



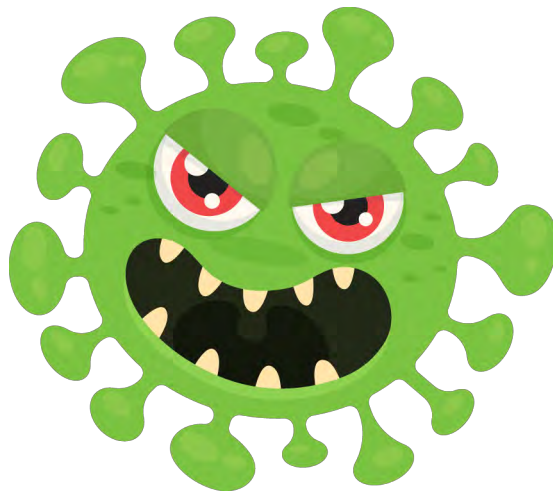
COVID-19

CORONAVIRUS 2019-nCoV

A social story to share with your children

WHAT IS COVID -19

Hi, I'm Covid-19,
also known as Coronavirus



I'm a social germ and I like to hang out with
people. When I hang out with you,
I can give you a fever
I can give you a cough
I can make you tired
And I can give you breathing problems

I am wondering,
How do you feel when
adults talk about me?



Show me how
you are feeling.



When I come for a visit I often make people feel...

Tired



and Feverish



Some may have
Shortness of breath /
coughing



During this time your family will be there to keep you safe.

You can help out your family by doing your part: washing hands, cleaning door handles and playing fun indoor games

- FAMILY -



There are 2 important things for you to do to stay safe:

1.

WASH YOUR HANDS



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



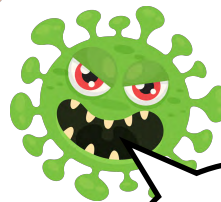
FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS



**HAHAHA
I LIKE TO
HIDE ON
HANDS**



WASHING YOUR HANDS NEEDS TO BE 20 SECONDS LONG, SING THIS SONG TWICE:

HAPPY BIRTHDAY TO ME

HAPPY BIRTHDAY TO ME

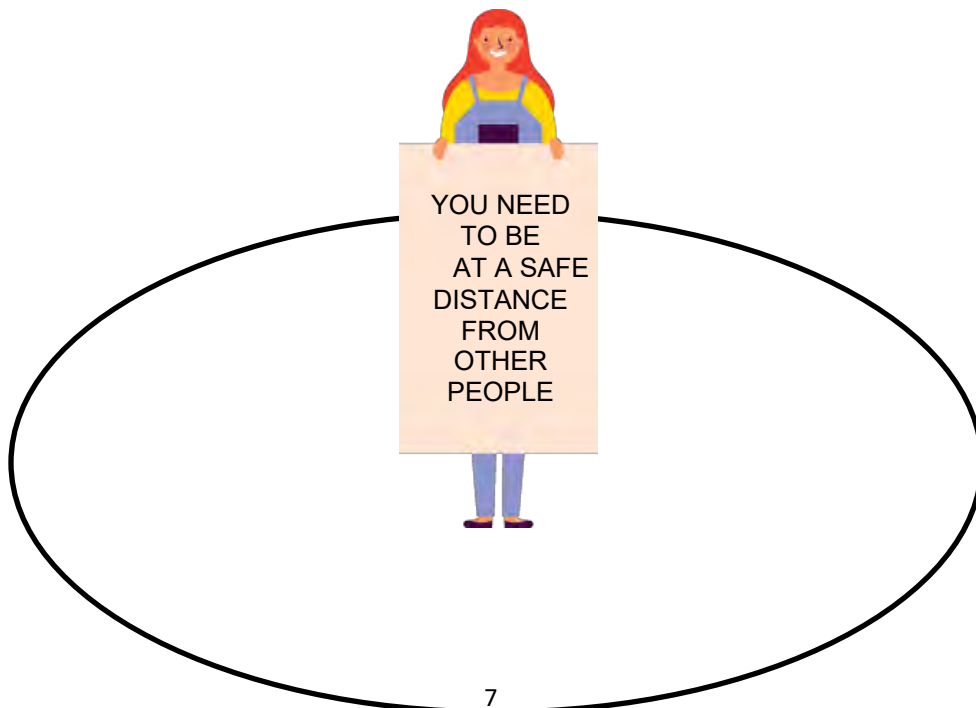
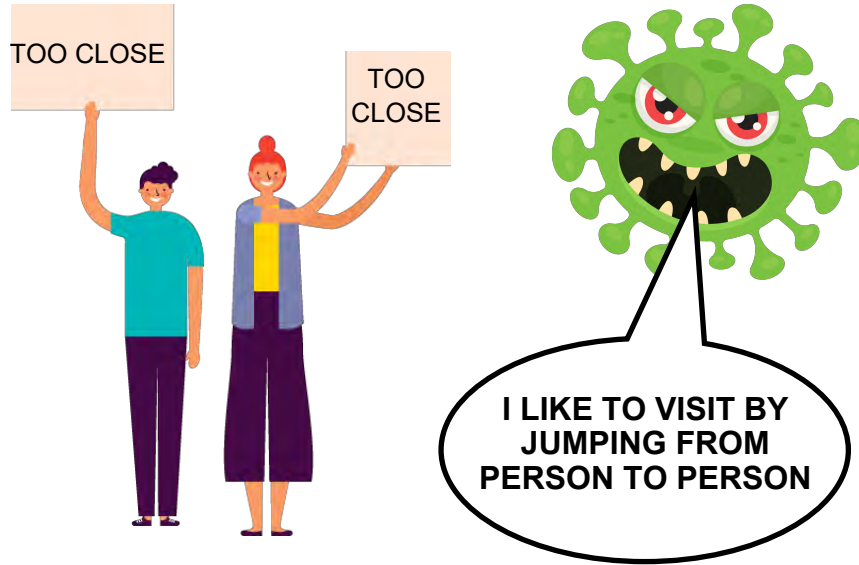
HAPPY BIRTHDAY TO

HAPPY BIRTHDAY TO ME

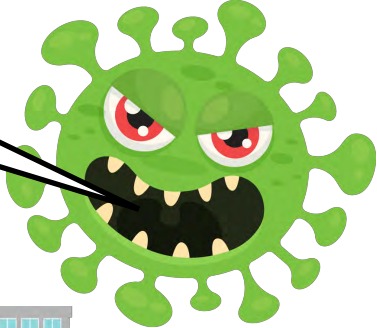


2.

SOCIAL DISTANCING



Because of me
things are closed



Schools and many stores will be closed to help
stop the spread.

ACTIVITIES



ART ACTIVITIES



READING



MUSIC



What can I do
while I am
inside



GAMES

ACTIVITIES

NEIGHBOURHOOD B I N G O



INDOOR HIDE AND SEEK

1. Grab a pack of sticky notes or any other kind of small note paper
2. Have your child draw a shape on each sticky note (if table can change the times they need to draw)
3. On a different set of sticky notes, write the word that corresponds with the picture your child drew.
4. Now hide the picture sticky notes around the house.
5. Give the child one word sticky note at a time for them to go and find the matching pic.



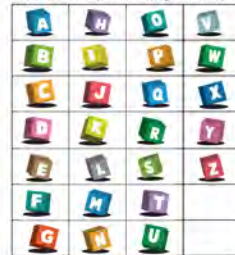
INDOOR SCAVENGER HUNT

1. Blue piece of clothing
2. Rolling pin
3. Face cloth
4. Unopened bottle(s)
5. Plastic charger
6. Spoon(s) (wood/plastic)
7. Stuffed toy
8. Someone on an electronic
9. Water bottle
10. Bacon
11. Photo of a family member
12. Empty clean food container
13. A vegetable
14. Candle
15. Empty paper bag



NEIGHBOURHOOD ALPHABET HUNT

Find each letter of the alphabet on street signs and license plates



For activity downloads visit:
www.healingthroughplay.ca



THE END

Courtesy of:



Shannon Holmes

Registered Psychotherapist, Certified Play Therapist

shannonh@healingthroughplay.ca

empowering your child

contact@healingthroughplay.ca

www.healingthroughplay.ca

60 Queen Street East, Suite 105, Brampton, ON L6V 1A9