

Story & Activity Book for Children

What is Coronavirus?

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

Hané' doo nídaishcháái ałchiní báh. Ha'tish awolyá
Coronavirus?

...doo heit'aw bił keehwiitinigii inideelwo'do.





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.

Nił bee hozingo t'áa aniiltso nahasdzaqá bíkáagi k'é bee dahwiiniitá' t'áa ałtso diné niidlí níl? Kad diishj'í diné bila' ashdlá'ii nitsáahgo bee nabihwiintaah.



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?

Kad shíí nít bee hozin dii dikos nit'saah nahast'e ts'aáda (COVID-19) wolye'igii t'aa áttso nahasdzáá bikaagi naatnii. Nila' t'nangis áłahají ta'alawash ba ei dii dikos nitsaah gii doo hwidilneeh da'tah. Da'h dii nít bee hozin nilá yeégo tánanigis gosh nít bee hozin?



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.

Kóq ta' náaná bee ach'áá' aholyá dóó nik'éé. Nila' dóó niní'
t'áadoo bídilnihí. Nihigaan biyi dadotkos. Nila' tanagis atts'e
áadoo adiiyíł doo ch'yaan inláago.



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?

Naaná díí dikosnitsaah donihitá' níniidado ak'o doa'yoó heida' biigha'jǫǫzǫǫdá, táá doo hastáá adees'eez biighajizǫǫdo. Heida t'oo doat'ééda na'halin nidi ei shǫǫ dikosnitsaah baaholó dobił beehozinda. Ałdo' heida dobilá'k'izh dilniihda dóó dobinjichííhda, nishee heit'aá k'é' didiinił?



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.

Doo shíí ayóo ʔolóogo nanínááda kad at'e heí bínínáá.
Da'jiyánígoo, naaltsoos bah'ooghango, doo dajinéehgo kad
dóááh adaat'eehda. ʔtoogó diniyáahgo aadoo aale'e
bidiilníhí aadoo ninii bidichidí doo nila' t'aa atahají
taahnangish nilee hogan di neenizáahgo.



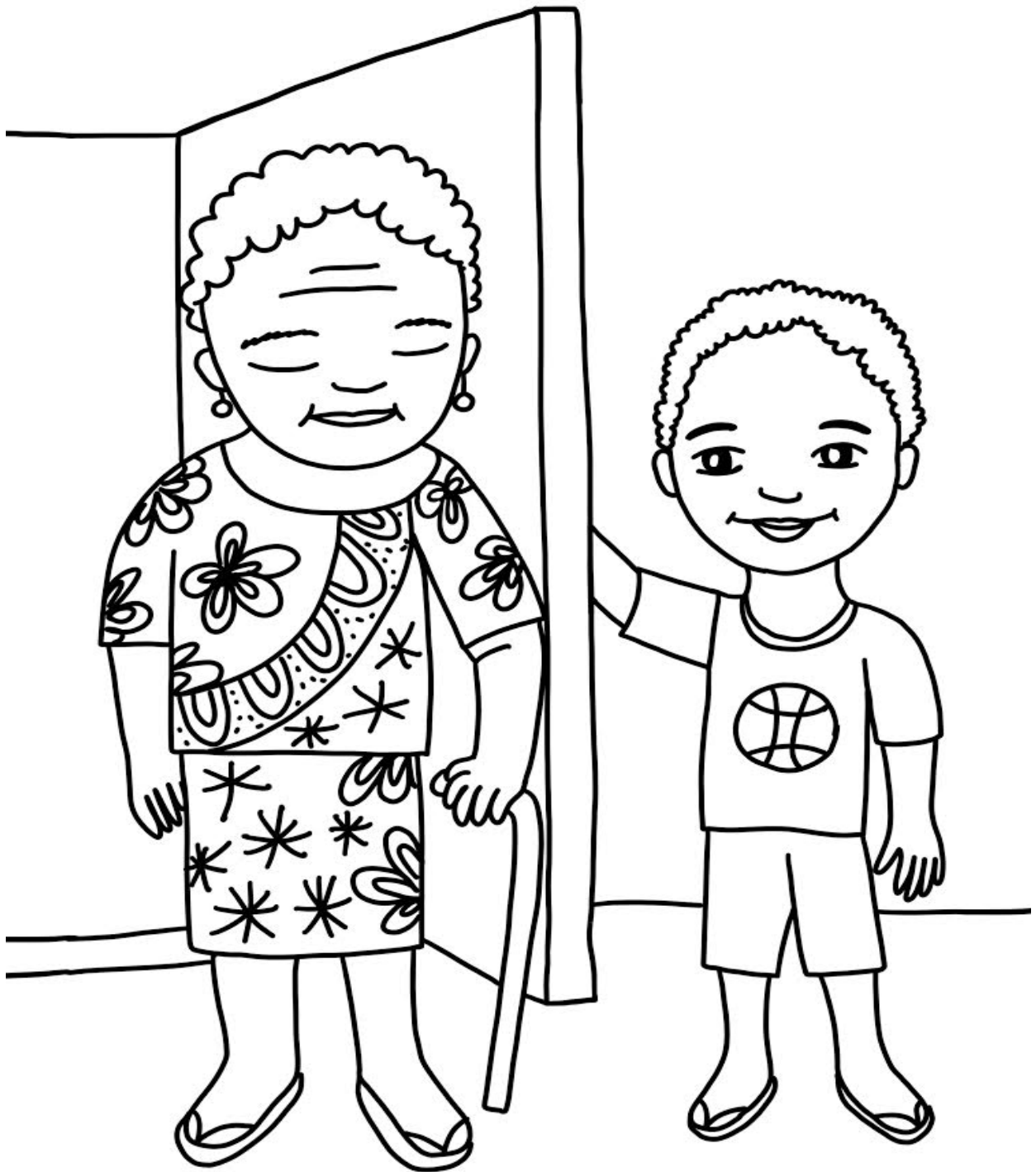
You may need to stop going to school or attending activities with your friends. This may feel really difficult but it will help stop the virus from spreading, so it's a way you can help.

Kad doaltádá woltá' dá doo al̥chíní bił nídáníneeh h́éé dóó a'ale'é
in̥tei heeh kad dooin'íída. Akó sh́íí ayóo nanid̥doo nidí dikos
nitsa'ahgi heida dobídí doołnidá, akó t'aabił ananilwo'do.



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.

Diiatiin beehozaanii holó ei bikehgo ya'at'ééhgo ni'da'abaqas,
ak'o dii dikos beehozaanii ei annid alyaah biłkeehwjitinií attso
dine nizhonigo keehatiido. Dii beehazaanii doo atłái'ateedado.
Naqt'aqanı nihił nidahwidoolni kad ya'at'ééh nahasdlii danidoo
doo doaté hę́ę giateedado.



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.

Diné ła dikos bidadees na' yéé ya'at'eeh nídaasdlí di kiwi shíí damaojí. Akondítá' bits'iis doo dabidziil da ei shíí táayeego bit'iis bahnidaalnishgo yíkáá hadookah.



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.

Diné łaádoo bichi' nijighani ako dikos nitsaaní hwideelneedá.
Heida baa ahwijilyá shkítwée do dikoshnitsoí hódilnáádá.
Gháádá bah awíjilyáa shíí tsí'dá nizhonigo ajleehdo, akondi
ts'da taasahi jizdah ayóo nanit'ah.



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.

Doonitah hat'siidgo, nitah ayóó hoozdohgo, nida'yí' neezgehgo, dóó dilkosgo. Tsida yéego hawoo' neezgeh nahalin. Yéego há'íínlí! Azeeií'íni bik'ego ínit'áo dóó nit'siis ya'at'eeh nidoodleet.



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.

Łá'dá shíí donít hozoqda nitah ya'ahoot'eehda. Ei t'aako. Baa yájiiti'go, ałdo' naalt'soos bik'e jilchiihgo dóo nijich'aago bee hatah ya'ahooteeh łeh. T'ooahayoí dine bik'ée yich'í' yádaatti' beesh niteekesí ei ałdó' yá'at'eeh.



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.

Ayóo baaní'ni'go, niilch'ííhł dóó hozho'ó nididziih. Nimó dóó nizhe'é dóó biłheenijeeí ła nábiditkid heit'aó bił beedahozindo donithats'iidgo. Niyaó'óní dóó niajooba' bee ya'at'eehdo.



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.

Táa'atah ho'yaní dóó atchini kad nibi'hontaah doo. Ta'a dikwiiji inít inééh dóó akotéa kad ahooniitii biniinaa ana'niilwo'go nizhoní t'aa bee ananiitsogi'itáo nizhonido.



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?

Biinidliníí nalt'soos bikáá innileeh dii hoghandi a'neetiido.
Ha'at'ish iníł'igo baa niłhozhó, dóó biłheeníjeeí, dóó nímá
dóó nízhe'é?



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?

Haoghandi sindahgo kad ha'atish bo'hodee'shał ninizin.
Ha'at'ish binea hwideesh'aał dóó yáago behozindo yinzin?



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?

Kad ei nihee iiná ta'go adzaah, níhei nizhonigo
a'dánisinkashao béhodii'aah. Aátáji hwitilíí atdó
náábishní'táhgo hwitá yá'átééh do. Há'átish eí ayóoniíłíj?



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.

Ta'a aniiltso akáinídeelwo'go dikos nitsaah baadaadidiikah.
Ashte'hajlééh nahalingot'aa aniiltso dóó t'aate' jizini
baa'ahweeniidzin.



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.

Doo táata'aji adooniitda nanisr' k'iizh diilá nahalingo nizhonígo dinooseet baa' aho'ojilyá. T'aa aniiltso ahit nideelnishgo, há'oh'nóq bila' ashdla'íi nahasdzaá bikáá shábittóól bee idin'nidíingo nizhonigo keehwiit'iih' doo.

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?