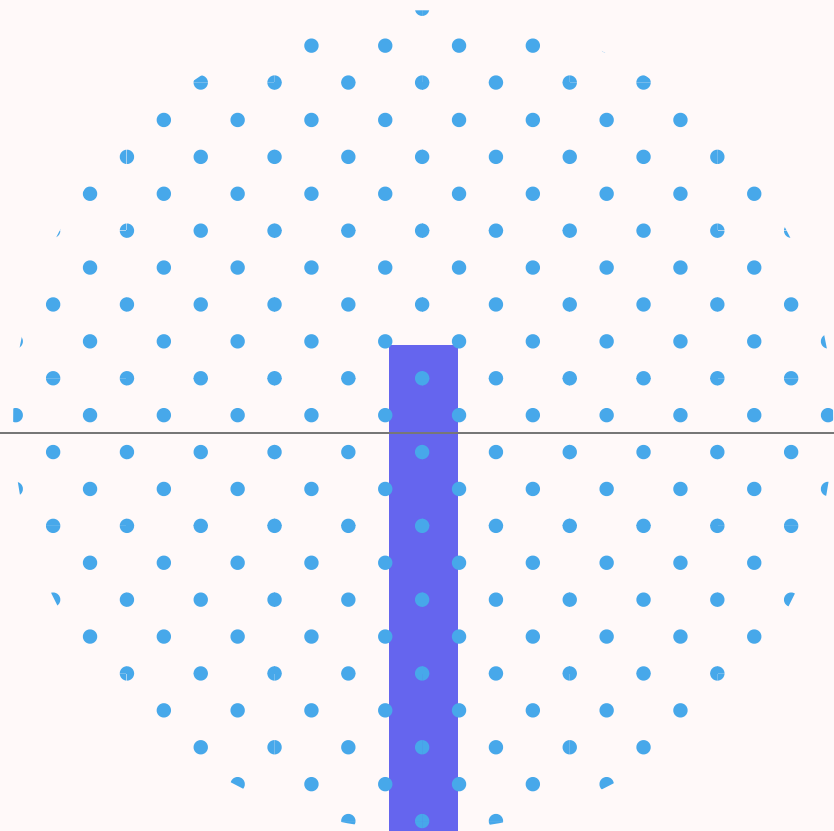




COPING WITH COVID 19

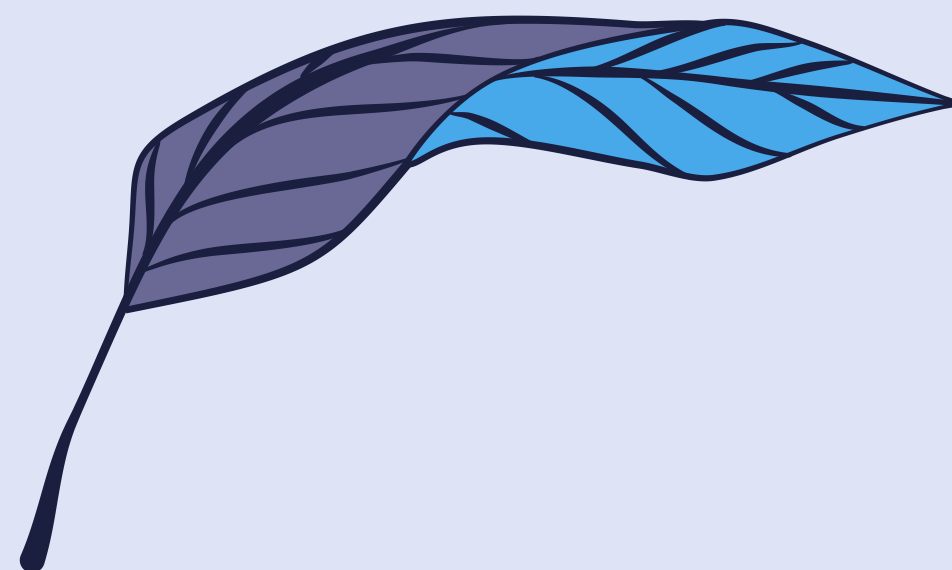
A WORK BOOK FOR KIDS AND TEENS



COPING WITH COVID19

A work book designed to help children and teens communicate and cope with their feelings and emotions regarding the global Covid 19 pandemic. This work book includes writing and drawing prompts to help create a therapeutic experience and provide an opportunity to have open conversations.

A list of commonly heard words surrounding the pandemic are defined in this work book in simple and concrete terms to make them easier for children and teens to understand.



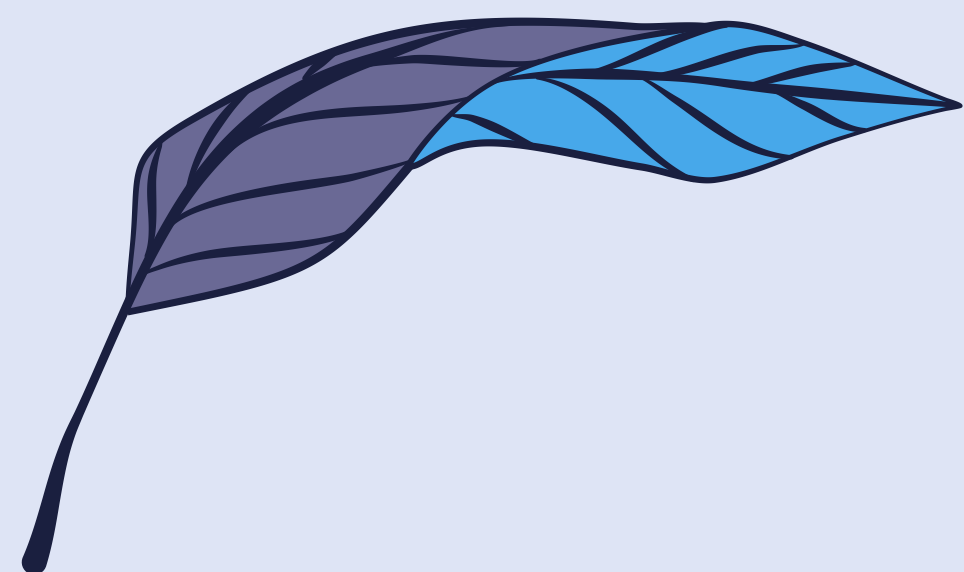
DEFINITIONS

Coronavirus- A type of germ that can cause a disease and can spread between people.

Covid 19-The disease that is caused by a newly discovered coronavirus. This disease can make people very sick.

Pandemic- When a disease spreads very quickly and affects a large number of people in many different countries.

Social distancing- Limiting physical contact with other people to hopefully reduce the number of people who get sick.



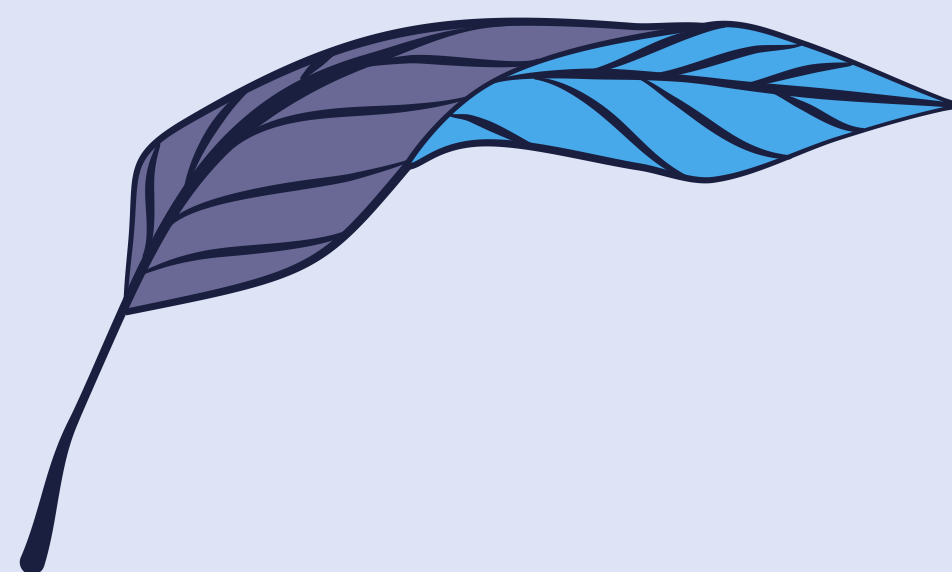
DEFINITIONS

Isolation- Staying separate from other people and places.

Quarantine- When someone who is or might be sick stays separate from other people so the other people hopefully do not get sick.

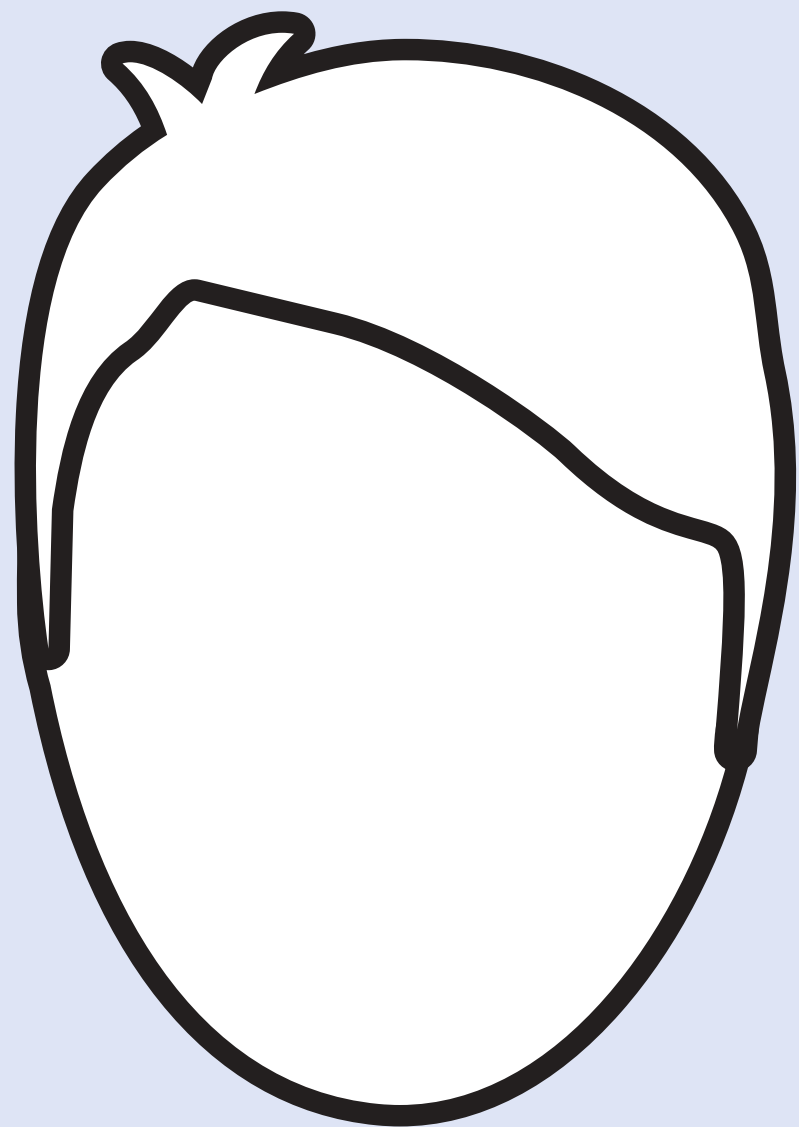
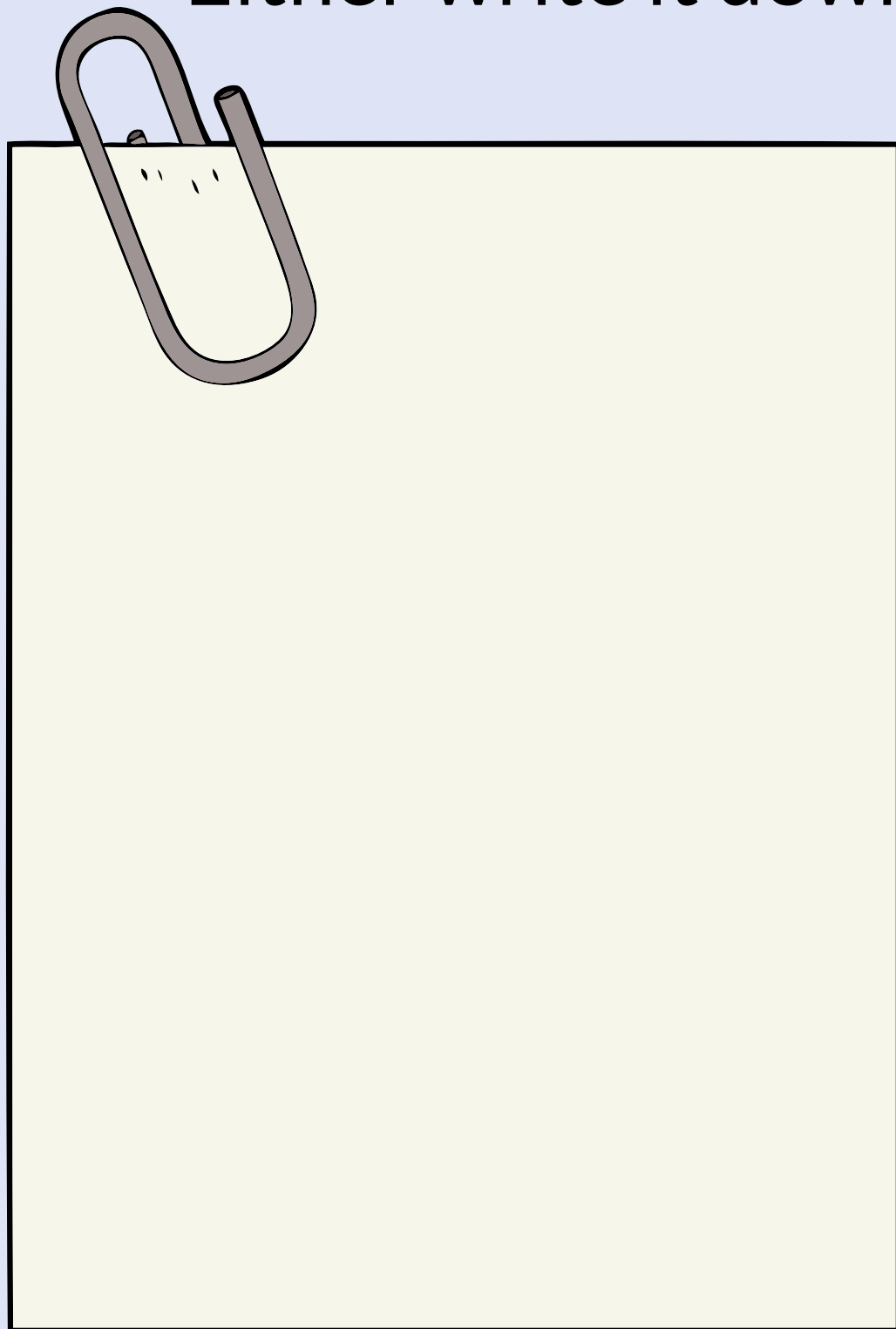
PPE- "Personal Protective Equipment"- Equipment people wear to help limit the spread of germs to themselves and others. A face mask, gloves, and a medical gown are examples of PPE.

Ventilator- A machine used in hospitals to help people breathe if they cannot breathe on their own.



HOW DO YOU FEEL WHEN YOU HEAR ABOUT COVID 19?

Either write it down or draw it in a face



**DRAW A PICTURE OF WHAT YOU THINK THE VIRUS
LOOKS LIKE.**



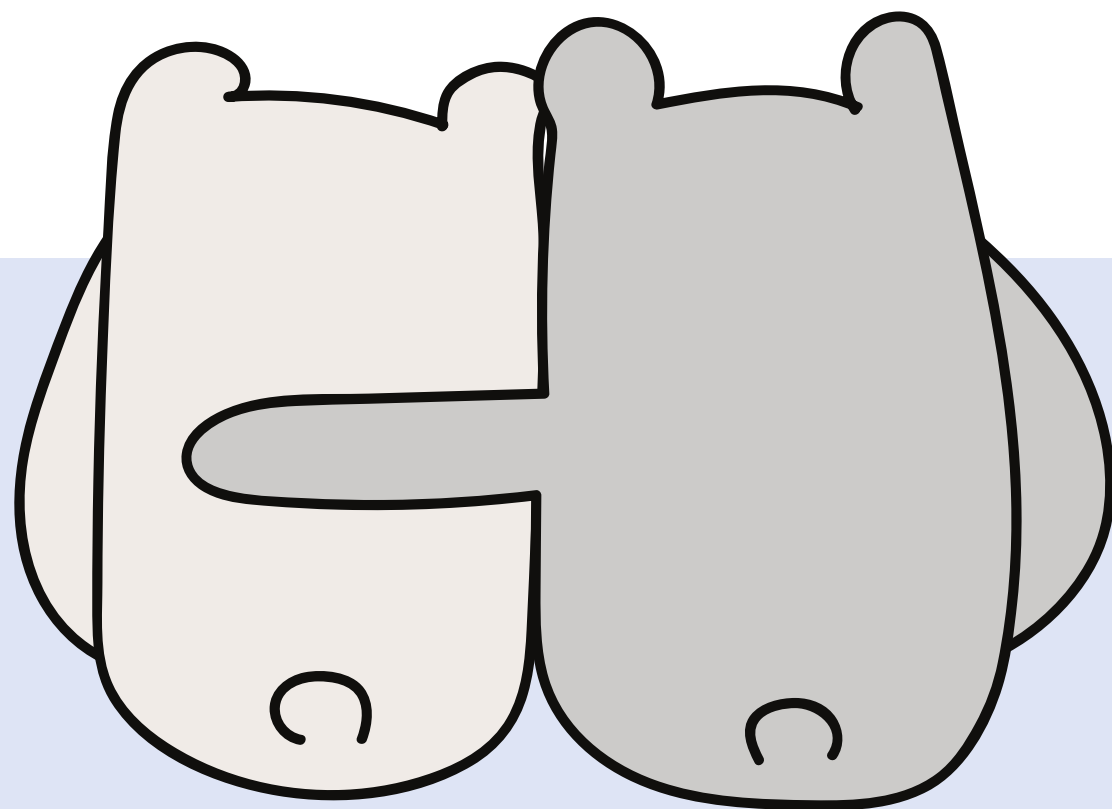
WHAT HAS CHANGED IN YOUR LIFE BECAUSE OF THE PANDEMIC?

A large, empty white rectangular area intended for writing or drawing a response to the question above.



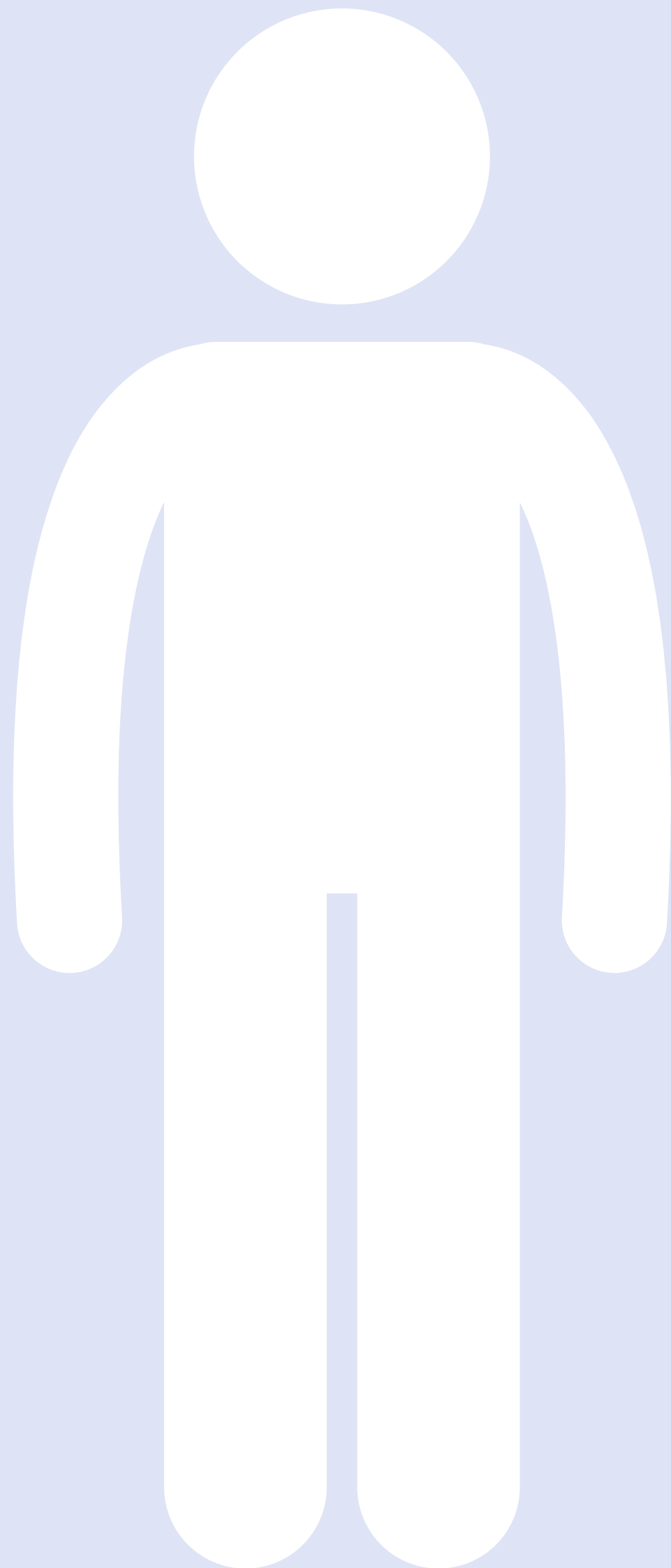
**WHAT/WHO DO YOU MISS BECAUSE YOU NEED TO STAY
AT HOME OR IN THE HOSPITAL?**

A large, empty white rectangular area intended for writing answers to the question above.



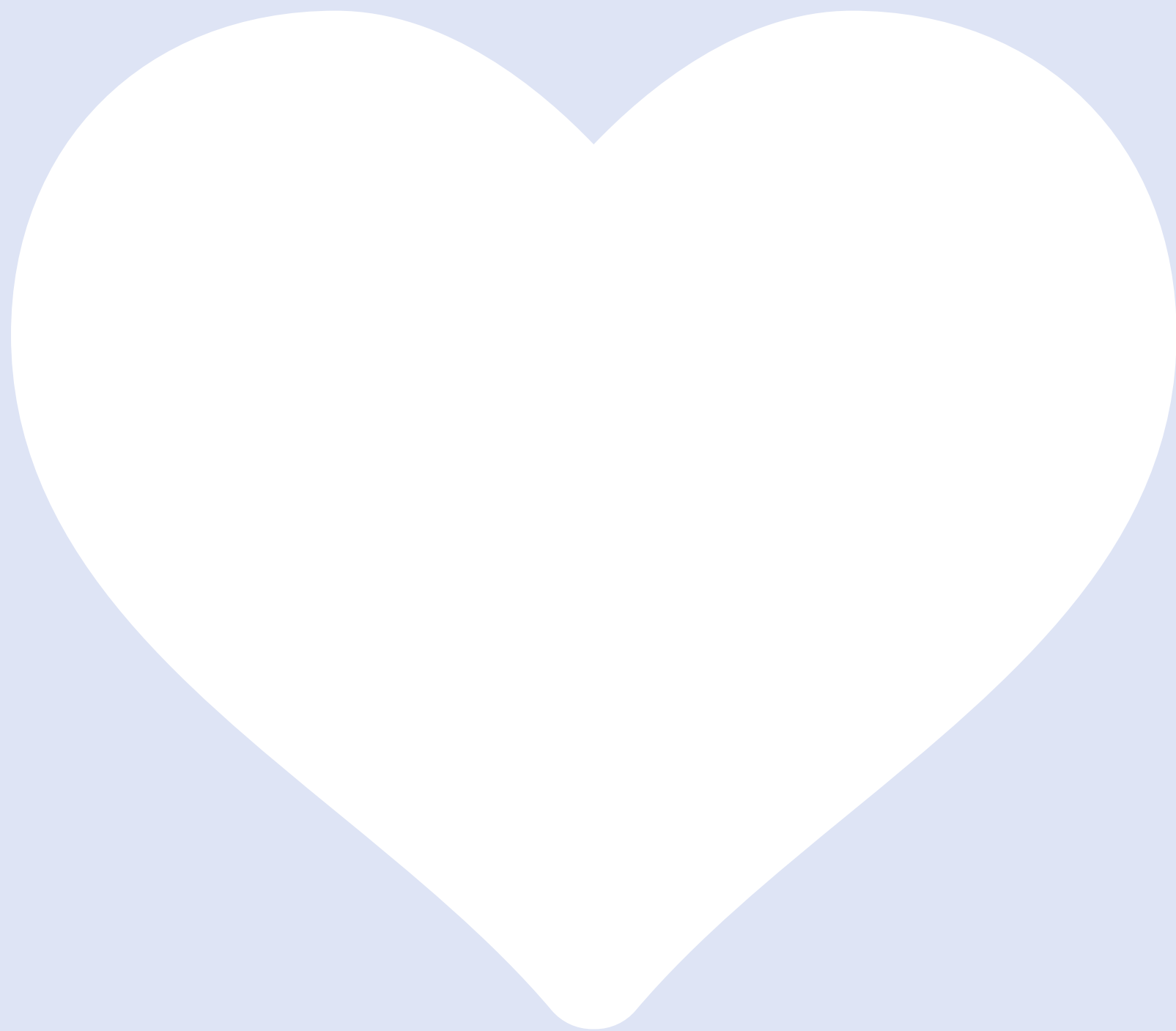
HOW DOES YOUR BODY/BRAIN FEEL DURING THE PANDEMIC?

Color in the person to show how
your body/brain feels.



HOW DOES YOUR HEART FEEL DURING THE PANDEMIC?

Color in the picture to show how your heart feels.



WHAT DO YOU WISH WOULD BE DIFFERENT IN THE WORLD RIGHT NOW?

A large, empty white rectangular area intended for writing answers to the question above.

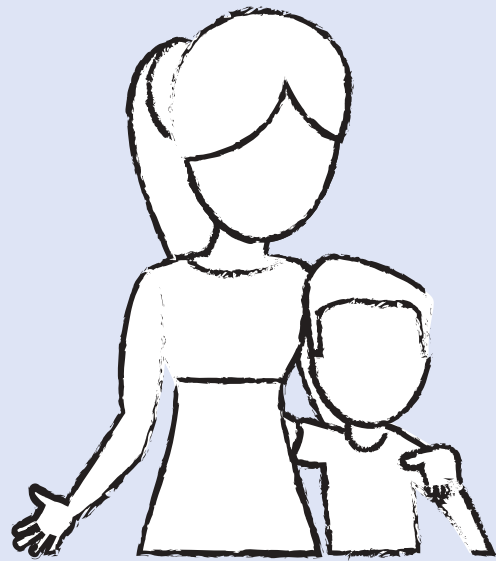


WHAT CAN YOU DO WHEN YOU FEEL SCARED?

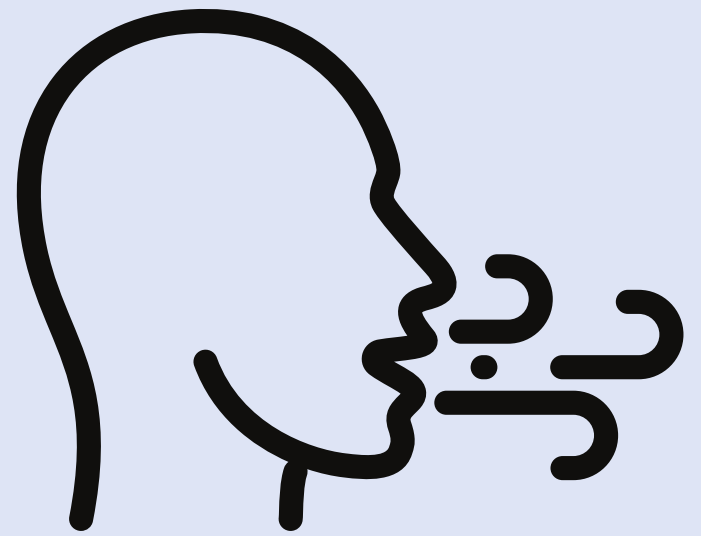
Circle some options or write/draw your own.



listen to music



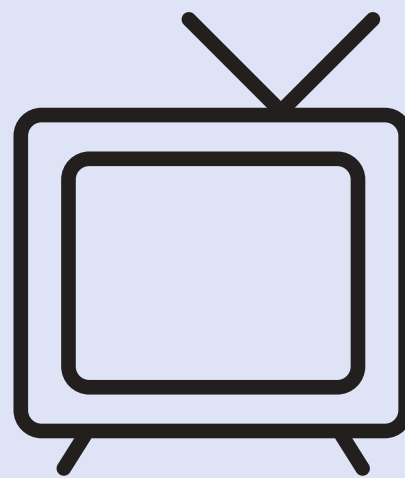
hug a loved one



take a deep breath



write about it



watch a movie

A large white rectangular area at the bottom of the page, intended for students to write or draw their own coping strategies.

WHO CAN YOU TALK TO WHEN YOU FEEL SCARED, ANXIOUS, OR UPSET?



Some kids like to talk to a parent, teacher, counselor, or friend. What about you?

WHAT CAN YOU DO TO HELP PEOPLE DURING THE COVID 19 PANDEMIC?

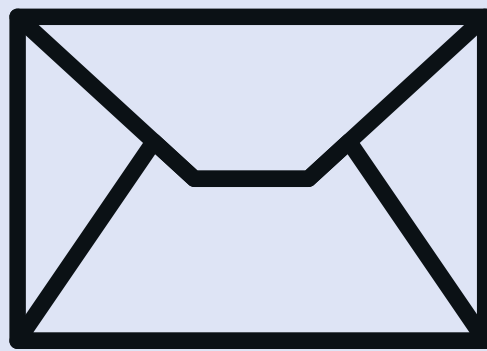
Circle some choices or write/draw your own.



wash your hands to help keep everyone healthy



video chat with a loved one to see how they are doing



write a letter to your teacher, nurse/doctor, or caregiver to thank them for their hard work

A large, empty white rectangular box at the bottom of the page, intended for students to write or draw their own ideas.

**PLEASE VISIT THESE SITES FOR MORE INFORMATION
ABOUT COVID 19**

Centers for Disease Control and Prevention

<https://www.cdc.gov/>

American Academy of Pediatrics

<https://www.aap.org/>

Cincinnati Children's Hospital

<https://www.cincinnatichildrens.org/patients/coronavirus-information>