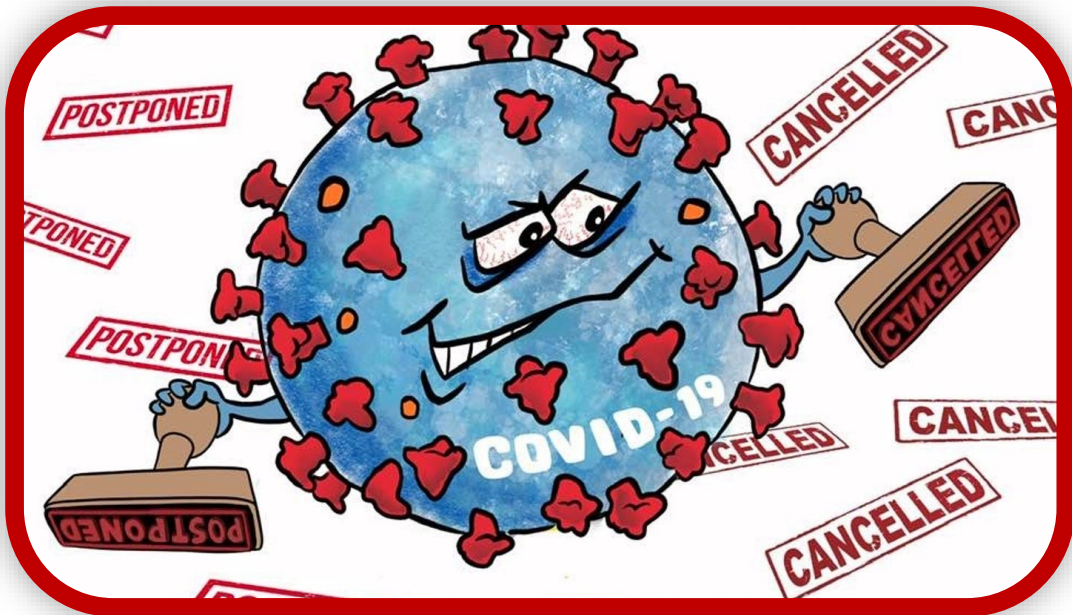




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# The ABC's of the Coronavirus



# **A** is for **AFRAID**

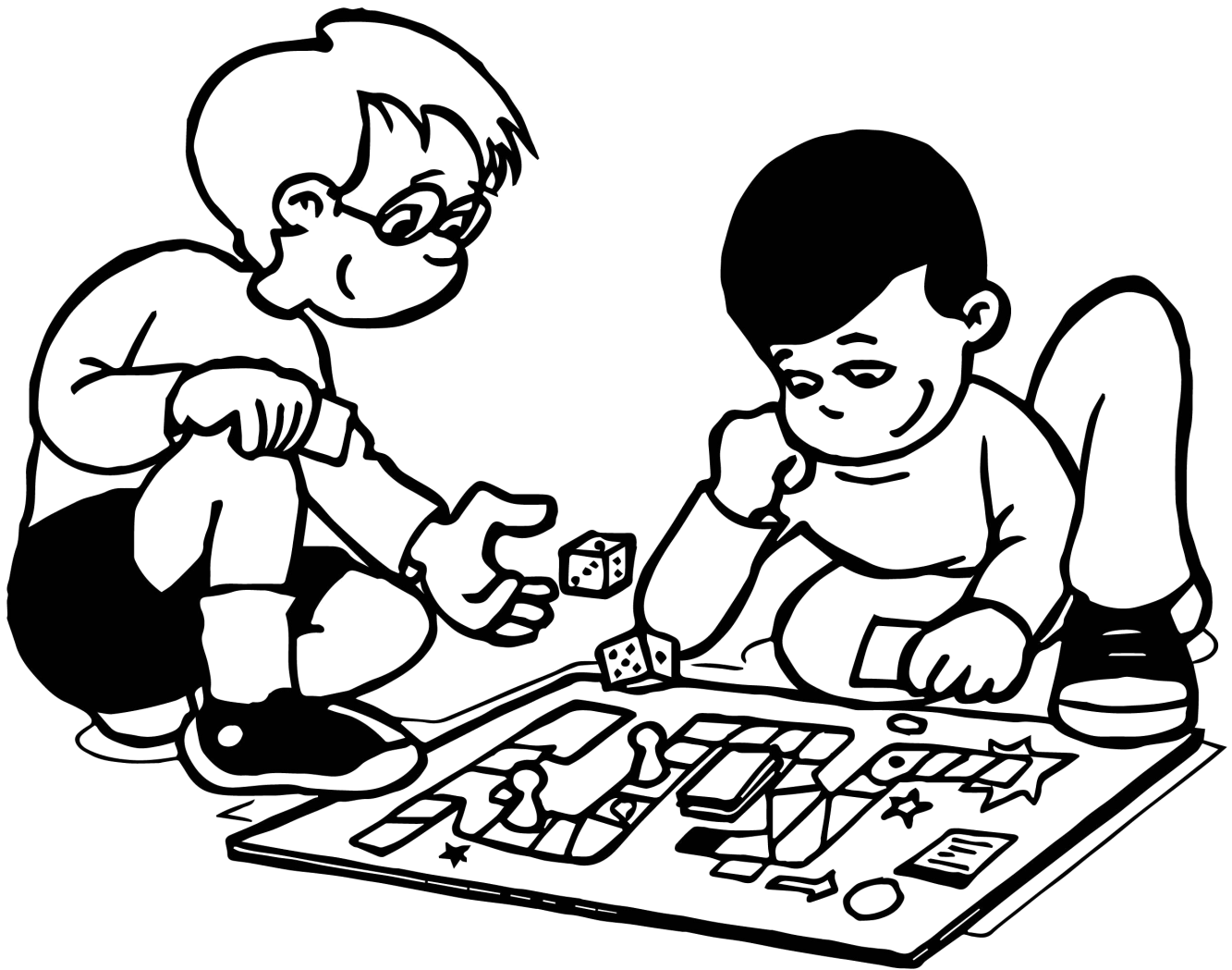


You don't have to be afraid of the coronavirus as long as we all do our part to keep our distance from others and continue to wash our hands!



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# **B** is for **BOARD GAMES**

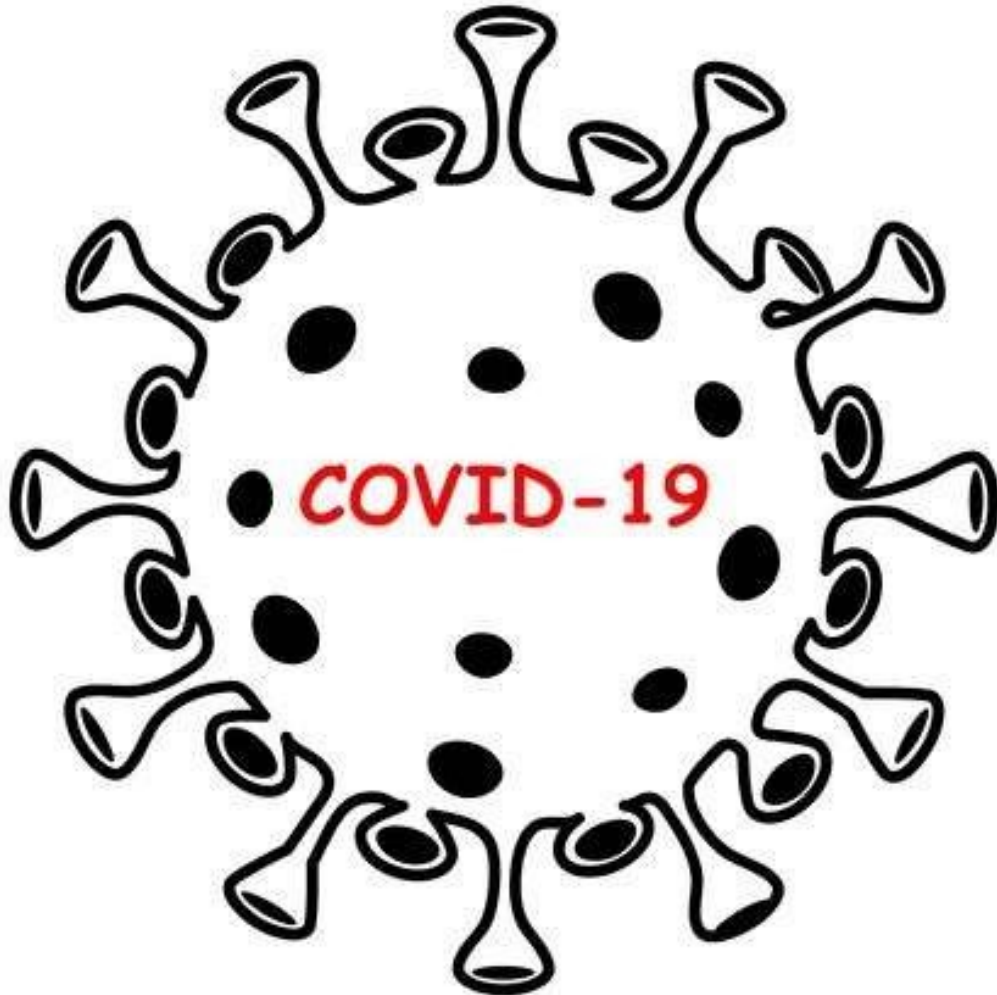


Choose your favorite board game and ask your family to play with you.



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# **C** is for **CORONAVIRUS** **(COVID-19)**



COVID-19 is a short name for “coronavirus disease 2019.”

It is a new virus that doctors and health experts are  
working on to help people stay healthy.



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# D is for DANCE

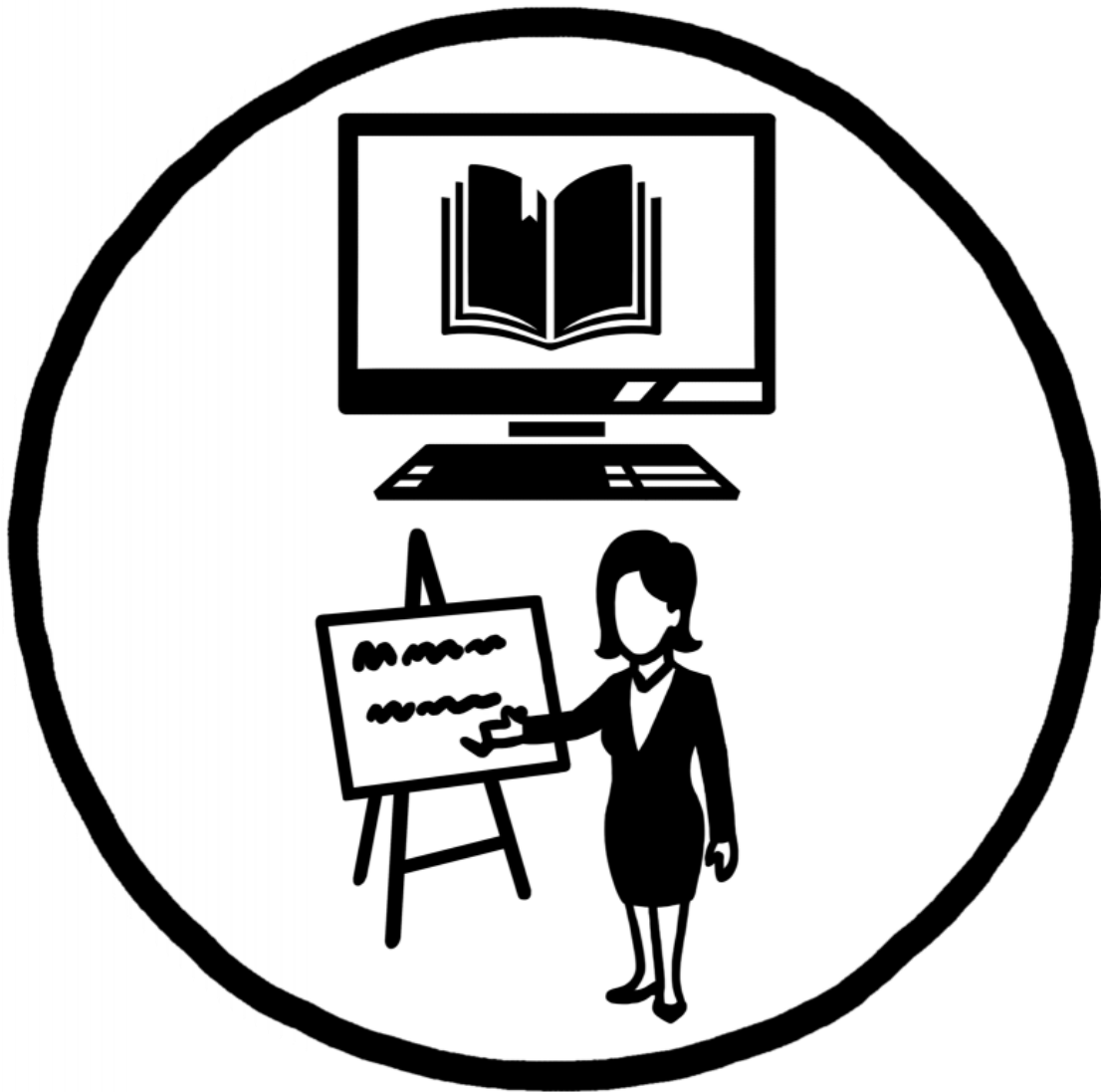


When you get tired and need a break, think about getting up to dance.  
Make up a new dance routine and teach your family.



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# **E** is for **E-LEARNING**



E-Learning is what we do when we cannot be in our classroom. We meet with our teachers and classmates on our computers with E-Learning.



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# **F** is for **FACE MASKS**

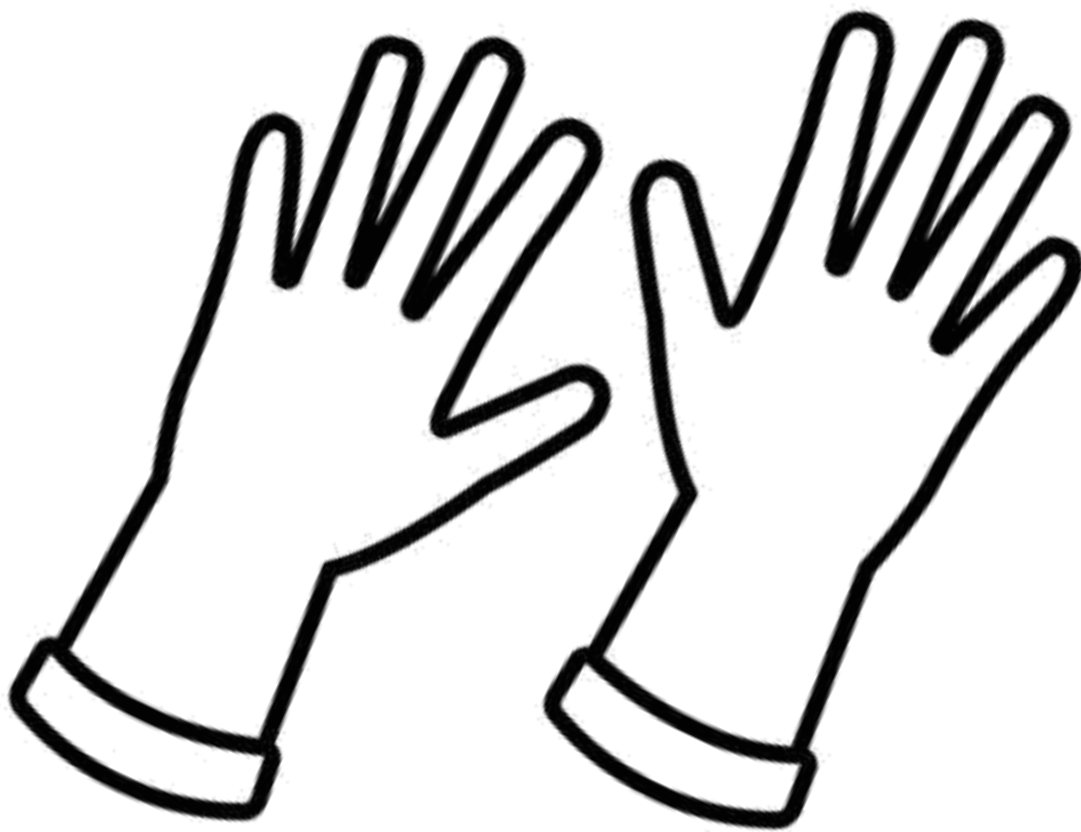


Face masks are used by our doctors and nurses while they are helping people with coronavirus.



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# **G** is for **GLOVES**



It's good to wear gloves when you are handling things outside your home.



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# **H** is for **HAND** **SANITIZER**



If you are not close to a place to wash your hands, use hand sanitizer.



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# I

# is for INTERNET



We are all learning new ways to stay active and  
keep up with our school work through the internet.



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# J

# is for JOURNAL



Think about starting a journal to write down the great things that happen in your life each day.



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# **K** is for **KINDNESS**

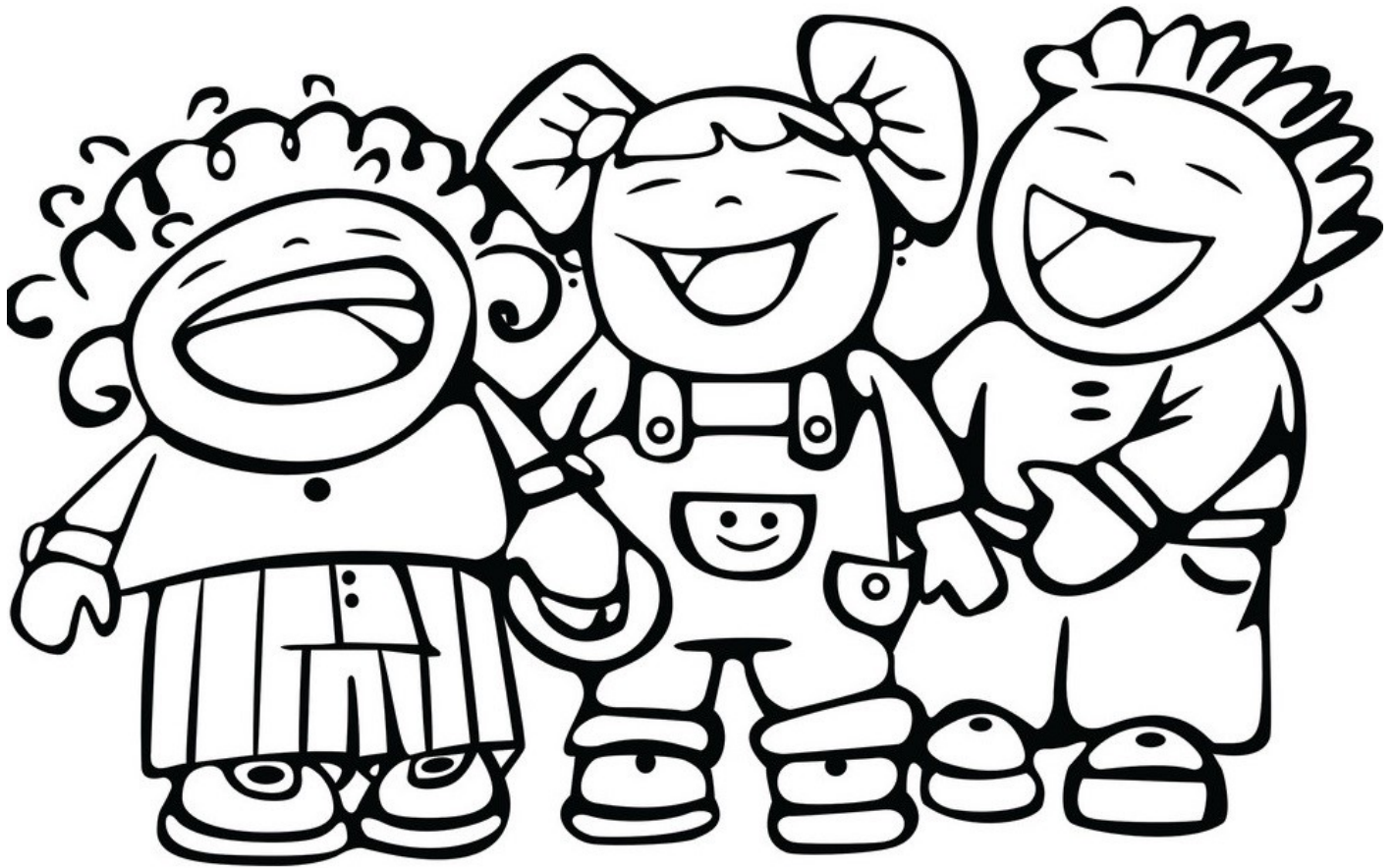


Everyone is feeling a little stressed during the COVID-19 crisis, but if we all treat each other with kindness, we can get through this quickly.



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# **L** is for **LAUGHTER**



Gather with your family and tell funny stories  
to bring a little laughter to your lives.



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# M is for MOVIES



Plan a movie night with your family—make some popcorn and have a great time!



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# **N** is for **NOTHING**

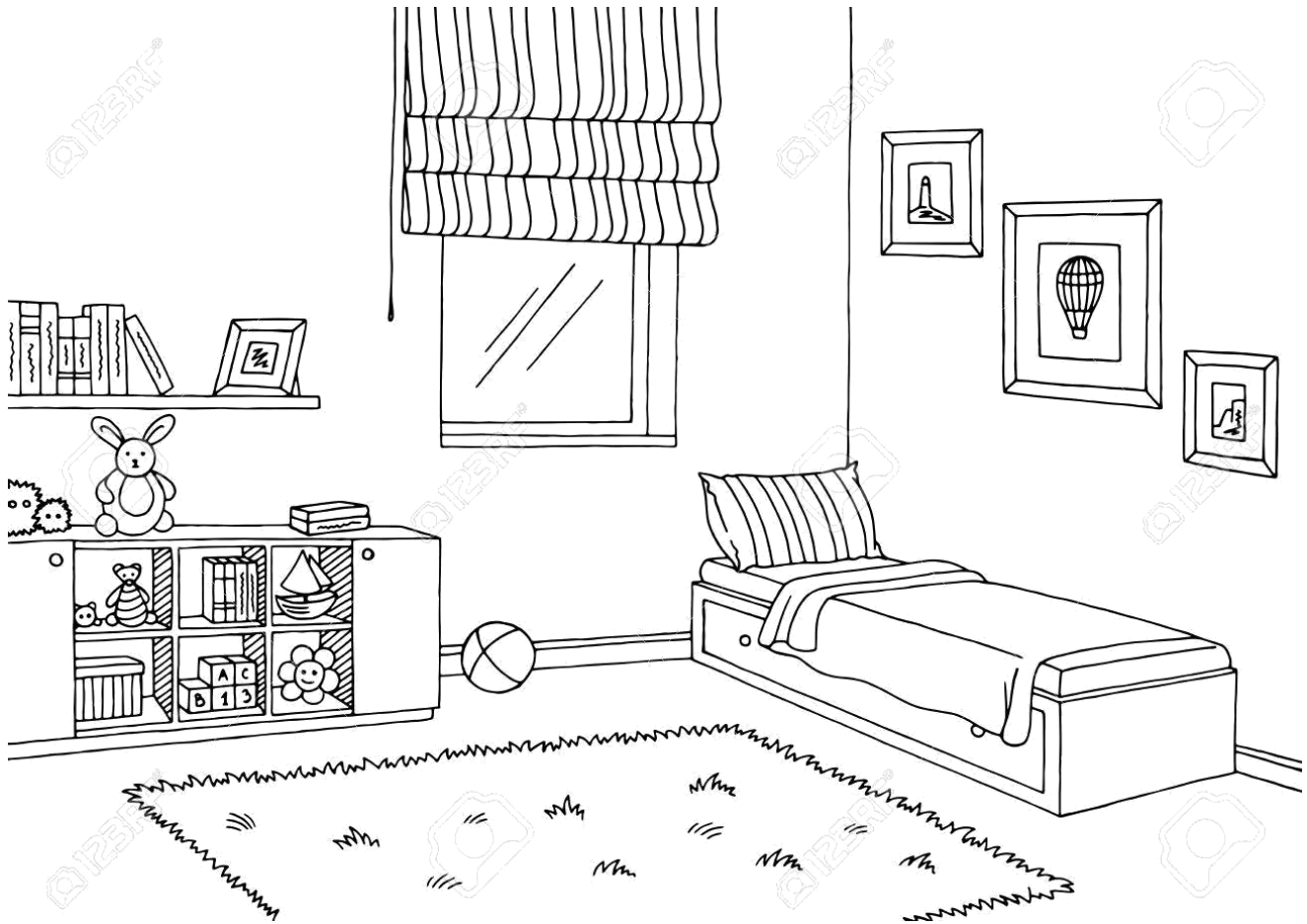


**"Nothing Lasts Forever!" We will all get back to our normal daily schedules soon. Keep the faith!**



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# O is for ORGANIZED



While you are doing school work from home, help your family  
by keeping your room organized.



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# P is for PETS



If you have a pet in your home, help your family  
by being the one to feed and take care of them.



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# **Q** is for **QUIET**



When you have had a busy day, take some time to be quiet and relax.



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# R is for ROUTINE

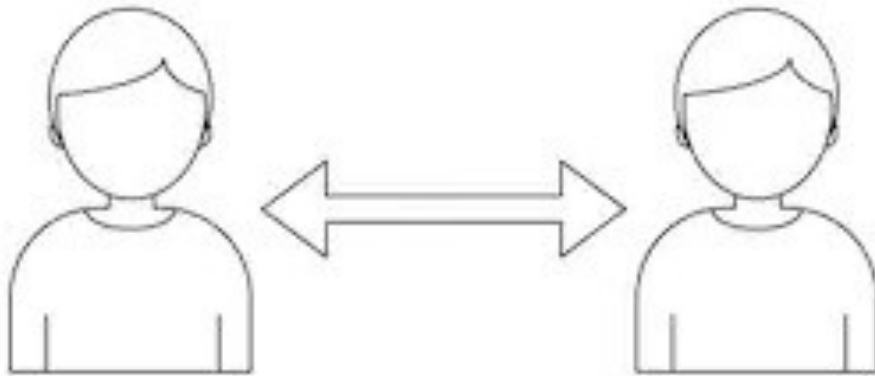


Although you cannot be at school right now, it's good to keep your routine at home that you would normally have each day.



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# **S** is for **SOCIAL** **DISTANCING**



Social Distancing

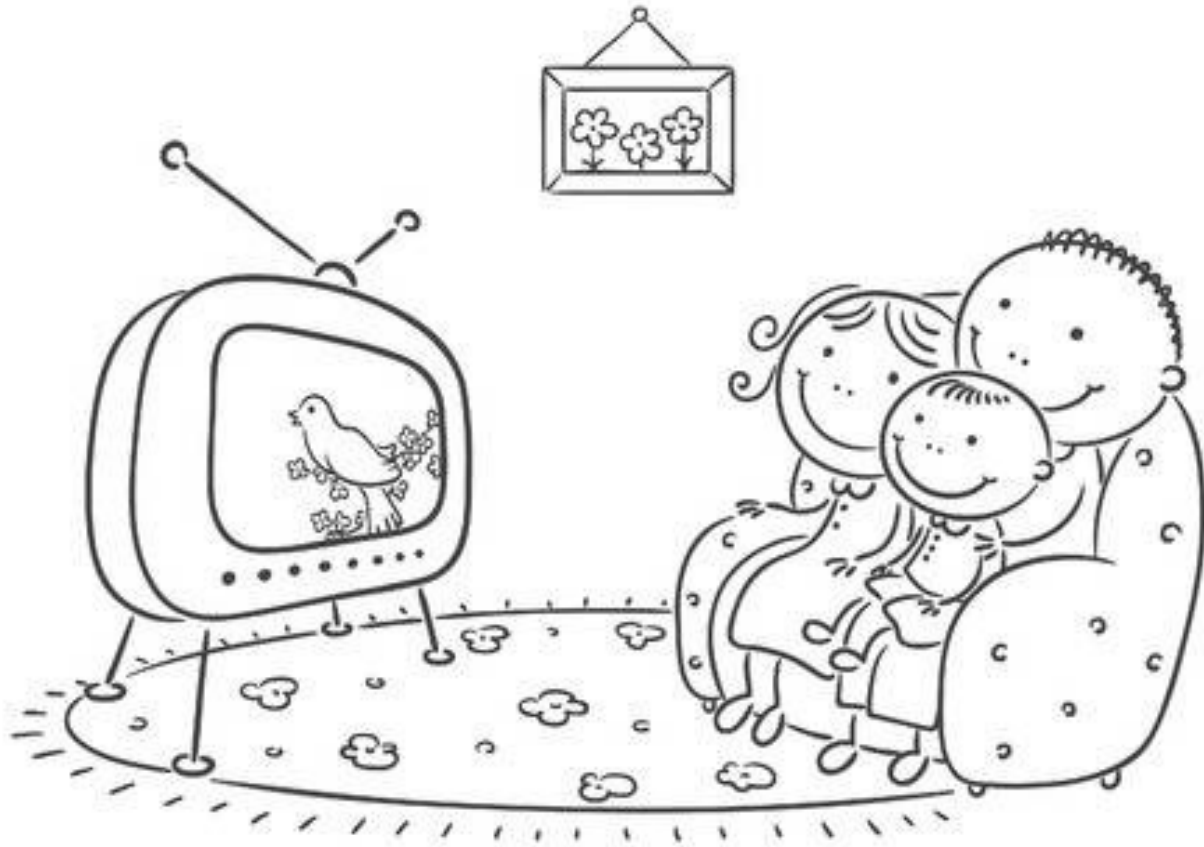
When you are outside your home, remember social distancing means you should have 6 feet between you and another person to stay safe from coronavirus.



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# T is for TELEVISION



When you are through with your school work, check with your family to find something great to watch on television.



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# **U** is for **UNDERSTAND**



If you do not understand what coronavirus is and why we are staying home,  
talk to an adult so they can explain.



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# **V** is for **VIRTUAL HUGS**



Since we cannot give our friends and family hugs right now,  
do the next best thing - a virtual hug!



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# **W** is for **WASH**



Remember to wash your hands for at least  
20 seconds every chance you can.



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# **X** is for **XYLOPHONE**

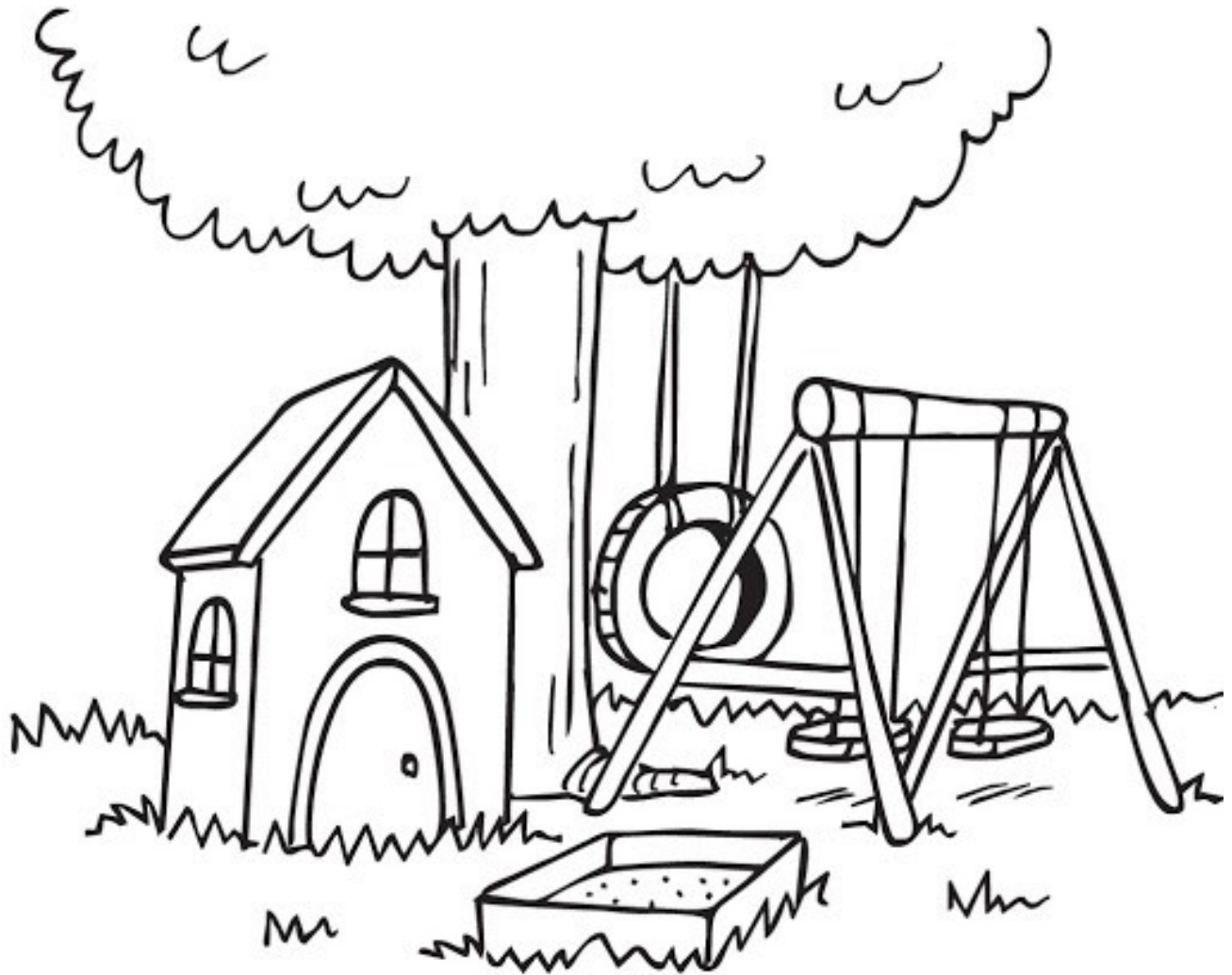


When you think you are bored, consider playing an instrument  
like a guitar, piano, drums, or a xylophone.



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# **Y** is for **YARD**



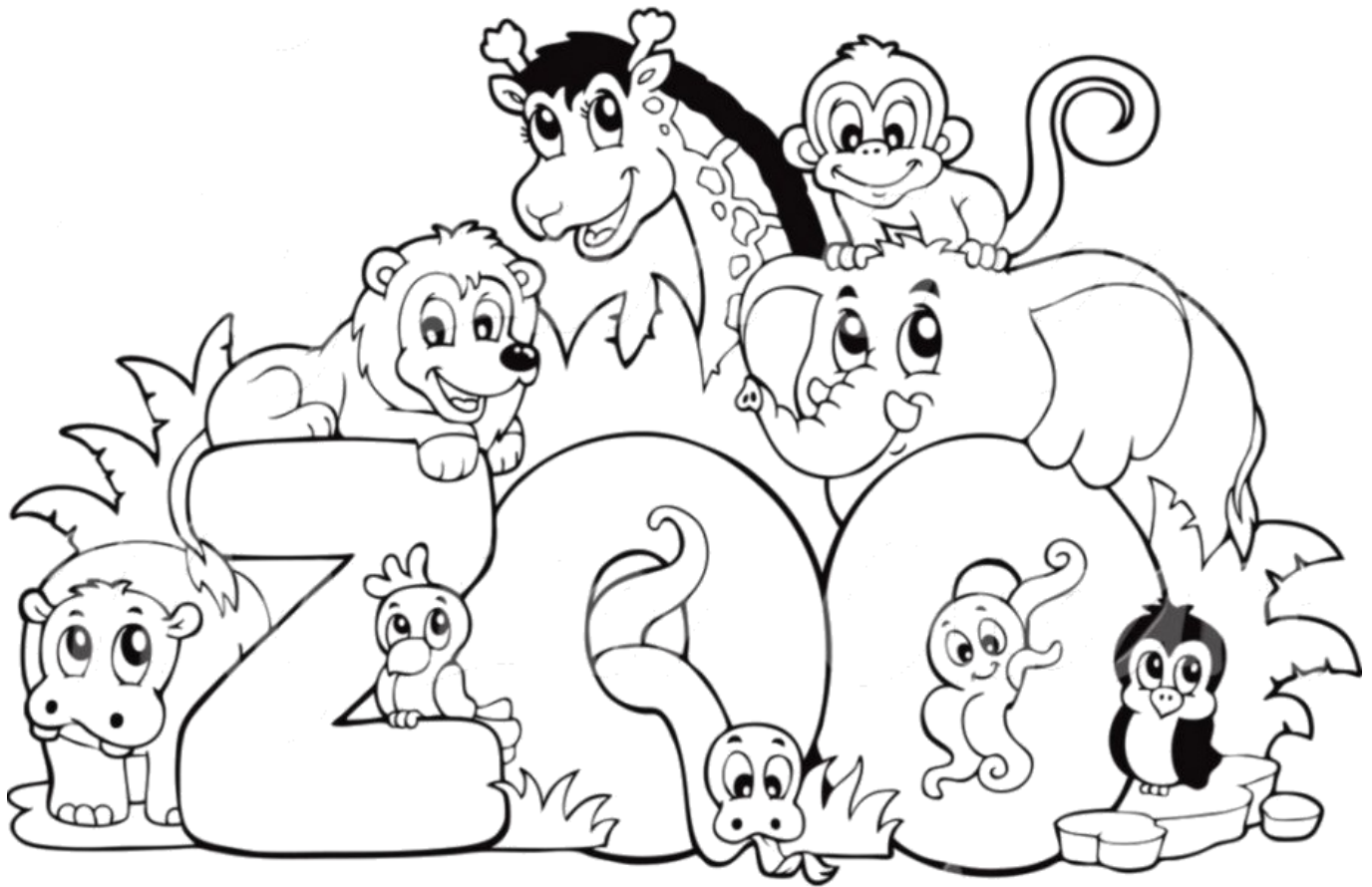
Take a break each day and go outside to  
play in your yard and get some exercise.



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# **Z** is for **ZOO**



Draw your favorite zoo animal and  
then color it to hang in your room.



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We Hope Your  
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