

Story & Activity Book for Children

# What is Coronavirus?

...and how we can play our part  
to help the community



Download this FREE resource at: [MomentsADay.com/covid19](https://www.momentsaday.com/covid19)



Did you know that every person in the world is connected because we are all part of a big human family? Right now our big family is facing a big challenge.



You may have heard about Coronavirus (COVID-19), a viral disease spreading around the world. Washing your hands regularly with soap is one way to protect yourself from getting it. Do you know how to wash your hands very well?



Here are some more ways to protect yourself and others. Keep your hands away from your face. Cough into your elbow. Wash your hands before eating or preparing food.



Another way to stop the virus from spreading is to keep your distance from others, at least three to six big steps away. Anyone may seem well, but could have the virus and not know it. Instead of shaking hands or giving hugs, what can you do to greet people?



You may not be able to go out like you used to. Restaurants, libraries, and parks may be closed. If you do go out, be careful not to touch a lot of surfaces and be sure to wash your hands when you get home.

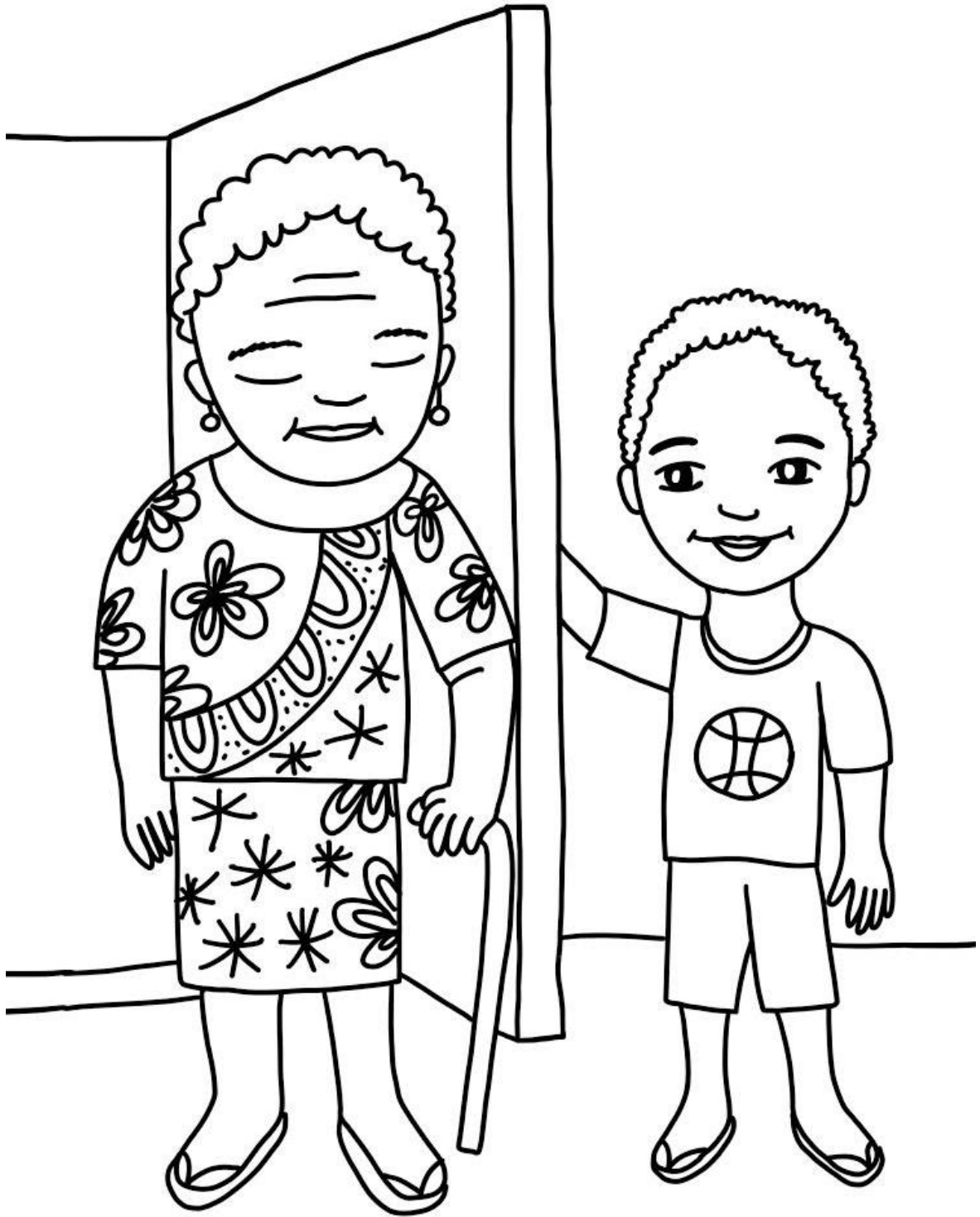


You may need to stop going to school or attending activities with your friends. This may feel really difficult but it will help stop the virus from spreading, so it's a way you can help.



Just like traffic rules help keep the roads safe, the new rules put in place because of the virus will help keep your community safe. These rules won't last forever. We will be told when it is safe to go back to the way things were.





Most people who get the virus will get better after a few weeks. But for some, it could be much harder for their bodies to recover.



Staying away from other people can be a way to protect them from the virus. Caring for someone means doing what is best for them, even if it is hard to be separated.



If you do become unwell, you may have a fever, sore throat, and cough. Being sick is just like facing a storm. Be brave! Follow the doctor's advice and your amazing body will work hard to help you feel better.



Sometimes you may feel sad or upset about what is going on. That is okay. Talking, writing, or drawing about your feelings can help. Many families are finding that connecting with loved ones through the internet can help also.



If you feel worried, close your eyes and take some deep breaths. Ask your parents or siblings what they do in times of worry or sadness. You can comfort one another.



Both grownups and children are being challenged at this time. It may be hard to have a new routine. In times like these, it is especially important to help out whenever you can.



It might be fun to make a list of things to do at home. What games and activities will bring joy to you, your siblings, and parents?



Spending more time at home may also mean you have an opportunity to learn new skills. What would you like to learn, or get better at?





Even though life may be a bit different right now, you can learn how to cope. Practicing gratitude is a way to feel better. What are some things you are grateful for?



Everyone has a part to play in helping communities overcome this health crisis. Just like when we are cleaning up the environment, each person's efforts are important.



It may not be easy to see progress at first,  
just like seeds take time to grow into a  
beautiful garden. If we work together,  
patiently, we can help our global family  
build a better, brighter world.

# Bonus Activities

## CHOOSE A HANDWASHING SONG

What song will you sing for 20 seconds that will help you remember to wash your hands very well? [Every Little Cell](#) is a very catchy one.

## CREATIVE CONNECTION

Keeping space from others does not mean we have to feel lonely. We don't need to be afraid of other people. Smiles and waves are most welcome and safe! What other ways can we safely and carefully connect with others? Watch [this video](#) of Italians singing from their balconies for inspiration.

## BRAINSTORM ACTIVE GAMES

Children in countries that have been dealing with the Coronavirus for the longest have learned to play and exercise at home and in outdoor spaces in new ways. Playground equipment is not considered safe right now, as the germs can stay on surfaces for days. If you want to play ball now, do it with those in your household only. Walks are fine, but remember to keep a safe distance from people you see who don't live with you. What are other [active games](#) you can play that are safe?

## PUT TOGETHER A CALM DOWN TOOL KIT

You may experience a lot of emotions over the coming weeks or months. Parents and children can make a list of ideas for a [calm down tool kit](#). Some ideas to start with are prayer, writing positive thoughts, or Yoga.

## WRITE A BUCKET LIST

Make a Coronavirus Bucket List by writing down a huge list of things to do while you are spending extra time at home such as [LEGO games](#).

## CARING FOR THE COMMUNITY

How can you help community during this unique time? Ask an adult to tell you how other people have been helping each other, such as [offering food](#).

## DISCUSSION QUESTIONS

As individuals or communities, what can we learn from this crisis? What's a change of habit you have made that you plan to continue?