COVID-19 for Kids

“HOW I CAN HELP” SERIES!

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Covid-19 for Kids

“HOW I CAN HELP” SERIES!

Part 1: How To Be Helpful

1. By washing my hands for 20-seconds!
   a. How often should I wash my hands?  
   b. Draw a picture of you singing your favourite song while washing your hands!  
   c. Hand-washing challenge!

2. By covering my mouth when I sneeze or cough!
   a. Help Tommy the Tissue find its way to the trashcan!

3. By ensuring I am 2-metres away from others!

4. By staying at home!
   a. What does your home or bedroom look like? 
      Draw your house or bedroom here!
   b. What are your favourite activities to do at home? 
      Write or draw them here!
   c. Have you tried any of these in-home activities?

5. By listening to my parent, guardian, or trusted adult!

6. Some other ways I can be helpful!

7. Pop quiz

8. Pop quiz answers

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1. By keeping a routine and schedule!
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   b. What are my routines?
   c. Morning and bedtime routines!
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Thank you for practising social distancing! - Stephanie

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1. By washing my hands for 20 seconds!

Connor has been learning a lot about the COVID-19 virus. Like how it’s helpful to wash your hands for 20-seconds! Hmm. 20-seconds seems like a long time, doesn’t it? Connor said that it’s not so bad and that you can sing a song for 20-seconds while you do it! Connor likes to sing all different kinds of songs while he washes his hands but his favourite song to sing is “My Little Teapot.” Do you know the words? Connor is being really helpful by doing this and has left you with some song ideas below! Fill in the empty spaces below with some more songs you would like to sing! Remember…it only has to be for 20-seconds! Connor wants to know your favourite… write down your favourite song to sing for 20-seconds while washing your hands in the empty bubble below!

1.) Happy Birthday (two times)
2.) Humpty Dumpty
3.) Twinkle Twinkle Little Star
4.) The Wheels On The Bus
5.)
6.)
7.)
8.)
9.)
10.)

Hi!
My name is Connor and I like to sing I’m a Little Teapot, while washing my hands. What is your favourite song to sing when you wash your hands?

Do you think your family member or guardian will know any of these songs? Will they sing it with you? I wonder if you could sing these songs together or if they know of any other songs to sing for 20-seconds?

My favourite:
1a. How often should I wash my hands?

Now that you know that washing your hands for 20-seconds can be really helpful, Connor also wants to share when and how often to wash your hands! Before Connor shares what he has learned, Connor wants to know your hand-washing routines! Write your answers in the empty spaces below!

<table>
<thead>
<tr>
<th>When do you wash your hands?</th>
<th>How often should you wash your hands?</th>
<th>Do you wash your hands at school and at home?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Wow! It seems like you sure know a lot about hand-washing! See below what Connor has learned about when you should wash your hands during the COVID-19 outbreak:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1.) After you are finished playing with toys or playing outside</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2.) After you cough, sneeze, or blow your nose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3.) Before and after you eat</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4.) After you go to the washroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5.) If you come into contact with anyone other than the people you live with</td>
</tr>
</tbody>
</table>

Connor wants to play a game with you! Can you match the hand-washing routine with the picture? **Draw a line** from the picture to the hand-washing routine! **Try your best!**
1b. Draw a picture of you singing your favorite song while washing your hands!
1c. Hand-washing challenge!

Do you know how long 20-seconds is? Create YOUR OWN song to wash your hands to!
Remember to wash your hands with soap and water for 20-seconds!
If you are not sure how long 20-seconds is, you can use a timer!
You can ask your parent, guardian, or trusted adult to borrow one or get them to time you! I wonder what you will come up with!? 

ARE YOU UP FOR THE CHALLENGE?

WRITE YOUR LYRICS HERE:
Covid-19 for Kids
“HOW I CAN HELP” SERIES!

PART 1: HOW TO BE HELPFUL

2. By covering my mouth when I sneeze or cough!

Kyle and Courtney recently learned about the COVID-19 virus and they wanted to know more of how they could be helpful to ensure that their homes are safe and that they are taking the right steps so that the number of people who get the coronavirus is as low as possible. Whoa! Kyle and Courtney are being really helpful! Do you want to be helpful too? Kyle and Courtney will show you how below.

Courtney wants to play a game with you! Do you think you know the right answer?

Courtney wants to know where she should throw her tissue when she’s done...?

A. On the floor
B. In the toilet
C. In the trashcan

That’s right! The answer is “C”, C for Correct! When you’re done with the tissue, you place it in the trashcan!

Wow! You’re really smart! Hmmm. Here’s a trick question Kyle wants to ask you!

Kyle has a cough and he wants to be helpful. Kyle wants to know what to do when he coughs...?

A. Cough into the air
B. Cough into a tissue
C. Cough into the bend of his elbow

You got it! I guess I can’t trick you, eh? There are two correct answers! The answer is “B” and “C”!

When you cough (or sneeze) you can do it into a tissue or into the bend of your elbow!

Courtney and Kyle like to practice this! Maybe you can too? Here’s a summary!

How I can be helpful...
Cover my mouth with a tissue when I sneeze or cough and throw away my tissue immediately into a trashcan, or I sneeze or cough into the bend of my elbow.
2a. Help Tommy the Tissue find its way to the trashcan!

I’m Tommy the Tissue. Please help me through the maze so I can be placed in the trashcan!
Kevin has been learning all about “Social Distancing” and how it is helpful during the COVID-19 outbreak. Kevin learned that it is important to stay 2-metres away from anyone outside of his household. Do you know how long 2-metres is? If you’re not sure, you can ask your parent, guardian, or a trusted adult to borrow their tape measure! Kevin said it’s really fun to measure things around the house!

Can you help Kevin identify the objects that you think are 2-metres long? You can? What a big help! Circle the items below that you think are 2-metres in length!

Correct Answers:
- Door (height of door)
- 2 side-by-side hockey sticks
- Moose

Not Correct Answers:
- Baseball bat (if 2 were side-by-side then it would have been correct)
- Frog
- Dog
- Cat
- Pillow
- Fire truck
- Snow boot
- Refrigerator
- Dog (length of door)
4. By staying at home!

Casey’s parent told him that he has to stay at home right now in order to keep everyone safe during the COVID-19 illness. Casey loves to play outside with his dog, Kona, and because Casey has a big yard in the back, his parent said he could play outside but only if he and Kona could practice social distancing and follow his parent’s instructions. Casey’s cousin, Carlos, lives in an apartment complex and because the building is shared, they have to be a little more careful when passing others. Casey’s parent said that even though he has to stay at his house, there are many different situations that will allow you to go safely outside…such as if you go on a walk with the people you live with or if you have a big yard to play in where there are no other kids… or if you have a big driveway that you can ride your scooter on! Casey also really loves to have sleepovers with his friends, but Casey knows that this new type of virus is causing a lot of people to become sick and that it is very contagious. COVID-19 is spread between people who are in close contact with one another, by coughs or sneezes. For many people, the illness is pretty mild, with a cough and fever, and people get better pretty quickly. However, for older people – like Casey’s grandparents – this virus can affect them even more and at times make them sick enough where they would have to go to the hospital. Even though Casey hasn’t seen his friends or some family in a little while, he doesn’t want to put others at risk. Even though Casey isn’t sick, he could catch it and pass it on so he keeps thinking how he wants to keep his grandparents safe so he and Kona have been staying at home. Casey is being really helpful, right? Casey has been telling his friends about this when he talks to them on the phone so they can be helpful too! Casey is staying home and doing his favourite activities inside. Casey wants to know what your favourite activities to do inside your home are?! And where do you do them?

Hi! I’m Casey and this is my dog Kona. We have to stay at our home right now because of COVID-19! I know that by doing this we are being helpful! Even though I feel sad because I want to see my friends at school, I know this is what we all have to do right now. There’s lots of fun things to do in my home! Right now Kona and I are pretending we are superheroes! What kinds of things do you like to do in your home?

Casey’s List Of His Favourite Things To Do In His Home:
- Paint superhero pictures
- Read before bed
- Watch his favourite movie
- Make his own superhero comics
- Bake cookies with his family
- Do science experiments
- Snuggle with his iguana stuffy
- Hang out with his dog Kona
- Learn to play chess
- and go on Indoor scavenger hunts!

Do you have anything in common with Casey?

Your help really matters 😊

Rhonda
4a. What does your home or bedroom look like? Draw your house or bedroom here!
4b. What are your favourite activities to do at home? Write or draw them here!

Just remember that you are not in trouble for having to stay at your home and it’s what all kids and families… well what everyone around the world has to do right now! Have you ever heard of the saying “we are all in the same boat…”? – not literally but theoretically we kind of are! We are in this together and you are not alone!
4c. Have you tried any of these in-home activities?

Highlight the activities below that you would like to do in your home and add in any more ideas you may have in the empty slots at the bottom!

<table>
<thead>
<tr>
<th>Build a fort</th>
<th>Tie-dye a piece of clothing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have family olympics</td>
<td>Make a collage or photo book</td>
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<tr>
<td>Have a dance challenge</td>
<td>Learn a new instrument</td>
</tr>
<tr>
<td>Do a puzzle</td>
<td>Interview a family member</td>
</tr>
<tr>
<td>Learn a new dance</td>
<td>Have a fashion show</td>
</tr>
<tr>
<td>Learn a card trick</td>
<td>Make gifts or ornaments</td>
</tr>
<tr>
<td>Make cereal box self-portraits</td>
<td>Make window art</td>
</tr>
<tr>
<td>Play hide and go seek</td>
<td>Bowl indoors (with old water bottles and a small ball)</td>
</tr>
<tr>
<td>Exercise</td>
<td>Make your own puzzle or board game</td>
</tr>
<tr>
<td>Make slime</td>
<td>Make your favourite homemade pizza</td>
</tr>
<tr>
<td>Read a new book</td>
<td>Musical chairs</td>
</tr>
<tr>
<td>Indoor scavenger hunt</td>
<td>Have a tea party</td>
</tr>
<tr>
<td>Hand-write a letter or draw a picture and send it to your family member or friend</td>
<td>Indoor obstacle course</td>
</tr>
<tr>
<td>Learn how to cook your favourite meal</td>
<td>Movie marathon</td>
</tr>
<tr>
<td>Create an arts and crafts collection made especially by you</td>
<td>Help with dinner</td>
</tr>
<tr>
<td>Play i-spy</td>
<td>Build something</td>
</tr>
<tr>
<td>Paint a new picture</td>
<td>Write your own comic book</td>
</tr>
<tr>
<td>Help with breakfast</td>
<td>Put on a play</td>
</tr>
<tr>
<td>Stage an “impromptu” concert</td>
<td>Make a sensory bin</td>
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<tr>
<td>Play with Lego</td>
<td>Mini self-care/spa day</td>
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<tr>
<td>Have movie and popcorn night</td>
<td>Write a poem</td>
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<tr>
<td>Use masking tape to create roads on the floor or rug</td>
<td>Stage a puppet show</td>
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<tr>
<td>Build a tower out of dominos or a deck of cards</td>
<td>Have a gaming tournament</td>
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<tr>
<td>Take free art or music lessons online</td>
<td>Rearrange your room</td>
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<tr>
<td>Play an instrument</td>
<td>Mini hockey sticks</td>
</tr>
<tr>
<td>Do yoga or mindfulness exercises</td>
<td>Do your own song or music video</td>
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<tr>
<td>Write your own song or music video</td>
<td>Look at world maps and pin point where you’d like to go when you’re older</td>
</tr>
<tr>
<td>Write your own song or music video</td>
<td>Watch virtual ride attractions online</td>
</tr>
<tr>
<td>Play board games, do word searches, or mazes</td>
<td>Home idol (home singing contest)</td>
</tr>
<tr>
<td>Planned facetime or phone chats</td>
<td>Learn sign language</td>
</tr>
<tr>
<td>Mini self-care/spa day</td>
<td>Jump rope</td>
</tr>
<tr>
<td>Help with a house project</td>
<td>Journal</td>
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<tr>
<td>Try new foods and flavours</td>
<td>Bake and decorate cookies</td>
</tr>
<tr>
<td>Make art from recyclables</td>
<td>Make music</td>
</tr>
<tr>
<td>Do a science experiment</td>
<td>Make art from recyclables</td>
</tr>
<tr>
<td>Musical chairs</td>
<td>Make art from recyclables</td>
</tr>
<tr>
<td>Make a game like chess or checkers</td>
<td>Try making a homemade musical instrument</td>
</tr>
<tr>
<td>Make a homemade checkers board</td>
<td>Make your own jewelry</td>
</tr>
<tr>
<td>Make a homemade checkers board</td>
<td>Try new foods and flavours</td>
</tr>
</tbody>
</table>

Now that you have highlighted some of the activities you would like to do, I’m sure you’re excited to get going! Don’t forget to get permission from your parent, guardian, or trusted adult first before beginning some of these activities! Do you think it would be fun to do any of these activities with a family member or house-mate? Go ahead and ask them!
5. By Listening To My Parent, Guardian, or Trusted Adult!

Kristoph and Chelsea are learning a lot from their guardian about how to be helpful! Their guardian said that it is really important to listen to your caretaker during this time. Sometimes your parent or caretaker might tell you things that make you unhappy like not being able to go to the playground or being able to see your friends. This is because the COVID-19 virus can be passed easily from person to person and the virus can live on surfaces like on the monkey bars, the swing, or the slide on the playground. Kristoph and Chelsea don’t want to make their friends sick or anyone else that plays on the playground so they are being helpful by listening to their guardian’s instructions. Kristoph and Chelsea’s guardian said it’s only temporary and that things will get back to how they used to be soon, so hang in there kiddo! You’re being super cool and helpful!

What? Huh? I can’t hear you! Oh! I’m sorry, I had my earmuffs on while playing hockey. *Takes earmuffs off* Hey, Hey! I’m Chelsea! Kristoph and I are going to teach you about how listening is going to be really helpful!

Look at all the different kinds of ears below. Can you find the two matching animals ears?

Have you had to use your listening ears at home or in school? What helps you use your listening ears?

Howdy! I’m Kristoph! I’m using my “Listening Ears” right now so that I can be a big help! Do you know how to use your Listening Ears?
6. Some other ways I can be helpful!

**By Avoiding Touching My Eyes, Nose, and Mouth With My Hands!**

I know it’s hard to not touch your face but just try your best! Try keeping your hands by your side and if you do have to touch your face, try using a tissue that you can throw out or your sleeve that can be washed!

**By Not Sharing My Food, Drinks, or Dishes With Anyone!**

I know “sharing is caring” but right now it’s best not to share your food, drinks, and dishes because it’s a way that germs could easily spread. If you want to split something, try getting your own plate or cup!

Fill in the empty hearts with some other ideas in how you could be helpful or maybe you are already doing some other helpful things... Fill the hearts with all of the helpful things you are already doing! Remember, you are AWESOME-SAUCE!
7. Pop Quiz

Wow! You sure did just learn a lot in how to be helpful! Katy wants to test their memory and skills and see how much they can remember!

Let’s see how much you can remember by taking the pop quiz below!

It’s okay if you feel nervous and it’s okay if you get a question wrong. That just means you can practice some more! Katy says it helps them when they feel nervous to take a big deep breath. Why don’t you try that?

Take a big deep breath then try your best! If you need help you can ask your parent/guardian or trusted adult! (Hint: The answers are on the previous pages…shhhh.) Katy says once you finish you can check to see if you got the right answers…the right answers are on the next page! Okay…try your best…you got this! Ready…and…go!

1. If you don’t have a tissue and you have to sneeze or cough, what could you sneeze or cough into?

2. How long should you wash your hands for?

3. What’s something you can do while you wash your hands?

4. What should you do with your tissue after you sneezed or coughed into it?

5. How many metres should you be from someone outside of your home?

**BONUS.** What is an example of an object that is 2 metres long?
8. Pop Quiz Answers

Good job! Now let’s check your answers and see how you did!

I bet you’re now a master of “How To Be Helpful” during the COVID-19 pandemic! Remember, it’s okay if you got some questions wrong. If you did, that just means you’ll have to practice some more! I guess they really mean what they say when they say “practice makes perfect”. Keep on practicing!

**Pop Quiz Answers**

1. The bend of my elbow
2. 20-seconds
3. Sing my favourite song
4. Throw it away immediately into a trashcan
5. 2-metres

**BONUS**: 2 baseball bats, 2 hockey sticks, moose, height of a door, refrigerator

Share some other things you have learned in this space here! I wonder if you can share what you have learned with your family, friend, or house-mate? Remember to keep practicing what you learned! Feel free to draw or write your answers and thoughts!
PART 2: HOW TO HELP WITH MY WORRIES

1. By keeping a routine and schedule!

You may be thinking, “Why do I have to wake up early if I don’t have somewhere to be? Or why can’t I stay up late when I don’t have to wake up early? And why do I have to do schoolwork if I don’t have to be in school?” These are great questions to ask and having these thoughts are okay! Chris and Christina are going to help you answer these! As you have learned already, there is a new virus called COVID-19, and because of that there are things we have to do right now that makes your day to day life look very differently than how it used to! But don’t worry, this is all just temporary! Chris and Christina try to say this to themselves when they start to feel upset or worried. You try it! Say out it loud, “DON’T WORRY, IT’S JUST TEMPORARY!” Say it again! You got it! Great job! Chris and Christina said that they feel better when they stick to a regular schedule that includes a morning and bedtime routine, completing schoolwork, setting goals, getting exercise, helping with house chores, and of course continuing to have fun! Chris and Christina said that this helps out their family or house mates as well! While you are not able to do some of the things you did before, just remember that it’s temporary and we all need to work together! You can get through this! I believe in you!

CHRIS AND CHRISTINA ARE BOTH HOLDING A CLIPBOARD WITH CHECK LISTS! WANT TO KNOW WHAT THEIR DAILY TO-DO CHECK LIST LOOKS LIKE? SEE BELOW!

HAVE YOU EVER MADE A DAILY TO DO CHECK LIST?

Hi, I’m Chris! And I’m Christina! We are twins! We are going to talk to you about why it’s important to maintain a daily routine and schedule. Having something to look forward to every day really helps with our worries! Do you have a routine and schedule that makes you feel better?

CHRIS
- Read with mom
- Feed dog
- Play with Lego
- Call my friends
- Clean up toys

CHRISTINA
- Play soccer
- Feed cat
- Do math homework
- Facetime Gram
- Make slime

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1a. Make your daily to-do check list below!

Remember to only write down the things you know you want to accomplish today and don’t forget to check it off when you have completed it! (Feel free to make copies!)
1b. What are my routines?

Chris and Christina already mentioned how helpful it can be by having a to-do check list to help them accomplish their daily goals! Chris and Christina also find it helpful to have a daily routine and schedule...you know...like a morning and bedtime routine. You probably have one too! Having these routines and having a schedule to follow throughout the day help Chris and Christina stay busy instead of bored! It's never fun being bored! Boredom sometimes leads to making unsafe choices so having a routine and schedule may help you feel more in control of everything. It can also help you cope with change, reduce your worried feelings, and hopefully decrease your stress! Chris and Christina at times feel a little worried and stressed with all of the recent changes like not being able to go to school or see their friends but they say that this stuff can help! Why don't you try it? Let's start with routines! Chris and Christina want to play a game with you, are you willing to play? (Their schedule changed because there is no school or sports currently so they had to adjust their routines a bit!)

Chris and Christina want you to try and guess what order their morning and bedtime routines look like! Put a number below the picture. After you are finished, you can check your answers below just turn the page sideways!

**MORNING ROUTINE:**

1. Brush Teeth  
2. Eat Breakfast  
3. Get Dressed  
4. Use The Toilet And Wash Hands  
5. Learn  
6. Get Up

**BEDTIME ROUTINE:**

1. Eat Supper  
2. Bathe  
3. Read Bedtime Story  
4. Go to Sleep  
5. Play  
6. Brush Teeth  
7. Comb Hair

Hey, Chris here reporting from my dining room table. Mmm, yumm! My favourite meal... spaghetti and meatballs! A part of my daily routine is eating supper with my family at 5:00 PM! What's your favourite food? Do you have a favourite part of your daily routine?
1c. Morning and bedtime routines!

Does your morning and bedtime routine look anything like Chris and Christina’s? Below, write or draw what your morning and bedtime routines look like right now while at home during the COVID-19 pandemic. Remember that routines are there to help you! It’s okay if it looks different than it did before because sometimes routines change and that’s alright!

MY MORNING ROUTINE


MY BEDTIME ROUTINE
**PART 2: HOW TO HELP WITH MY WORRIES**

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**1d. Make your own schedule challenge!**

Keeping a schedule can be difficult to keep up with!
It can be helpful if you know ahead of “time” what you want your day to look like –
this will also be helpful with your worries! Feel free to make copies and
to also cut out a completed one to hang on your wall or fridge!
Chris and Christina find it helpful if they can visually see their clock!
Tick tock tick tock are you ready to create
your own schedule on a clock?

(HINT-MAKE ONE FOR AM AND PM AND BE AS SPECIFIC AS POSSIBLE)
2. By keeping in contact with the people I care about!

You may be wondering, “When will this all be over? I miss my school. I miss seeing my friends. I miss having sleepovers with my bestie, going to the movie theatre with my step-brother, playing Thursday night hockey with my team-mates, and having Sunday dinner with my Aunts and Uncles.” Sigh. You’re not alone…Chloe feels the same way! Chloe has been experiencing some “anxious” feelings because of all the changes that have happened due to the COVID-19 virus and having to remain at her home. Chloe’s step-mom suggested that she stay in contact with her friends and other people she cares about that she cannot visit right now…but to do it in safe ways like texting, talking on the phone, or face-timing! Have you communicated with any of your friends or family in that way? This is really helpful for Chloe!

What are all the ways you can communicate with the people you care about? Check it off below!

- Phone call on cell
- Phone call on landline
- Facetime/Skype
- Social media
- E-mail
- Handwritten letter
- Gaming system

Now that you checked off all the different ways you can talk or communicate with a family member, friend, or someone you care about that you are unable to visit right now…do you know their information to contact them? Chloe has all of her friends and family phone numbers, addresses, and e-mails saved in her phone! Chloe says that having all of the people she cares about easily reachable helps her cope through her worries! If you don’t have a phone, you could write them down…into an address book!

Follow me to the next page!
### 2a. My very own address book!

Write down all of the people you’d like to contact here in your address book! Remember, to collect ALL of the information you need to contact them… like their full name, cell phone and/or home number, address, e-mail, social media account name, and/or gaming name! If you don’t know the information, you could always ask your parent, guardian, or trusted adult to help you out! Make copies if you have more than 5 contacts or create your own address book!

<table>
<thead>
<tr>
<th>Name:</th>
<th>Address:</th>
<th>Cell Phone:</th>
<th>Home Phone:</th>
<th>E-mail:</th>
<th>Social Media or Gaming Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td>Name:</td>
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Health PEI  healthpe.ca
### 2b. Write a handwritten letter!

Have you ever mailed a handwritten letter or picture you drew to someone you cared about? If you have already then you’ll know what to do! If you have never done this before…it’s a kind gesture that makes the receiving end feel very special! And who knows…they may write you back! Chloe loves to get handwritten letters or pictures in the mail from her family and friends! Write a letter or draw a picture to someone you care about using the template below! Cut on the line below and get your parent, guardian, or trusted adult to mail it for you! Remember, if you need help with writing or cutting, don’t be afraid to ask! (You will also need an envelope and stamp).

*Do you think they will write you back?! I hope so...it’s always so exciting to get something personal in the mail addressed to you! Don’t forget to sign your name at the bottom!*

---

**Letter**

<table>
<thead>
<tr>
<th>(Friend or Family Member’s Name)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>(Street Name)</td>
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<td>(City, Province, Postal Code)</td>
</tr>
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<td></td>
<td>(Country)</td>
</tr>
</tbody>
</table>

**Dear**

<table>
<thead>
<tr>
<th>(Friend or Family Member’s Name)</th>
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</table>

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Sincerely,

<table>
<thead>
<tr>
<th>(My Signature)</th>
<th></th>
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</table>
2c. Family or friend interview!

Even though Chloe is unable to see her friends and some family members right now because of COVID-19, Chloe has daily planned phone and facetime chats! Chloe plays this fun game where she will “interview” her friend or family member or play the “question game” over the phone! Chloe said that she has found out things about her bestie that she never knew before…like that her favourite sport isn’t hockey and that it’s actually softball!!! I wonder what you will find out about your friend or family member that you never knew before! You can use the interview questions below or make up your own!

If you have more than one person to interview, make copies! Will you let them interview you too?

(You will find the question game questions on the next page).

(HINT: YOU CAN ALSO INTERVIEW SOMEONE IN YOUR HOME LIKE A PARENT, SIBLING OR HOUSEMATE)

<table>
<thead>
<tr>
<th>Who I’m interviewing:</th>
<th>How old are you?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What’s your favourite colour?</td>
<td></td>
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<tr>
<td>What’s your favourite sport to watch?</td>
<td>To Play?</td>
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<tr>
<td>What’s your favourite food?</td>
<td>Dessert?</td>
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<tr>
<td>Where did you grow up?</td>
<td>Have you ever moved?</td>
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<tr>
<td>If you could be an animal what would you be?</td>
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<tr>
<td>Favourite ice-cream flavour?</td>
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<tr>
<td>Do you have any pets?</td>
<td>If yes, what are their names?</td>
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<tr>
<td>Are you the only child or do you have siblings?</td>
<td>If so, how many?</td>
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<tr>
<td>What’s your favourite store?</td>
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<tr>
<td>What’s your least favourite vegetable?</td>
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<tr>
<td>What do you want to be when you get older?</td>
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<tr>
<td>Where’s the furthest place you traveled?</td>
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<tr>
<td>If you could go anywhere in the world, where would it be?</td>
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<tr>
<td>Have you met anyone famous?</td>
<td>If so, who?</td>
</tr>
</tbody>
</table>

Did you learn something new about your family or friend? Did you have anything in common? Write all about it here!
2d. The question game!

Chloe loves to play the question game with her bestie while facetimeing! You can also play this game through text! She found out that her bestie prefers going snowboarding instead of ice-skating! You can use the “this or that” questions below or you can make up your own! If you have more than one person to play this game with you can make copies!

(HINT: YOU CAN ALSO PLAY THIS GAME WITH SOMEONE IN YOUR HOME LIKE A PARENT, SIBLING OR HOUSEMATE)

Who I’m playing the question game with:

Circle their answers...

Halloween or Christmas?
Milk or Juice?
Smarties or M&M’s?
Star Wars or Star Trek?
Green apple or Red apple?
Harry Potter Books or Movies?
The Beach or Forest?
Chocolate cake or Vanilla cake?
Michael Jordan or LeBron James?
Coke or Pepsi?
Camping or Road Trip?
Dog or Cat?
Boat or Airplane?
McDonald’s or Burger King?
Bike or Rollerblades?
Sunglasses or Hat?
Live in the city or Live on a farm?
Computer games or Video games?
Pop music or Country music?
Summer or Winter?
Rain or Snow?
Crayons or Paint?
Would you rather Sing or Dance?
Puzzles or Boardgames?
Breakfast or Supper?
Spiderman or Batman?
Chips or Candy?
Toronto Maple Leafs or The Montreal Canadians?
Swim in the Pool or Swim in the Ocean?
Canada Day or Thanksgiving?
Disney or Pixar?

Did you learn something new about your family or friend? Did you have anything in common? Write all about it here!
3. By keeping my mind, body, and heart happy!

Did you know that your mind, body, and heart all work together!? When you’re feeling sad, anxious, nervous, stressed, frustrated, and/or angry, your mind, body, and heart all respond and tell you that you are feeling a certain way – these are called feelings or emotions! For example, when Caleb is feeling sad, he will typically have a frown on his face, he sometimes gets teary-eyed, and he may mope around the house. When Caleb is feeling happy, he will typically laugh and smile, and he will be playing with his toys. Right now, Caleb is feeling sad AND anxious. Why do you think Caleb is sad and anxious? Great idea! We could ask Caleb why he is feeling sad and anxious! Go ahead, ask him! Caleb said he feels sad because he was looking forward to his birthday party but it had to be postponed because of the COVID-19 pandemic. And Caleb said he feels anxious because he has been out of school for a little while and he is “worried” because he thinks he will forget how to do fractions by the time he returns to school. Have you ever felt two emotions at the same time? What were they? Did you do anything to make yourself feel better? Caleb said that he likes to meditate and focus on his breathing when he feels sad or anxious. Have you ever tried it before? Caleb is going to share all kinds of things with you that help keep your mind, body, and heart happy!

But before we get to that, what kinds of words of encouragement can you say to Caleb to help him feel better in this moment. Does anyone ever say something to you that makes you feel better…or something you tell yourself? Fill in the empty spaces below!

**LET’S CHEER CALEB UP!**

“Don’t be sad, get glad!”
“Try to stay cool, Caleb!”
“I’m here to listen if you need to talk!”
“What you are feeling is normal!”
“I think you are really good at fractions!”
“It’s okay to be sad, but things will get better!”

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
3a. Positive Self-Talk!

“Positive self-talk” is saying positive things to yourself...like “I’m awesome-sauce” or “I can do this”. Positive self-talk is really helpful when you’re having big emotions. Try it... it might make you feel better!

_Write some positive self-talk statements in the empty thought bubbles below!_
3b. Happy mind!

Because Caleb has been feeling sad and anxious, he is practicing and doing all of the things that will make him feel happy and calm. Kind of like doing the “opposite action”. When Caleb feels sad he does something that makes him feel happy! When Caleb feels anxious or worried, he does something that makes him feel safe and calm! Do you remember what Caleb was doing on the previous page? That’s right! Good memory! Caleb was “meditating” and “focusing on his breathing”!. Do you know what meditation is? Meditation is getting your mind to feel real relaxed and calm! Caleb says that there are all different kinds of ways to meditate…but his favourite is a strategy called “guided visualization”. Guided visualization can help reduce your worries by taking your mind to a happy place! Do you have a happy place you could go to in your mind? If you’re having trouble thinking of one…then think about your most favourite memory! It could be sitting by the fire and roasting marshmallows, going to the beach, having a family picnic, your birthday party, building a snowman, or going to an amusement park! Caleb’s happy place is pretending he is “floating on a cloud”. He’s going to walk you through a guided visualization.

(You can either lay down or sit in your chair, as long as you can get your body to feel effortlessly comfortable. Once you feel completely comfortable, I want you to take a deep breath and then close your eyes. Breathe in through your nose and out through your mouth (like you are blowing bubbles). Breathe in for 3 seconds…(1,2,3) then HOLD your breath for 2 seconds (1,2) and then blow your breath out for 3 seconds (1,2,3). Repeat this. When you breathe in you are filling your lungs with air and your tummy will raise and when you breathe the air out your tummy will deflate. I want you to keep breathing softly and allow your body to feel more and more relaxed with each breath… I want you to know that you are safe right now…your worries can’t get to you…your anxiousness can’t get to you…right now you are safe and you are happy. Each bone and muscle in your body is calm. Your mind is at ease. No worries in the world right now. You are okay. Now imagine a cloud just came down from the sky to pick you up. You fall into the weightless fluffy white cloud and it lifts you into the bright blue sky. Where are you riding the cloud to? Is it to the beach? To Sandspit? A friends house? You can go anywhere on your cloud. You can invite someone with you! The sun is shining and the air is warm. Your hair is blowing in the wind. It feels perfect. Everything is perfect. What does it smell like? The air smells fresh and kind of sweet like the smell of a carnival. What do you feel? You place your hands on the cloud and it feels like a big soft cotton ball. It’s so soft, fluffy, comfy, and warm. You lay your head down and it feels like a pillow. What do you see? You see birds soaring through the sky. Are you alone or is your favourite person with you? What does the cloud taste like? Cotton candy? Marshmallow? It’s so yummy! What do you hear? Soft swirling wind and laughter as you belly laugh through the sky! You are content and relaxed. The cloud gently lowers you back to into this room. Now wiggle your toes, wiggle your fingers…gently awaken your mind…and when you are ready, slowly open your eyes. Remember, you are safe, I am with you, and you are okay. (Give the listener a chance to become aware). Welcome back! How was your trip?)

Talk about your experience and how this was for you! Was it helpful? What did you like or did not like about it?

Narrative Written By: Angela N. DuBeck, MSW, RSW
3c. Happy Body!

Olivia the Orange is trying to help Caleb learn all about how eating a balanced diet, getting enough sleep, and staying active will help keep your body healthy! Do you know what Oranges are great for? Yes, you got it! Vitamin C! Vitamin C is an antioxidant and antioxidants help your immune system fight off viruses and infections. Olivia the Orange is trying to help Caleb keep his body happy by helping him choose the right snacks to eat that are healthy, delicious, and nutritious and will keep your body strong and your mind alert! Caleb’s favourite healthy snack is strawberry yogurt! What’s your favourite healthy snack?

Caleb wants to play a game with you!

Can you circle which of these snacks are healthy that will keep your body happy?

Correct: Grapes, apple, pear, asparagus, cheese, raspberry, peas, banana, carrot, yogurt.
3d. Don’t forget...

TO GET ENOUGH SLEEP...!

TO MAINTAIN YOUR HYGIENE
BY WASHING YOUR HANDS,
BRUSHING YOUR TEETH,
AND TAKING BATHS
OR SHOWERS...!

AND TO STAY ACTIVE
AND GET EXERCISE!
Right now, with everything going on with COVID-19, you may at times feel alone or scared. I know Clyde did. He felt this whole “social distancing” thing and being “2-metres” away from people was silly. Clyde wasn’t feeling sick so he didn’t understand why he couldn’t see his friends at school. I think Clyde is feeling upset, frustrated, and maybe even angry! Have you felt this way lately, too? Clyde then remembered that feeling angry is okay…it’s just what you do with those feelings. When Clyde’s foster parent said he had to stay at their home and couldn’t go to the rink, Clyde yelled, ran to his bedroom, and slammed his door shut. Clyde took a few minutes to cool down and he didn’t want to feel this way anymore so he practiced some of the strategies we already talked about to help him feel better! Now that Clyde is feeling better, he wants to share a story with you! (The story is on the next page).

But before you get to the story…let’s talk about your “sweet” heart!

Your heart does all kinds of cool things…for one, it keeps you alive! Your heart plays a really important role in your day to day life! Have you ever felt your heart race when you feel really angry? Have you ever won something or was given a big hug and you felt like your heart was bursting with joy? Clyde wants you to know that he has felt this too! Clyde feels best when his heart is happy and calm. When Clyde feels calm and happy, he refers to his heart as his “sweet heart”.

### Hey... Hi... I’m Clyde!

People say I have a huge heart! Being nice and kind to others and practicing patience during this time can be really helpful! This whole COVID-19 stuff had me pretty upset but I’ve been focusing on what makes me feel good and my heart feels totally happy, dude!
3f. Story Time...

There once was a boy with a tiny little heart…this boy and his heart lived far, far apart. The boy often fought, the boy often lied, the boy often laid beneath the sky and cried, oh how he tried…to have a bigger heart.

The boy felt angry, the boy felt rage, the boy thought to himself “why will things not change?!“ The next morning…the boy thought…it’s a new day and I can try again…I can be a good friend…what kind of messages should I send?

The boy began to laugh…the boy began to sing…the boy began to have friends who he was gentle with you see. The boy started to be kind with a twinkle in his eye…

He was watering his heart with all the good of life that before tore him apart. The boy learned that his heart was big, it was so full of love, for his friends and family. But the boy grew tired and he did not know what was wrong. What else could he do, he thought his heart was so strong.

A wise lady came to him and said “Why don’t you water your mind?” – the boy thought for a second and said, “oh I water my neighbor’s plants all of the time!” The wise lady laughed and said no that’s not what I mean…she said…(in a very rapid tone), “when was the last time before the last rhyme that you believed…in yourself? And gave yourself a treat and said “Oh, I just looooove me!?“

The boy shrugged his shoulders and was quite confused, but the wise lady explained and continued. Oh boy, you must love your self! Your mind and your heart must be watered first before everything else. What you do for others is noble, wondrous, and great…but you must at last get things strait!

Your heart will grow only if you care for it…you must plant your seeds, water it daily, and rid of the weeds. So, the boy finally understood…he made his own garden and his heart grew faster than he could!

Who is the boy? ______________________________________________________________

Story Created By: Angela N. DuBeck, MSW, RSW
3g. Watering my garden!

Did you guess who the boy was in the story? You are right! It was Clyde! The moral of the story is that in order to keep your heart feeling happy you must do things that make YOU happy! It’s called “watering your heart”. Clyde was doing really great things for others, but he forgot to do things for himself. Being kind, calm, patient, and gentle is really helpful and in order to do this effectively, you have to water your own garden!

What’s in your garden? Draw and color it here!
3h. Doodle here with everything that makes your heart feel happy!

It's helpful to know what's in your garden and it's also helpful to know what makes your heart feel happy! Knowing these things can be helpful in decreasing your feelings of worry!

What are you going to doodle?
4. By staying creative and busy!

Ciara says that getting creative and staying busy will be really helpful! Doing things you like to do and staying busy can still happen and it will make you feel better, you just have to get a little creative! For example, Ciara loves to draw and paint! Ciara asked her dad if she could use an old big box that was in the basement. Do you know what she did with the box? On the outside, she drew a door and drew flowers and trees all around it! And on the inside, Ciara drew a sky with a moon and stars. She then put a blanket and pillow in there and took a flashlight in to read her favourite book! How cool and creative? Have you ever made something from a box? Whether big or small, Ciara used her imagination and creativeness to build something from a box! Ciara said even though she has to stay inside her home right now, she's making the best of it and keeping busy by creating new things! Ciara also took a deck of cards and made a big giant tower! Ciara then took dry noodles and marshmallow and built a tower! Have you ever done that? You can ask your parent, guardian, or trusted adult to help with other ideas!

**FOOD FOR THOUGHT**
If you had a big box, what would you draw on it?

**WRITE DOWN OR DRAW SOME CREATIVE IDEAS YOU HAVE BELOW!**

Hey I'm Ciara! I've been learning all about what's helpful for my worries during the COVID-19 pandemic. One thing I've learned that's really helpful is continuing to do the things I love... like drawing a picture and then painting it!
**4a. Draw your safe place!**

Draw what your safe place would look like if you had a box!


What would you decorate on the outside… a secret door? A sign that says please say the password before you come in! Oh, what about a garden?!
5. By asking questions and talking about my feelings!

Cole is feeling really relieved right now because he was having some “worried” feelings and he was able to talk to his dad about them. Whew! Talking about your feelings can really be helpful but sometimes talking about your feelings can be really hard! Cole had lots of questions and concerns about the COVID-19 virus and he was feeling worried about what’s going to happen. His belly felt real uneasy like there were butterflies in it. Have you ever felt this? Cole said it’s just “nerves” and that they typically go away after he talks about his feelings to someone he trusts, like his dad Kenneth. Cole wants you to know that it’s really helpful to ask questions so don’t be afraid to ask them! Asking questions and talking about your feelings is okay! You may be hearing a lot about COVID-19 on the TV and in social media but it’s important that you get the right information. It’s important to not spend too much time listening to updates because hearing about it too much can make you feel more worried or anxious and that is not helpful. There’s lots of support and resources out there! Your parent, guardian, and/or trusted adult will ensure your house is safe and will look after you if you get sick! Just remember there’s lots that you can do to be helpful!

Hello! I’m Cole, and this is my dad Kenneth! Woohoo! I feel so great right now because I was able to talk to my dad about my feelings and he answered all of the questions I had about COVID-19!

Who can you talk to that you trust? Write down their names here:

[Blank lines for writing]
5a. Questions I have!

Write your questions or concerns down here that you might want to ask your parent, guardian, trusted adult, or mental health professional! Asking questions and problem solving will help you feel better!

1. 
2. 
3. 
4. 
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7. 
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9. 
10. 
11. 
12. 
13. 
14. 
15. 
5b. Feeling diary!

Cole said it’s really helpful to talk about your feelings but if it’s hard to talk about your feelings, try writing them down! Write your feelings in the space below!

Have you ever documented your feelings in a diary?

**Journal entry #:**

**Today’s date:**

**What’s my energy like?**

0% 20% 40% 60% 80% 100%

**My thoughts:** (either write or draw)
1. COVID-19 for kids word-search

Remember all of the things that you learned in how you can be helpful! Don’t forget to keep on practicing and keep on learning! Here’s a word-search to review some of the terms that you learned!

**Words To Find:**

<table>
<thead>
<tr>
<th>COVID TISSUE HELPFUL</th>
<th>WASH HANDS DISTANCE ROUTINE</th>
<th>TWO METRES LISTEN HOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>R O U T I N E E T L</td>
<td>Z X C N H O M E Y U</td>
<td></td>
</tr>
<tr>
<td>O W O E D B U S W F</td>
<td>O Y V T S S R F T P</td>
<td></td>
</tr>
<tr>
<td>V A I S S D P J B L</td>
<td>H I D I S T A N C E</td>
<td></td>
</tr>
<tr>
<td>N M T L I F G C P H</td>
<td>Q S E R T E M O W T</td>
<td></td>
</tr>
<tr>
<td>W A S H H A N D S K</td>
<td></td>
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</tr>
</tbody>
</table>
2. Make your “COVID-19 Crown” or “Helpful Hat”!

Now that you learned all of the different ways in how to be helpful during the COVID-19 pandemic, I think it’s safe to say that you are a “How I Can Help” ROCKSTAR! You are now a Kid Who Learned To Cope With COVID and you should feel really proud of yourself! I know some of the stuff we went over can be difficult but stay positive and keep doing the things that are helpful to you and your family.

I hope this series was helpful to you and your family. The goal of this series was to promote engagement, understanding, normalcy, practice and connectedness.

All the best and we wish you and your family to remain safe and healthy!

PS: Make copies of the pages you wish and be sure to colour the pages! This series is meant to be reviewed as many times as you’d like or find to be helpful.

Now it’s time to make your “COVID CROWN” or “HELPFUL HAT”. You will find it on the next page!

**Directions:**
*(If you need help with using glue or scissors and/or decorating ideas, go ahead and ask your parent, guardian, and/or trusted adult to help you!)*

**Step 1:** Decorate the crown (get creative...color, paint, use glitter or sequence, whatever!).

**Step 2:** Decorate the Logo (either COVID-19 Crown or Helpful Hat)

**Step 3:** Cut out the crown and the 2 bands and the Logo you wish to use.

**Step 4:** Attach the Logo to the crown with glue or tape.

**Step 5:** Attach the bands to the crown (measure the size of your head as you may need to adjust bands). (HINT: You can attach with glue or tape).

**Step 6:** Attach the bands together in the back by using glue or tape.

**Step 7:** Viola! You can show off your accomplishment and wear your work of art proudly!

**Step 8:** *(OPTIONAL AND WITH ADULT CONSENT)* Take a picture of you in your crown or hat and share with family and friends! Post of social media with #HealthPEIHelps #PEIPeopleCare #KidsWhoLearnToCopeWithCovid #COVIDForKids
COVID-19 CROWN

HELPFUL HAT

COVID-19 CROWN

HELPFUL HAT
COVID-19 FOR KIDS

“HOW I CAN HELP” SERIES!

THINGS WILL GET BETTER

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