

Learning FACTS about the Coronavirus (COVID-19)

Elizabeth Watson, School Counselor

What is Coronavirus? (LS, MS)

It can be worrisome to hear about a disease outbreak, but learning the facts can help ease your mind.

Click [HERE](#) to watch a quick video about COVID-19.

Put your knowledge to the test! [QUIZ](#).



What is Coronavirus? (MS, US)

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A Coronavirus Comic For Kids?

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Yes! Click [HERE](#) to download and print a Zine comic, which outlines fact about the virus and what you can do to help stop the spread of germs.

Click [HERE](#) for quick video on how to fold your Zine comic.

Discussion Questions with Family or Friends

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1. Essential Question: Why is it important to get the facts and ask questions about the Coronavirus?
2. What do you know about the Coronavirus?
3. What are the organizations like the World Health Organization (WHO) and the Center for Disease Control (CDC) doing to help address the virus?
4. In general, what are some health and hygiene practices you should use in order to help prevent the spread of germs?
5. Why is it sometimes a good idea to limit the amount of news you watch on issues like the Coronavirus?

If you are feeling worried about the virus, please reach out to your school counselor, Mrs. Watson, at elizabeth.watson@sdsgriffin.org

Information for Parents

1. **Be available to talk.** Kids have big questions, and it's ok to answer them. Take cues from your kids and offer clear and concise answers in developmentally appropriate language. Keep the focus on what you are doing to prepare and prevention strategies that are in your control like proper handwashing and avoiding large crowds.
2. **Limit News Exposure.** Even when it seems like they're not listening, kids pick up on what they hear on TV and radio. Newscasters' tone of voice can be enough to set off alarm bells for kids, and unfamiliar words like pandemic and outbreak can be fear-inducing.
3. **Stick to Routines and Boundaries.** Kids thrive in routines and boundaries, and predictability can be very comforting in anxious times. When some things feel out of control, routines give a sense of security. Kids might be used to seeing a visual schedule in their classroom, so try using one at home! Don't forget to include fun activity time, such as board games or time outside.

Information for Parents

4. Set & Track Daily Goals. Set small daily goals and track progress so kids can work towards something important to them. Make sure the goals are within their control. Set goals around how much they'll read each day, how many free throws they'll practice each day, or how many kind gestures they'll show toward family members. Track progress on a goal chart so they can have a visual reminder of the progress they're making.

5. Start or Continue Mindful Practices. Mindfulness is an amazing practice for people of all ages. If you don't have a regular mindful practice already built into to your family time, try adding it to your routine. This can look like 5 minutes morning or bedtime guided meditation (look for apps like Calm or Headspace) or another simple mindfulness activity found [HERE](https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/).

Information for Parents

6. **Acknowledge the Worries.** It's completely ok to acknowledge our kids' worries rather than ignoring them. This won't solidify the worry, but will help your child understand that worry is a protective feeling that alert us to potential danger. We can help ourselves remember it's a potential danger though, and use strategies to keep our worries in check.

7. **Avoid Excessive Reassurance.** It's natural to want to reassure our kids! We want them to feel safe and calm. Reassure when needed but avoid offering it too frequently as this can prevent kids from developing their own positive self talk. Practice things they can say to themselves when they're feeling worried like, "I can control my breathing," or "My family is taking care of me."

8. **Be Mindful of Your Own Worries.** Kids do pick up on our feelings and notice our anxieties, and they will take cues from us. Practice your own mindful or calming activities, call a friend or loved one, practice self care, reach out for help.