

=music CITY=
SCHOOLcounselor

Thank you for downloading
this resource!



I hope that it will offer some answers, calm, and peace to you, your school community, and your children in this scary and uncertain time..

let's connect!



For helpful ideas and free resources, please check out my website!

www.musiccityschoolcounselor.com

TERMS OF USE:

This FREE resource was designed to support children and their families during this challenging time for our world. Please feel free to share this resource with your contacts, on social media, blog pages, school websites, Google Drive, as a hard copy printed resource, etc. But, please make sure to always give credit to Music City School Counselor as the creator and do not edit or alter this resource in any way.

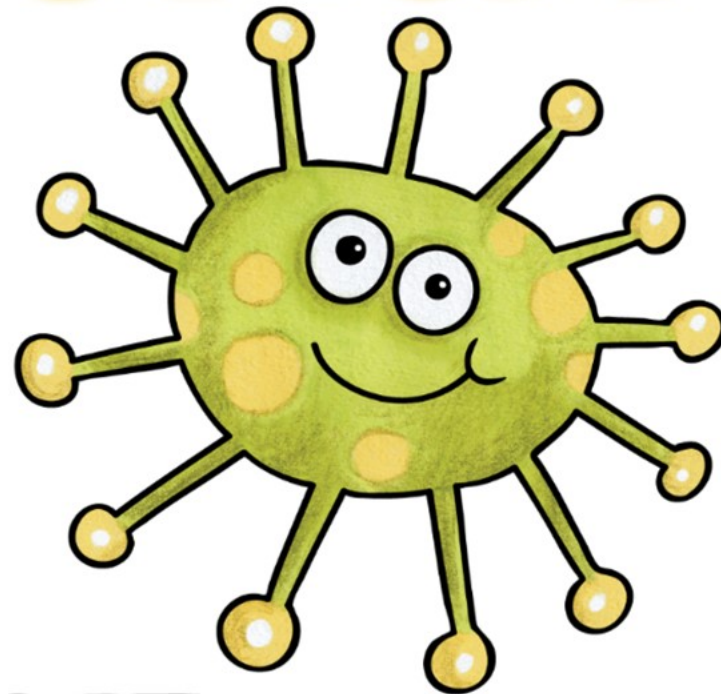
Please contact me any time at laura@musiccityschoolcounselor.com with questions, suggestions, or comments. I am here to help!

This resource was made possible by:

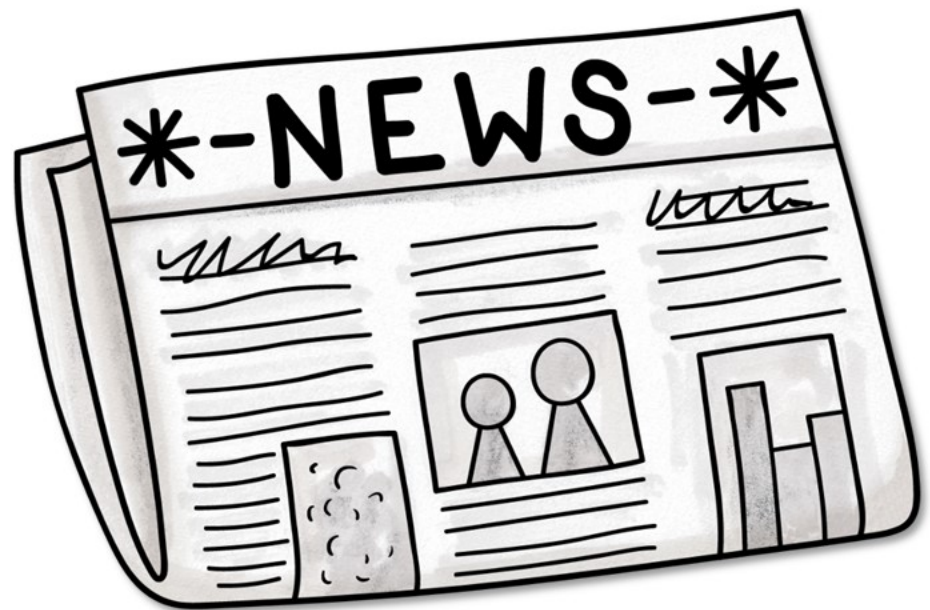
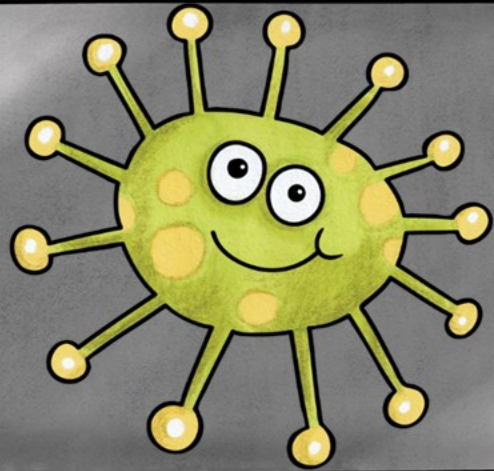


West
Paris Font

A Story to Help
Children Understand
Coronavirus



Hi there. My name is Coronavirus, or COVID-19. You may have heard people talking about me or seen me on TV.



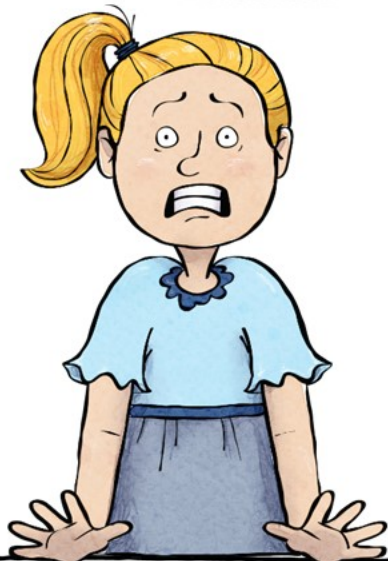
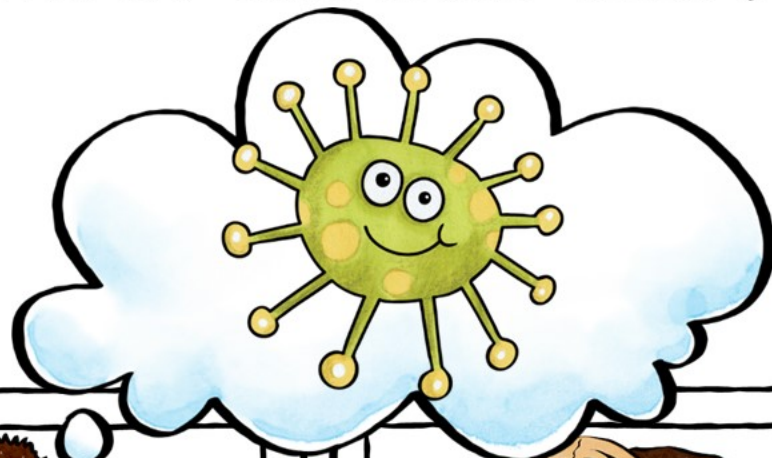


**I am a virus
which means
that I am a type
of germ. I am so
tiny that you
can't see me
with your eyes.
But when I get
inside of your
body, I can make
you feel sick.**

**You can catch me by
being close to someone
who is sick. Or, by
touching something
that they touched and
then touching your
eyes, mouth, or nose.**



It's normal to feel scared, nervous, or confused about me. How do you feel when you think about me?



Scared



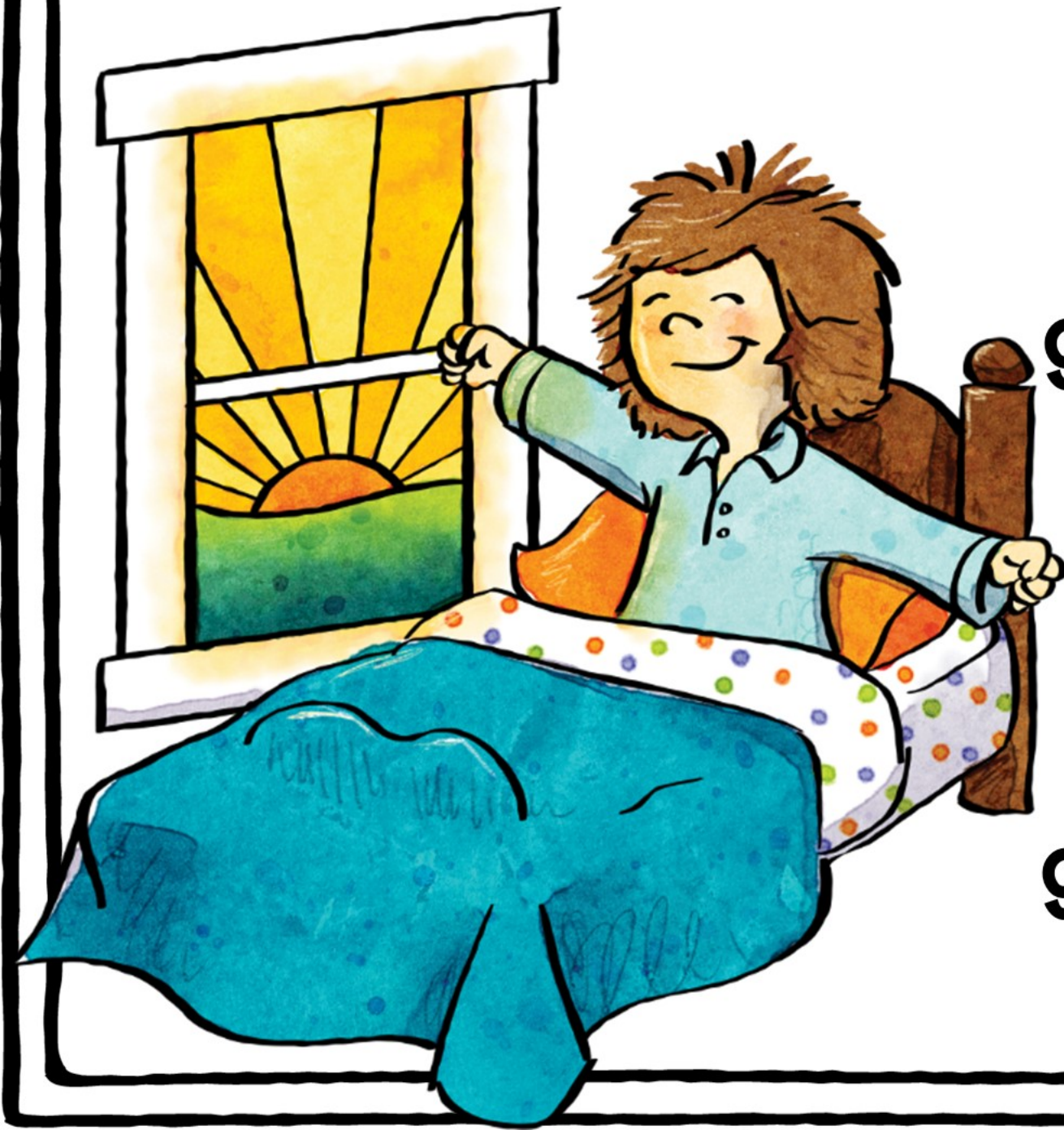
Nervous



Confused



Even though I can be scary, the good news is that most people who catch me just feel like they have a cold. They might feel achy and have a runny nose, sore throat, cough, or fever.



I am more dangerous to older grown-ups, like grandmas and grandpas, than I am to kids. Most people who catch me will get better in a week or two.



**While I'm
here, you may
not be able to
go to school
or go to other
places that
you like to go.**

It may be safest for you and your family to stay home for a while.

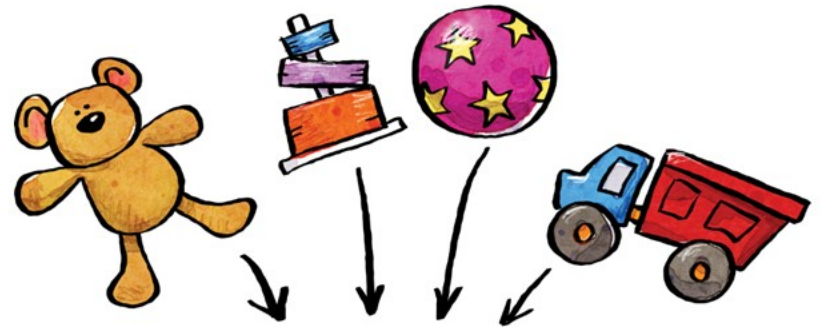




**I want you to
stay healthy
and to stay
away from me,
if you can. To
keep me away,
the most
important thing
that you can do
is to wash your
hands as often
as you can!**



With your caregivers' permission, you can still play outside, read, and play with your toys. Try to enjoy your time at home as much as you can.



It's okay to talk about me and to ask questions any time you'd like. If you're feeling nervous or scared, you can try counting to 10 and taking deep breaths. Sometimes writing and drawing about your feelings can help, too.



Doctors and scientists are working very hard to find a cure for me. In the meantime, the people you love are doing their best to keep you safe and healthy.



Remember, you are brave and strong. We are all in this together! And I hope that you'll be able to say goodbye to me very soon!

