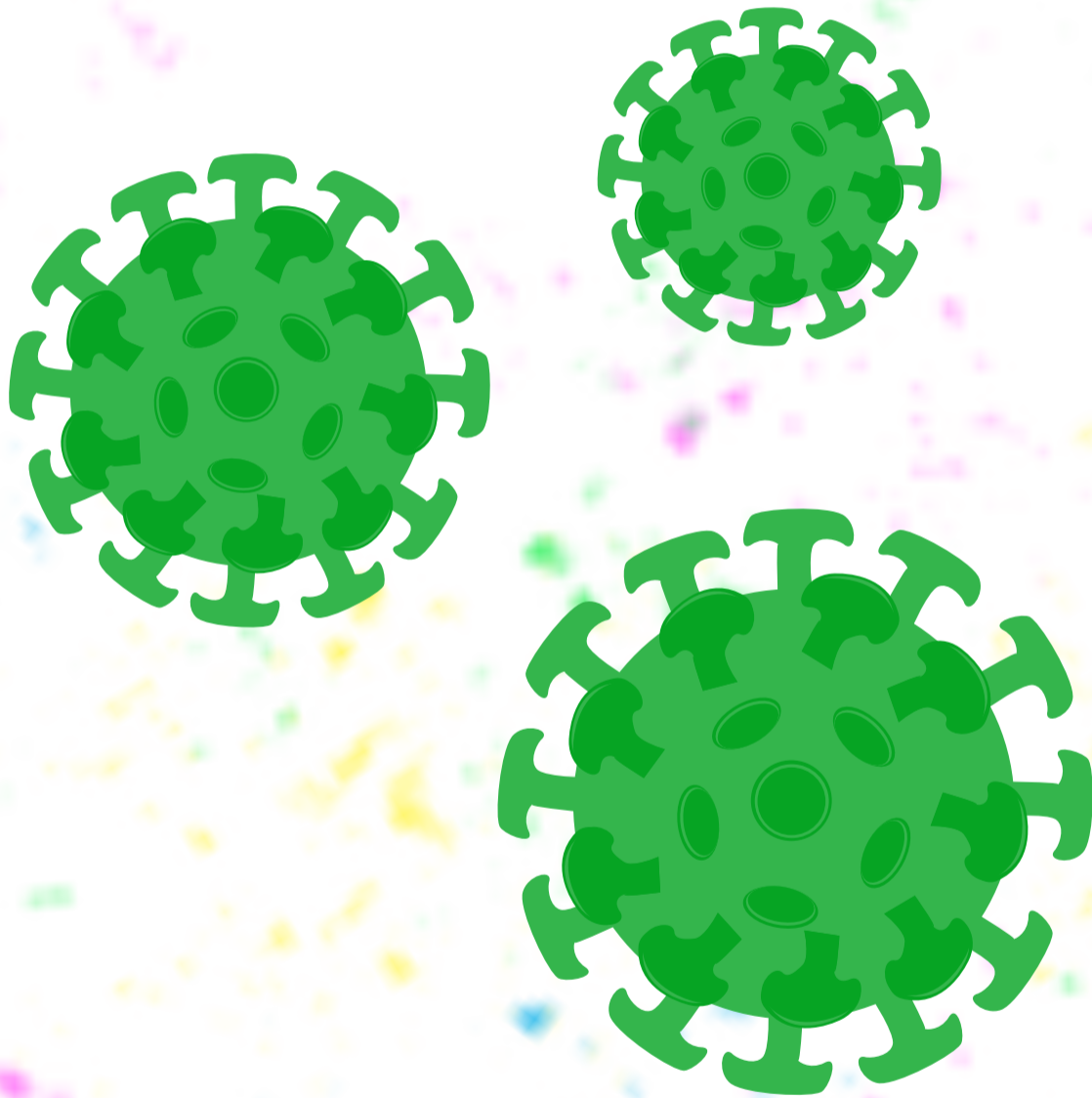


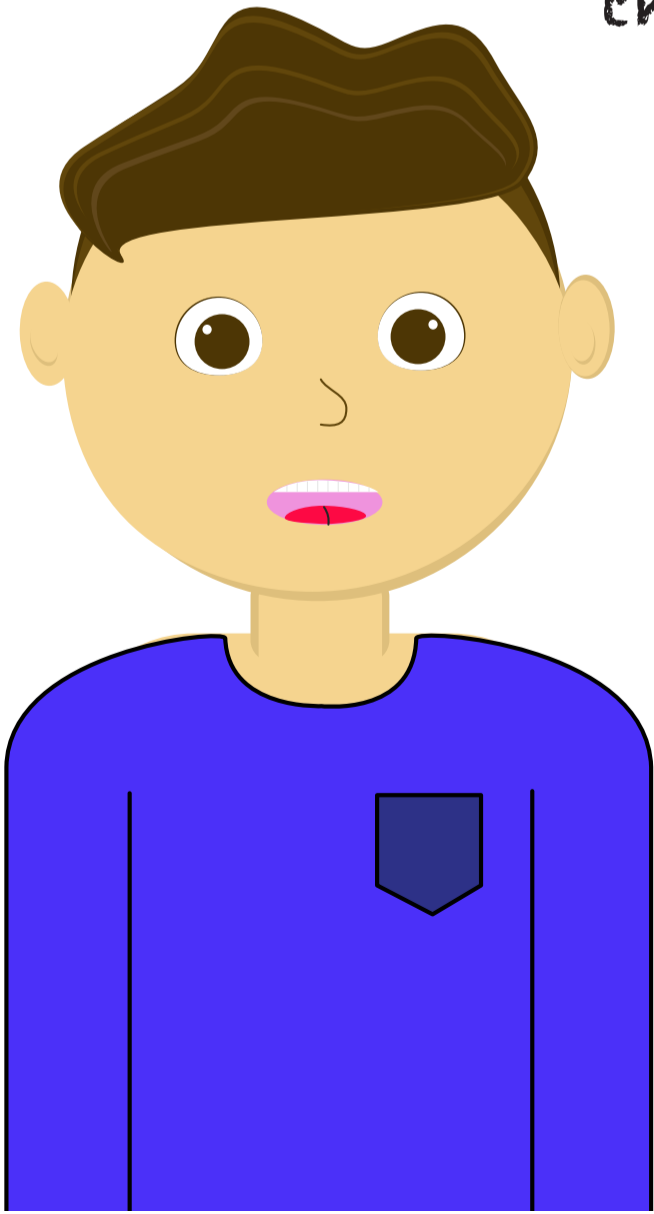
The germ called  
Coronavirus;  
A short guide for children

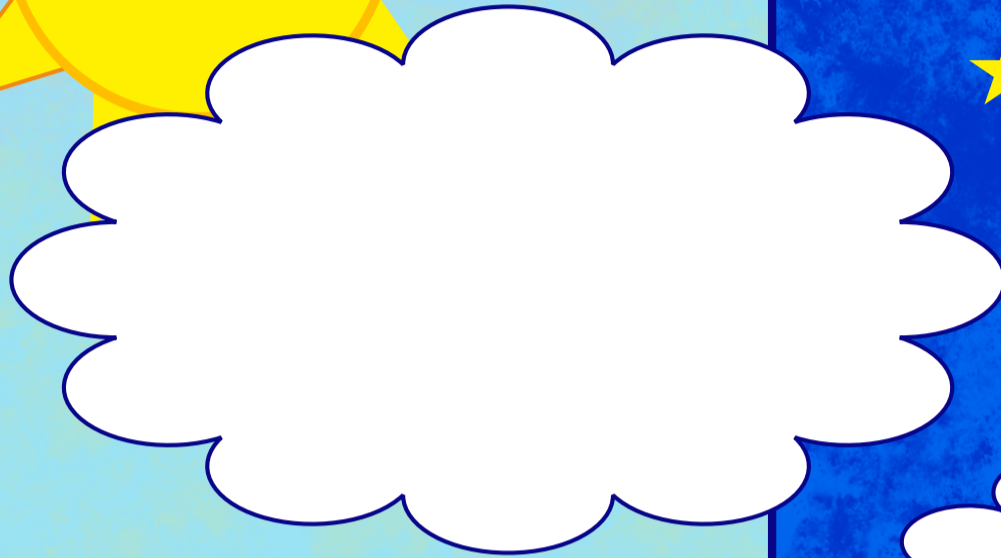


Written by Fernando Gonzalez III, LCSW

Hi, I'm **Sam**.

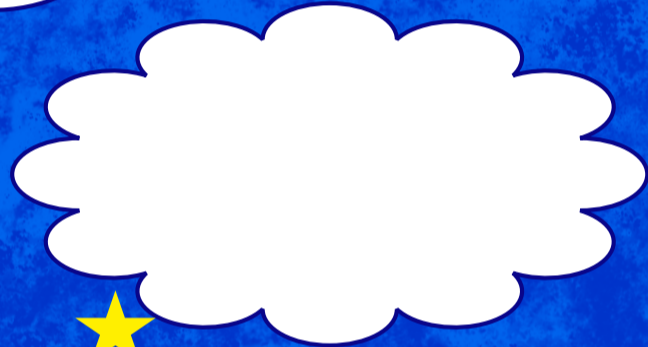
And I want to tell you the  
story of how I learned about  
the Coronavirus.





Once upon a time,

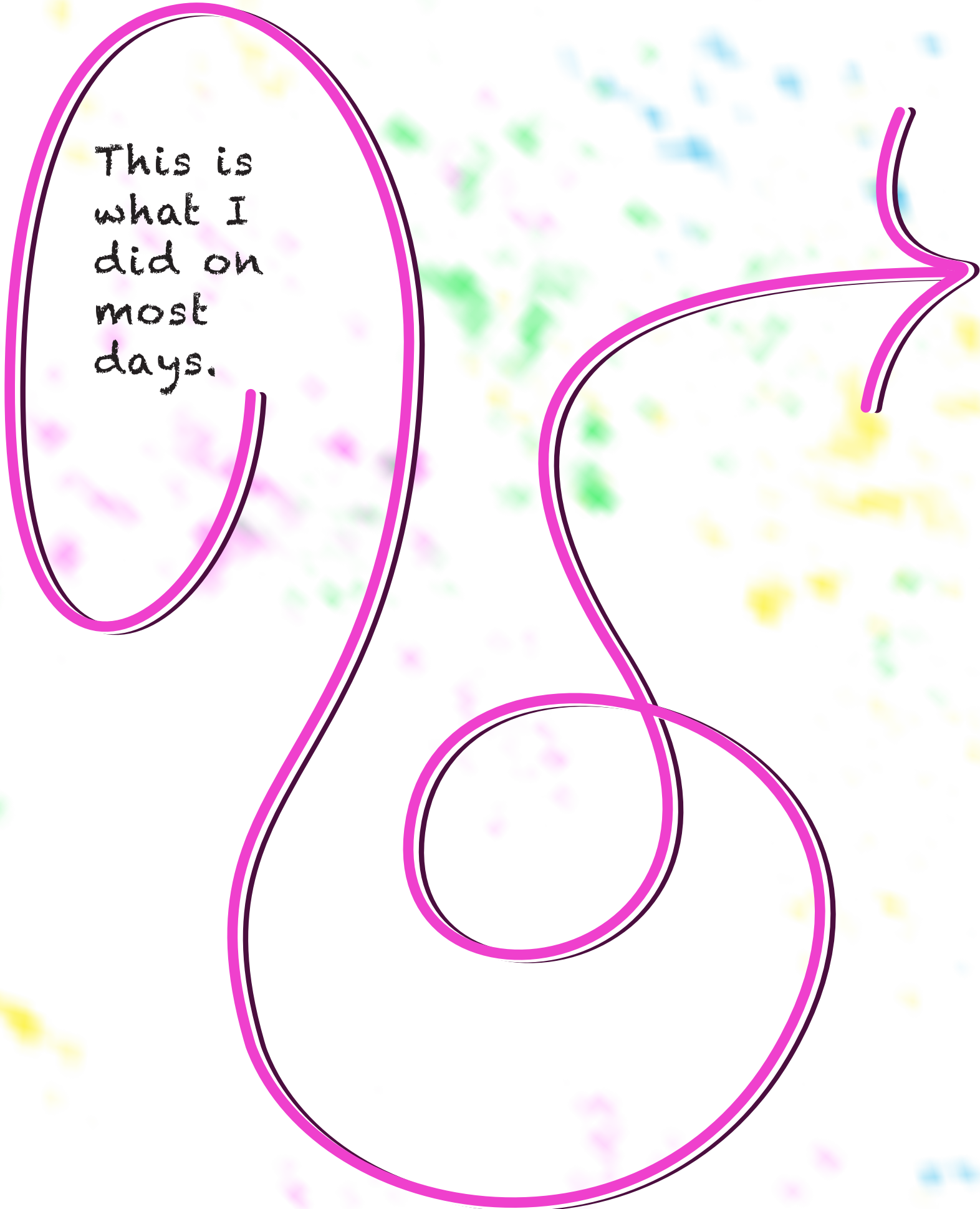
I used to wake up



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

The background of the entire page is a vibrant red starburst pattern. Numerous thin, red lines radiate from a central point, creating a sunburst or starburst effect that fills the entire frame. The lines vary in length and thickness, giving it a dynamic and energetic appearance.

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

10:45AM Lunch

3:00PM Homework

1:00PM Gym

2:30PM Go home

8:30AM Math

12:15PM: Art

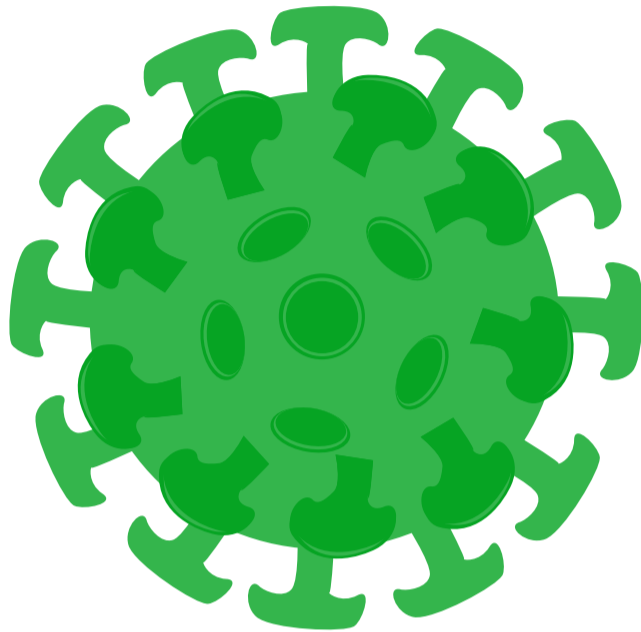




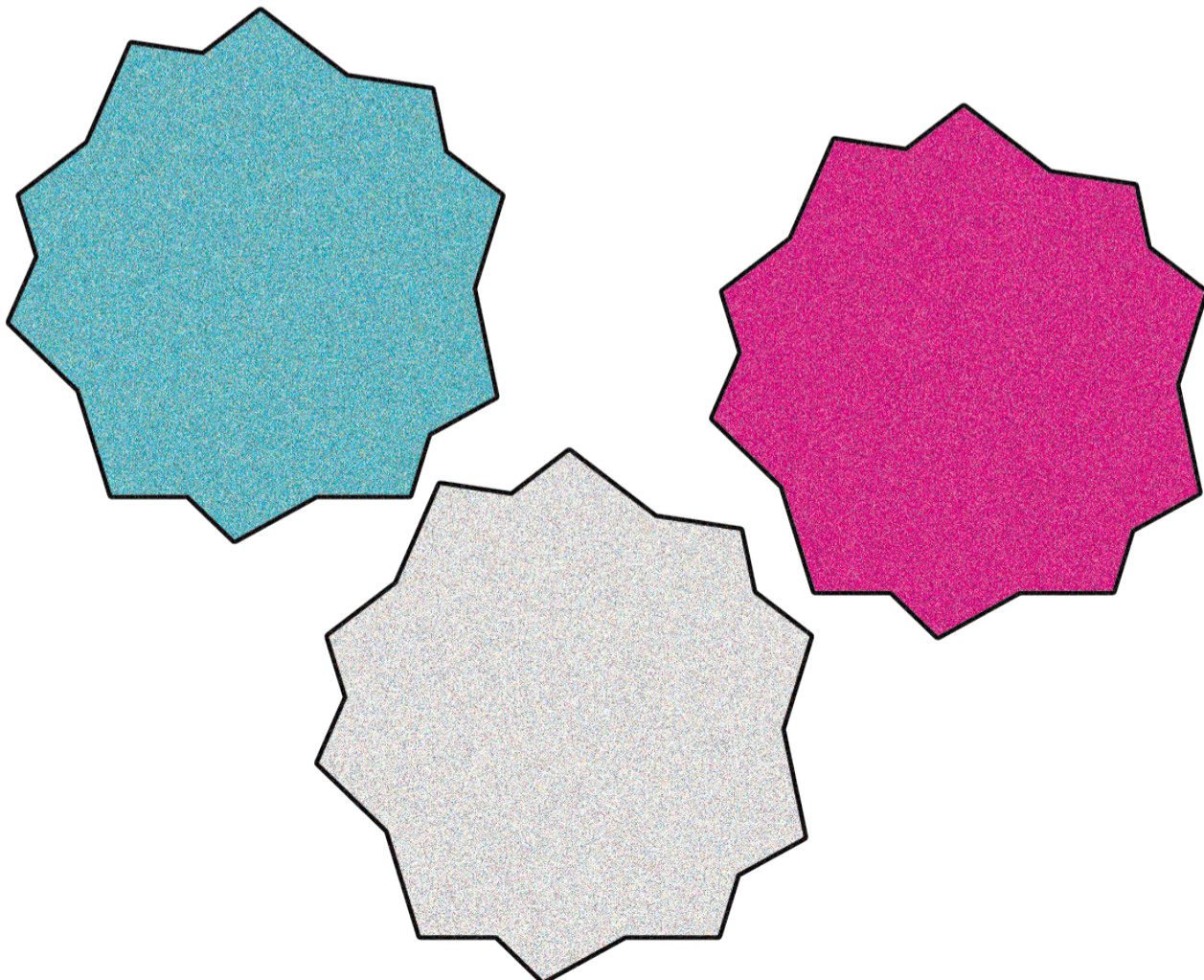
With so many changes happening super fast, my brain was so confused!

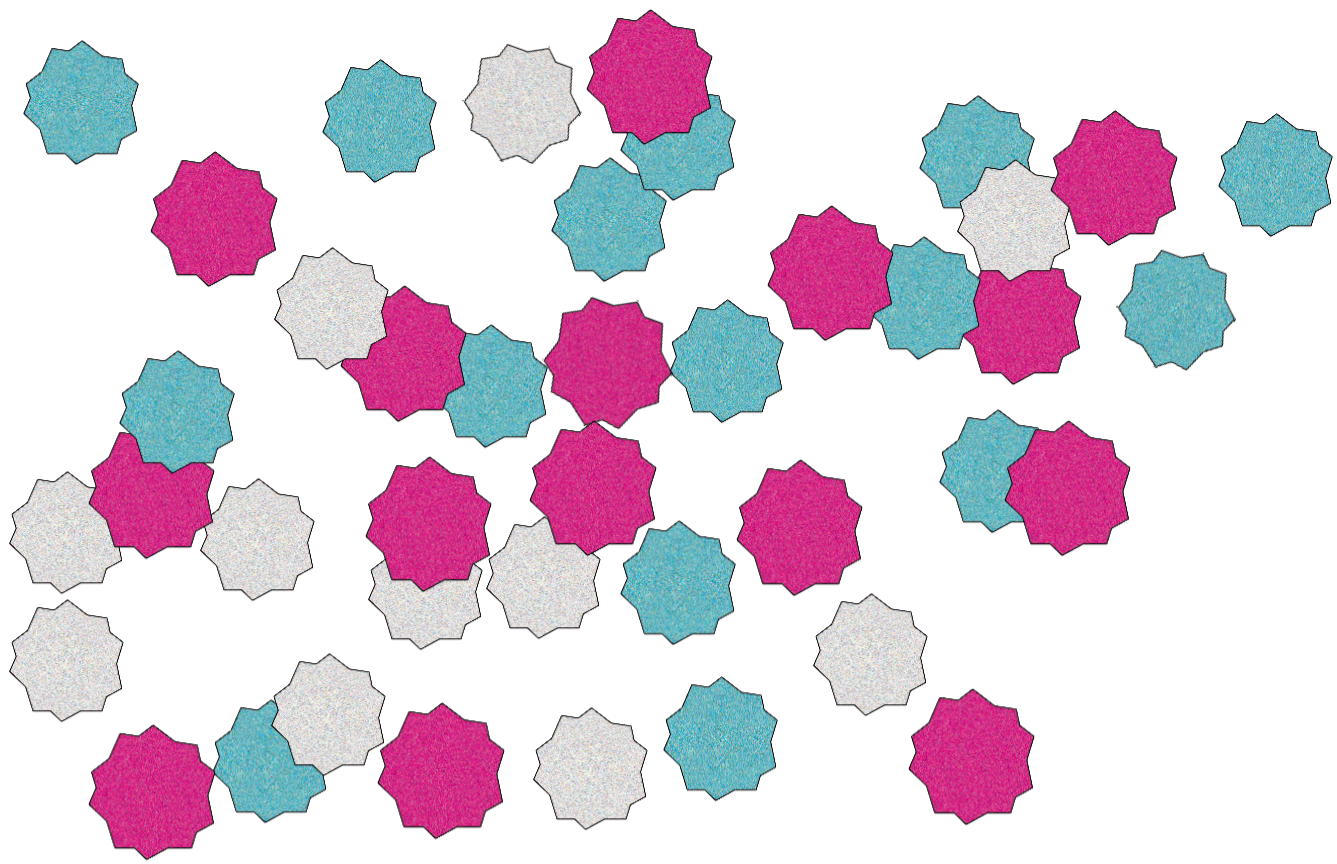
So I talked to my safe adult and here is what I learned.

This is the icky germ we call Coronavirus

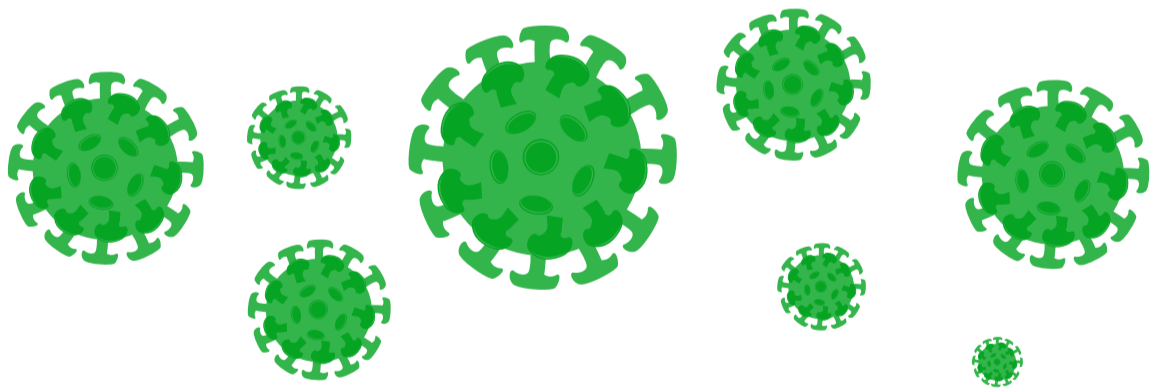


It's kind of like glitter





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.

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.



Watch  
movies

Call  
a  
friend

Play at home  
with a parent or  
sibling,  
bake, sing,  
dance

Play in  
your  
back  
yard

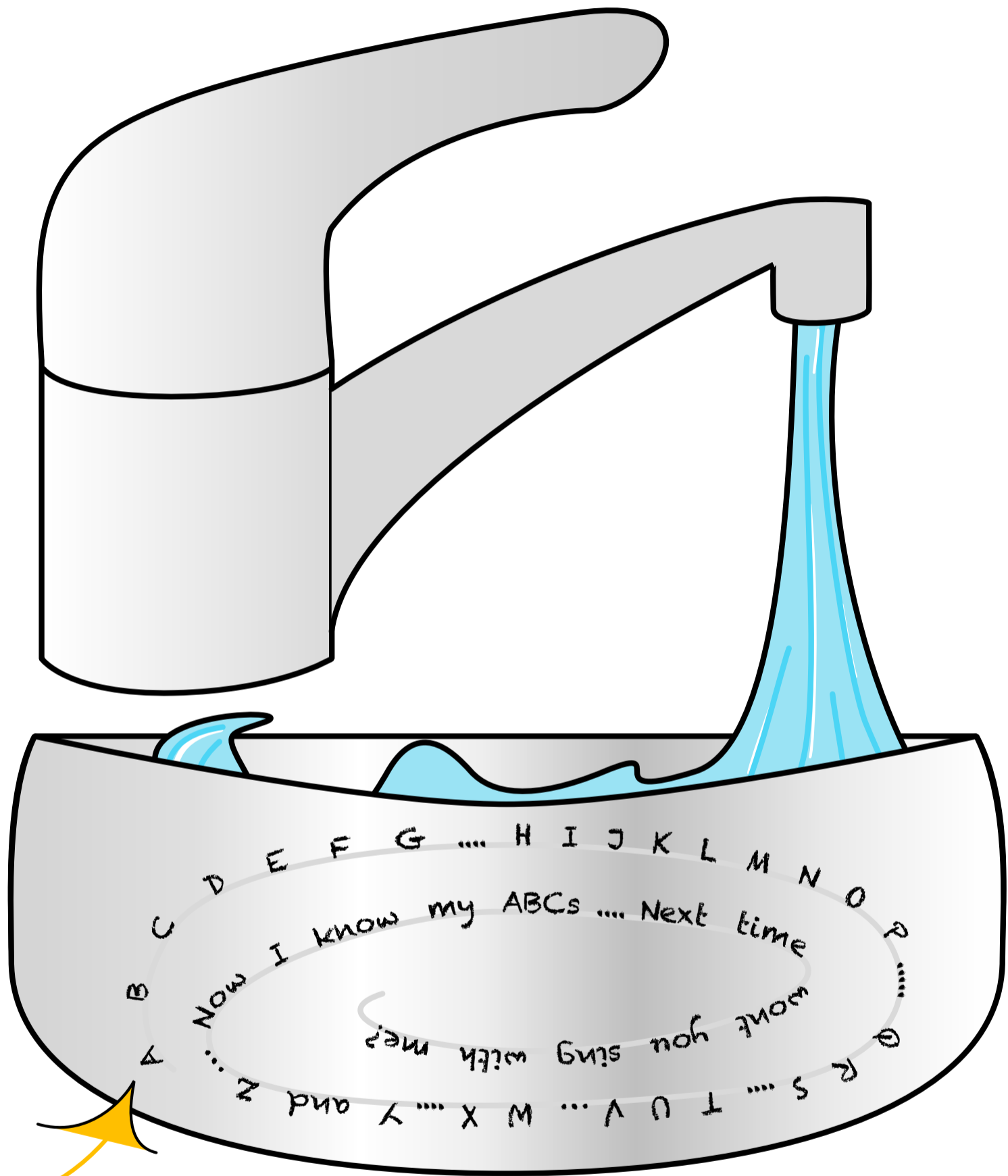
Take  
a  
walk

Wash  
my  
hands

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.

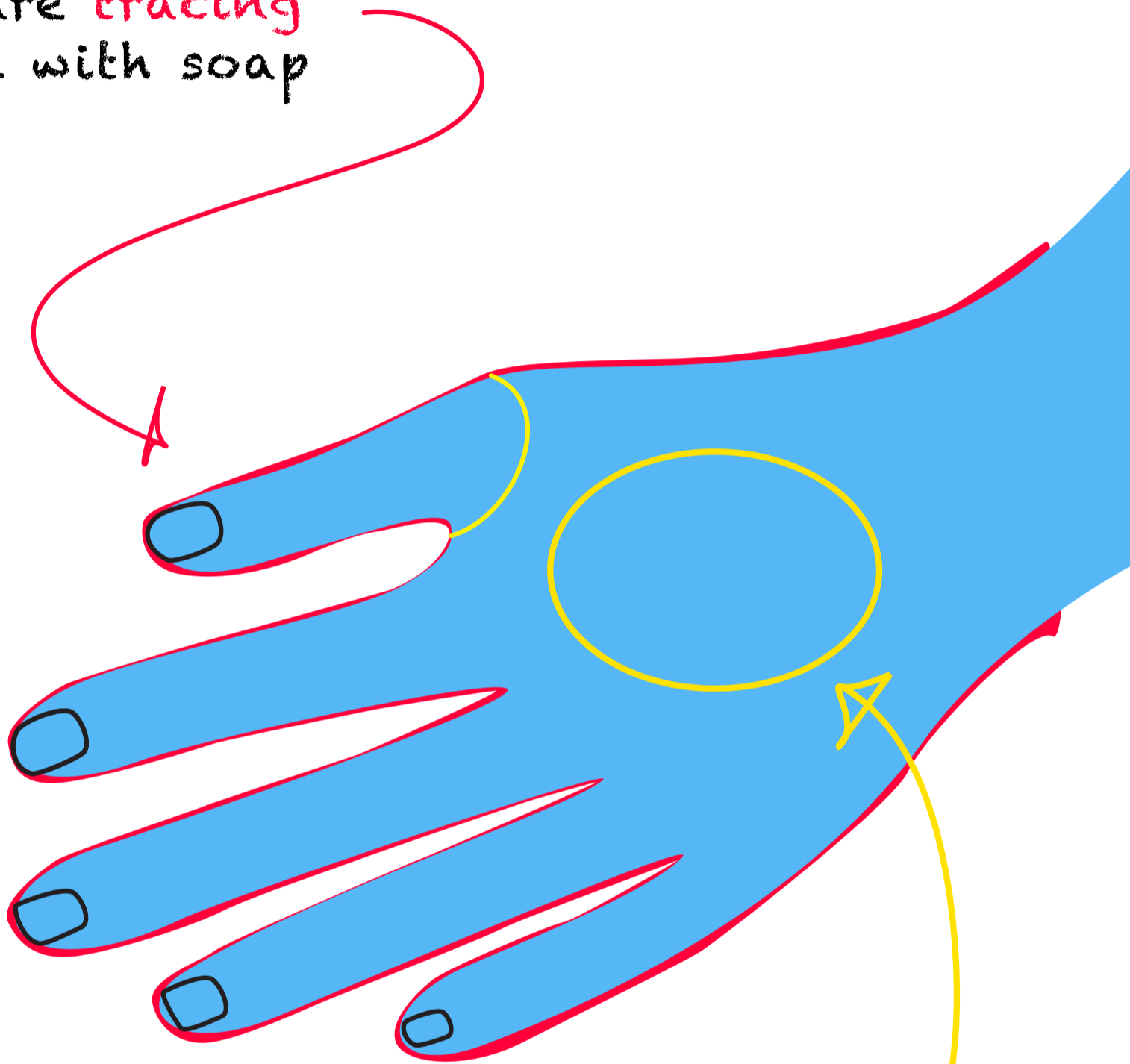


Practice singing the ABCs while you trace the alphabet with your finger.

[Start Here]



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

Worried

Happy

Nervous

Annoyed

Angry

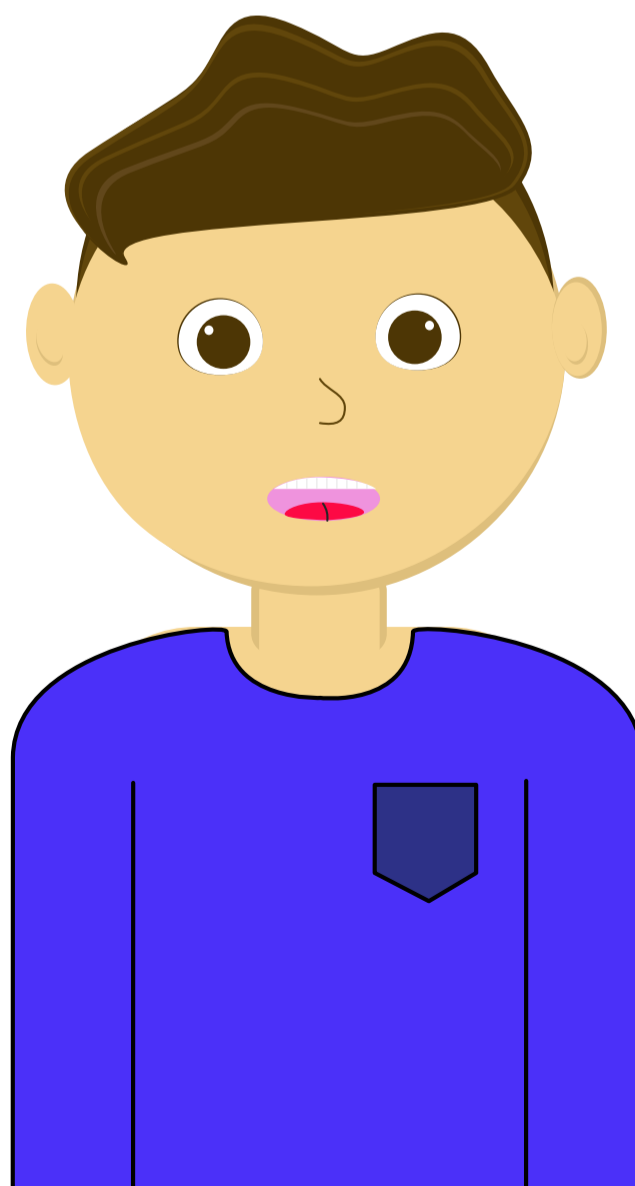
Are there other feelings you have that are not on this list?

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

They are **NORMAL**.

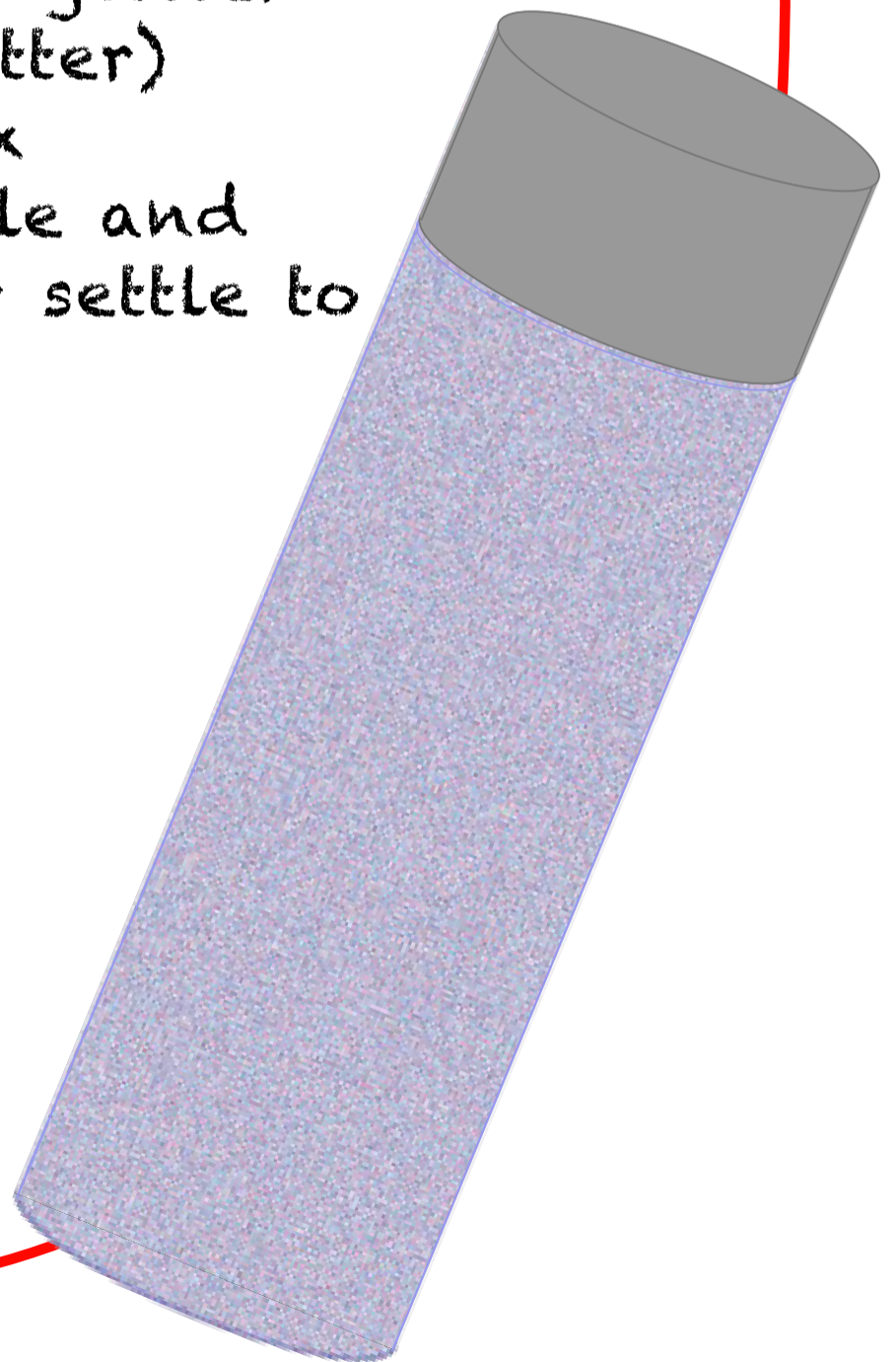
Big feelings can  
sometimes make my body  
feel energized and out of  
control.

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](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](http://www.kidmatterscounseling.com)

Additional written material from Fernando - [Daniel Feels Purple](#) - available on amazon

Revised March 23 2020