

# IN THIS TOGETHER

Illustrated by: \_\_\_\_\_

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*(an interactive book to help children feel more control during this hard time)*

The Coronavirus has gotten everyone scared

Here are some tips to help you feel prepared.

*(Encourage children to draw a picture of something they can do to be helpful during this time)*

When you stay home, you're protecting yourself  
But when you stay home, you're also helping somebody else.  
*(Encourage children to draw themselves as a superhero)*

Play dates are fun, but not for awhile

Facetime your friend and make each other smile.

*(Encourage your children to draw a picture of the friends they're missing...also write letters to mail to friends, grandparents, neighbors they're missing or do a community service project together and mail letters to local nursing homes)*

Wash your hands often 20 seconds will do  
Sing yourself a little song like Happy Birthday to You.  
*(Sing Happy Birthday or other favorite songs with children,  
have children draw while listening to their favorite songs)*

**Don't touch your face for that's where germs spread  
Cough into your elbow or a tissue instead.**

*(Encourage children to draw a self-portrait, look in a mirror together  
and point out each other's beautiful features)*

Life feels uncertain, anxiety is high  
You may feel lonely, mad, or scared. You may want to cry.  
*(Talk to children about how they're feeling and  
encourage them to draw a picture of how they are feeling)*

It's also hard to see grownups looking so blue  
But it's not your fault, they're just feeling overwhelmed too.  
*(Encourage children to draw a picture of the grownups in their lives)*



**Know you're not alone and you won't always feel this way**

**It's ok to be sad, but try to find some good in each day.**

*(Talk with children about positive things that have happened in this time together, encourage children to draw pictures of what they are grateful for, encourage this behavior regularly)*

The Coronavirus will pass though it's not sure when  
So take it one moment at a time and do what you can to be a good friend!  
*(Encourage children to draw pictures of something they're looking forward to)*