



When I feel nervous about COVID-19, here are some things I will do to make myself feel better:

- ☀ Talk about my feelings with a trusted adult
- ☀ Follow all the rules to avoid getting the virus
- ☀ Do something to express my feelings like drawing, painting, writing, or coloring

When I feel sad about missing my friends and family, here are some things I can do inside that make me happy:

- ☀ Keep a journal of my feelings
- ☀ Call or Skype my friends with permission
- ☀ Exercise, play games, dance, or put on a reader's theatre for my family
- ☀ Make something beautiful to send to veterans or the elderly that live in nursing homes

If my family is feeling stressed, I can be helpful by:

- ☀ Sticking to my daily schedule at home
- ☀ Helping with household chores
- ☀ Helping with the care of my siblings and/or pets

Name _____

Color by Code



Read these important words to remember for staying healthy. Say the words aloud.

Color by the code:

hand washing = YELLOW

soap = PURPLE

water = DARK BLUE

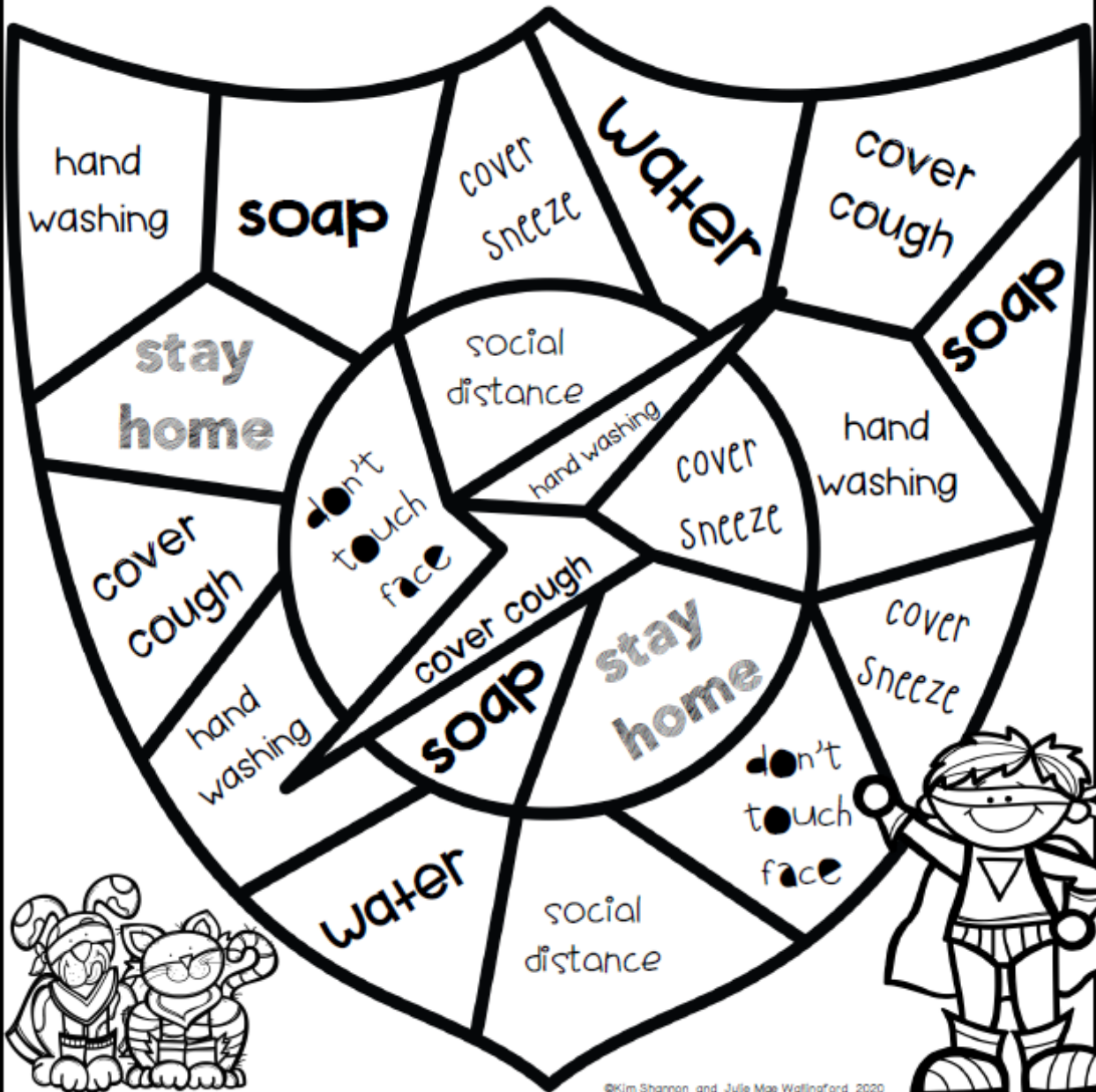
social distance = RED

cover cough = LIGHT BLUE

cover sneeze = ORANGE

stay home = GREEN

don't touch face = PINK



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Keep a journal of your feelings, too. Use your time at home to play games, read books, have fun learning, and spend time with family. Stay healthy!

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