

Staying Healthy



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*Parents, guardians, and teachers: This is a social story, based on the research of Carol Gray. It is designed for kids and/or people with special needs, to help them deal with this uncertain time. You can change this story to meet your children's needs. You can have your kids fill in the blanks and empty bullet points. You can have your kids draw pictures to illustrate the story. Feel free to add your children's favorite superheroes, movie characters, or other interests.

Also, the CDC has recommendations for helping children deal with stressful times like these. You can search "helping children cope with emergencies" or click on this link:

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

It's important to stay healthy. I can keep my body healthy. I can keep my mind healthy. I feel good when I'm healthy.



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Here are ways to keep healthy. I can add my own ways to keep healthy!

- Eat healthy foods
- Get good sleep
- Exercise (by myself or with my family)
- Wash my hands well
- Cough and sneeze into my elbow
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Those things help other people stay healthy, too. I want other people to be healthy.

Right now, it's really important to be **healthy**. Some bad germs are spreading. (The germs are called coronavirus or Covid-19.)

We need to stay at home more. We need to cancel (stop) some plans. For example, school is out for now. Birthday parties and fun things might be cancelled. Cancelling plans helps stop the germs. Cancelling plans makes me feel _____. But it helps other people stay **healthy**.



Photo by Julian Hochgesang on [Unsplash](#)

Some plans might happen on the phone or computer. Some plans might be rescheduled. "Rescheduled" means the plans will happen later. I can be flexible!



Photo by Sydney Rae Bailey on [Unsplash](#)

It's okay to feel disappointed. My family will tell me when it's safe to do those things again. For now, we need to cancel or change plans. That keeps everyone **healthy**.

Right now I feel _____. It's okay to feel that way. I can remember how it's important to stay **healthy**.

It might help to keep a list of what I know. I can add to the list when I know more. Here are things I know:

- My family loves me
- My family wants to stay healthy
- I can wash my hands to my favorite song: _____
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Sometimes, I might feel sad or bored. Everyone has these feelings sometimes. Here are some things I can do to feel better:

- Take a walk
- Read a book
- Draw or make art
- Help do chores (cleaning, washing dishes)
- Think of a funny joke or story
- Talk to a friend on the phone
- Ask for a hug
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These things can help me feel better! These are **healthy** things to do right now.

I can stay **healthy**! I can help other people stay **healthy**, too. It feels good to keep **healthy**!



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I can choose or draw my own **healthy** picture below!