Staying Home
A Story to Teach Kids About Covid-19

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Things seem different lately. I'm starting to get worried. My sister is just plain bored.
Just last week I was having fun outside at recess and building giant block towers. Now I have to stay home.
I was so excited to go to the soccer game.

I miss watching our local Hockey team on TV.
Now, all we watch is the news. I feel nervous and confused about what I see. My parents try to explain what is happening in ways that make more sense to me.
I was looking forward to my cousin's birthday party.

My family was going to go on a big boat to a hotel with a pool. Now, we can't go. My sister and I are disappointed.
Staying home doesn't seem as fun as all the activities we had planned. Mom and Dad say feeling disappointed is ok. All feelings are normal.
Mom and Dad say that many places are closed because of a contagious sickness. We are all working together to stay safe. The sickness would be worse for Nana, Pops, Gung-Gung and Paw-Paw. We're trying our best to keep them safe.
Sometimes people feel normal and healthy, but they bring the virus with them without knowing.
I do my part by using my elbow to catch coughs and sneezes.

GERM POCKET

I wash my hands with soap and warm water often. I keep a big space between my body and people that don’t live with me.

SOCIAL DISTANCING

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The whole world is dealing with this virus right now. We are all trying our best to keep our families and communities safe.
I can help by staying home, washing my hands and letting my parents know if I feel sick.
Luckily, there are so many fun activities I can do at home. Staying home is worth it if it helps my family and others stay healthy.
I can connect with my friends and family through video-chat, cards and letters.

Dear Lola,
I went for a walk today and saw a cute bird.
I can learn in the kitchen by cooking, baking or inventing new recipes with the help of an adult.
I can use my imagination. I can put on a puppet show or a play.

I can build a blanket fort with my sister.
I can use my thinking skills by reading books and magazines.

I can play card games and board games too.
I can make music. I can paint. I can create things with art materials.
I can still go outside. I can go for walks, garden, and play in the back yard. It's healthy to move my body and get fresh air.
I can help by cleaning up. Donating items that I no longer use will help people in my community.
I am so grateful for my home and my family. We will get through this and things will go back to normal.