

# Supporting *kids* during the **Coronavirus**



## **HAVING OPEN DISCUSSIONS**

Ask what they know or have heard about the Coronavirus crisis. Clear up any misunderstandings.

Emphasize that it's not common in children and it's more common in adults with existing conditions or those that have weakened immune systems.



## **FOCUS ON WHAT YOU ARE DOING TO BE SAFE**

Reassure kids this is temporary and that you are prepared: you have food, supplies, necessities needed to function at home.

Reassure kids we will all be ok but it's important for us to: practice social distancing, hand-washing, germ awareness, face masks, healthy foods with lots of vitamin C.



## **MINIMIZING THEIR ANXIETY**

Adults should keep their anxiety to a minimum in front of kids.

Kids watch how we handle situations. Your fears transfer to them. Model appropriate ways to cope.

Prepare kids for what they might see: face masks, low stocked shelves at stores, public places being closed. Explain this is to "prevent" the spread of germs.



## **MAINTAINING A SENSE OF NORMAL**

Set a schedule/routine and stick to it. Include academic lessons, exercise, reading, cleaning, outdoor play when weather permits, and ways to express their feelings. Don't forget time to eat! ;-)

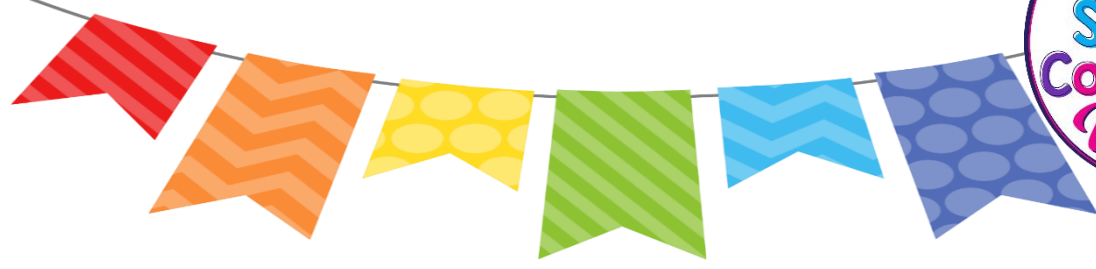
Allow students to be expressive/creative by drawing, journaling, sending cards to classmates or nursing homes, making crafts, taking online cooking lessons, or preparing meals for the less fortunate.



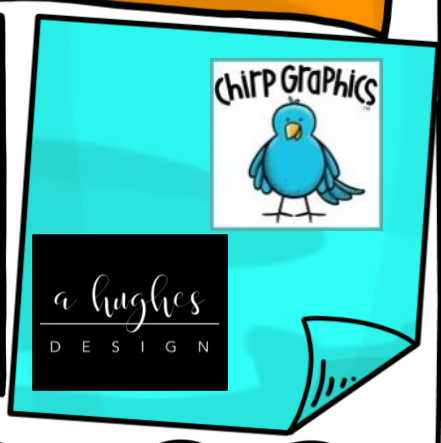
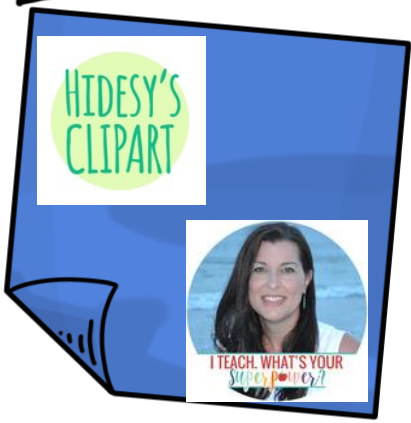
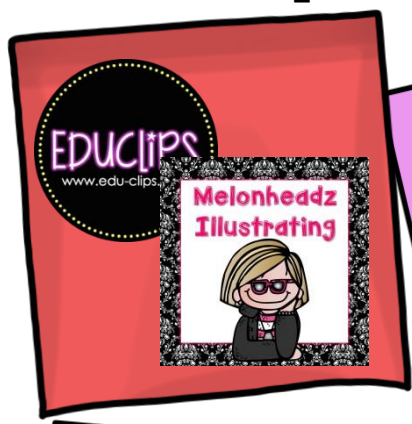
# Sample Coronavirus schedule/routine

Before 9am	Wake up/Clean up	Eat breakfast, devotion/reading, shower, get dressed, make your bed
9:00-10:00	Academic Time	Online educational games, school assignments
10:00-11:00	Morning Walk/Exercise	Family walk in a safe area/walk your dog at the park/indoor exercises.
11:00-12:00	Creative/Expressive	Draw, paint, make clay, cook following a recipe, write a card to shut-in's, journal.
12:00-1:00	Lunch	Eat healthy foods, including those high in vitamin C to build immunity.
1:00-2:00	Academic time	Continue school assignments
2:00-3:00	Chores	Complete 3-5 chores daily, including cleaning out a section/closet
3:00-4:00	Afternoon Walk/Exercise	Outdoor play (egg hunt, bike rides, hiking, fishing, outdoor game, etc.)
4:00-5:00	Quiet Time/Relax	Read a chapter book. Work a puzzle, nap
5:00-6:00	Dinner & Clean Up	Eat dinner and help clean up the kitchen afterwards
6:00-9:00	Free Choice & Showers	
9:00	Bedtime	





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