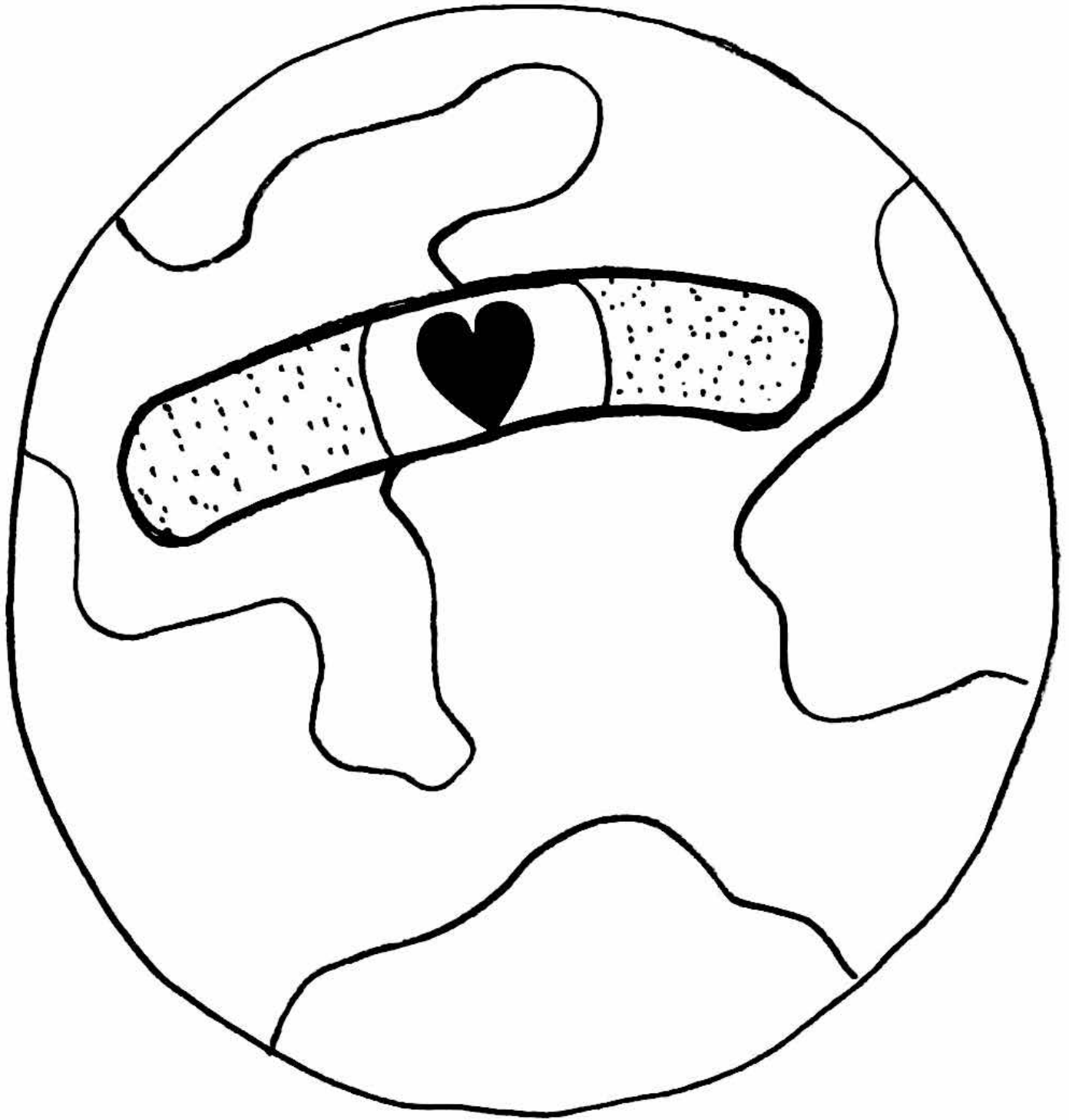


The World Has a Boo-Boo



By: Karen Taheri

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Hi there,
I'm Drew.

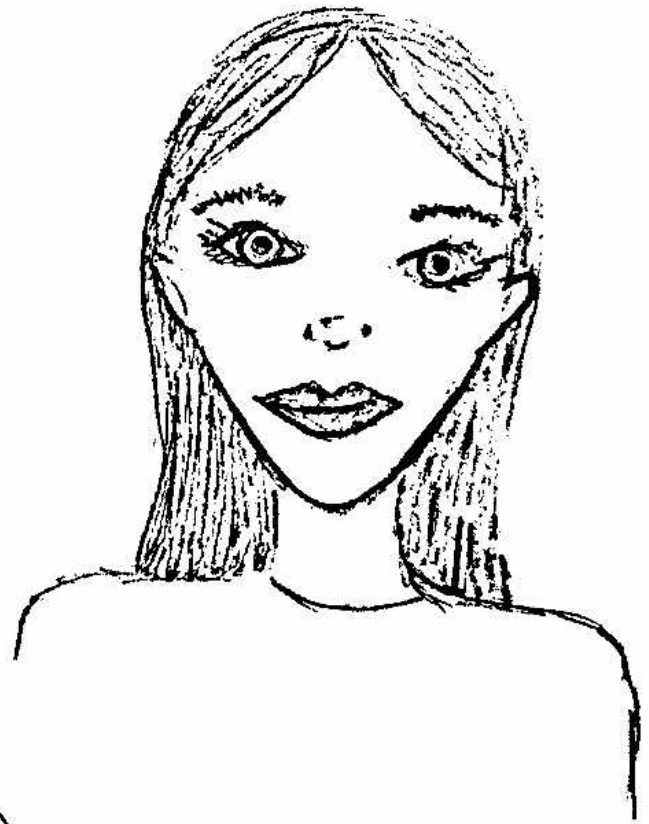


I heard the world has a boo-boo and it's called the coronavirus. I am going to share what I've learned about the coronavirus with you. But first, I would really like to know...

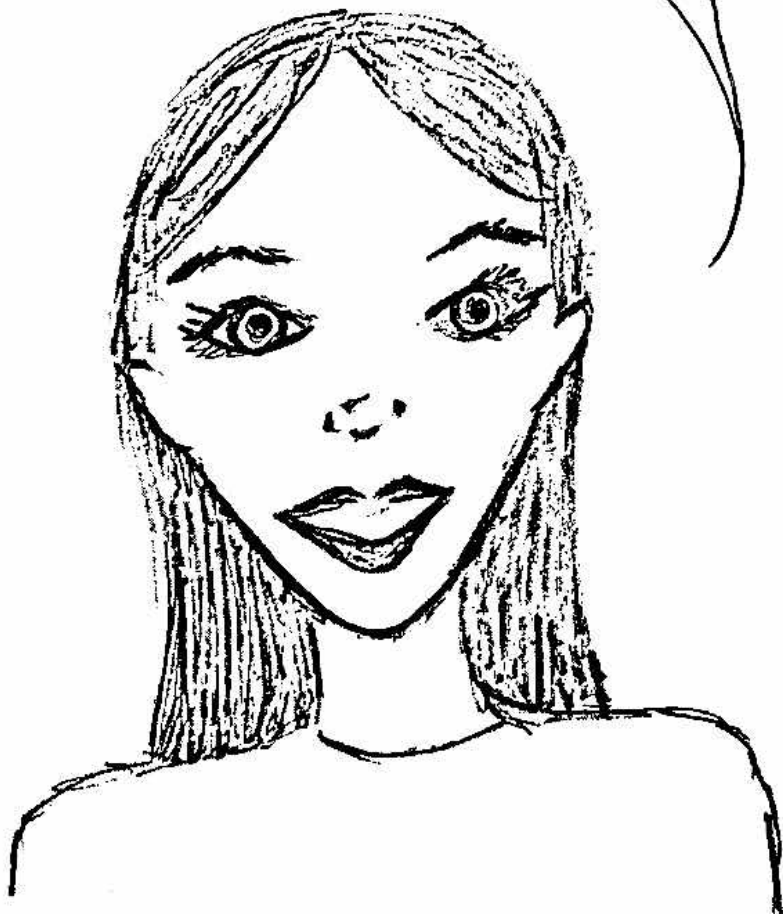
...What have you heard about the coronavirus?



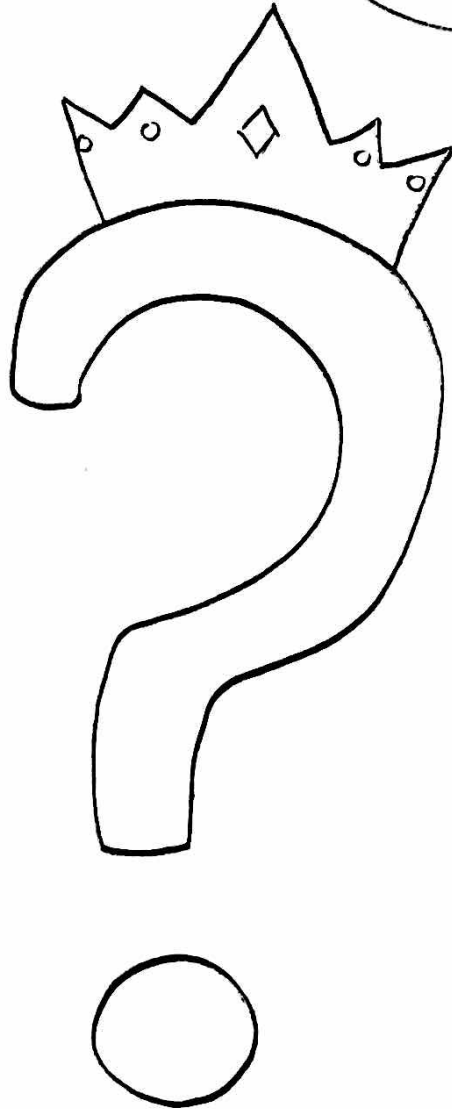
Mom, what exactly is
the coronavirus?!



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?

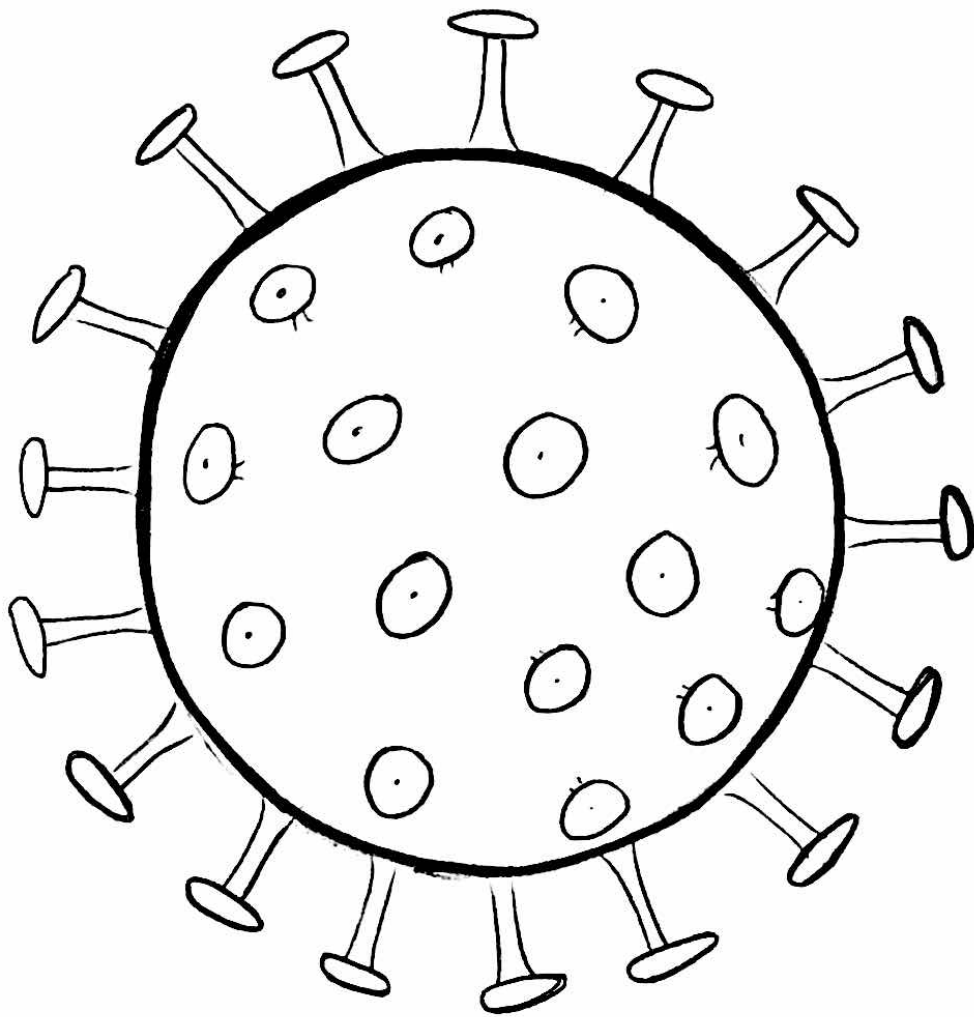


'Corona' is another word for crown. Scientists who use special tools to see the virus decided it looks like it has a crown around it.

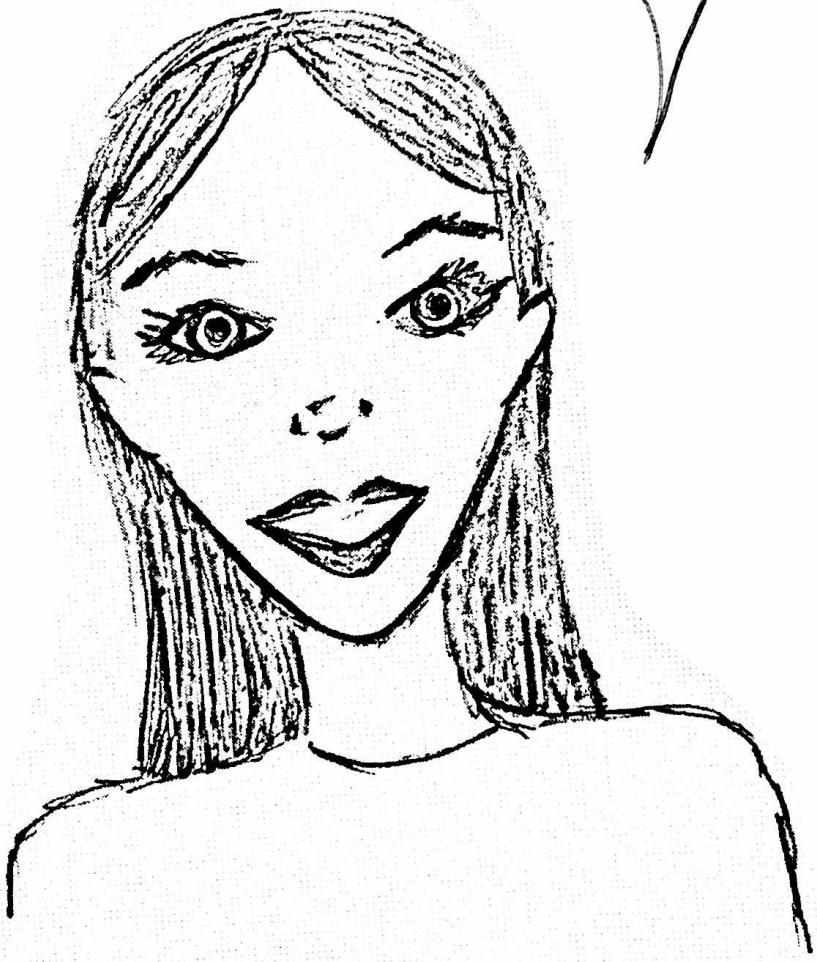
What would you call the coronavirus if you renamed it?



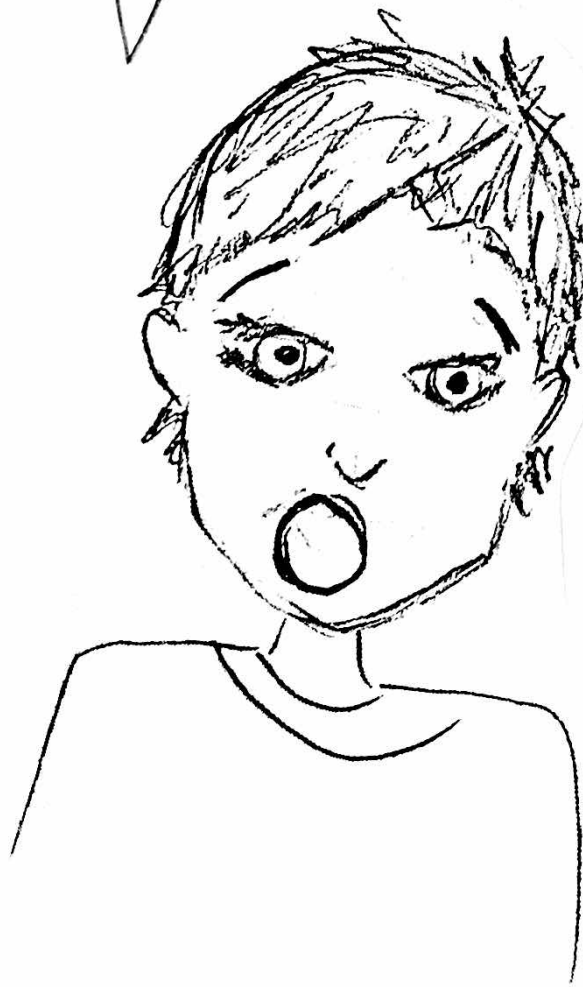
This is what the coronavirus looks like up close!



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



So it's like the
world has a boo-boo?!



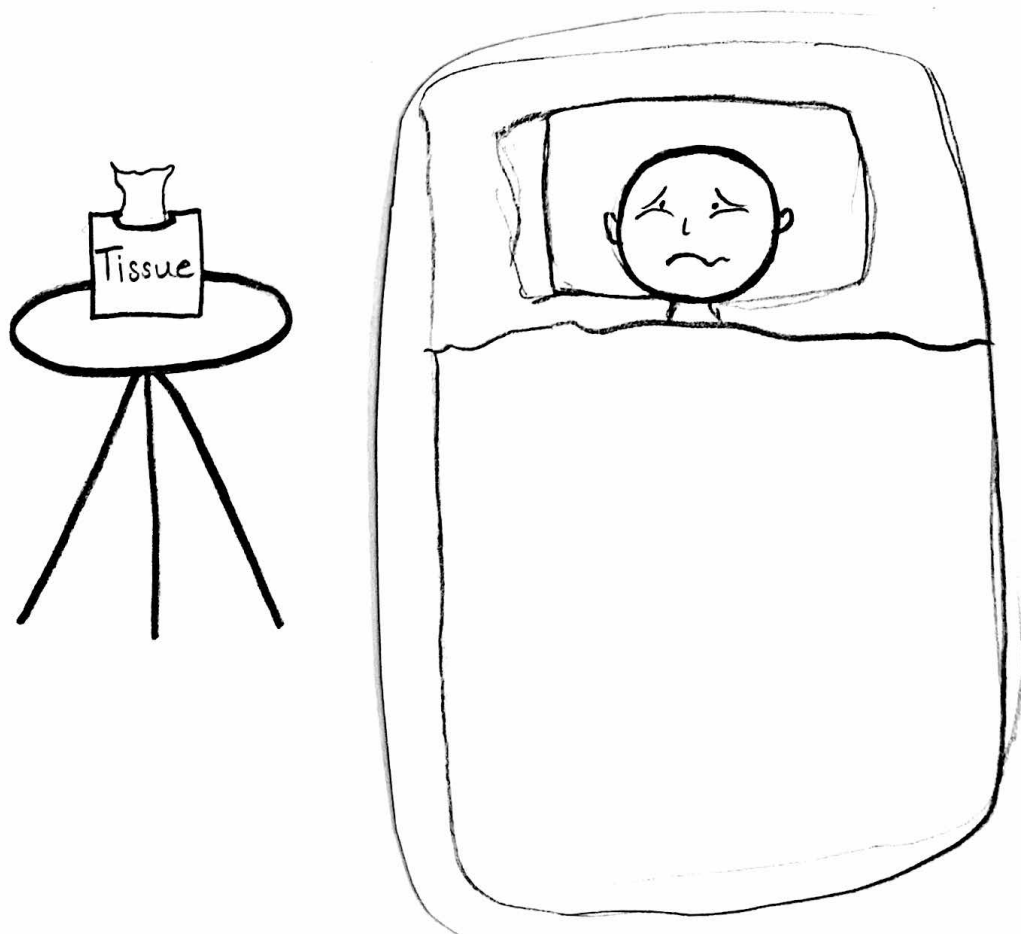
Will I get sick?

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!

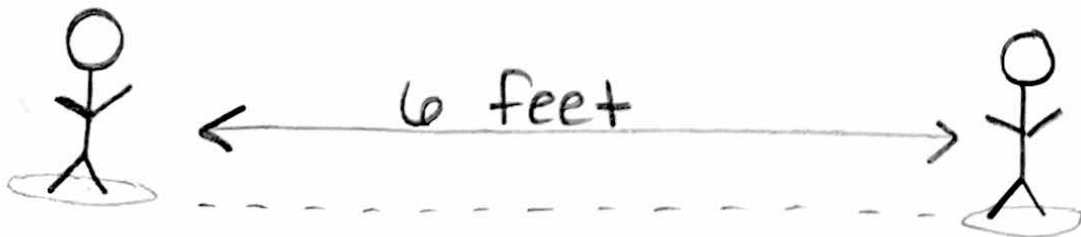
So far I know

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!



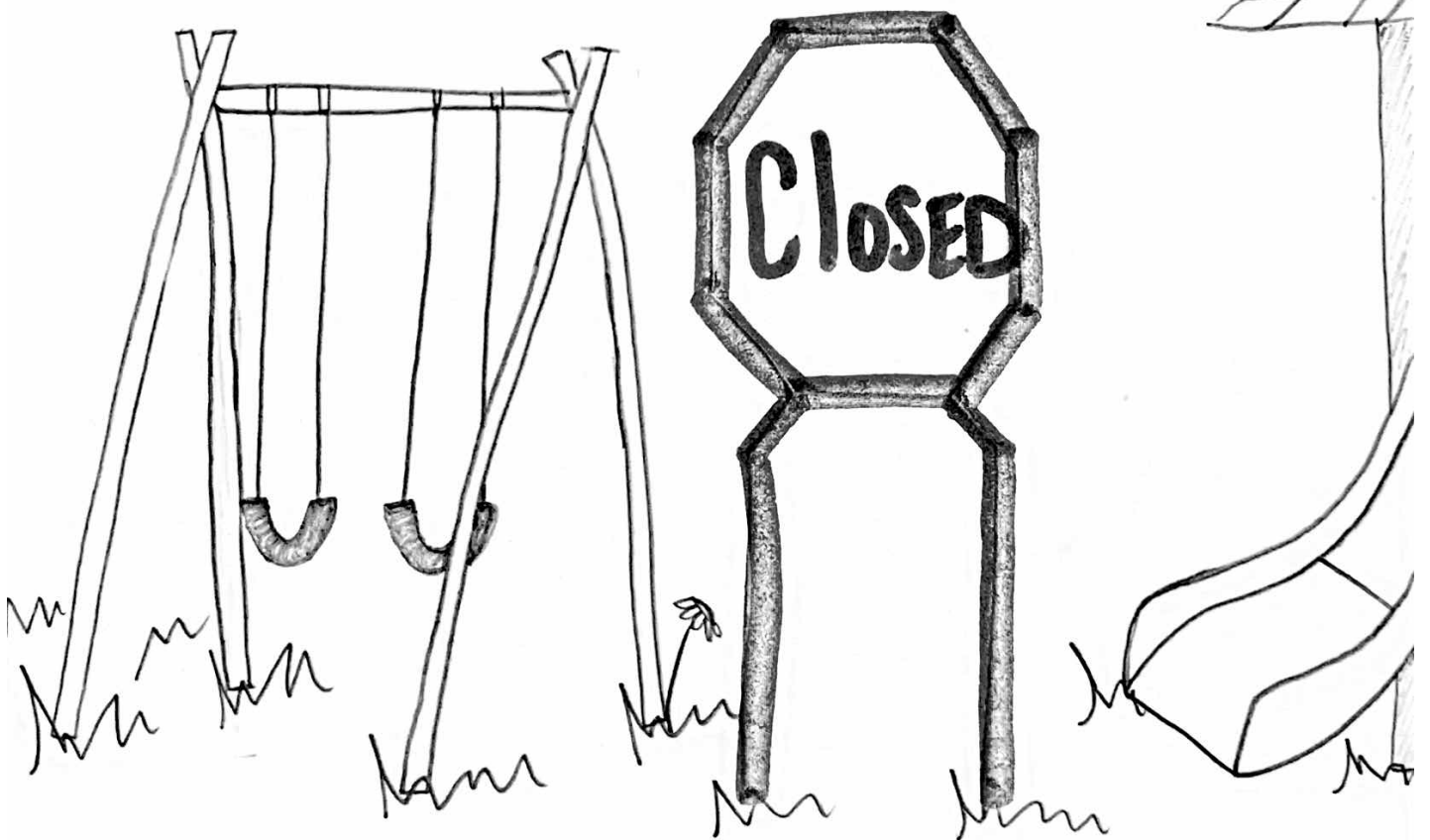
Now I do school at home and visit with my teachers and friends through the computer. Sometimes I send them pictures or videos of what I have been doing and other times I get pictures or videos from them.



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?

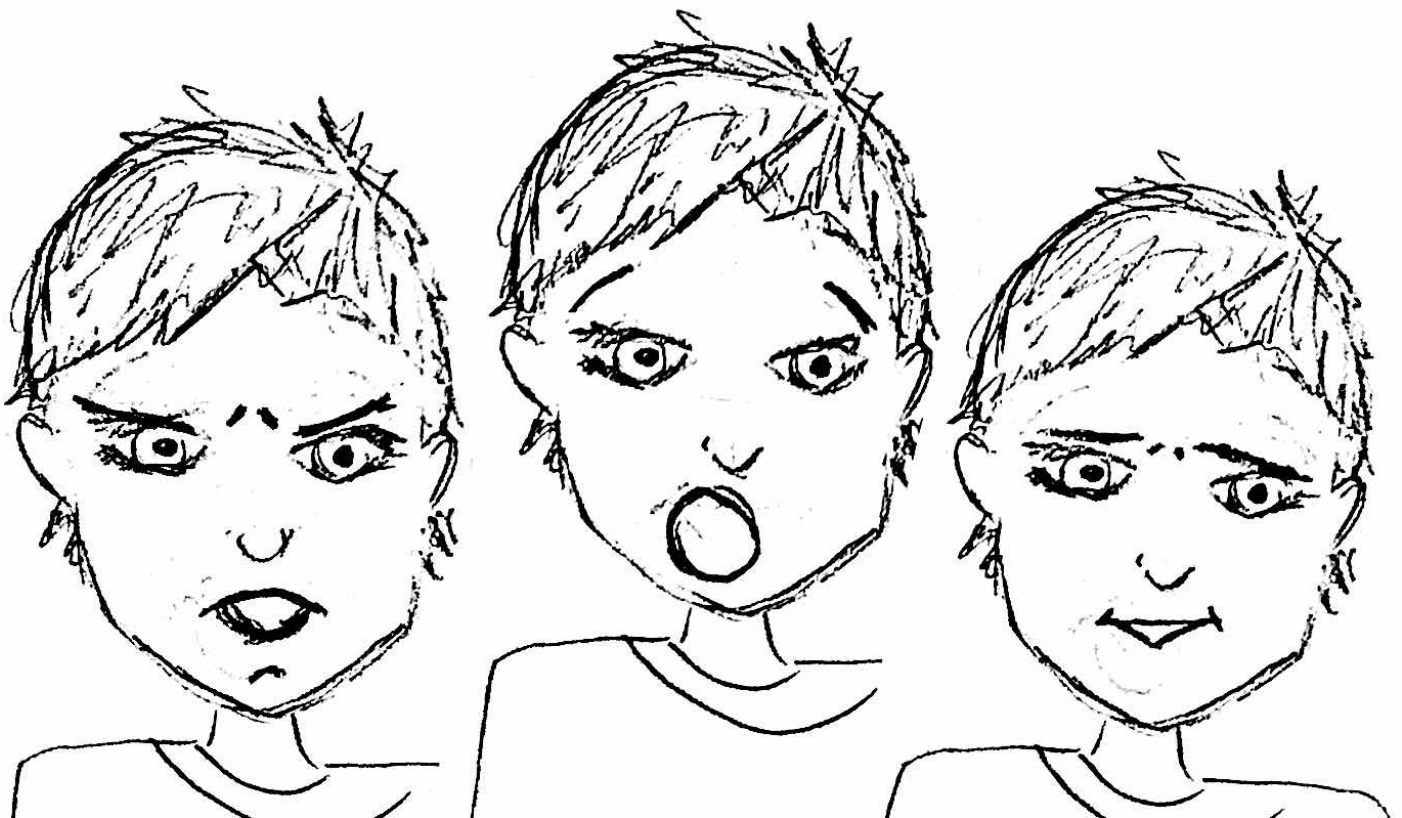


Draw it in the box below ↴

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.

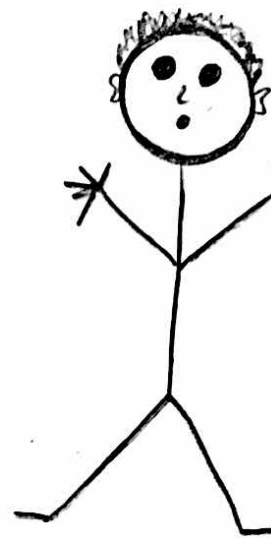
... talk about it.

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



... ask for some paper to rip!

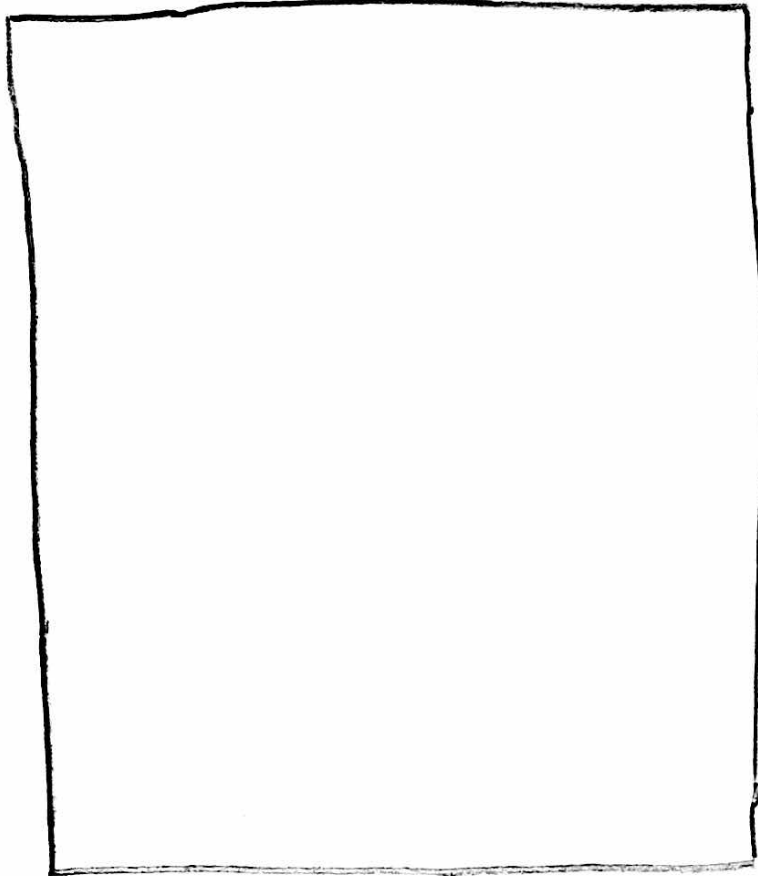
... do jumping jacks!



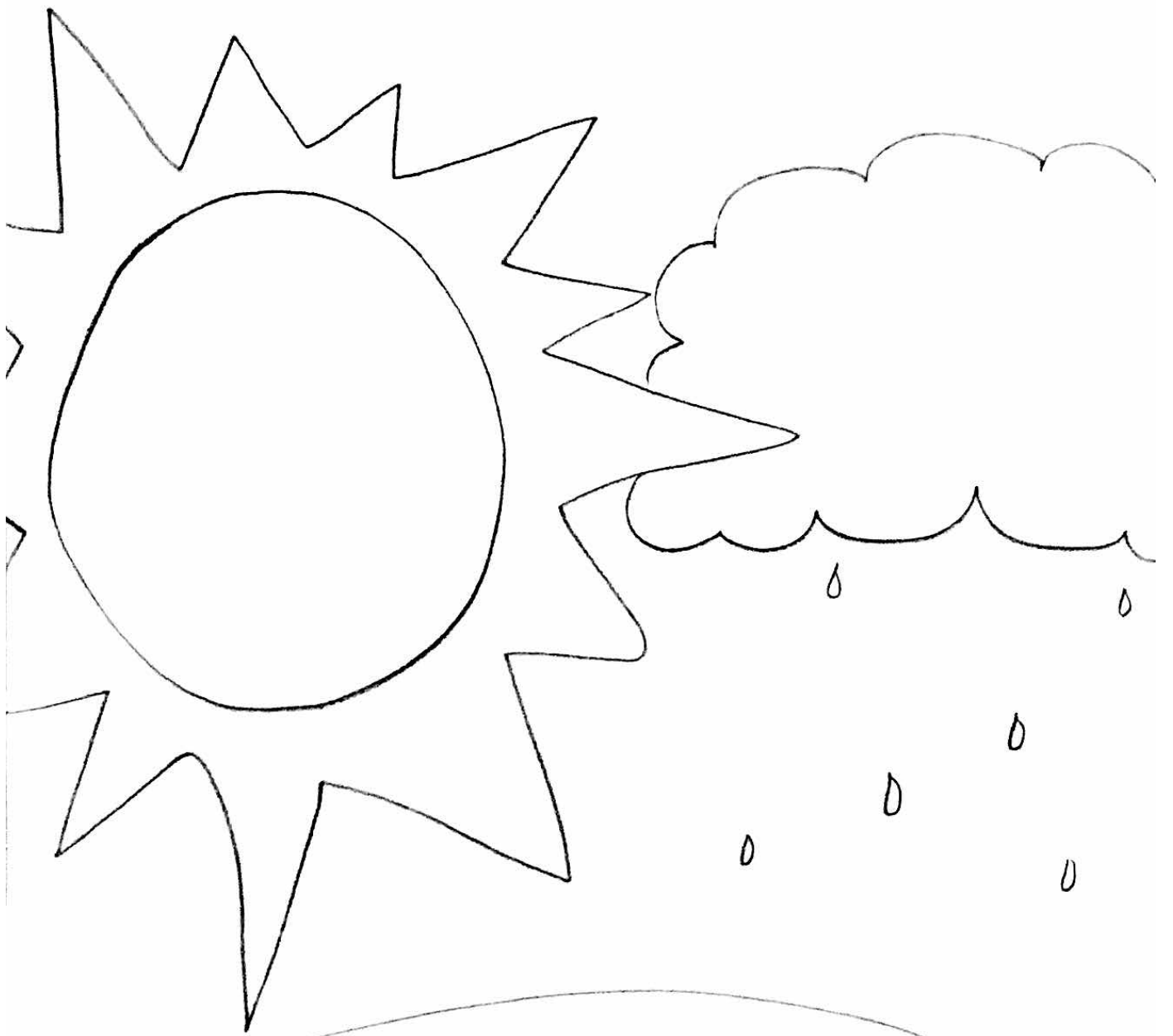
... pop some bubbles or stomp bubble wrap!



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.

... ask
for a
hug.

... make

music.

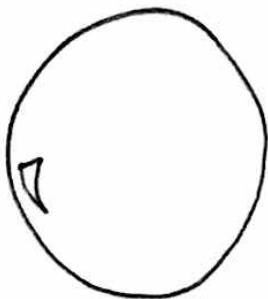
... blow
bubbles!

... sing.

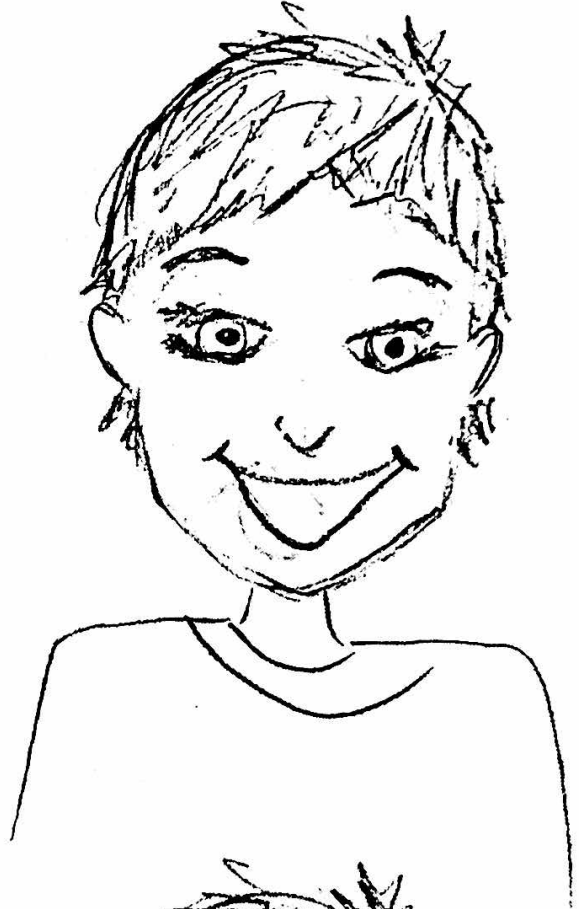
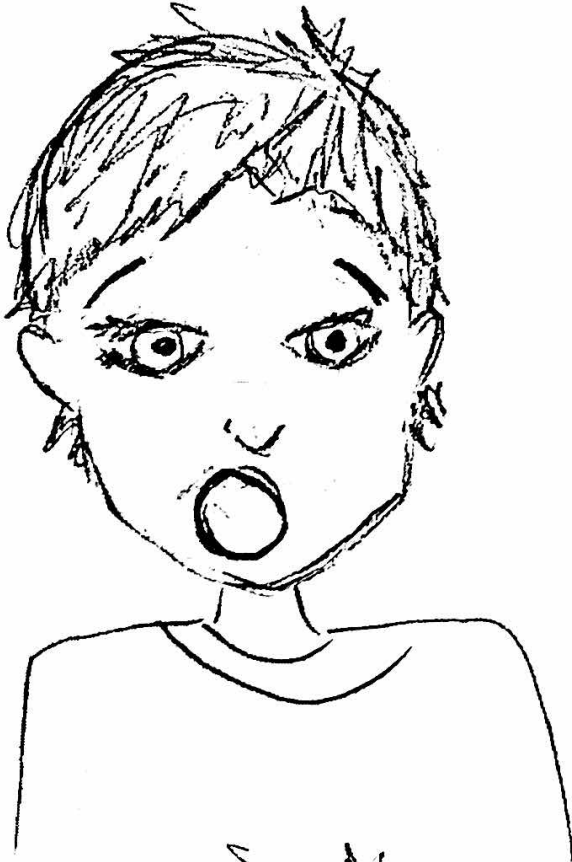
... have some
quiet time.

... be
outdoors.

... draw.



Today I feel _____
about coronavirus.



What about it
has you feeling
_____ ?

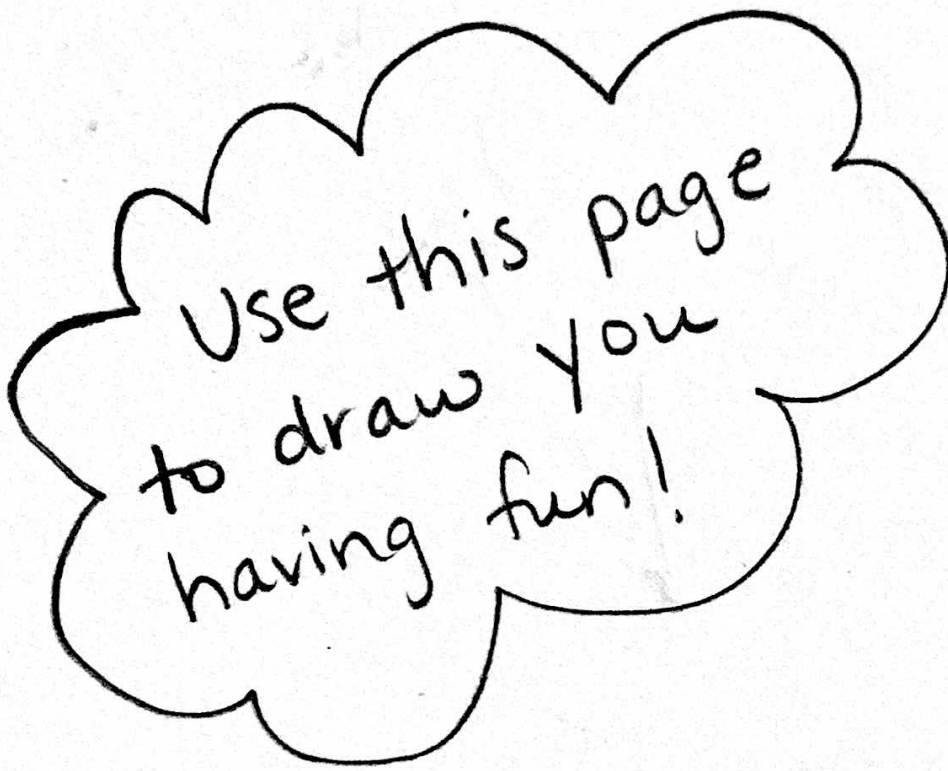


What do you do
for fun?

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...

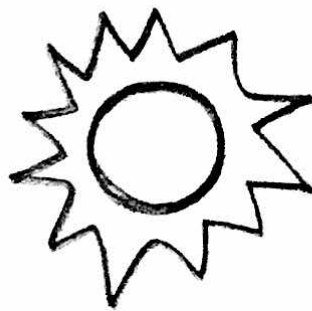
Now that coronavirus is
here ...

When the coronavirus
shutdown is over...

I'm thankful
for my dog!

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

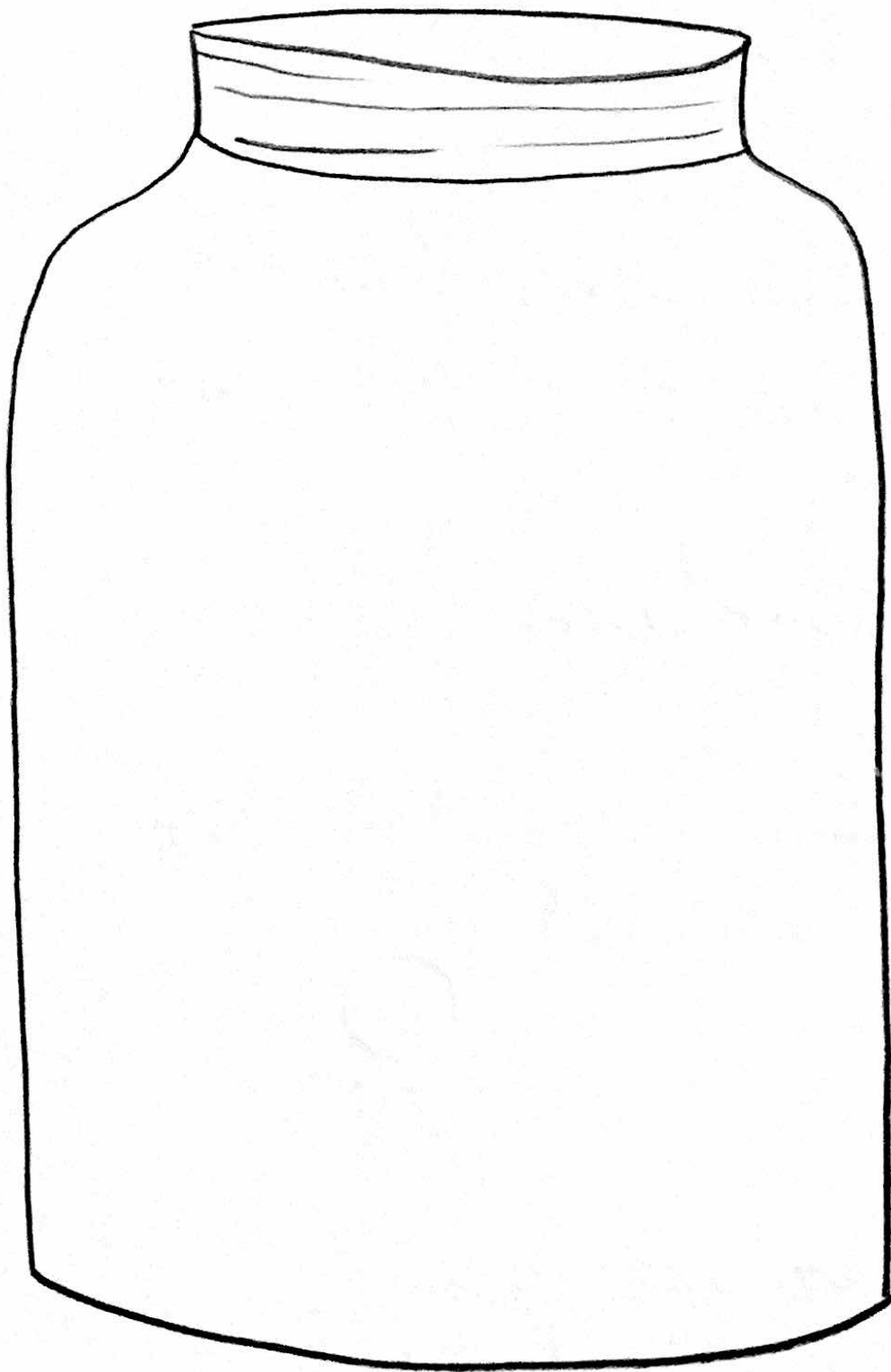
I'm grateful for the
sunshine!



What are you
thankful for?

(draw it in your grateful jar)

your grateful jar



Bye now.



Dr. Karen Taheri is a
Licensed Professional Counselor and
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She enjoys working with children
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