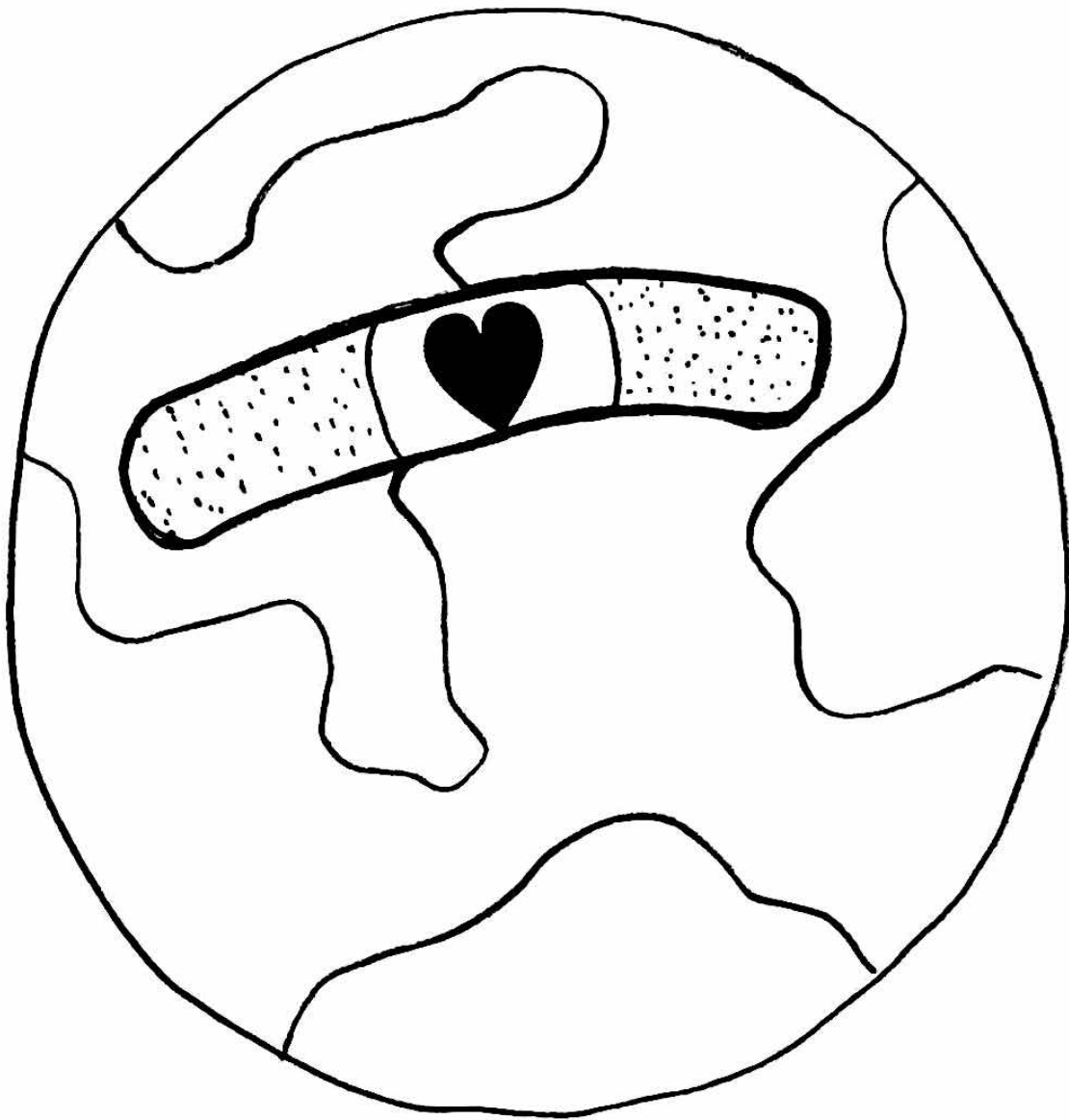


# The World Has a Bobo



By: Karen Taheri

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Hi there,  
I'm Drew.

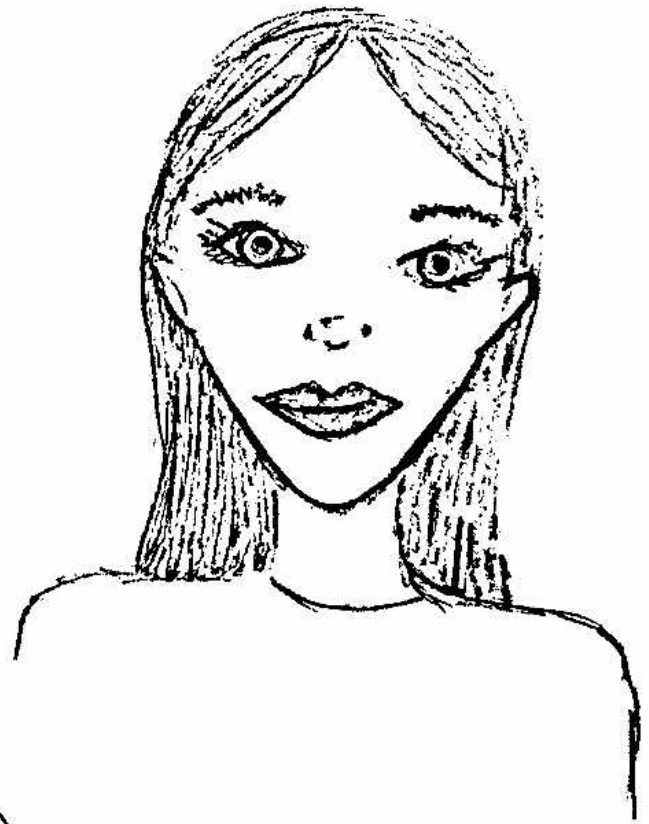


I heard the world has a  
bobo and it's called the  
coronavirus. I am going to  
share what I've learned about  
the coronavirus with you. But  
first, I would really like to  
know...

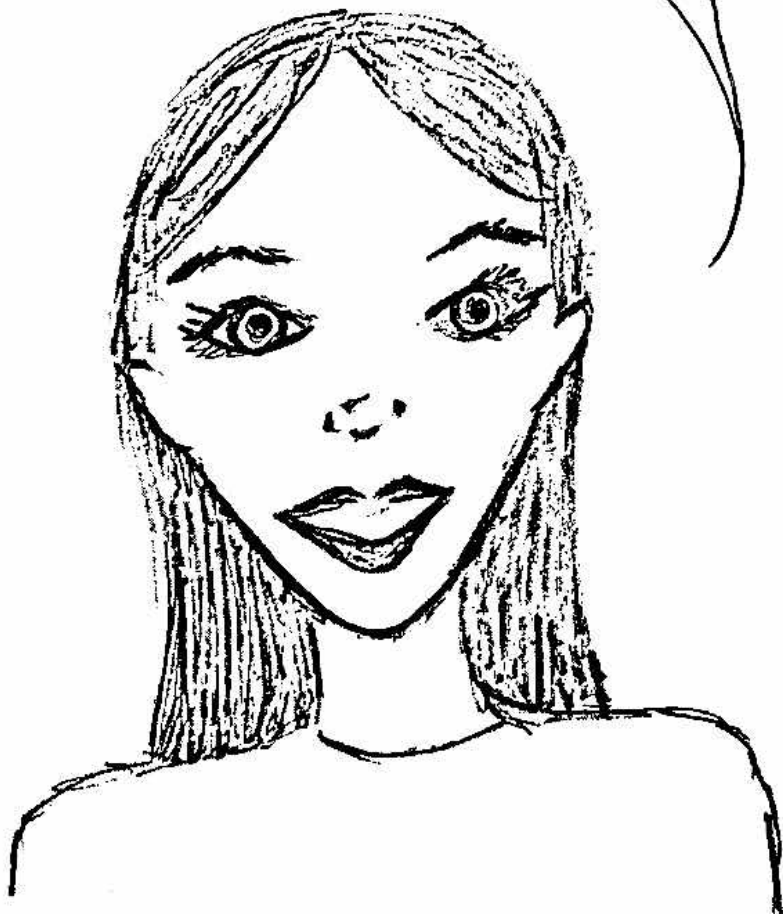
...What have you  
heard about the  
coronavirus?



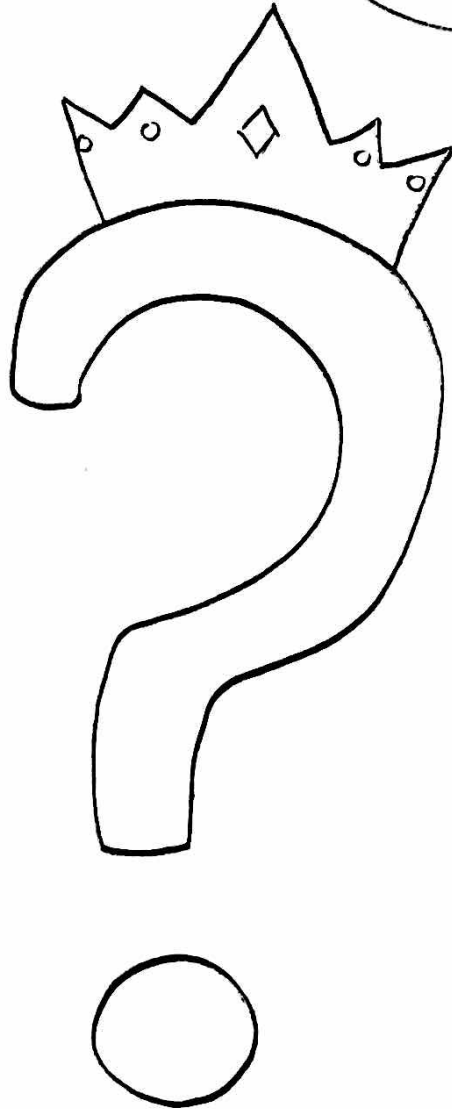
Mom, what exactly is  
the coronavirus?!



A virus is a germ that has to be inside a body to make that person sick. The coronavirus is a new virus that people all over the world are working to learn more about.



Why do they call  
it a coronavirus?



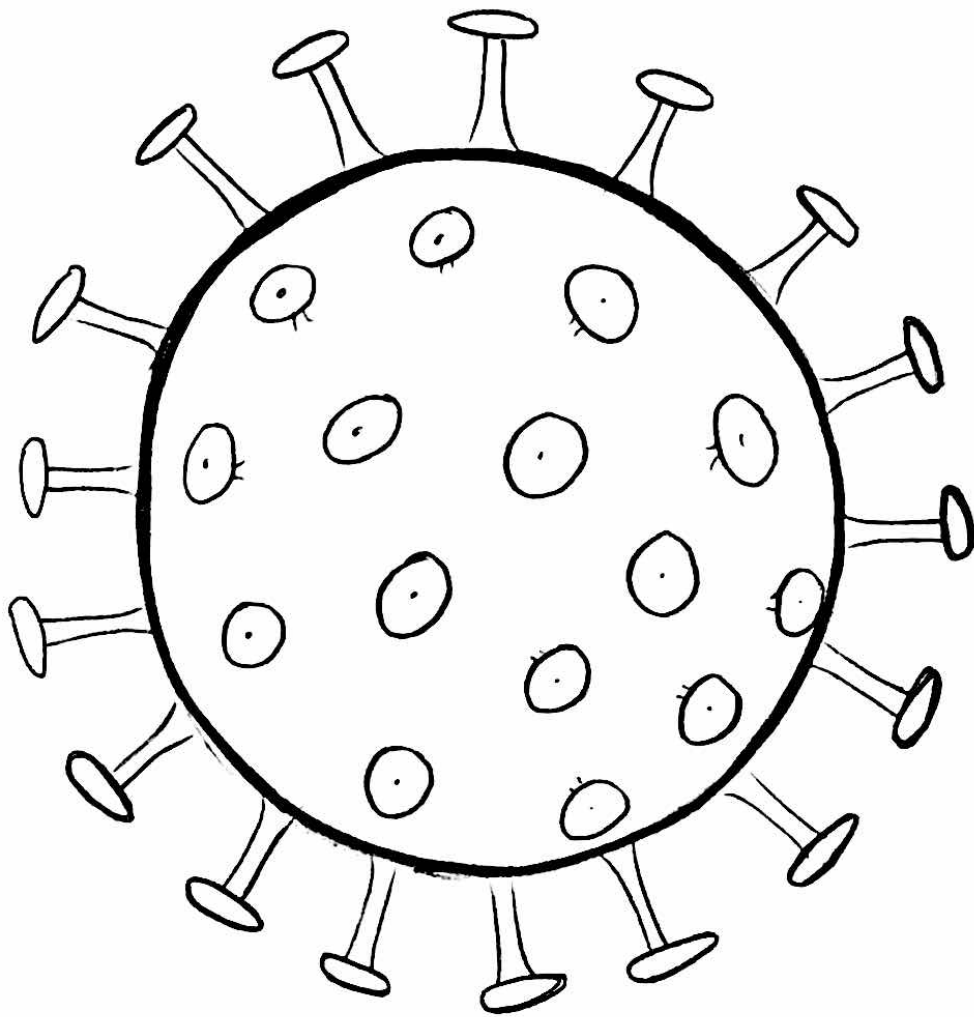
'Corona' is another word for crown. Scientists who use special tools to see the virus decided it looks like it has a crown around it.

What would you call the coronavirus if you renamed it?

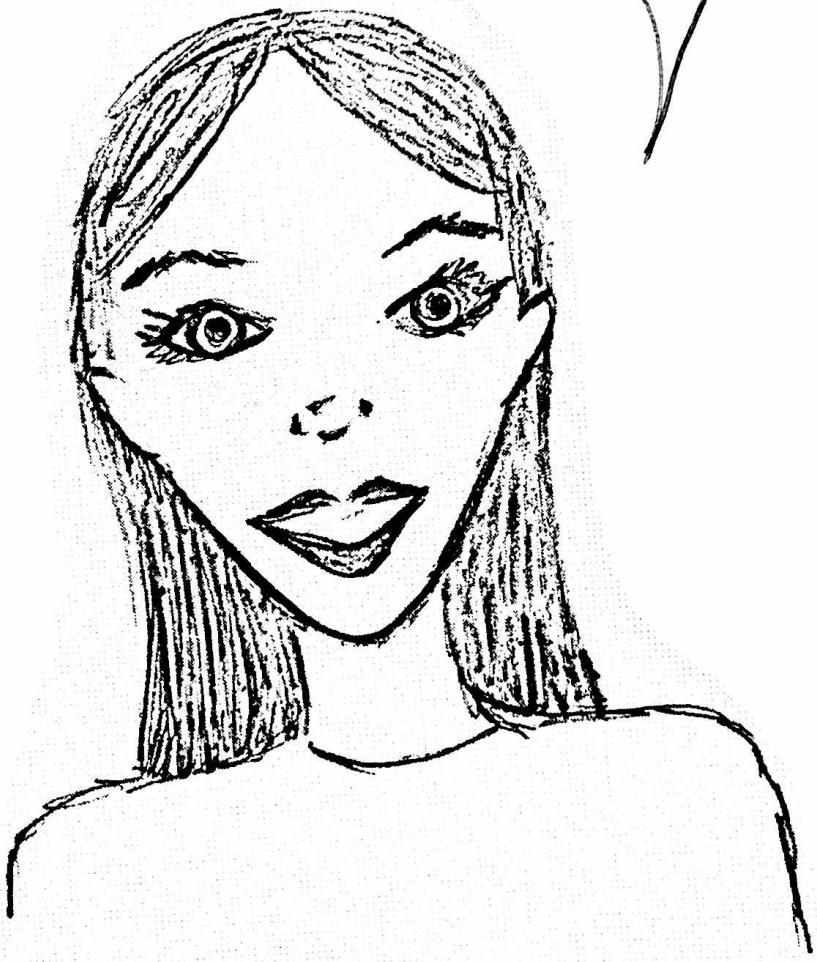




This is what the coronavirus looks like up close!



People all over the world are doing what they can to heal up and stay safe!



So it's like the  
world has a bobo?!



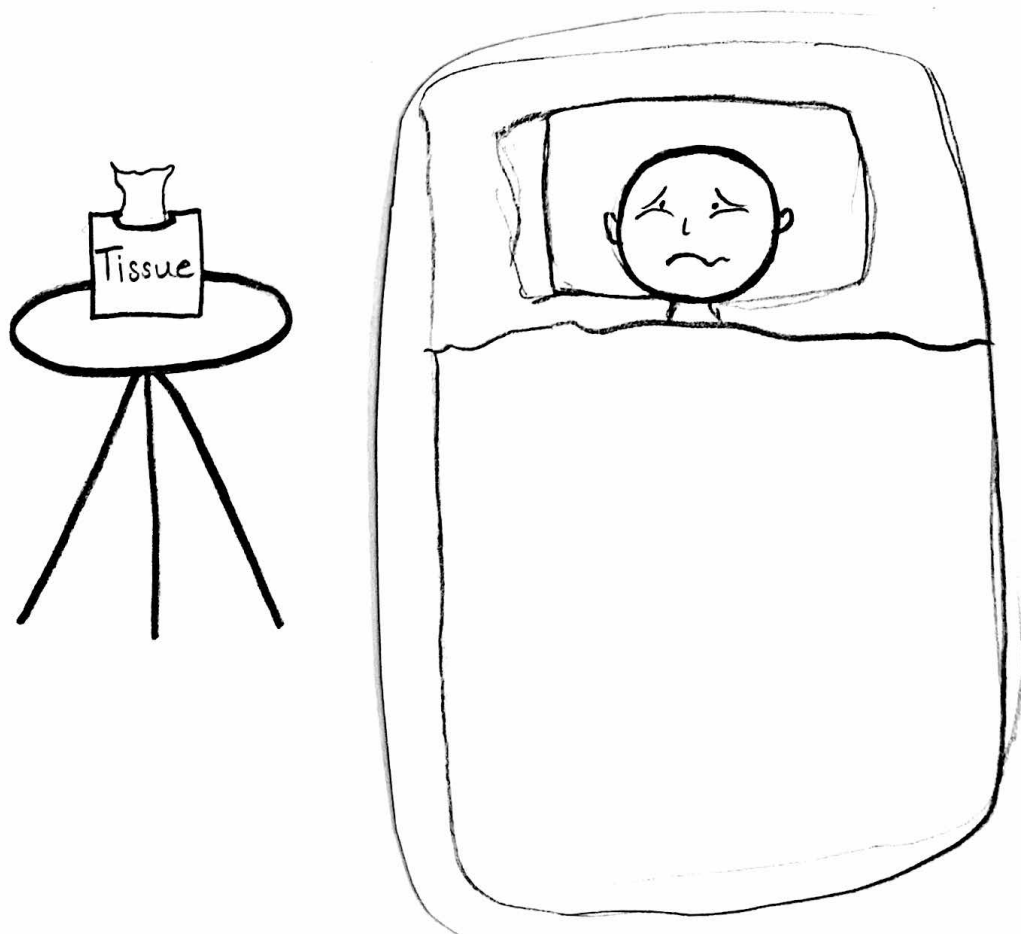
Will I get sick?

Will you get sick?

What can we do?!



Most people who get the coronavirus feel sick, like they do with a cold or flu, and then their bodies heal up and they feel better. Many kids don't feel sick at all.



I am doing everything  
I can to stay safe  
and healthy and also  
keep you safe and  
healthy.

What are some of  
the ways you've  
noticed us keeping  
safe?

Thanks mom!

Thanks dad!

Thanks grown ups!

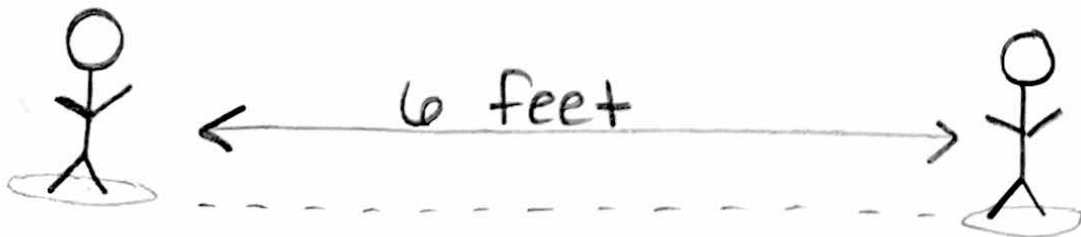
So far I know

we can...

... wash hands (a lot!)

(I like to sing Happy Birthday to myself while I make my hands all bubbly with soap!)

... practice social distancing



... stay home until we know it is safe to be in groups again.

What are those masks for?

The masks help to keep people safe by making it harder for the virus to spread.





On my first day of  
the coronavirus shutdown  
my school was closed!



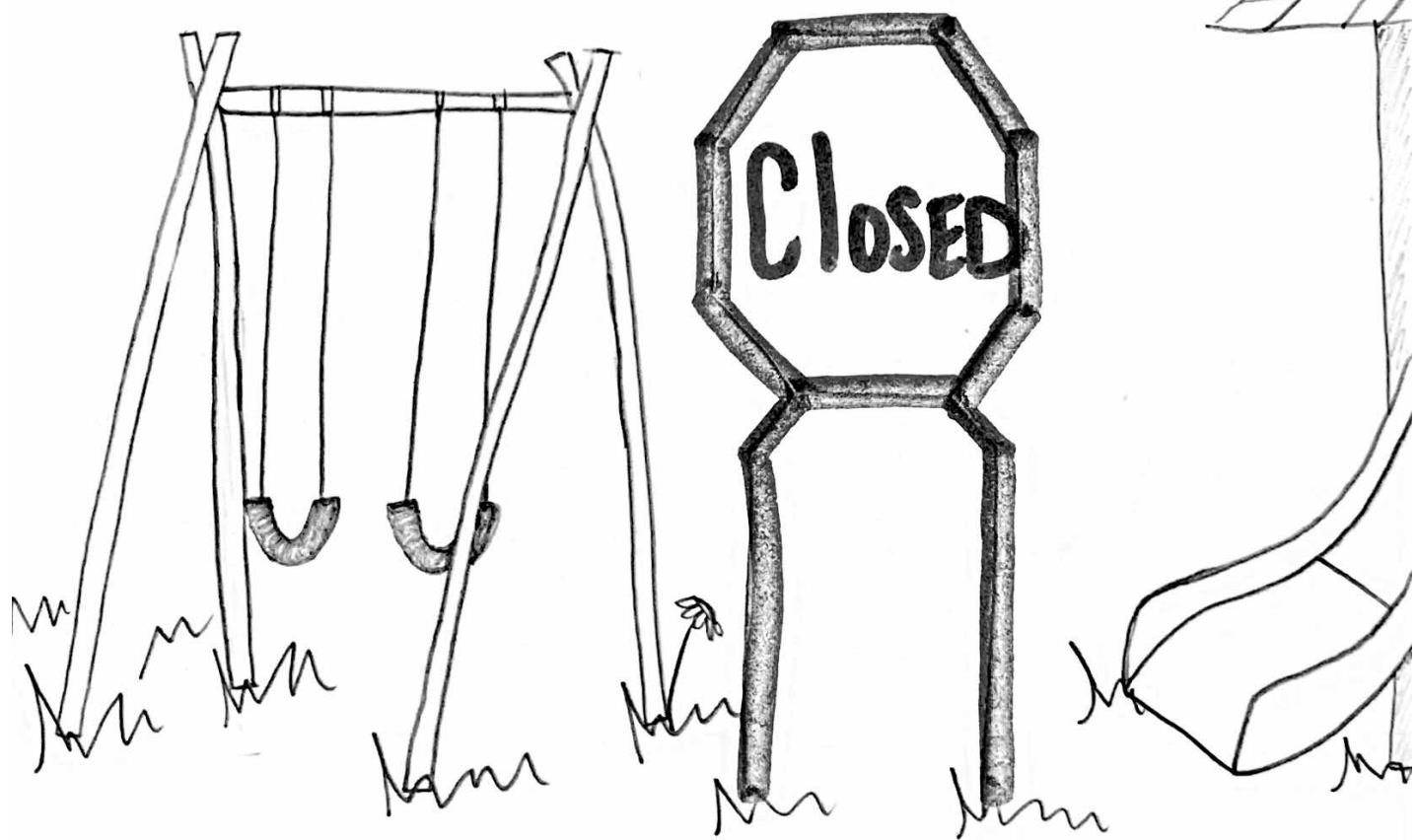
Now I do school at home and visit with my teachers and friends through the computer. Sometimes I send them pictures or videos of what I have been doing and other times I get pictures or videos from them.



I don't always want to participate in online school on the computer. My mom and teachers say that's okay and I can "pass" if I need to. Sometimes I like to listen instead of talking and other times I am ready to move on to something different.



Before the coronavirus I used to spend lots of time playing at our neighborhood playground. Now it's all taped off and says "CLOSED".



What do you miss during this coronavirus shutdown?

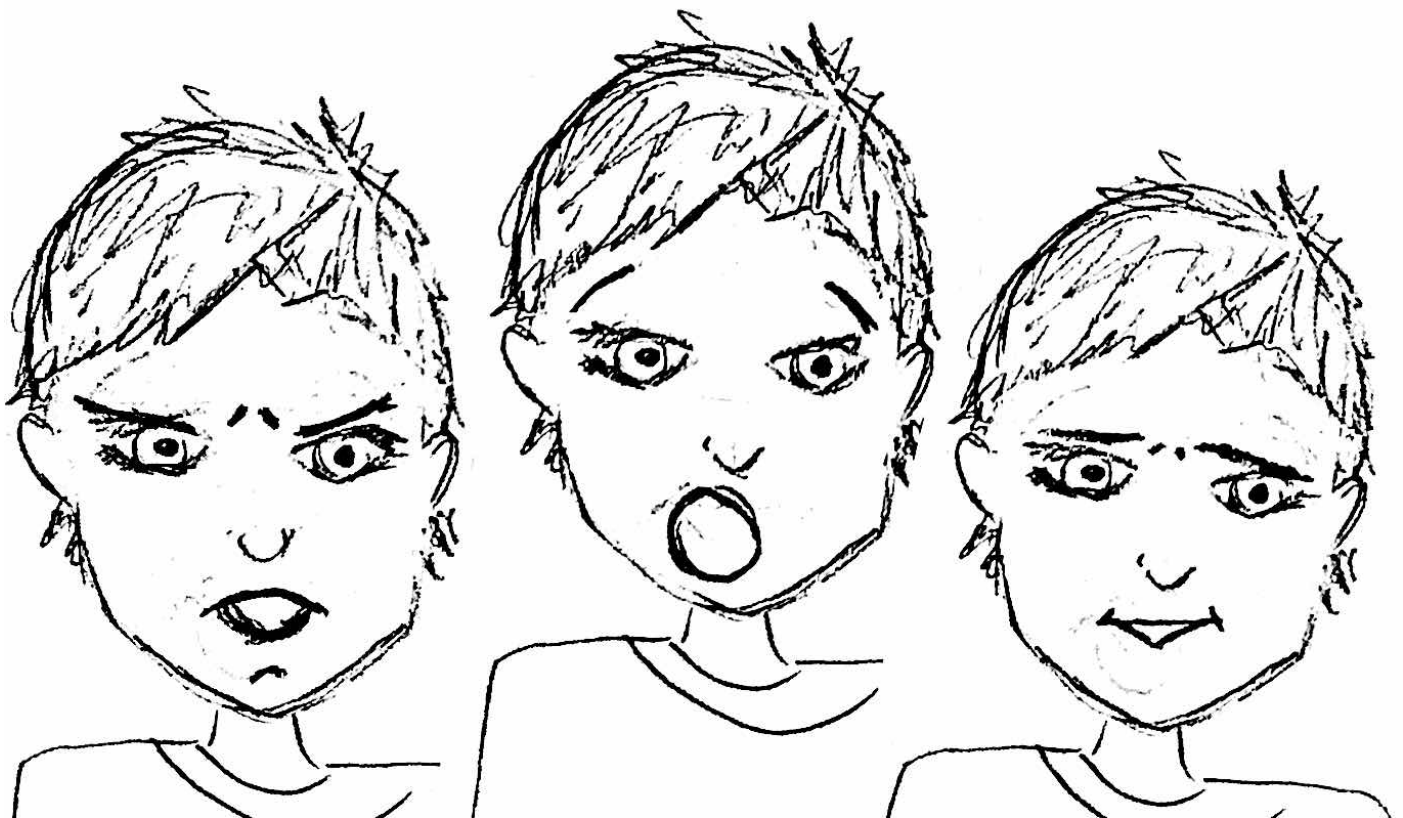


Draw it in the box below ↴

I miss...

Some days I feel mad  
that even though my parents  
are home they are working  
so we don't get to spend  
as much time playing together  
as I wish we could.

Some days I worry that  
it is taking too long for  
things to go back to normal.

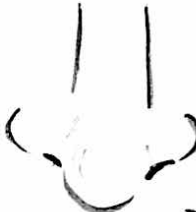


What happened  
that you felt mad  
about?

What do you do to  
feel better when you  
feel angry?



When I feel  
angry, I can...

...take deep  
breaths.



... call a  
friend.

... talk about it.

... find a safe  
space to "cool off."




... ask for some  
paper to  
rip!



... do  
jumping  
jacks!

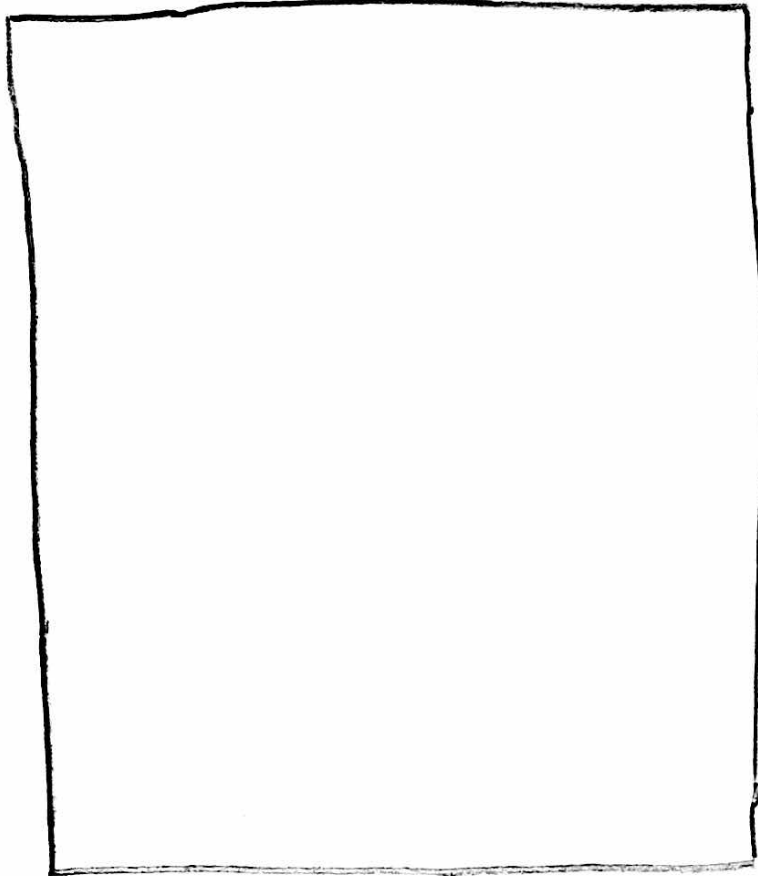


... pop  
some bubbles or  
stomp bubble wrap!

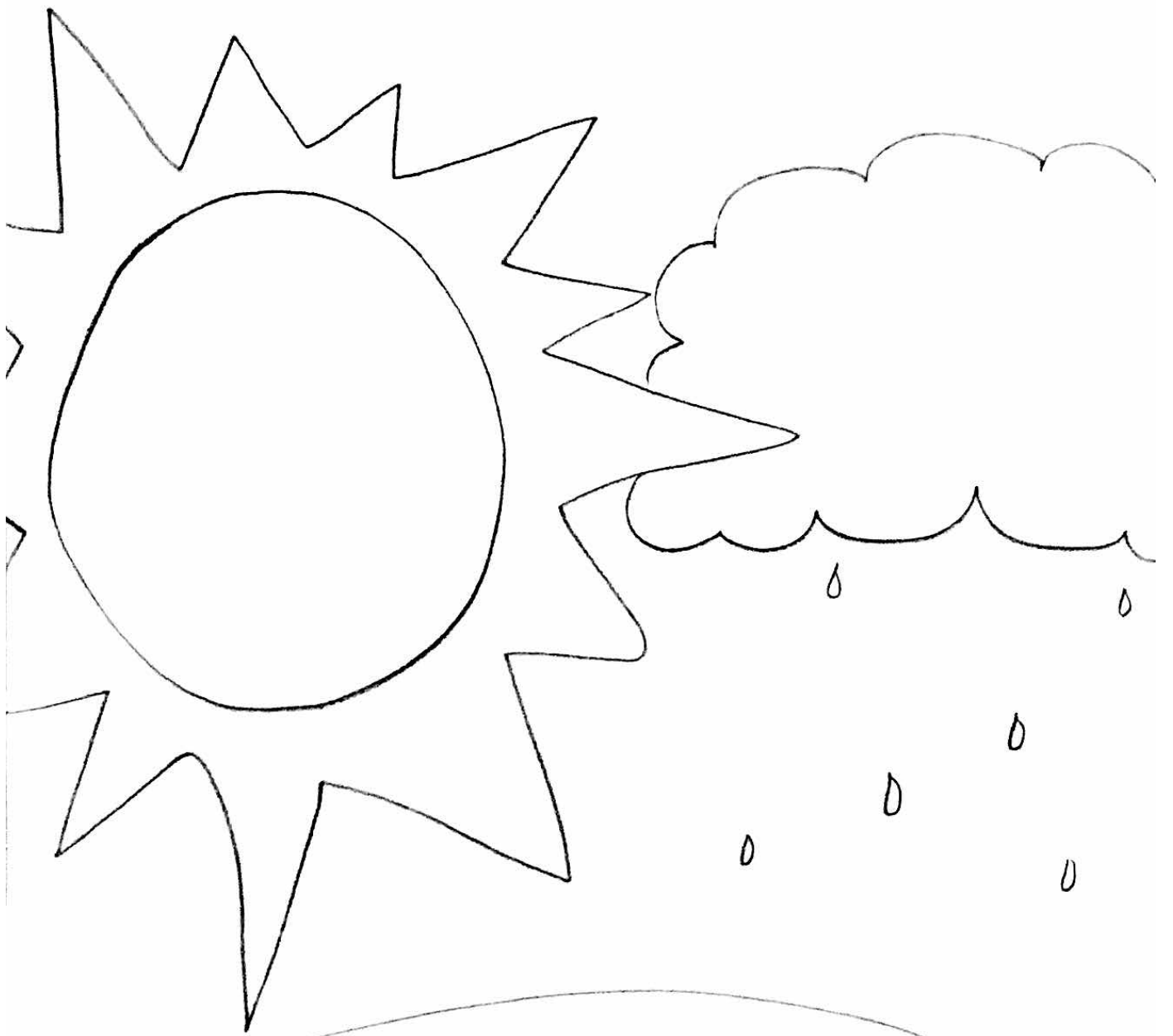




This is  
me when  
I feel  
angry.



Draw a  
picture of  
you when  
you feel  
angry  
here



Some days I feel happy that I can still go outside and play. Other days I feel sad and miss playing with my friends in-person.

Even though I can't hug my friends and loved ones up-close, I still can...

... send them "toe kisses" through the air.  
(pretend our toes are kissing from afar)



... send a letter through snail mail or the Internet.

... Make videos or pictures to send them.

... send high fives through the air.

... show them I'm hugging them and sending them love by hugging myself just like I would hug them.

... call them to chat and tell them I miss them.

What do you like  
to do when you feel  
stressed or worried?



When I feel anxious  
or stressed I like  
to.....

... go for  
a walk.

... paint.

... take  
deep belly  
breaths.

... play with clay.

... talk it out.

... dance!

... play.

... sing.

... ask  
for a  
hug.

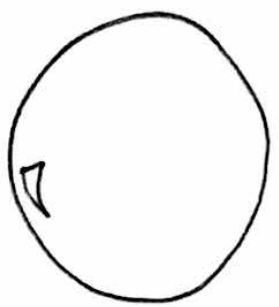
... make  
music.

... blow  
bubbles!

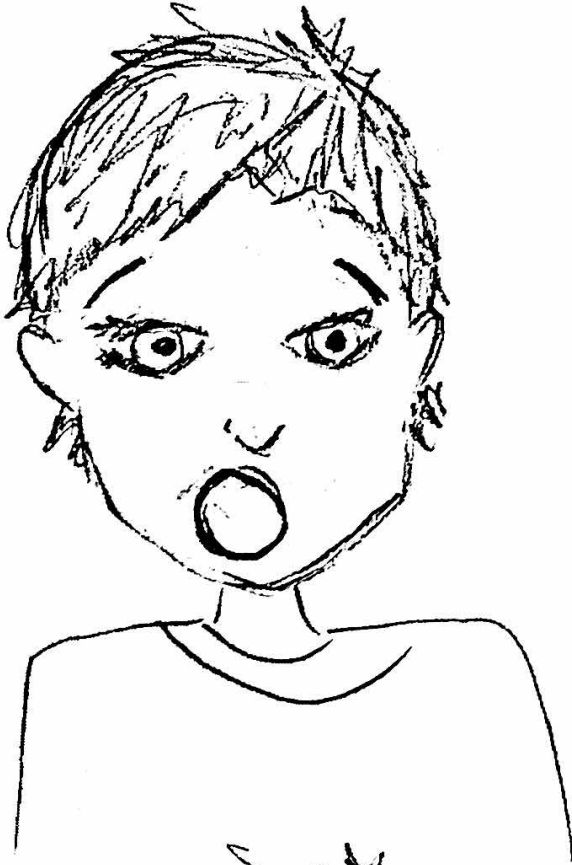
... have some  
quiet time.

... be  
outdoors.

... draw.



Today I feel \_\_\_\_\_  
about coronavirus.



What about it  
has you feeling  
\_\_\_\_\_ ?



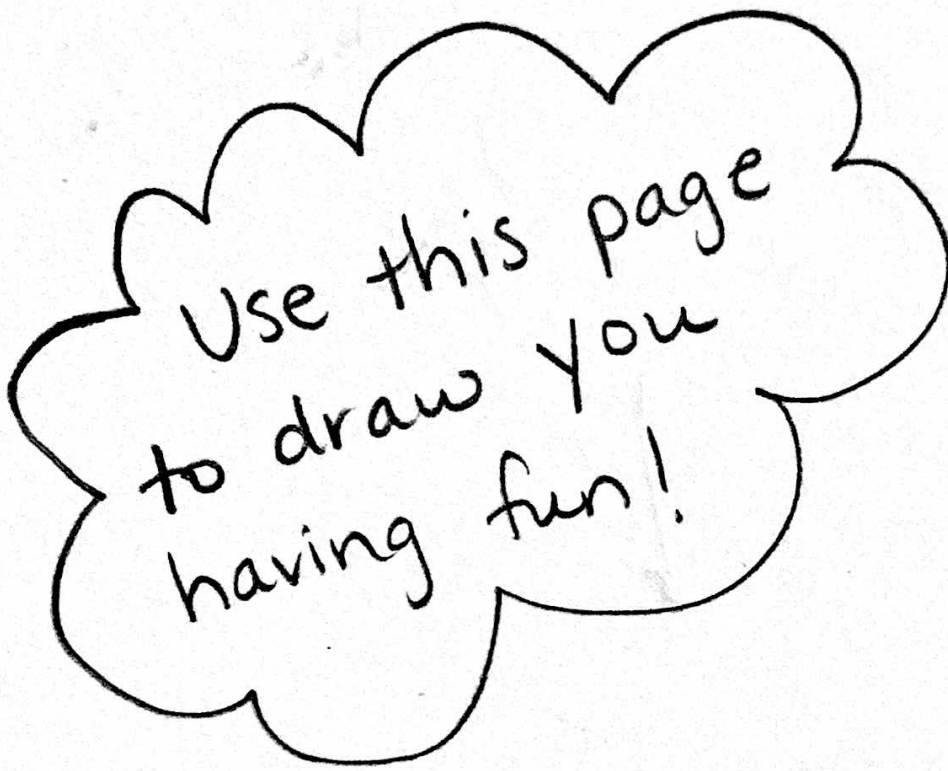
What do you do  
for fun?

What are your favorite  
toys?

What are your favorite  
activities?







Use this page  
to draw you  
having fun!

What is it like for  
you? Draw a picture  
for each of the next  
pages.



Before coronavirus came  
along...

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Now that coronavirus is  
here ...

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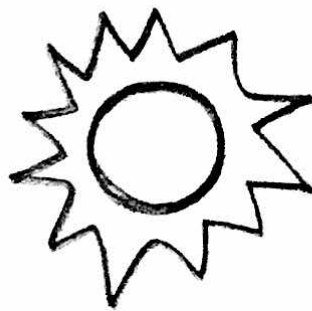
When the coronavirus  
shutdown is over...

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I'm thankful  
for my dog!

I'm thankful for  
all that  You are  
doing to help keep  
our world safe!

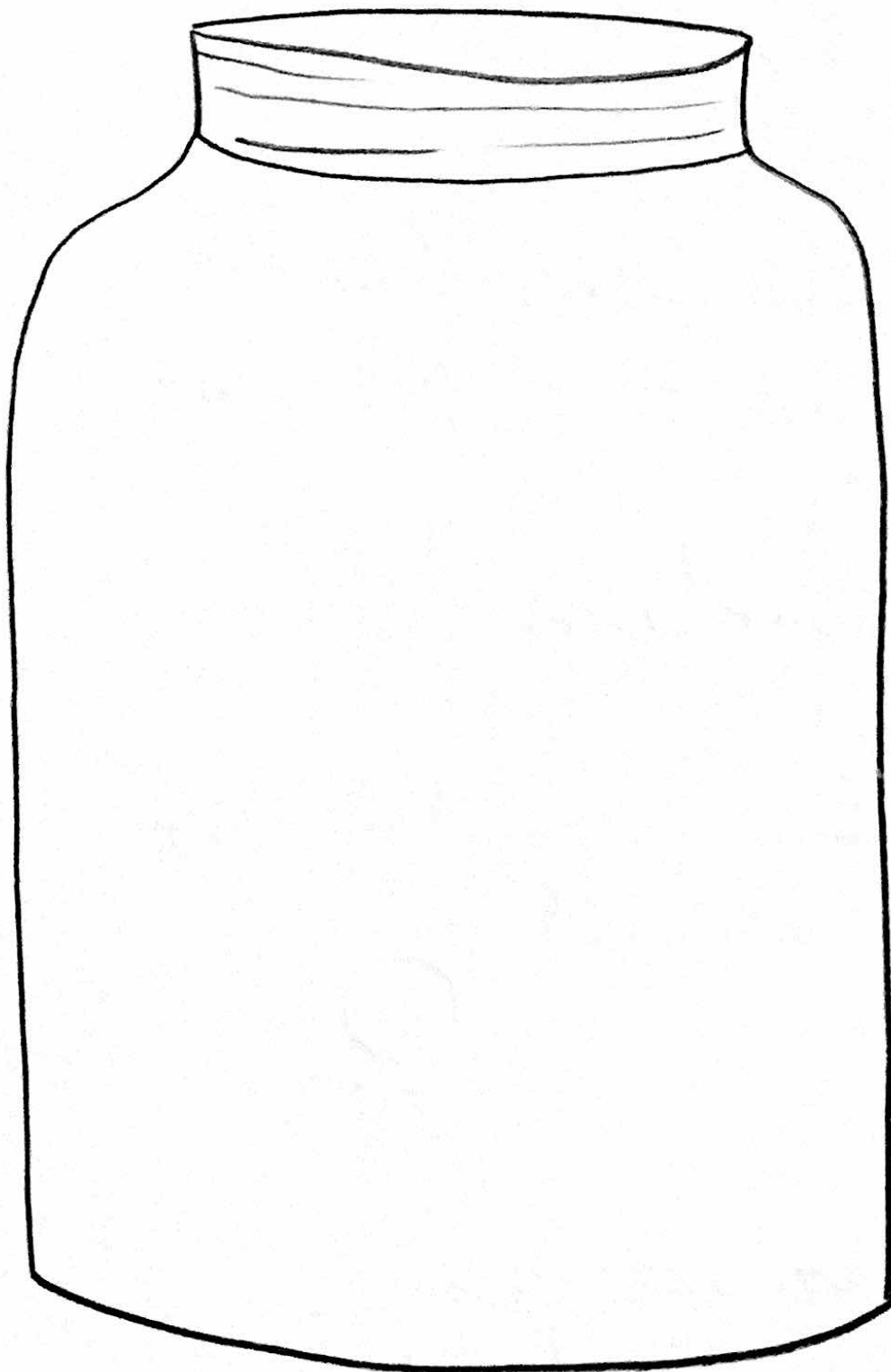
I'm grateful for the  
sunshine!



What are you  
thankful for?

(draw it in your grateful jar)

your grateful jar



Bye now.





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Austin Counseling Studio, PLLC.

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