

Presents...



Kid's Guide to Staying Safe and Healthy during Covid 19



It's normal to have different feelings, and it's OK to express these feelings

- Talk about your feelings with your parents or trusted adults
- Show your feelings through art or a song
- If you get into an argument with someone, use your words to say how you feel. Begin your feeling statements with "I feel _____ now"
- Know that a lot of people are feeling scared, worried, or confused



Breathing can Calm Us

- **Bumblebee Breathing:** Get into a sitting position and close your eyes. Breathe in through your nose, and out through your mouth. Listen to each breath. After a few breaths, put your fingers over your ears. Breathe in through your nose and blow out your breath saying "BUZZZZ" as long as you can. Repeat
- **Other Breathing Tips:** Breathe with a pinwheel, imagine blowing on a dandelion, smell an imaginary flower and blow out a pretend candle. You can also blow bubbles.



Wash Your Hands

- Wash your hands with warm water and liquid soap
- Scrub under your nails, between your fingers, up to your wrists
- **Wash for 20 seconds.** You can hum your favorite song or the Happy Birthday song



Take Regular Breaks

- Do projects with your parents, siblings, or neighbors
- Take an online class on how to draw, how to practice yoga, or play an educational game
- Limit screen time. Go for a walk outside or ride your bike



Practice Kind Actions and Positive Thoughts.

- Send e-mails, letters, make get well cards or drawings to a loved one.
- Name the people and things that you are grateful for.
- Offer to help out at home or help someone in need.

This information is brought to you by...

Kids on the Block

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