

SO YOU'VE GOT QUESTIONS ABOUT **Coronavirus**



What is Coronavirus?

Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!



I'm a kid. Doesn't that mean I can't get Coronavirus?

No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as sick as adults. But kids can still become infected with the virus.



Why are we staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!



WHAT CAN I DO IF I'M FEELING worried?

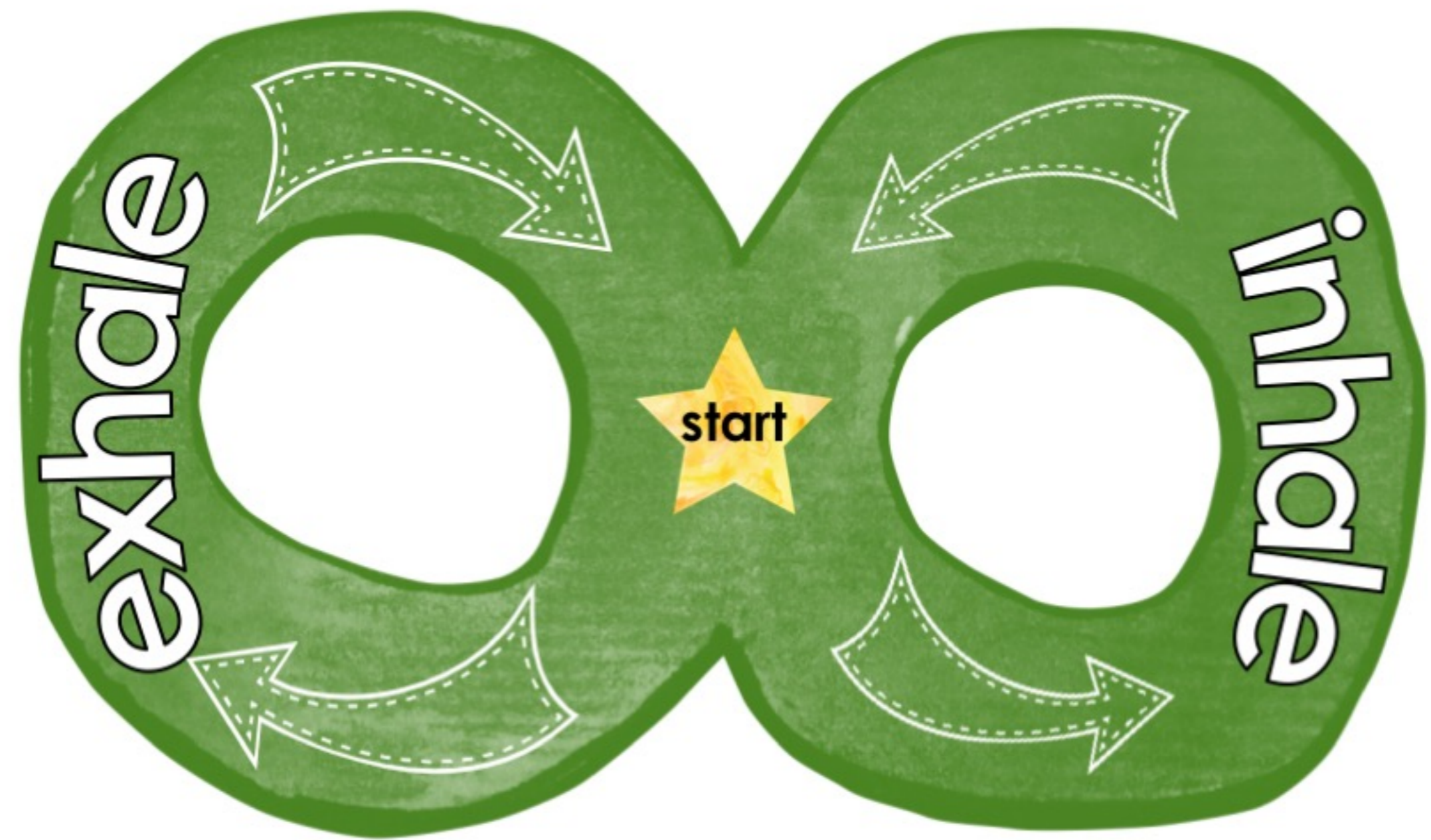
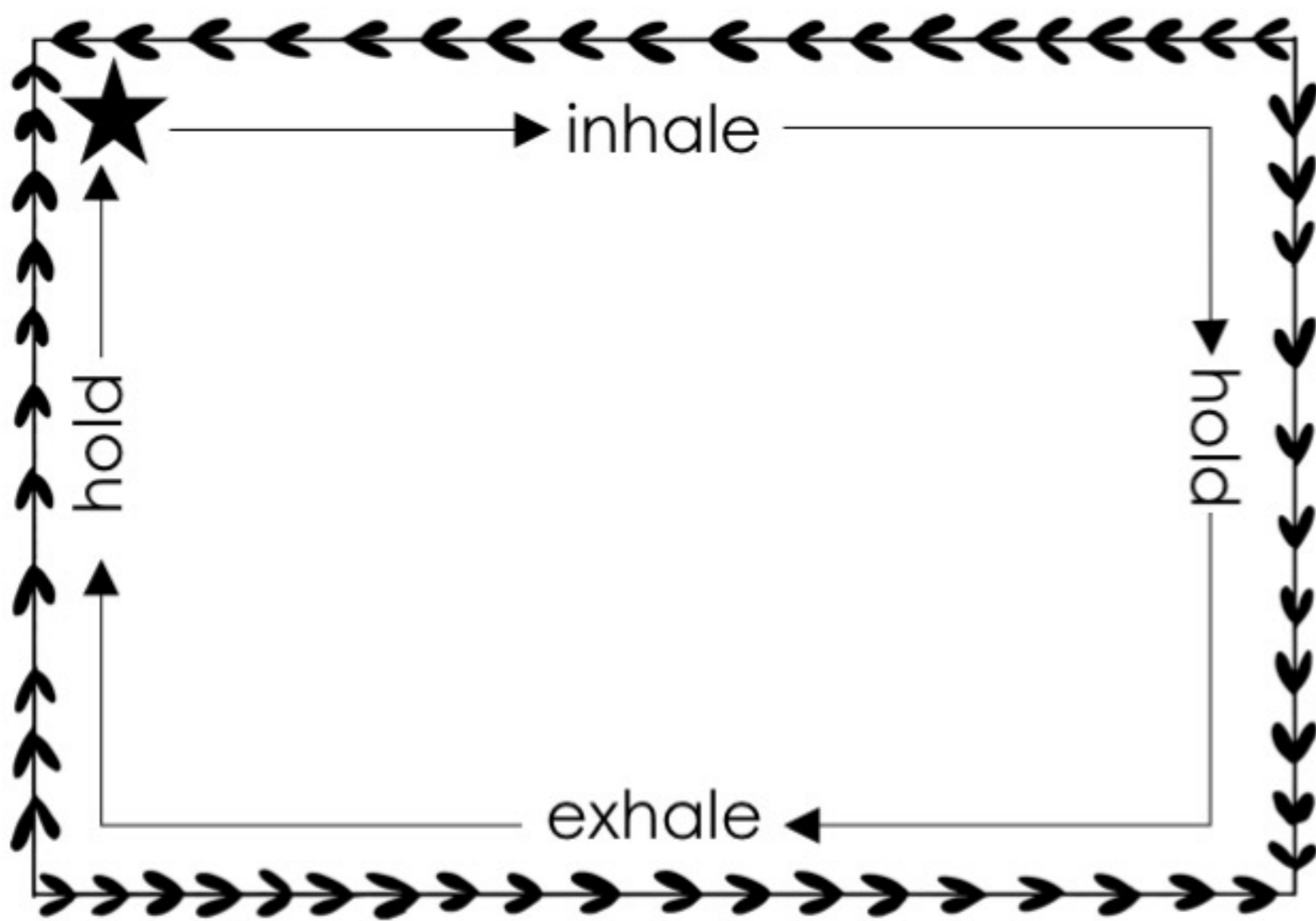


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.



Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!

A NOTE FROM COUNSELOR *Keri*



Fellow counselor,

Thank you so much for downloading this resource! Every resource is created with student growth in mind. I hope that these activities will enrich your school counseling program and contribute to your students' development.

I'd love to keep in touch with you via email to share counseling ideas, activities, and exclusive free resources! If you're interested, [join my weekly email group using this link.](#)

If you have any questions about a resource, please always feel free to email me at counselorkeri@gmail.com. I'd also love to connect with you on social media! Click the images below to link up.



instagram



tpt



my blog



pinterest



facebook



twitter

Happy counseling!
COUNSELOR *Keri*

TERMS OF USE

Every resource I create for sale on Counselor Keri and Teachers Pay Teachers is a true labor of love, and I ask that you follow these guidelines when using the resources that you kindly purchased from my store. Each resource you purchase comes with a **single-user license**. This means that the resource is intended for use by only you. If you have colleagues in your school or department who would like to use the resource as well, you can purchase additional licenses at a discounted price from your "My Purchases" page on Teachers Pay Teachers or by contacting me at counselorkeri@gmail.com.

YOU MAY:

- Use this resource for your own personal use with your students.
- Use this resource with any and all of your students forever.
- Photocopy the contents of this resource for use with your own students.

YOU MAY NOT:

- Give this resource to others.
- Copy this resource for others to use.
- Email this file to others.
- Post this file on the Internet for others to access.
- Copy or alter this resource in any way to offer to others for free or for sale.

Copyright © Counselor Keri LLC. All rights reserved by author. This product is to be used by the **original downloader only**. Copying for more than one teacher, classroom, department, school, or school system is prohibited. This product may not be distributed or displayed digitally for public view. Failure to comply is a copyright infringement and a violation of the Digital Millennium Copyright Act (DMCA). Clipart and elements found in this PDF are copyrighted and cannot be extracted and used outside of this file without permission or license. Intended for classroom and personal use ONLY. See product file for clip-art and font credits.

When creating resources for my own use and for Teachers Pay Teachers, I consult reputable sources and publications (such as ASCA, NASP, and NACBT, and Beck Institute) to ensure that my strategies and methods are based in current research practices. However, I cannot guarantee results or outcomes for any individual student or group of students. If you use the data tracking measures that I include in my resources and would like to share this with me for future resource improvements, I'd love to hear from you! counselorkeri@gmail.com

DISCLOSURE
STATEMENT
COUNSELOR *Keri*

CLIPART AND FONTS BY:

