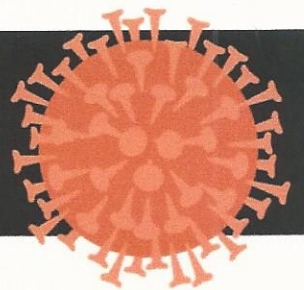


SO YOU'VE GOT QUESTIONS ABOUT **Coronavirus**

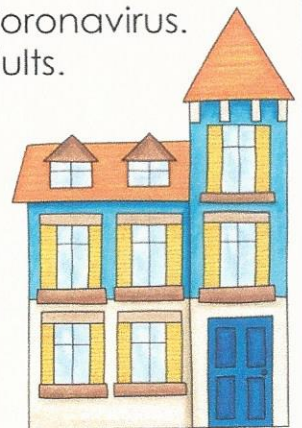


What is Coronavirus?

Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!

I'm a kid. Doesn't that mean I can't get Coronavirus?

No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as sick as adults. But kids can still become infected with the virus.

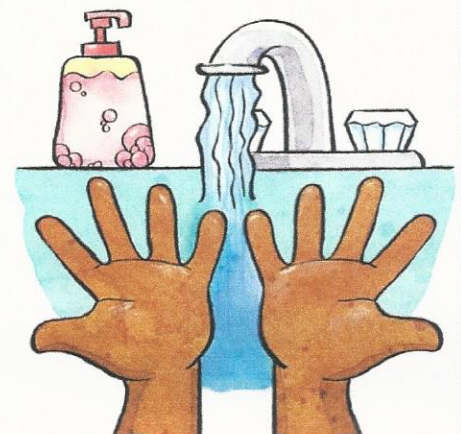


Why are we staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!



WHAT CAN I DO IF I'M FEELING **worried?**

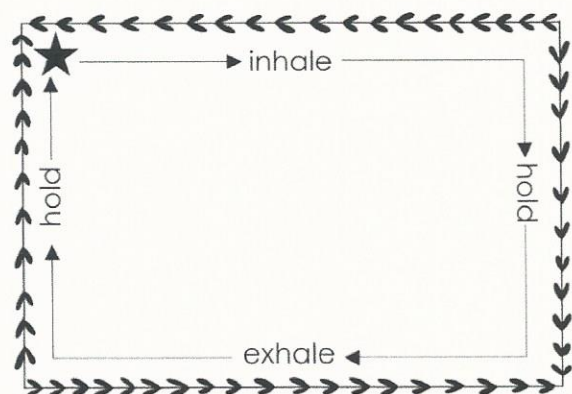


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.



Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!

daily MINDFULNESS BINGO



<p>Do a mindful b o d y s c a n . Pay attention to each area of your body one at a time and see what you notice.</p>	<p>Blow bubbles in slow motion taking big deep breaths in and s l o w l y blowing them out.</p>	<p>Go on a mindful nature walk. Tune in to the b e a u t y around you!</p>	<p>Look up at the sky and simply watch. Notice the clouds. Notice the birds. J u s t n o t i c e .</p>
<p>Lie down and put a stuffed animal on your belly. Breathe slowly, watching your stuffed animal rise and fall.</p>	<p>Practice m i n d f u l e a t i n g . Eat slowly and notice the textures and sensations of your food.</p>	<p>Express g r a t i t u d e for something in your current environment or space.</p>	<p>Color a mindful m a n d a l a .</p>
<p>Press your p a l m s together and gently press for 5 seconds and then release. Repeat this a few times and notice how your body feels.</p>	<p>Look around your space and find 5 things that have different t e x t u r e s . Touch them and notice how their textures feel on your hand.</p>	<p>Sit outside and simply listen to s o u n d s for 5 minutes.</p>	<p>Draw a picture to represent how you are f e e l i n g right now.</p>
<p>Sit comfortably. Find your pulse and notice your h e a r t b e a t . Just notice and tune in to it for a few minutes.</p>	<p>Go for a r a i n b o w walk around your environment. Find something of each color of the rainbow!</p>	<p>Practice finger b r e a t h i n g . Hold one hand out and trace around your fingers as you breathe. Inhale up the finger, exhale down the finger.</p>	<p>Sit comfortably. Breathe in deeply and notice any smells in your environment. What s c e n t s are present around you?</p>

CHARACTER EDUCATION ACTIVITIES

EMOTIONAL HEALTH ACTIVITIES

For Home

30

Things **YOU** can do for **YOUR** Emotional Health

Practice a breathing technique.	Make a list of the feelings you can think of.	Play emotion charades. Can your family guess your feeling?	Write a letter to someone to let them know you appreciate them.	Do your chores without being asked.	Make a poster about KINDNESS for your classroom.
Make a list of 10 ways to show respect at school.	Explain to an adult what empathy means.	Go outside and count how many things that are red.	Make a list of 30 things you are grateful for.	Practice hot cocoa breathing. Smell the cocoa and cool it off!	Clean up without being asked.
Make a list of 25 things you love.	Write what it means to be a good friend.	Make a list of all the ways you showed kindness this week.	Write about your hero.	Talk to an adult about your favorite place.	Write a note to someone you miss.
Practice sitting still for one minute. What sounds did you hear?	Name 3 ways you can calm down in you are feeling stressed.	Make a card for someone you love.	Draw a picture of your future self. What is your career?	Make a list of things that are important to you.	Read a book. What feelings did you notice as you read?
Ask an adult about a career they are interested in.	Try to name 10 different colleges.	Name 3 things you love doing and 1 thing you want to try.	Name 3 things you can do to be helpful in your community.	Play a game with someone.	Name 5 things you love about yourself.

