My Wellness Social Story

Learning about Coronavirus

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United for Life

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Unis pour la vie

Illustration available from: www.dlp.com.png/3885320

Sometimes people get sick because of germs.

Germs are tiny creatures that are found on all things, even if we can’t see them.

Images adapted from: www.dlp.com.png/3885320

The Coronavirus is a new sickness that spreads its germs very easily.

Image available https://www.pinterest.ca/pin/842032461556993945/

Hand washing helps to stop all sickness from spreading by getting rid of germs.

Source google image

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20

I can wash my hands often so I can stay healthy while singing my favourite song or counting to 20. My family and friends can remind me to wash my hands if I forget. This helps to keep me healthy.

Closed

Sometimes a lot of people can get sick at the same time and my school will need to close. Activities will also be cancelled. This is to help keep everyone healthy and safe.

When my school closes, it will be cleaned to get rid of all the germs. While the school is being cleaned, I will stay at home and do fun things while staying healthy and safe.

Things I can do at home include:

- Playing games
- Arts and crafts
- Watching movies
- Building forts
- Playing outside
- Reading
- Listening to music
- Going out on the land
- Baking and much more!

Image available at https://www.pinterest.ca/pin/10062799147268274/

When I do go outside or see people that don't live in my home, I will stay about 10 steps away from them so we can all stop the spread of germs.

Source: Google images

Illustration available from www.dreamstime.com

If I do get sick, I will be taken care of at home by loved ones. I will rest and let my body heal. If I need to sneeze, I will always cover my mouth and then I will wash my hands right away.

Everyone around the world are doing their part to stop the spread of germs and keep each other healthy. I know that the adults in my life are taking care of me and my loved ones so that we can all stay safe and healthy.

Caregiver Resources

Other resources for talking to kids about Coronavirus (Covid-19):

- https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus
- https://www.wqed.org/covid19
- https://kidshealth.org/en/parents/coronavirus-how-talk-child.html

Hand washing videos for kids:

- https://www.youtube.com/watch?v=dDHJW4r3elE&vl=en
- https://www.youtube.com/watch?v=7QKrFxahFC4

Ideas for keeping kids occupied at home including templates for visual schedules:

- https://www.sandi.net/staff/sites/default/files_link/staff/special-education/behavior-support/Article%20-%20How_To_Visual_Schedules.pdf
- https://www.andnextcomesl.com/2018/01/free-visual-schedule-printables.html
- https://littlepuddins.ie/category/free-printables/
- https://thisreadingmama.com/visual-school-schedule-free/
- https://www.huffingtonpost.ca/entry/indoor-activities-for-kids_ca_5e6bbe2bc5b6dda30fc879a3
- https://classroommagazines.scholastic.com/support/learnathome.html
- http://www.knowledgekids.ca/?gclid=EAIaIQobChMI-bqN9dSf6AIVJOeGCh3JTwT9EAAYASAAEgKdX_D_BwE
- http://www.virtualmuseum.ca/virtual-exhibits/type/activities/?show=all

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