

WHY CAN'T

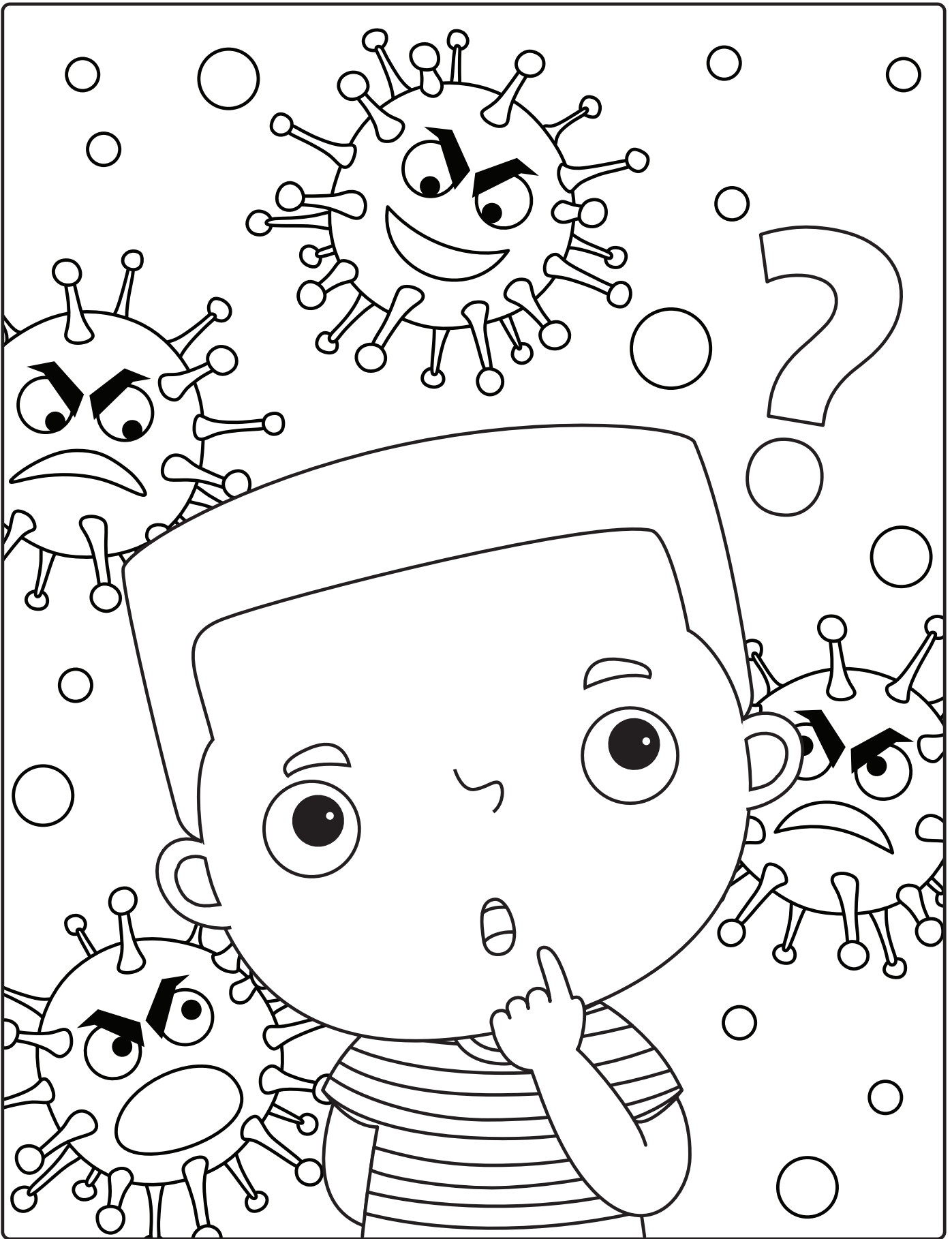


WHAT IS COVID-19?

COVID-19 is a new germ that can make people very sick. But there are ways that we can keep from getting sick.

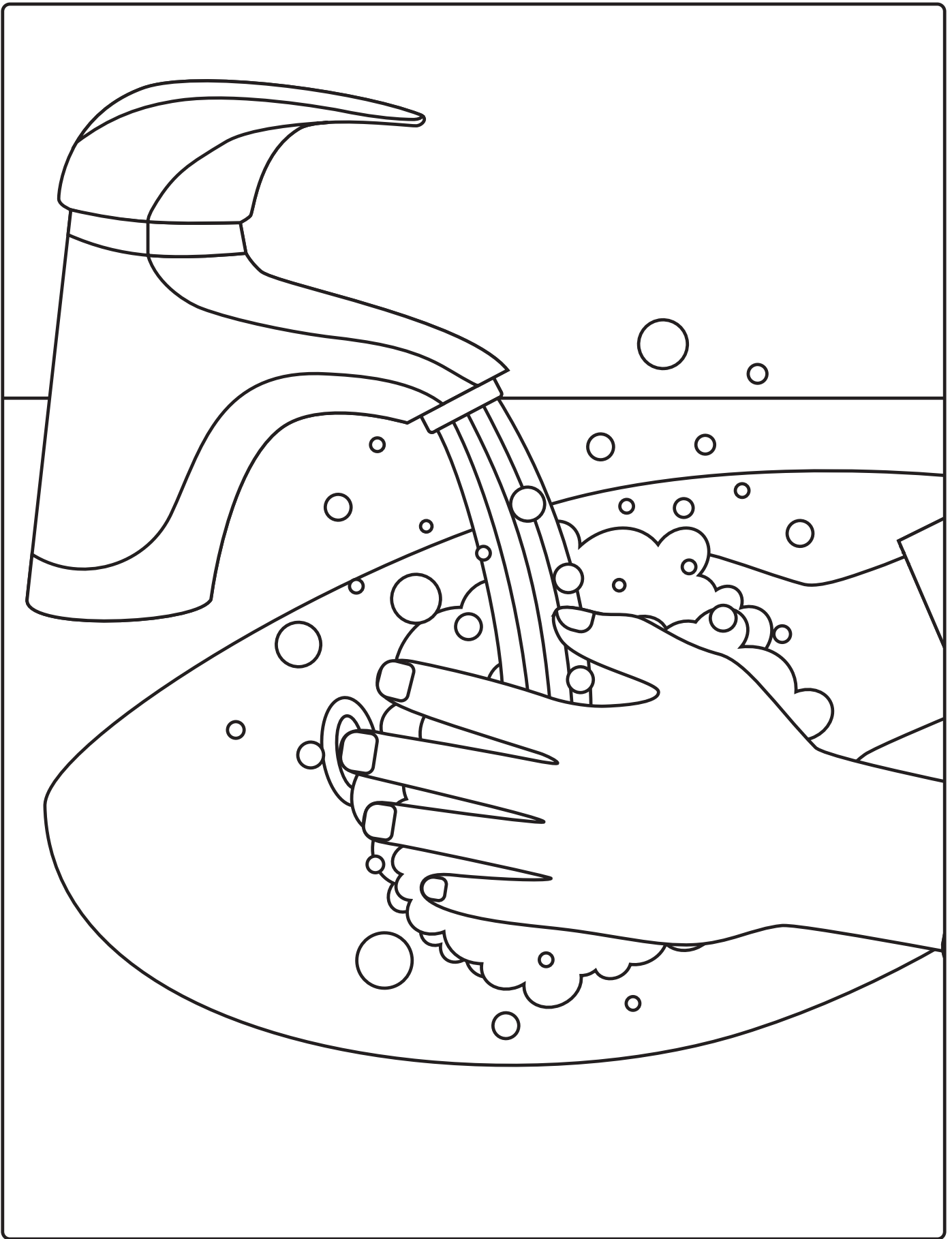
Those ways include:

- ✓ Washing our hands
- ✓ Not touching our face
- ✓ Covering our mouth when we cough or sneeze
- ✓ Staying home when we are sick



WHY DO I HAVE TO WASH MY HANDS?

When we touch things like door handles, counters, or toys, we can get germs on our hands. Right now, there is a germ called COVID-19 making people sick. Washing away the germs helps us to stay healthy.



WHY DO I HAVE TO SING WHILE I WASH MY HANDS?

When we wash our hands, we use soap and water and rub our hands together under the water and sing *Twinkle Twinkle Little Star* two whole times before we stop. This will make sure all the germs come off our hands.



Twinkle,
twinkle,
little star,

How I wonder what you are!

Up above the world so high,

Like a diamond in the
sky.

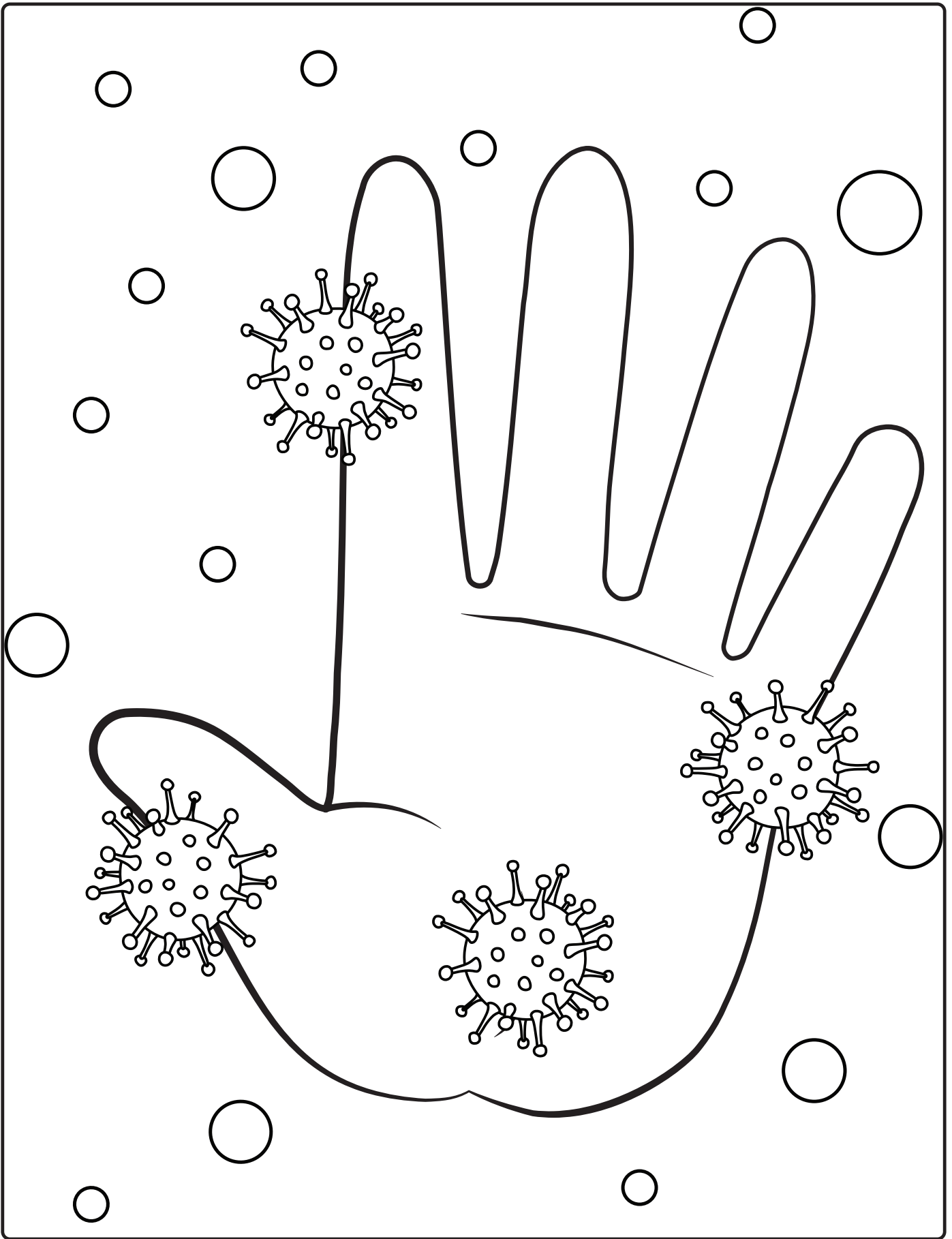
Twinkle, twinkle,
little star,

How I wonder what
you are!

WHY CAN'T I TOUCH MY FACE?

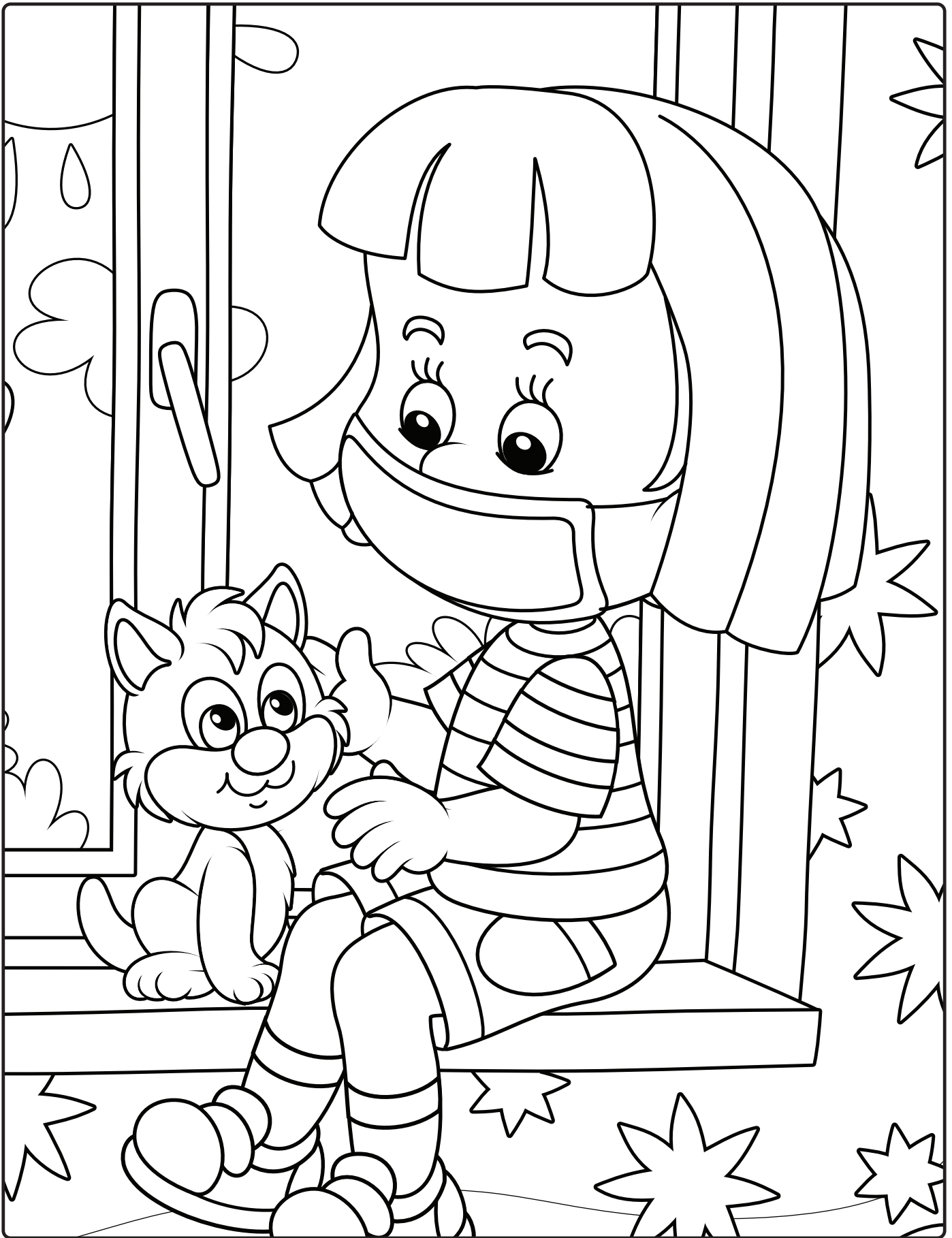
When we touch things, like toys and door handles, we can get germs on our hands, and this makes our hands dirty.

If we touch our face, mouths, noses, ears, or eyes with dirty hands we might get sick.



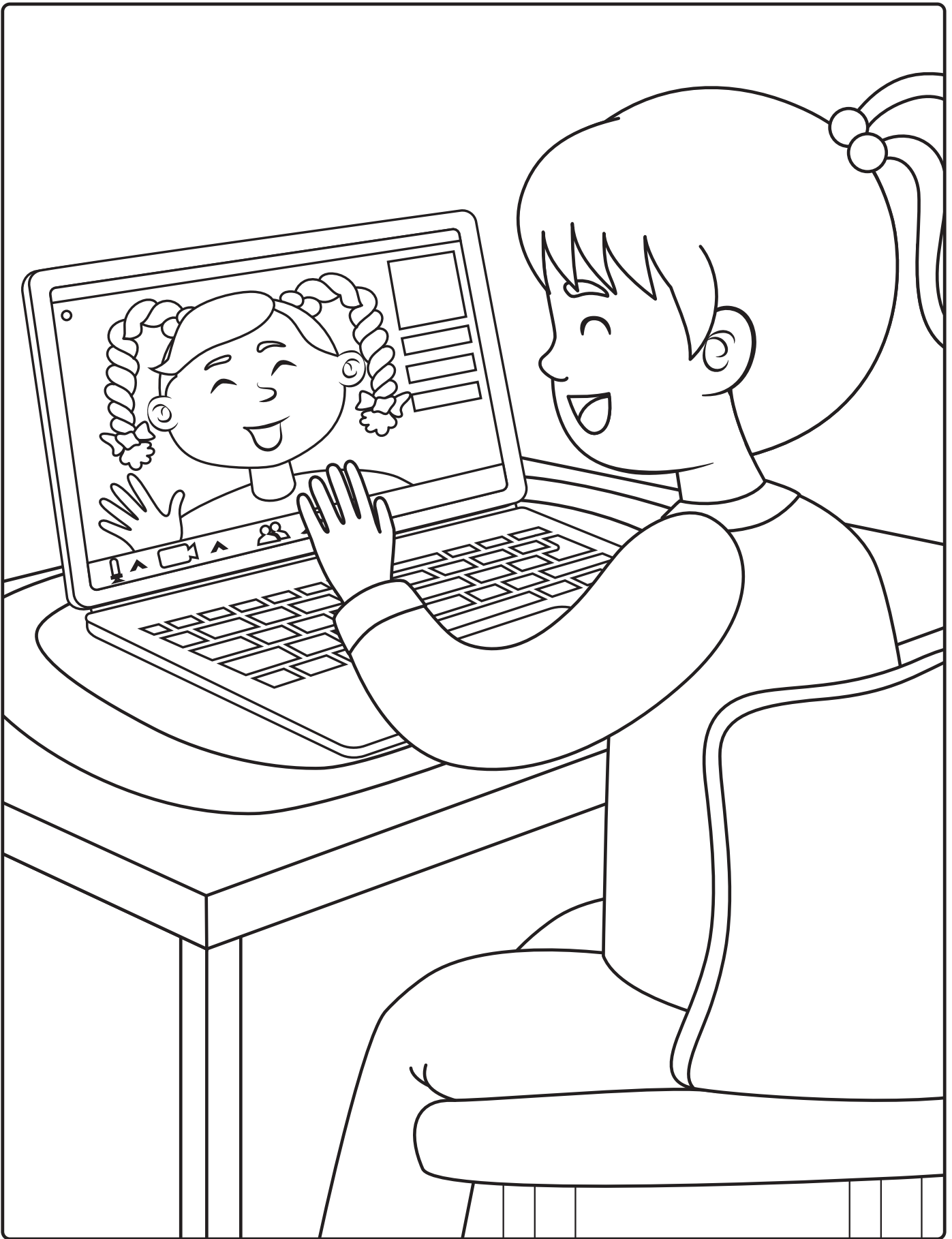
WHY DO I HAVE TO WEAR A MASK?

COVID-19 is a germ that can make us sick. When we are sick, sometimes we cough. Our mask catches our cough and doesn't let germs fly onto other people. Inside our house we don't have to wear our masks, but we should cover our mouths to catch our coughs and sneezes. And remember, we should always wash our hands after we cough or sneeze.



WHY CAN'T I PLAY WITH MY FRIENDS?

It is important for us to stay at our house and not get too close to other people because of COVID-19 germs. Let's think of ways we could stay at home and still stay in touch with our friends. We could call our friends on the phone or see our friends with a video call. We could make cards for our friends to show them we care about them.

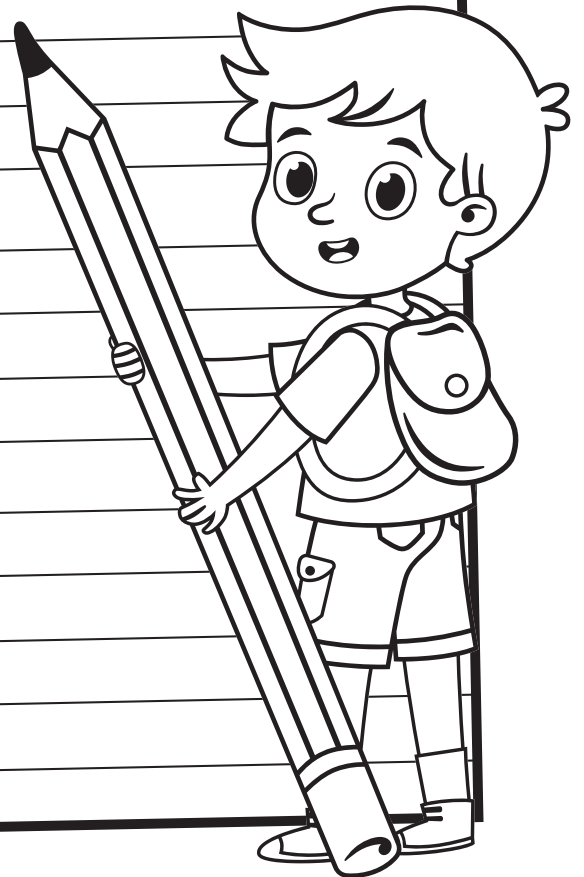


WHY CAN'T I GO TO MY GRANDPARENT'S HOUSE?

Sometimes, the best way for us to stay healthy is to stay in our house. If we go to other people's houses, we could accidentally share germs that might make them sick. Instead, we could stay home and draw a picture for our grandparents to tell them we love them or call them on the phone.

PEOPLE I LOVE!

Draw something for someone special to show them you care!



WHY CAN'T I GO TO SCHOOL, DAYCARE, OR THE PLAYGROUND?

Right now, we don't have medicine to fight COVID-19 germs, so it is important not to spread germs to other people.

You can call your friends or send a picture to your teacher. You can see your teacher on the computer or when we pick up homework at school.



WHY DO I FEEL SAD, WORRIED, OR BORED?

While we must stay home it is OK to feel sad or worried or even bored. Let's try some ways to feel better. We can take some deep breaths and pretend we are blowing out the candles on this birthday cake. We can also think of things we are grateful for. We can try some new activities at home or go on a walk in our neighborhood.



ACTIVITIES TO REDUCE STRESS:

Deep Breathing Exercises:

Breathe in through your nose while counting to 5 and breathe out through your mouth like you are blowing out birthday candles slowly (try to count to 5). Repeat 3 times and see if you feel better.

Thankful Exercises:

Thinking about all the things that we are thankful about in our lives can make us feel better. Write down the things that you are thankful for below:

Something that makes me happy

Something that I am good at

Something I think is pretty

Something in nature

What else are you thankful for?

Fun Activities:

- ✓ Scavenger hunt either indoors or outdoors in your yard or on a walk.
- ✓ Finding objects that begin with the same letter of the alphabet.
- ✓ Think of fun topics to talk about with friends and families over the phone.
- ✓ Learn a new skill like doing a cartwheel, riding a bicycle, growing a garden or cooking a recipe with your parents.



WORD SEARCH!

PEOPLE WHO HELP ME:

V	C	J	D	D	O	C	T	O	R	D	B	D	O	N
V	O	U	E	B	U	S	D	R	I	V	E	R	M	B
U	Q	Z	G	R	A	N	D	M	O	T	H	E	R	R
F	N	E	I	G	H	B	O	R	C	M	F	U	A	S
R	K	N	V	U	D	D	B	O	L	E	G	E	E	K
I	U	H	W	D	E	A	U	S	H	L	L	Y	W	Z
E	N	O	I	Q	V	D	C	K	W	X	H	G	R	B
N	C	K	L	E	R	M	T	E	A	C	H	E	R	S
D	L	Y	C	M	P	R	I	N	C	I	P	A	L	L
S	E	A	X	N	F	I	S	I	S	T	E	R	D	L
G	R	A	N	D	F	A	T	H	E	R	Z	N	Z	A
S	C	H	O	O	L	N	U	R	S	E	R	G	P	U
B	Q	T	F	J	H	F	A	M	I	L	Y	F	I	N
C	M	O	M	E	B	P	A	R	E	N	T	S	E	T
B	R	O	T	H	E	R	D	I	X	K	Q	F	W	S

~~GRANDFATHER~~
BROTHER
FRIENDS
SCHOOL NURSE
UNCLE
PRINCIPAL

TEACHERS
MOM
PARENT
AUNT
GRANDMOTHER
DOCTOR

SISTER
DAD
BUS DRIVER
NEIGHBOR
FAMILY

