COPING WITH COVID 19

A WORK BOOK FOR KIDS AND TEENS
COPING WITH COVID19

A work book designed to help children and teens communicate and cope with their feelings and emotions regarding the global Covid 19 pandemic. This work book includes writing and drawing prompts to help create a therapeutic experience and provide an opportunity to have open conversations.

A list of commonly heard words surrounding the pandemic are defined in this work book in simple and concrete terms to make them easier for children and teens to understand.
DEFINITIONS

**Coronavirus** - A type of germ that can cause a disease and can spread between people.

**Covid 19** - The disease that is caused by a newly discovered coronavirus. This disease can make people very sick.

**Pandemic** - When a disease spreads very quickly and affects a large number of people in many different countries.

**Social distancing** - Limiting physical contact with other people to hopefully reduce the number of people who get sick.
**DEFINITIONS**

**Isolation** - Staying separate from other people and places.

**Quarantine** - When someone who is or might be sick stays separate from other people so the other people hopefully do not get sick.

**PPE** - "Personal Protective Equipment" - Equipment people wear to help limit the spread of germs to themselves and others. A face mask, gloves, and a medical gown are examples of PPE.

**Ventilator** - A machine used in hospitals to help people breathe if they cannot breathe on their own.
HOW DO YOU FEEL WHEN YOU HEAR ABOUT COVID 19?

Either write it down or draw it in a face
DRAW A PICTURE OF WHAT YOU THINK THE VIRUS LOOKS LIKE.
What has changed in your life because of the pandemic?
WHAT/WHO DO YOU MISS BECAUSE YOU NEED TO STAY AT HOME OR IN THE HOSPITAL?
HOW DOES YOUR BODY/BRAIN FEEL DURING THE PANDEMIC?

Color in the person to show how your body/brain feels.
HOW DOES YOU HEART FEEL DURING THE PANDEMIC?

Color in the picture to show how your heart feels.
WHAT DO YOU WISH WOULD BE DIFFERENT IN THE WORLD RIGHT NOW?
WHAT CAN YOU DO WHEN YOU FEEL SCARED?

Circle some options or write/draw your own.

- listen to music
- hug a loved one
- take a deep breath
- write about it
- watch a movie
WHO CAN YOU TALK TO WHEN YOU FEEL SCARED, ANXIOUS, OR UPSET?

Some kids like to talk to a parent, teacher, counselor, or friend. What about you?
What can you do to help people during the COVID 19 pandemic?

Circle some choices or write/draw your own.

- Wash your hands to help keep everyone healthy
- Video chat with a loved one to see how they are doing
- Write a letter to your teacher, nurse/doctor, or caregiver to thank them for their hard work
PLEASE VISIT THESE SITES FOR MORE INFORMATION ABOUT COVID 19

Centers for Disease Control and Prevention
https://www.cdc.gov/

American Academy of Pediatrics
https://www.aap.org/

Cincinnati Children's Hospital
https://www.cincinnatichildrens.org/patients/coronavirus-information