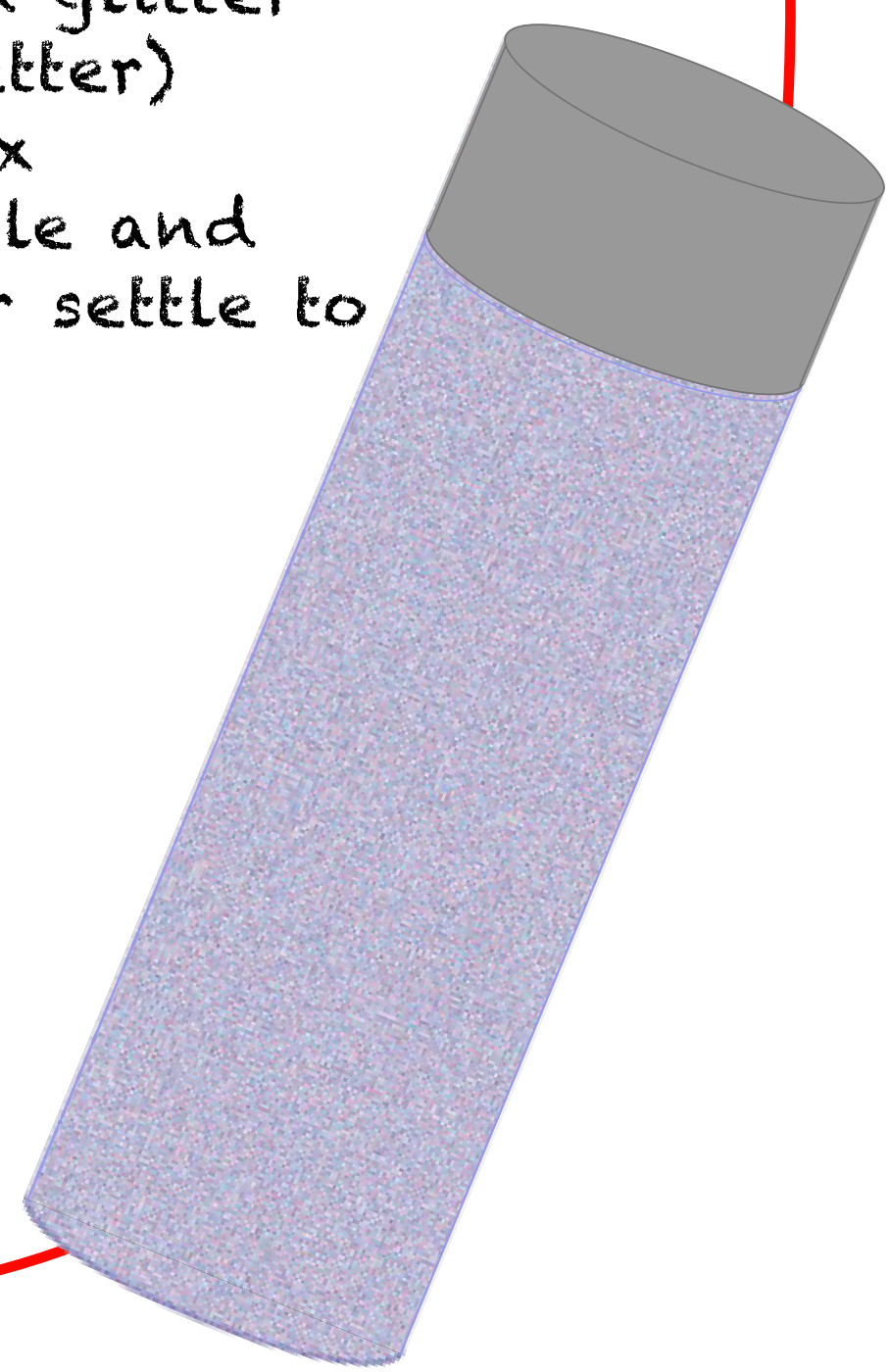
Big feelings can sometimes make my body feel energized and out of control.

Today I made a mindful jar! This helps me notice if my body is energized so I can help it become steady and still.



Glitter Jar

1. Empty 1/4 of a water bottle
2. Add clear or white Elmer's glue
3. Add 5 drops of dish soap
4. Close and mix.
5. Open and add glitter (the more the better)
6. Close and mix
7. Shake the bottle and watch the glitter settle to the bottom.



My days are very different than before, but when I have worries or questions I ask my safe adult.

Actually, I just thought of a few more questions. Let me go ask my safe adult! I will see you next time!

COVId_19 Resources for Parents

CDC

https://www.cdc.gov/coronavirus/2019-ncov/index.html

National Association of School Psychologist

https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource

National Child Traumatic Stress Network

https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019

For more parenting resources or Telehealth sessions for children visit

www.kidmatterscounseling.com

Additional written material from Fernando

- Daniel Feels Purple - available on amazon
- Instragram: fernando_lcsw

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