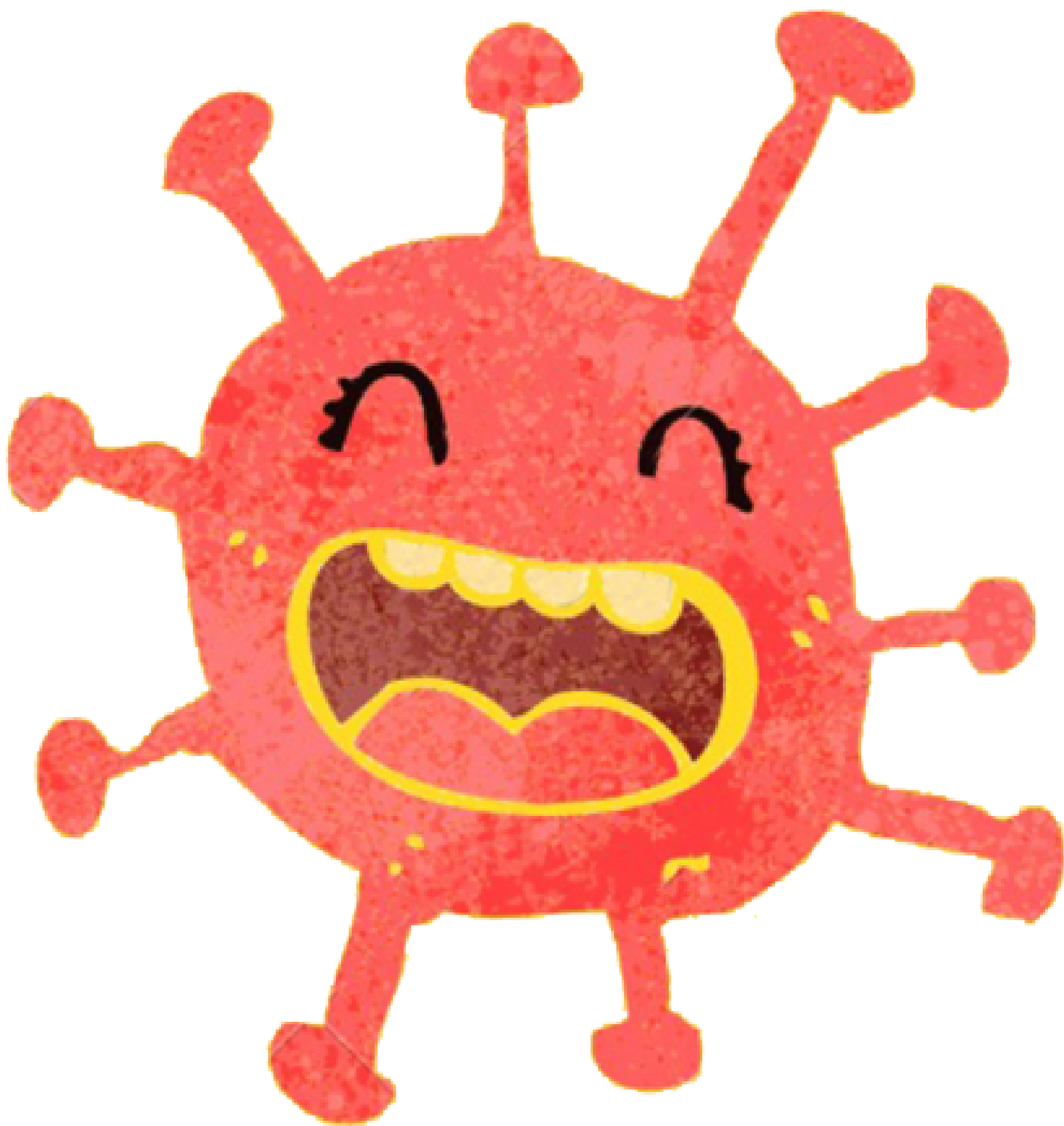


# HELLO!

**I am a VIRUS,  
cousins with the Flu and  
the Common Cold**



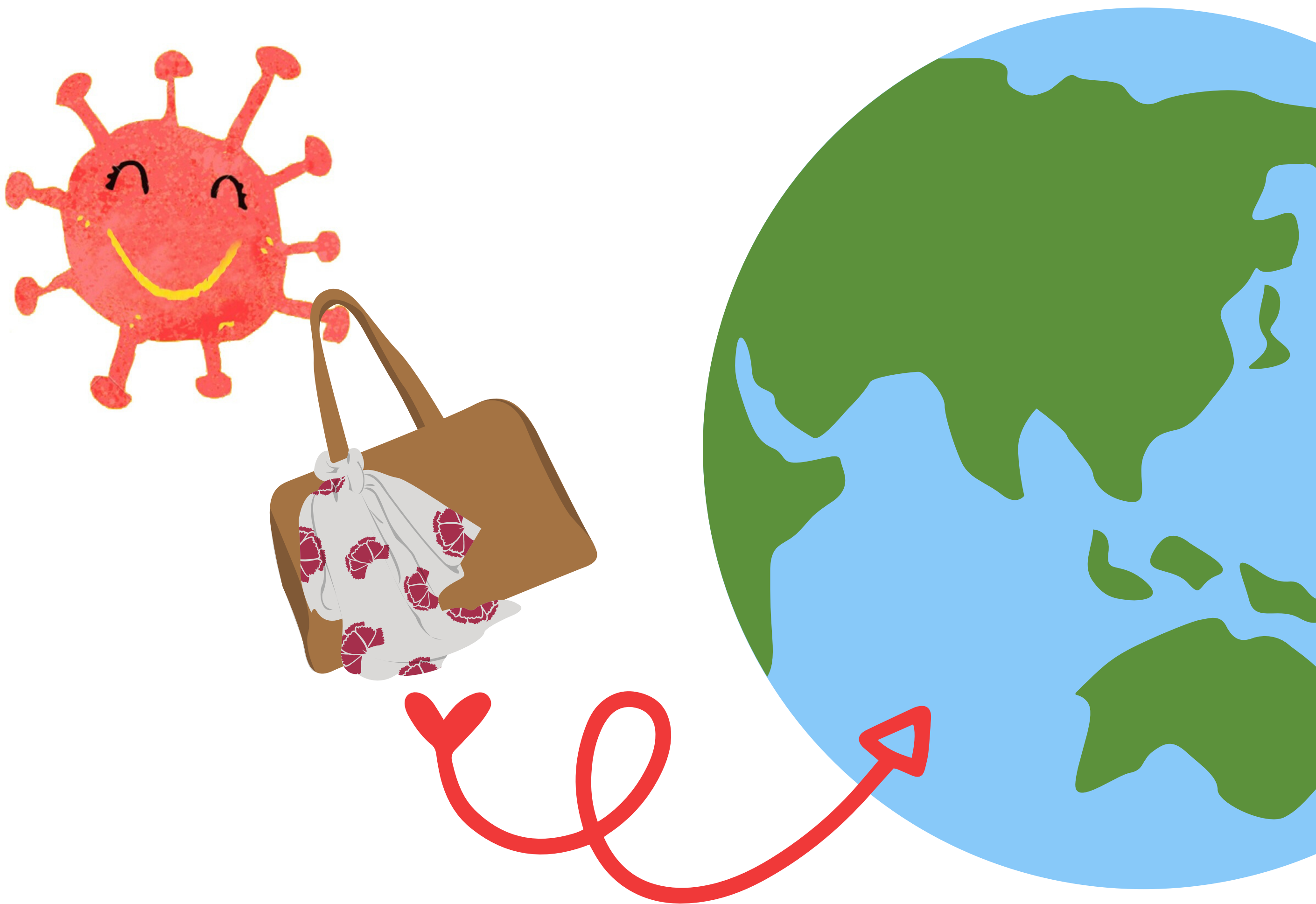
## My name is Coronavirus

MANUELA MOLINA - @MINDHEART.KIDS

[WWW.MINDHEART.CO](http://WWW.MINDHEART.CO)

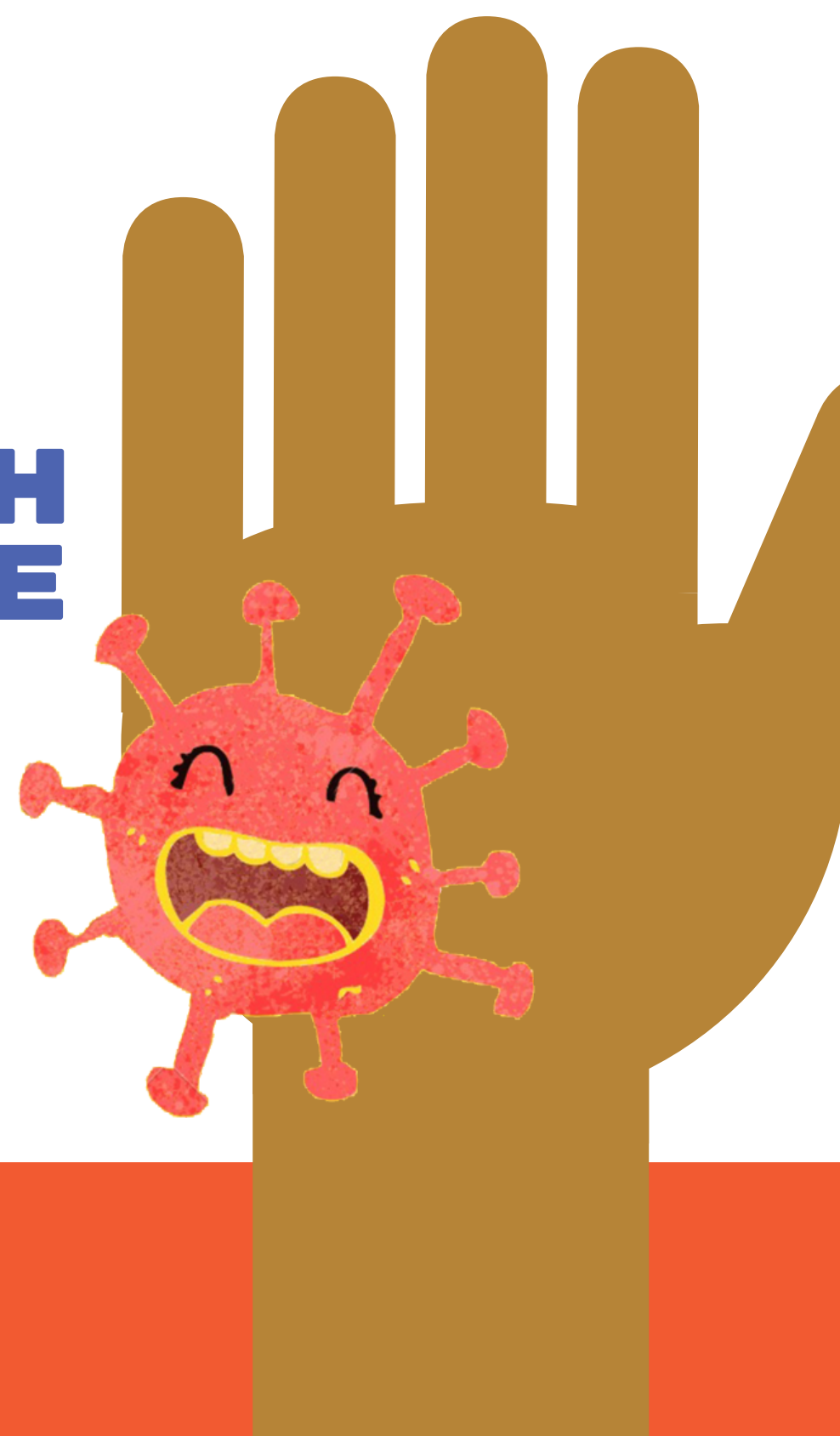
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I love to travel...



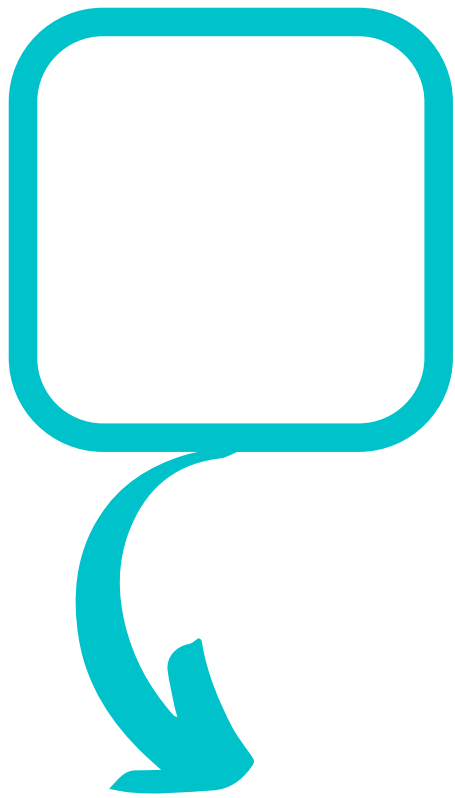
and to jump  
from hand to  
hand to say Hi

**HIGH  
FIVE**

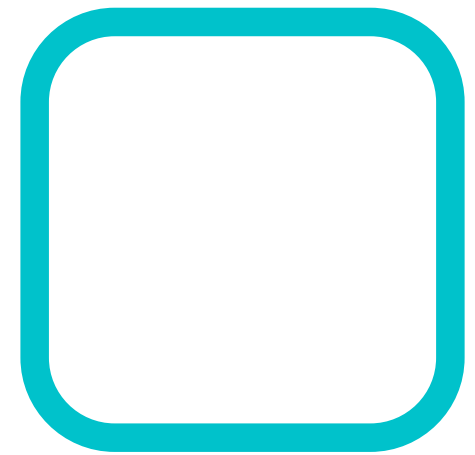


# Have you heard about me?

YES



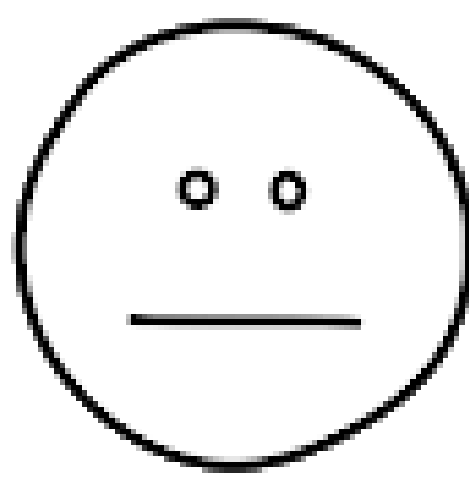
NO



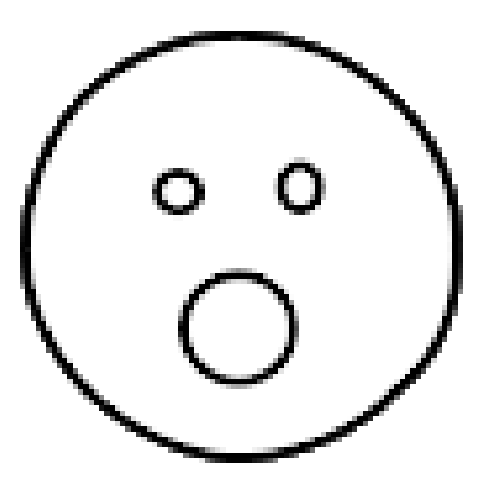
## And how do you feel when you hear my name?



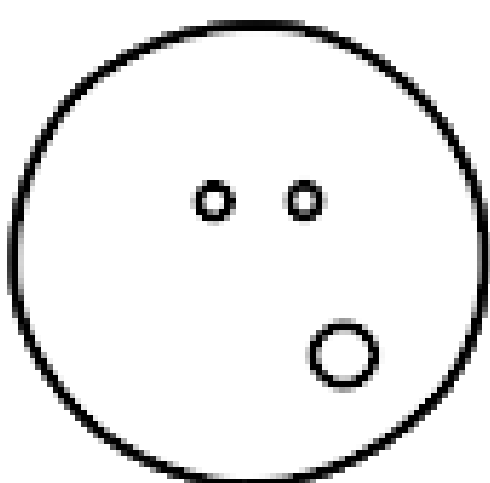
Relaxed



Confused



Worried



Curious

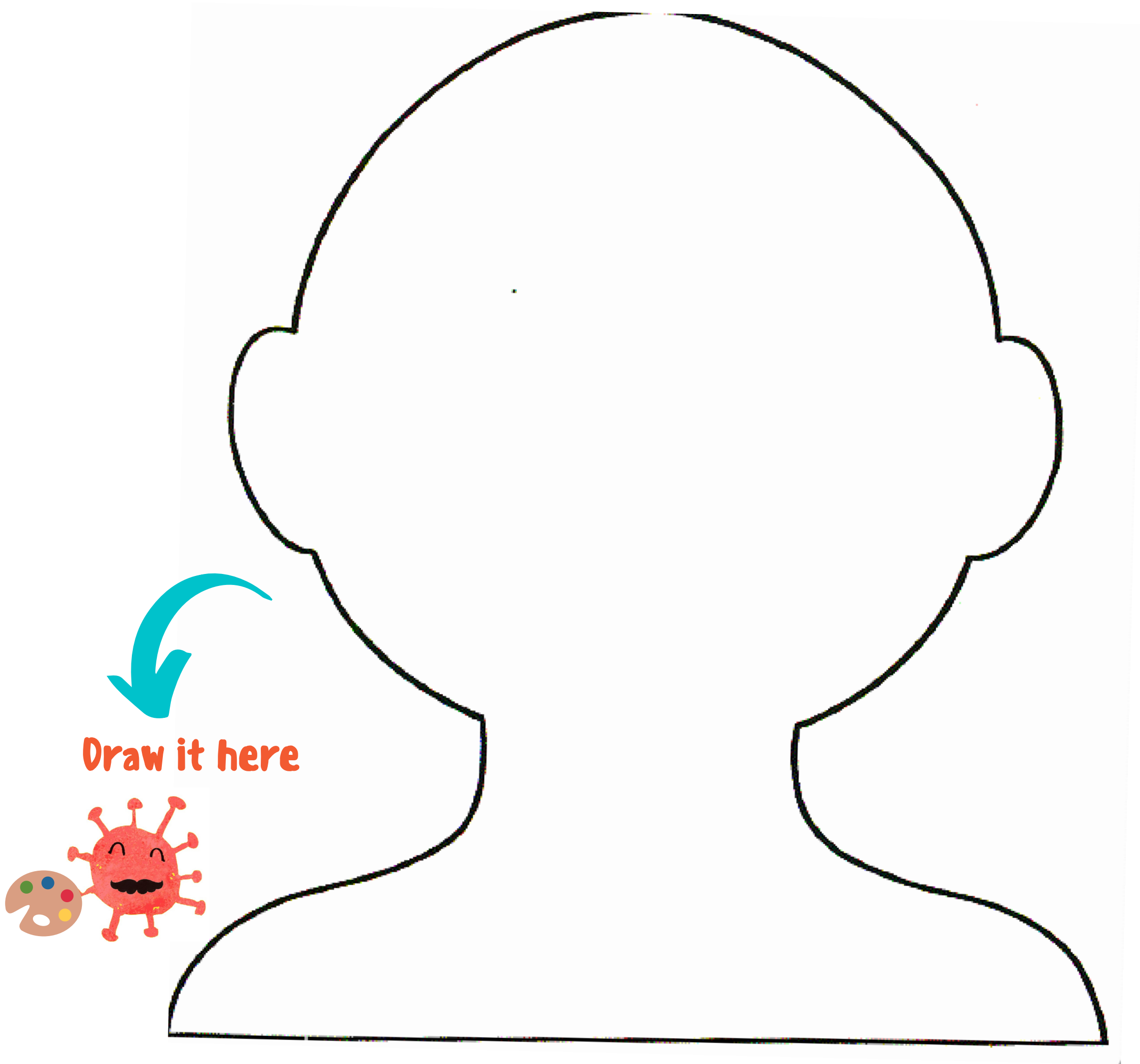


Nervous



Sad

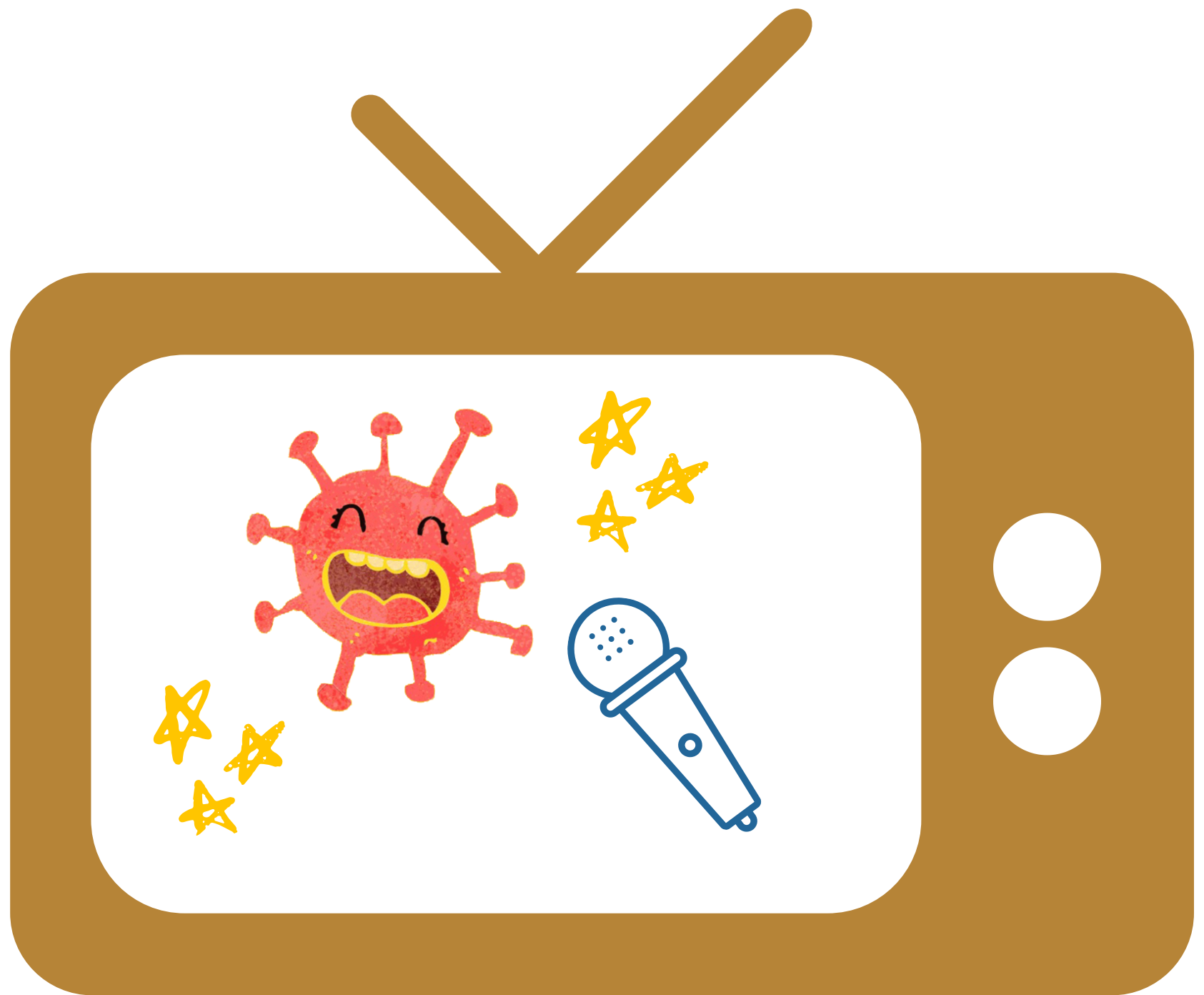
**I can understand you  
feel...**



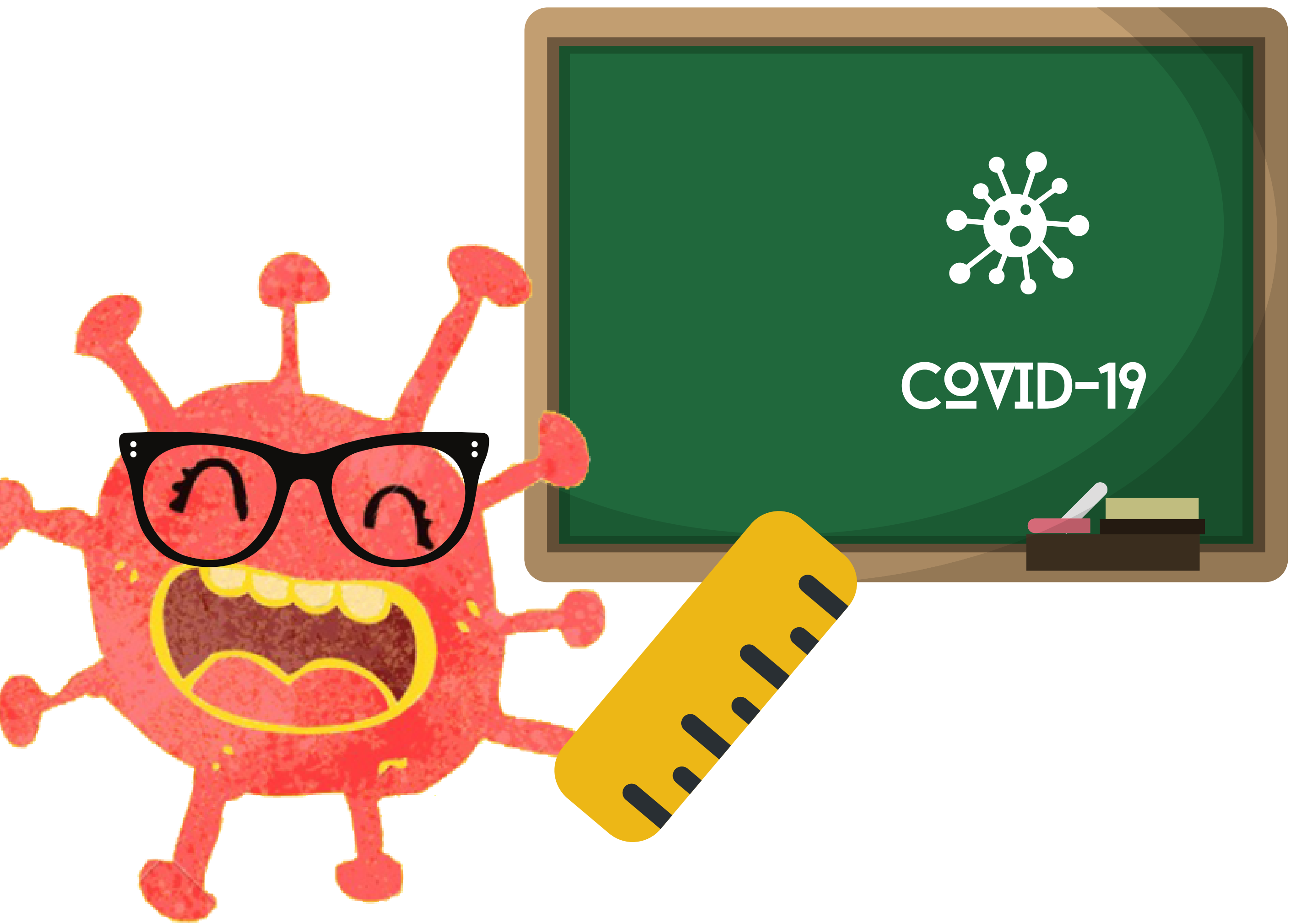
**...I would feel the same way**



Sometimes adults get  
worried when they read  
the news or see me on TV



**But I am going to explain  
myself...**

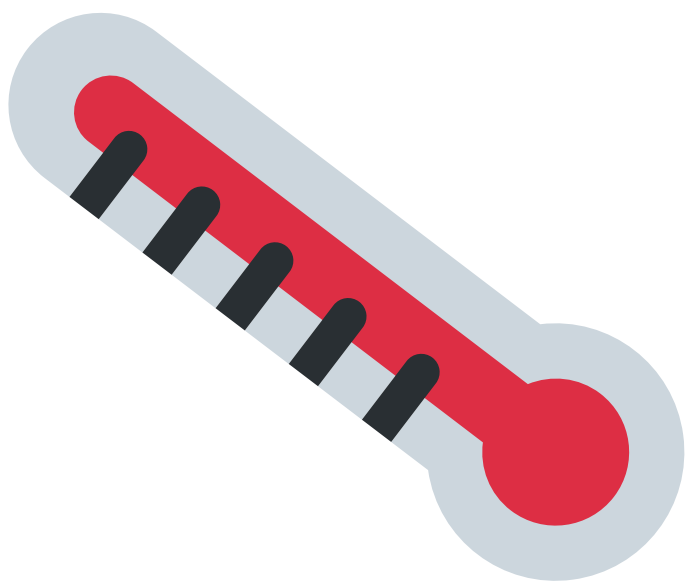


**So you can understand...**

**When I come to visit, I bring...**



**Difficulty breathing**



**Fever**



**Cough**

**But I don't stay with  
people for long, and almost  
everyone gets better**



**Just like when you get a  
scrape on you  
knee and it heals**

**BYE BYE...**





**Dont you worry!**

**The adults who take care of you:**

---

**will keep you safe**



# And you can help...

1



**By washing your hands  
with soap and water  
while singing a song**



**You can sing your favorite song,  
the happy birthday song, or the  
alphabet song**

2



**By using hand sanitizer  
and letting it dry on  
your hands**



**Without moving them count to 10**

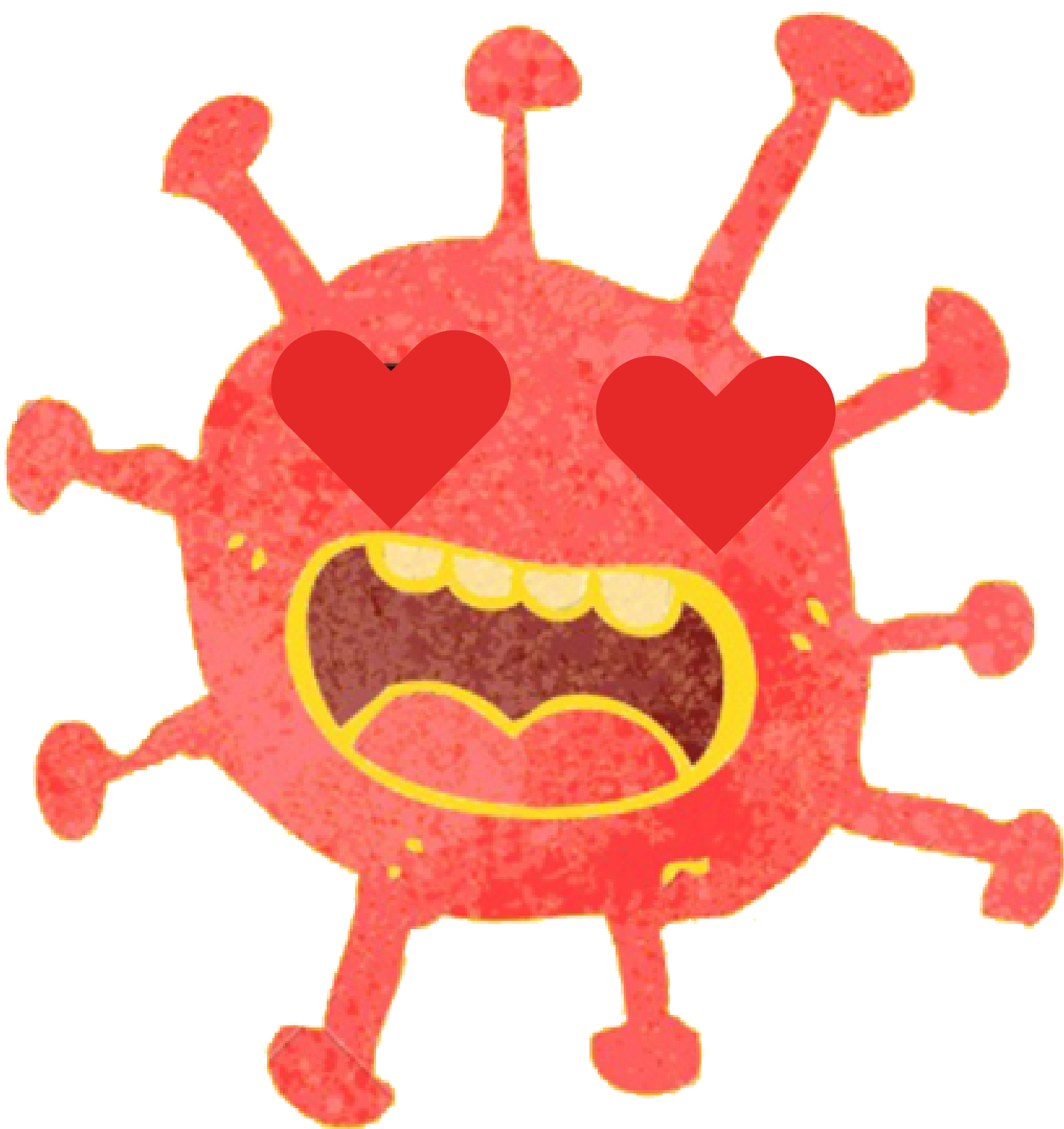
**1, 2, 3, 4, 5, 6, 7, 8, 9, 10**

**Once your hands are dry you can get  
back to playing!!**

**If you do all that  
I will not come to visit**



**while the doctors work to find a vaccine  
that will allow me to say hi  
without getting you sick.**

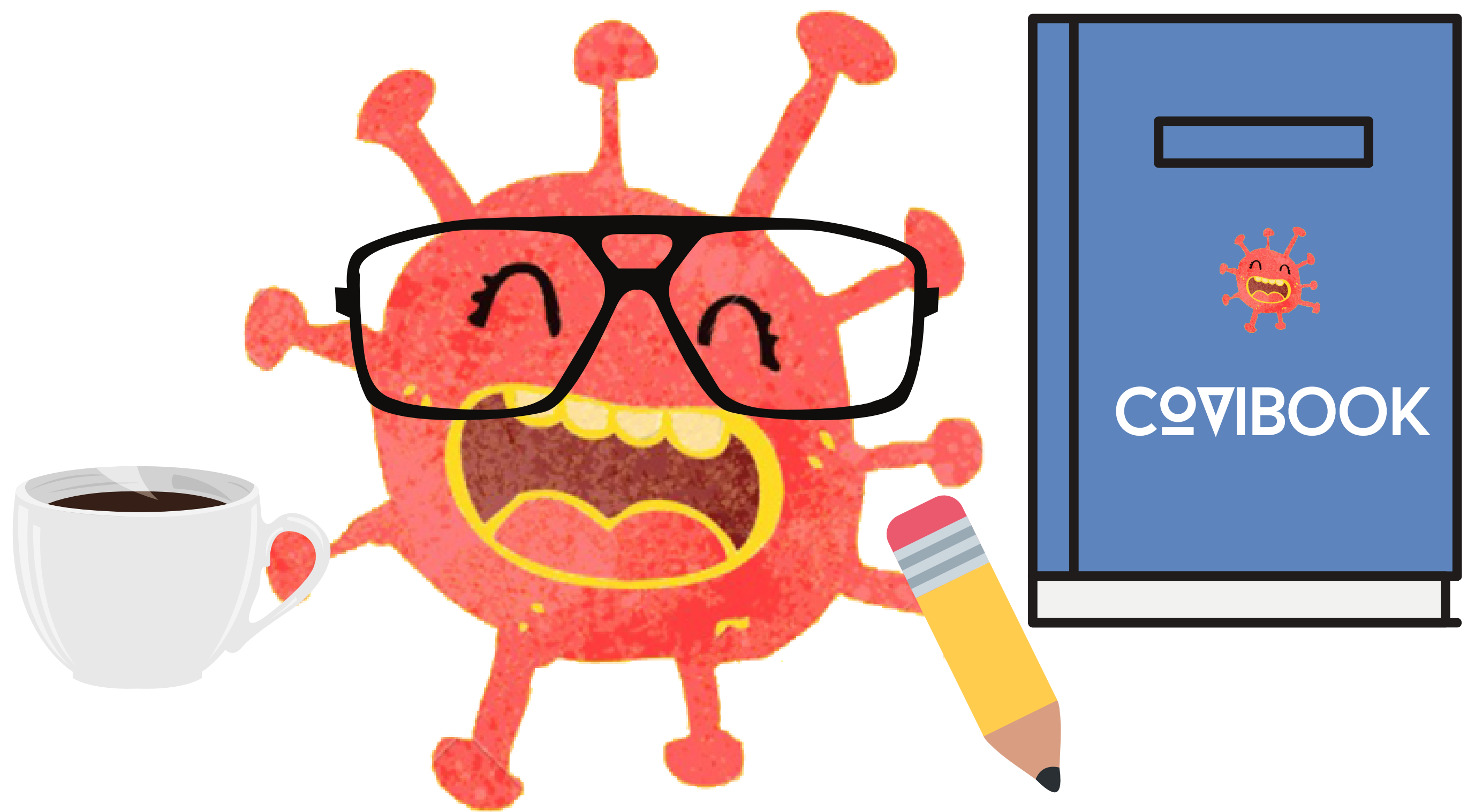


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# THE END



**Download this PDF here:**

**[www.mindheart.co/descargables](http://www.mindheart.co/descargables)**

**Author:**

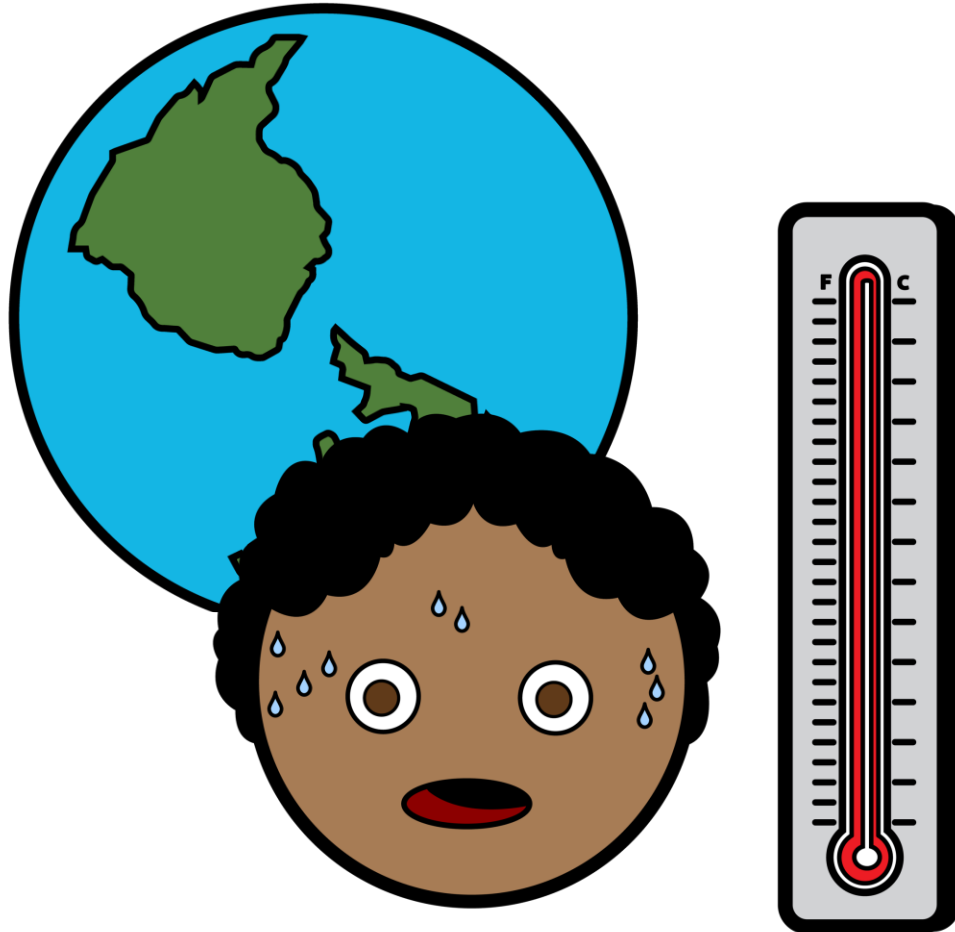
**Manuela Molina Cruz**

**Instagram: @mindheart.kids**

**manuela\_825@hotmail.com**

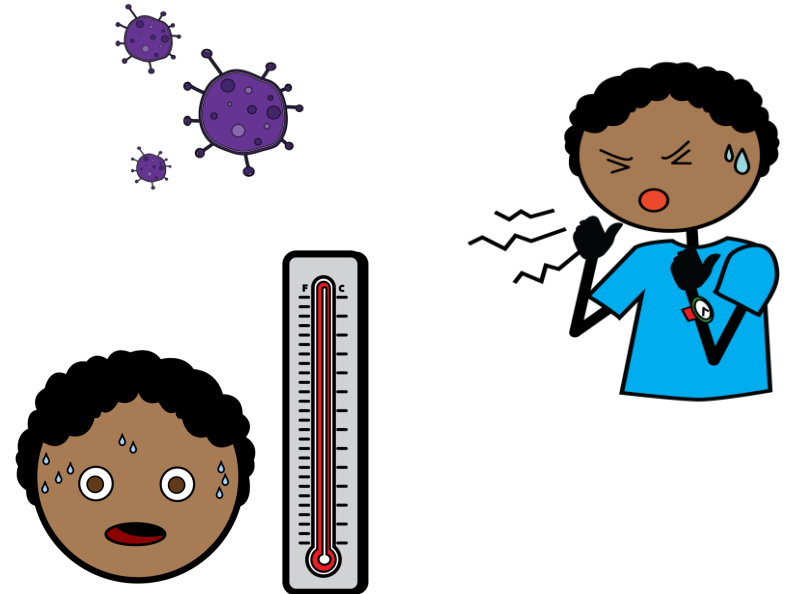
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# WHAT IS THE CORONAVIRUS?



Written by Amanda Mc Guinness

The Coronavirus is a virus that can make people feel unwell.



The Coronavirus can also be called  
"COVID-19".

## COVID-19 / CORONAVIRUS





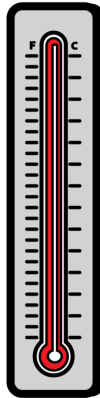
People who have the  
Coronavirus may have:



Sore Throat/  
Dry Cough



Fever

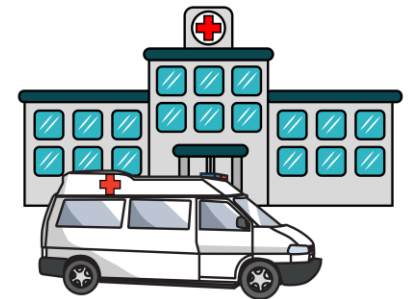


Shortness of breath



Most people who have the  
Coronavirus will stay at home  
to get better.

Some people who have the  
Coronavirus will go to the hospital to  
get better.



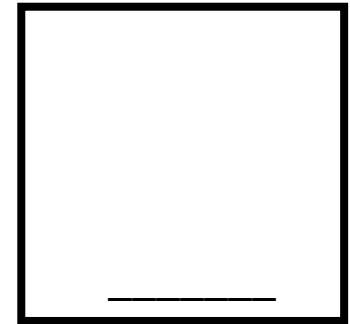
I can help stop the spread of germs by washing my hands with soap and water.

I can take my time when I wash my hands, making sure I wash between my fingers and all over my hands.

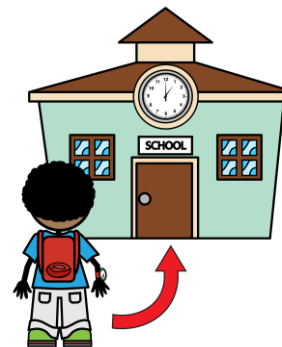
If I can't use soap I can use Hand Sanitizer.



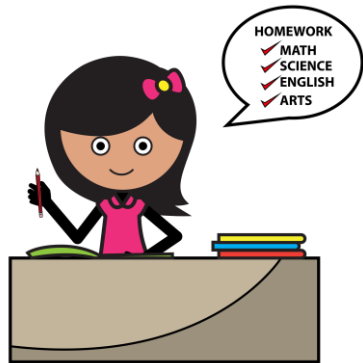
There will be NO School for



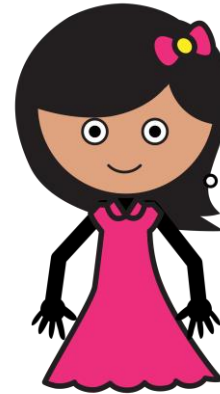
School will reopen again.



I will stay at home while  
school is closed.



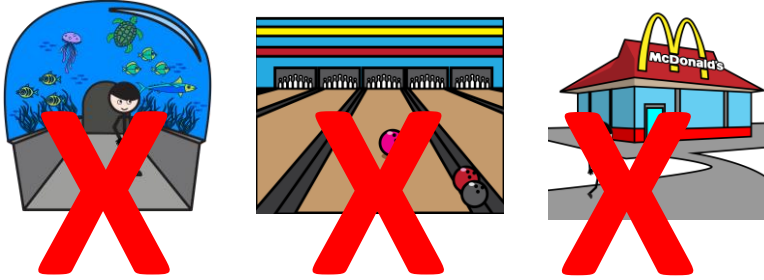
I will complete school-work  
/homework while  
I am at home.



I know that I will be safe  
and I don't have to feel  
afraid.

I will be safe and happy at home  
with my family.





I will not be able to go to my favourite places for now.

Once the Coronavirus is gone I will be able to go to my favourite places again.

## For Parents/Caregivers

Please note that this document is not a diagnostic tool for the Coronavirus.

It is a social story and by its very nature provides limited specific information.

If you require additional factual information about the Coronavirus please go to the following;

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

<https://www.who.int/health-topics/coronavirus>

Many thanks

Amanda (The Autism Educator)

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The  
Autism  
Educator





## **Tips for your mission to stay at home to help protect people from Coronavirus**

You may have heard that the Government has been asking people to stay at home as often as they can.

This is to help slow down us all getting the virus so that the whole nation is not unwell at the same time.

If you or someone in your family are suffering from a cough, or you have a high temperature then you will also need to stay at home for 2 weeks (14 days). This is called self-isolation.

Self-isolation may sound scary but it's a bit like going on a deep space mission to a distant planet (imagine that your home is the space ship, where you are safe and protected).

We know from astronauts who live and work in space that looking after your wellbeing is really important.

If you need to spend more time at home with your family, then here are some things that astronauts have taught us that you can do to help you to stay mentally healthy.



**Keep busy to fight the boredom:** Just like astronauts plan activities to complete during the day. You could watch some TV, do some reading, help make the dinner, listen to music, learn a new hobby, play some board games or phone a friend for a chat (more on that in a bit).

**Have a routine:** Even though you are at home, try to wake up and go to bed at the same time that you would if it was a school day. Avoid sleeping in or staying up late, and try to have your meals at the same time each day.

**Eat and drink healthy:** Astronauts know the importance of a good diet, so copy them and keep hydrated and eat well. Drink plenty of water and eat healthy foods like fruit and vegetables.

**Go exploring:** Even though you are staying at home it doesn't mean you are stuck there! You can still go for walks and do some exploring. Remember even astronauts get to go outside! (Although they have to wear a space suit) You could go for a walk



around your neighbourhood and try and spot all the aliens in people's windows or visit a national park (many of them are free).

**Keep active:** It is important to keep your body and your mind healthy. Do some exercise each day, (Even astronauts have to work out on their spaceship!). There are exercises you can do at home or you could go for a walk or play in your garden. Keep your mind healthy by learning something new.

**Stay connected:** You may know other people who have to stay at home to, so why not give them a phone call or video message to check in on them and see how they are doing. Try to call someone each day as it will really brighten up their day (and yours). Just think of it as mission control checking in on their astronauts.

**Limit how much news you see:** We all know that the news is good at keeping us informed, but too much of it can make some people worry. Limit how much news you see during the day.

**Keep a Journal/Vlog/Blog:** Some people might find it helpful to keep a record of what they have been doing whilst at home. You could write a journal or record a Video Blog (Vlog). Many of the astronauts who have been to space write about their experiences.

**Get creative:** Think of things you can do with the stuff you have at home. Why not make some arts and crafts from the rubbish your food came in or grow some plants or vegetables from their seeds. Maybe you can create your own experiment to run or come up with a new food recipe.

**Ask for help:** Don't be afraid to ask for help if you are finding things difficult. There maybe people at home you can speak to or you contact an organisation like ChildLine.

**Display your alien:** And finally don't forget to make and display your own alien in your window for other to find!

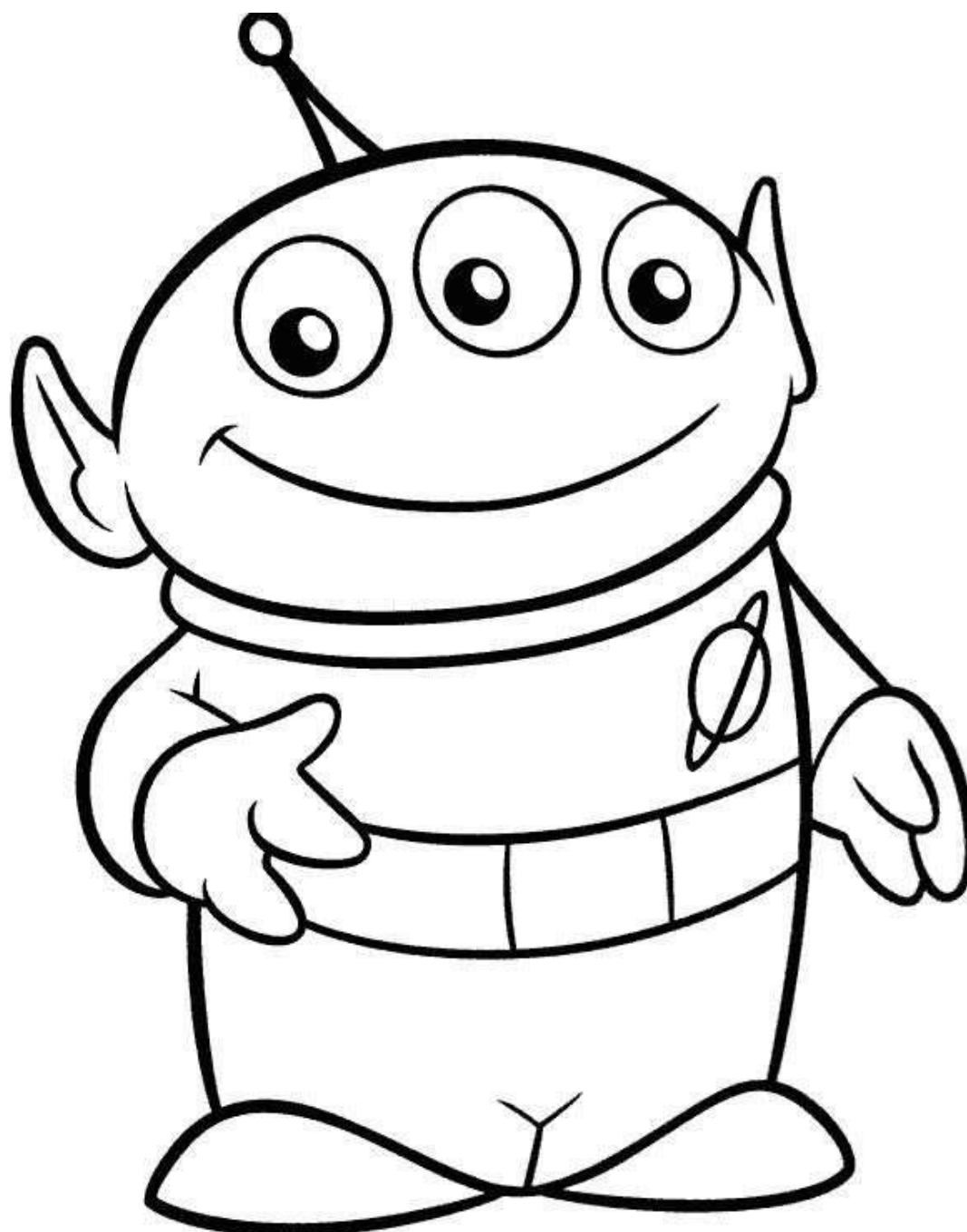


You can create your own Alien or  
use the template below.  
Add a mission for the people passing  
by.



Hello Neighbours and Friends

Your mission is:





# Garden Scavenger Hunt



☐

Ladybird


☐

Spider


☐

Grass


☐

Leaves


☐

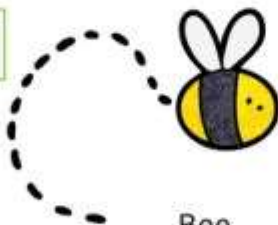
Clouds


☐

Stones


☐

Feather


☐

Bee


☐

Clover


☐

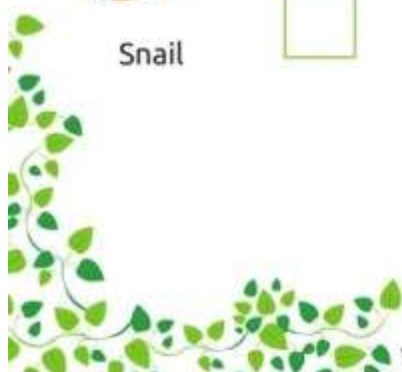
Snail


☐

Watering Can


☐

Daisy



[www.meandbmaketea.com](http://www.meandbmaketea.com)

Even when you are in isolation you can explore your garden or empty parklands. Get in touch with your environment and enjoy the world that goes on beneath our feet.



**1 of your 10 a day: Stay active in Body and Mind.**

**Blast off energy workout: Set the challenge and stay daily active.**

**10 x**



star jumps

**9 x**



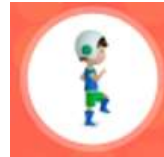
lunges

**8 x**



frog jumps

**7 x**



high knees running

**6 x**



bridge lift

**5 x**



step on chair

**4 x**



push ups

**3 x**



side leg raise

**2 x**



crunches

**1 x**



plank for 30 seconds



# 1 of your 10 a day: Eating Well: COOKING WITH KIDS

Get inspired and get cooking. Your kids can google and create their own ideas. Share their pics with friends. Here are some ideas.



## Pancake Recipe

### Ingredients

- 110g plain flour
- 400ml milk
- 2 large eggs
- 2 tbsp butter
- a pinch of salt
- a pinch of sugar
- olive oil for frying
- sugar, cream, lemon juice, syrup, etc to add for flavour.



### Method

1. Sift the plain flour into a mixing bowl, add a pinch of salt and a pinch of sugar, then make a small well in the middle.
2. Crack one egg into the well, and then add the yolk from the other egg.
3. Add a little milk and stir gently.
4. Keep adding the rest of the milk and whisk until smooth.
5. Now add the butter and beat for a good minute. Then leave to rest.
6. Heat a little olive oil in a frying pan and when it's hot, add about 3 tablespoons of batter.
7. Leave to cook for about a minute, flip and then cook the other side.
8. Serve with sugar, cream, lemon juice, syrup, etc.

mallo  
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**Children &  
Family Health  
Devon**

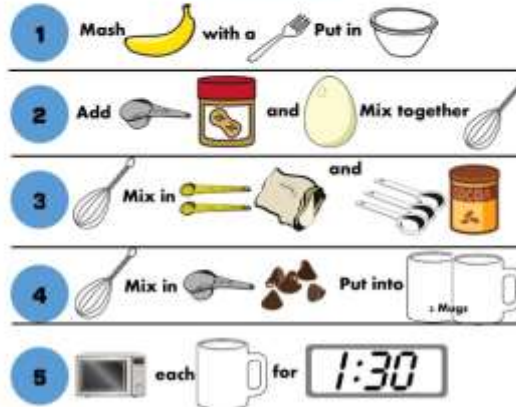


## Chocolate Banana Mug Cake

### Ingredients



### Instructions



## \*\*\* Gingerbread Man \*\*\*

