

# COVID-19 coping tips *for kids*

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It may seem like a lot has changed in your life really fast! It can be hard to deal with so much change and staying indoors away from others. It's normal to have a lot of different feelings. You may sometimes feel sad, worried, scared, confused and even happy.



## What have you been feeling?



### I'M SAD AND I FEEL LIKE CRYING.

It's OK to be sad about the things we can't do right now, like go to school or visit with friends and family. Sometimes when we're sad, we cry because crying is one way to let sad feelings out. It also can help to talk to someone you love about your feelings. Even though you might not be able to visit them right now, ask your parent if you can talk to a friend or relative on the phone or by video call.

### I FEEL WORRIED AND SCARED. WHAT IF I GET SICK OR SOMEONE I LOVE GETS SICK?

Everyone is talking about the coronavirus, so it can feel scary and confusing. The good news is that most people who get this virus don't get very sick and we are all working together to keep everyone healthy. Washing your hands with soap and staying apart from people who don't live in your house are the best things you can do to protect yourself, the people you love and everyone in your neighborhood. If you still have worries about something you've heard, ask your parents about it so they can help answer your questions.





## I'M SO MAD! WHY DID THIS HAVE TO HAPPEN?

It is frustrating that things you were looking forward to such as sports, hanging out with friends, birthday parties and vacations had to stop. It doesn't feel fair that this happened, even though it isn't anybody's fault. But you might still feel mad. Some ideas to help with mad feelings are building a tower of blocks and knocking it down, yelling into a pillow, smashing play dough or drawing a picture of coronavirus and tearing it up. Talk with a grown-up about some safe ways to squash your mad feelings!

## IS IT OK TO FEEL HAPPY?

Yes! You might feel happy for a break from school, that you have more time to play, and that your family is all together at home. You might even feel happy you are still healthy. Finding things that make you happy is a great way to cope or get through this hard time.



## I'M SO BORED!

Without school and other activities outside the house, you have a lot more time now. What kinds of fun or new things can you do? Invent a new game, build a fort, write a story, read a book, go for a walk with your family or ask a parent to help you learn to cook.

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