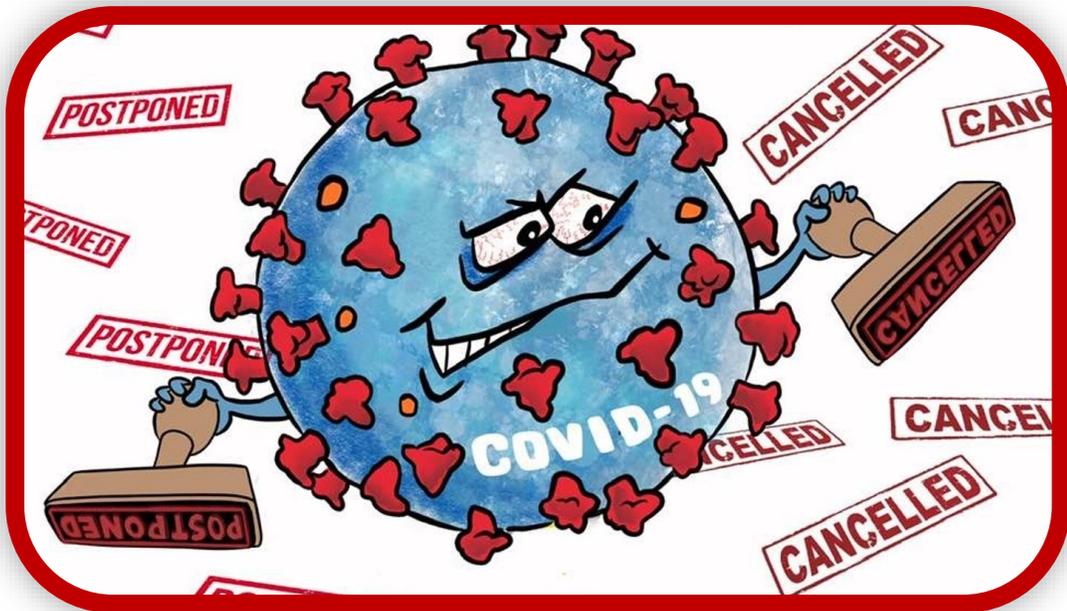




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The ABC's of the Coronavirus



A

is for AFRAID

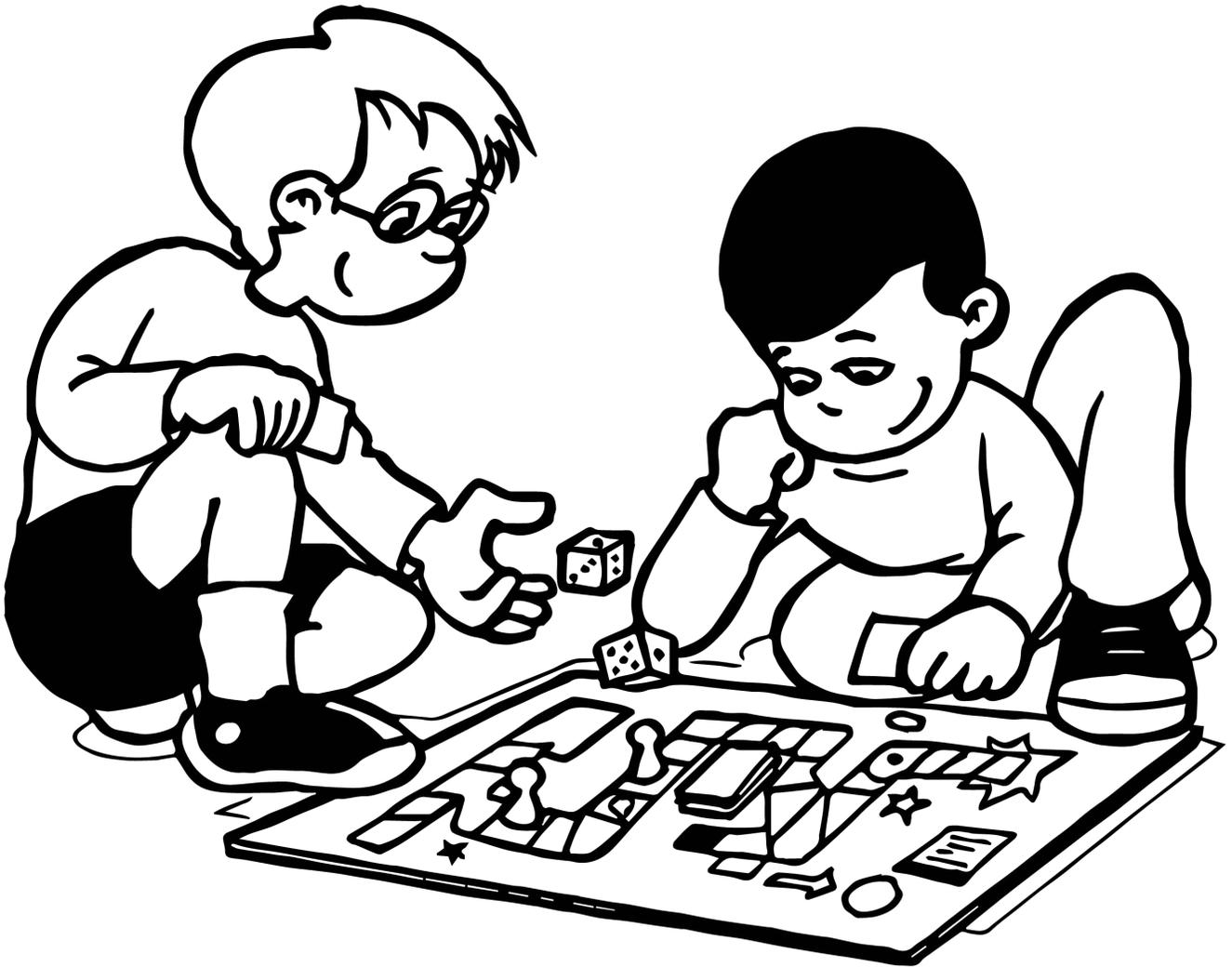


You don't have to be afraid of the coronavirus as long as we all do our part to keep our distance from others and continue to wash our hands!



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B is for **BOARD GAMES**



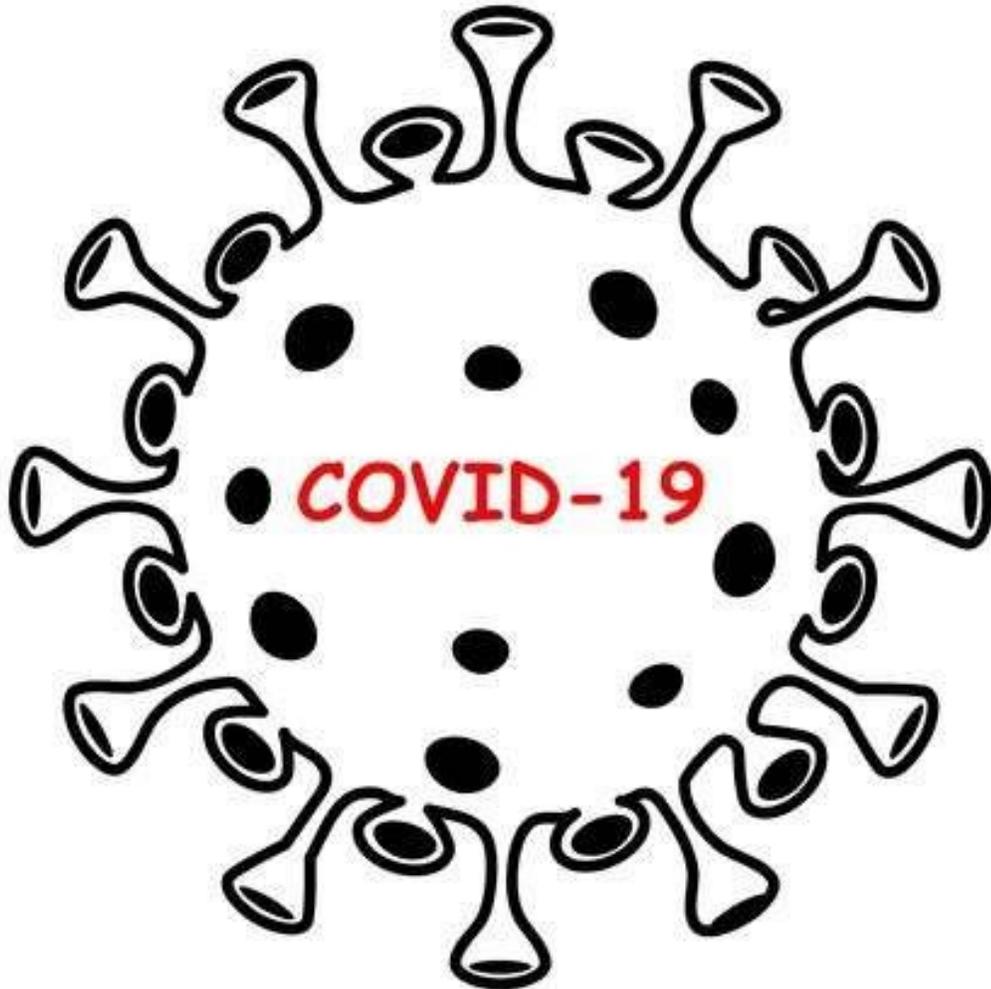
Choose your favorite board game and ask your family to play with you.



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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

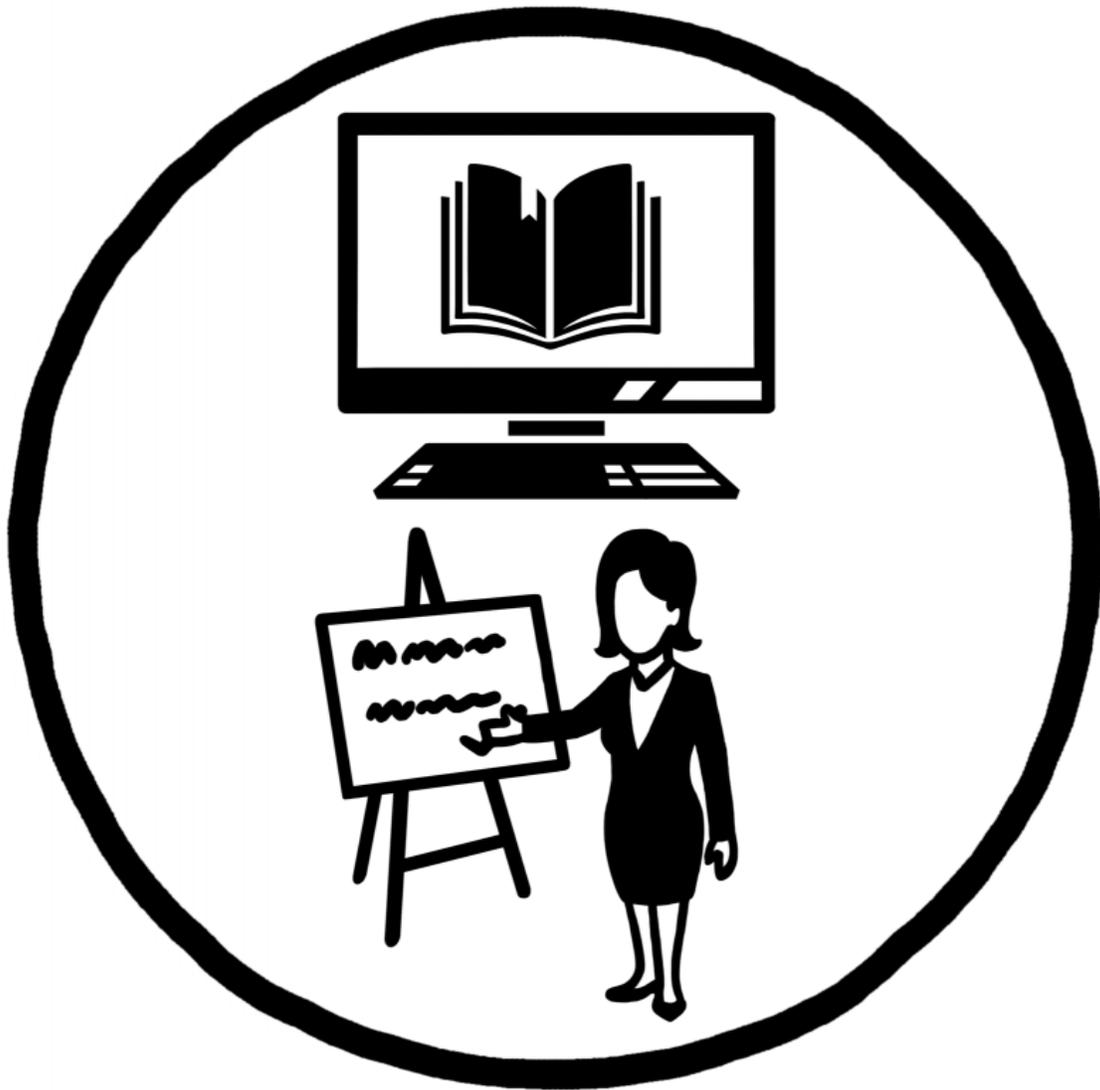


When you get tired and need a break, think about getting up to dance.
Make up a new dance routine and teach your family.



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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

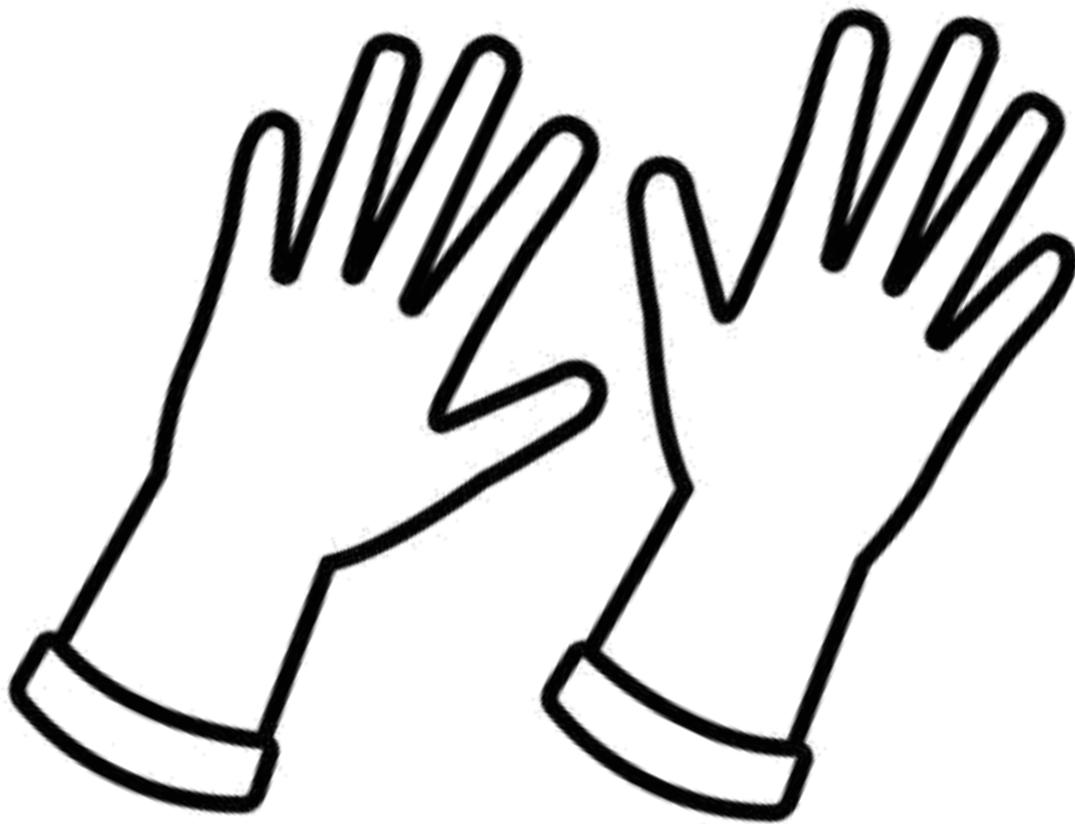


Face masks are used by our doctors and nurses while they are helping people with coronavirus.



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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**

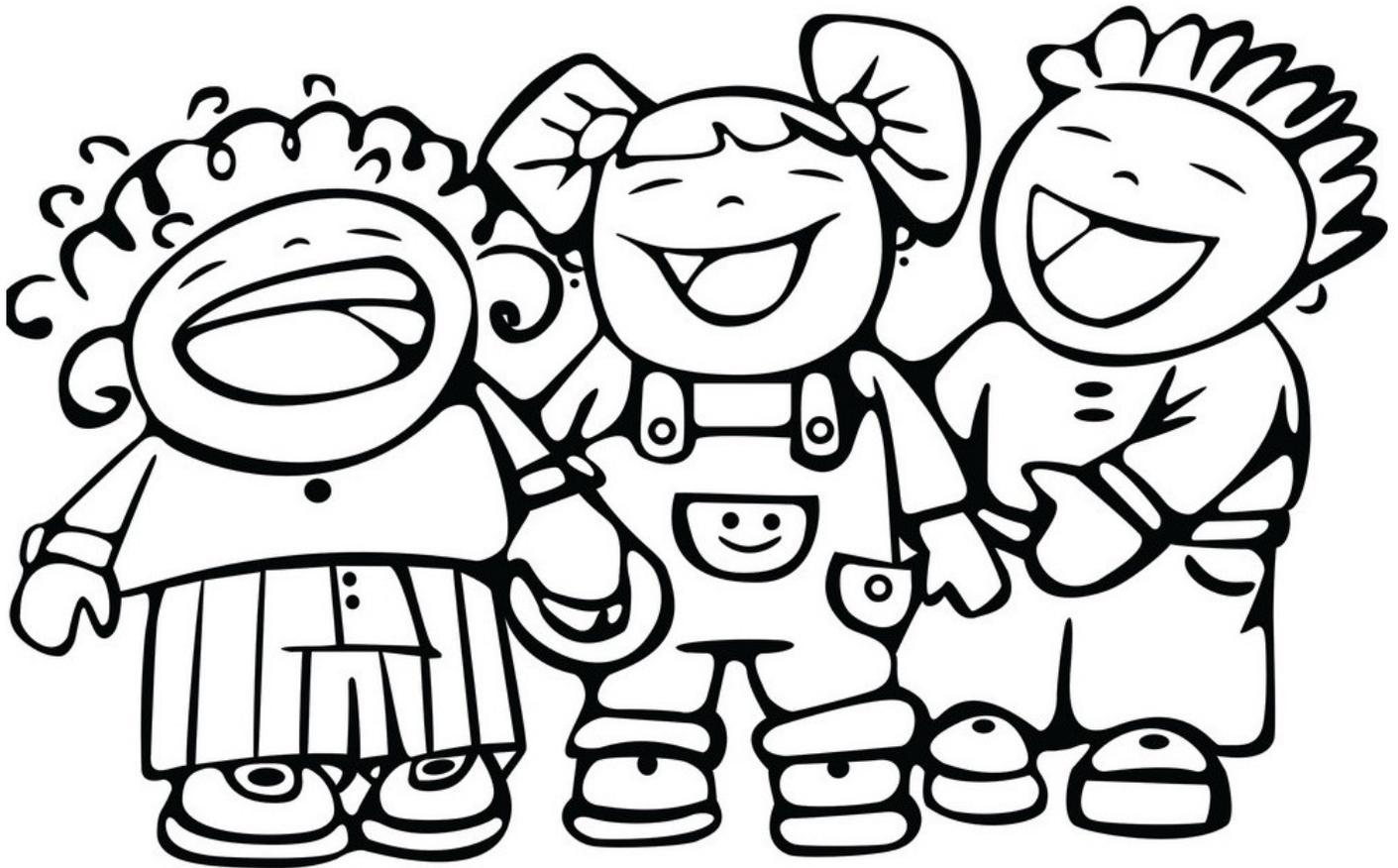


Everyone is feeling a little stressed during the COVID-19 crisis, but if we all treat each other with kindness, we can get through this quickly.



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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**



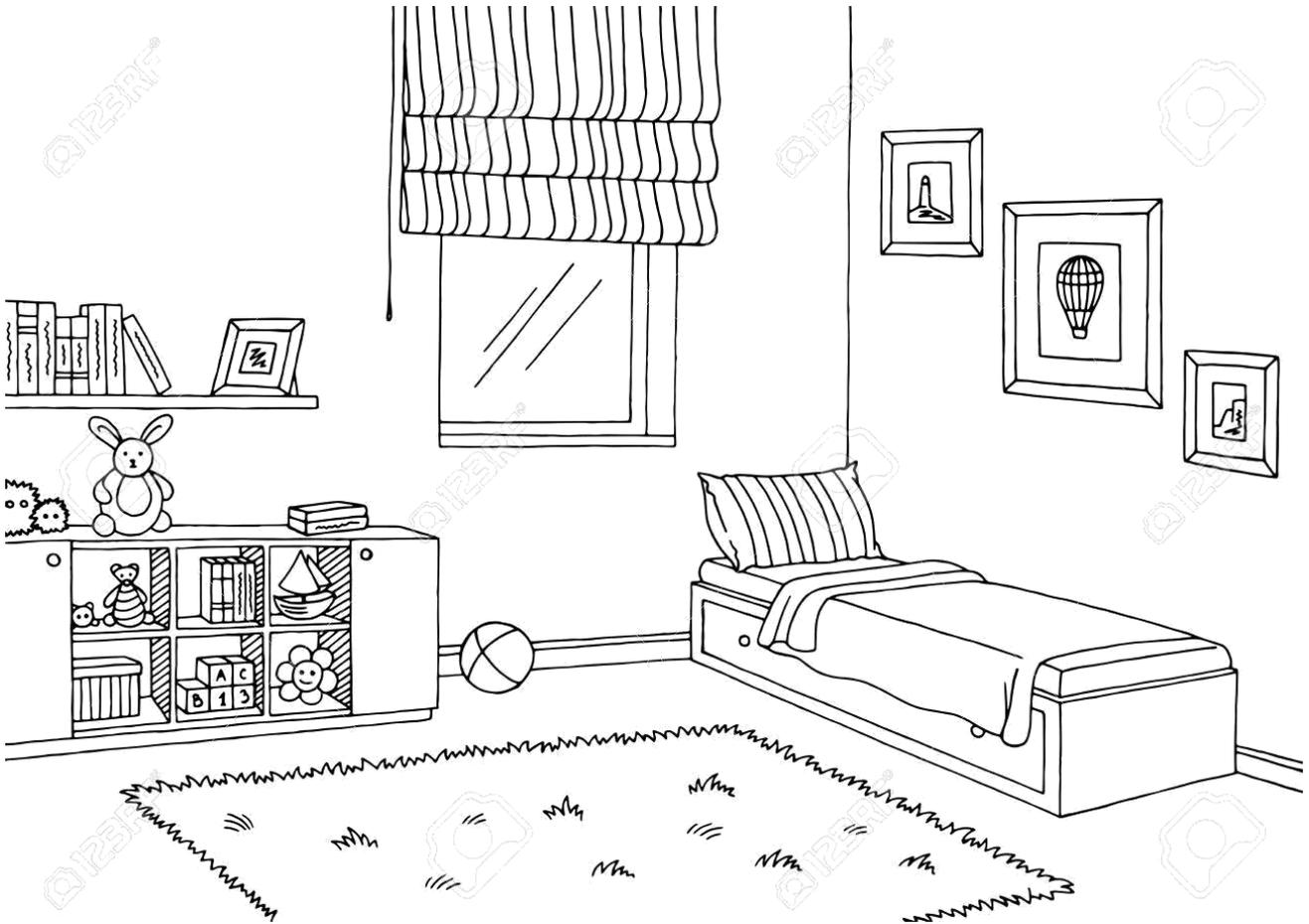
“Nothing Lasts Forever!” We will all get back to our normal daily schedules soon. Keep the faith!



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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

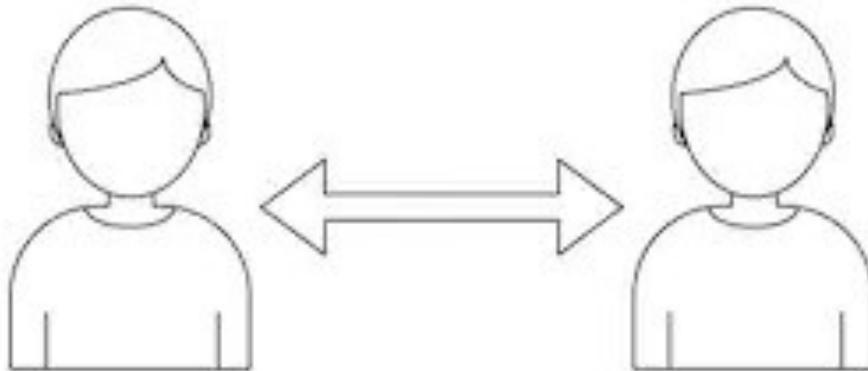


Although you cannot be at school right now, it's good to keep your routine at home that you would normally have each day.



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



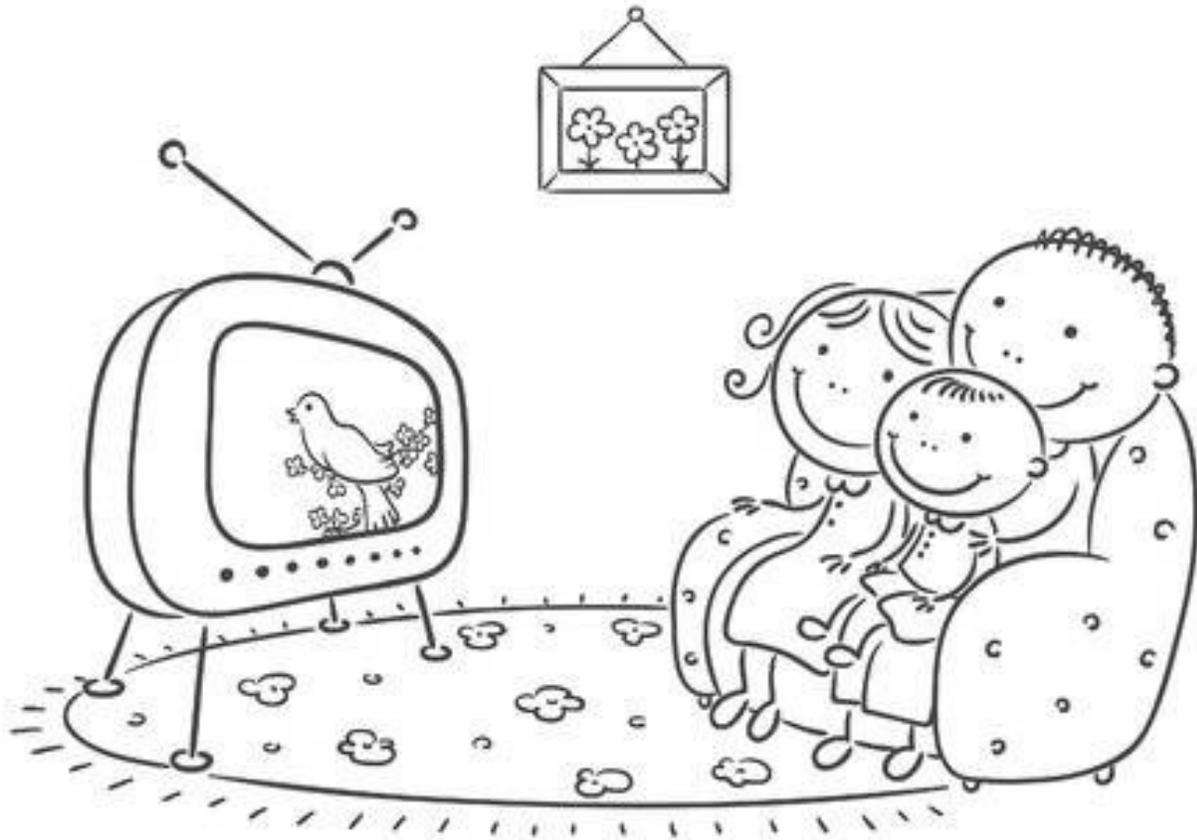
Social Distancing

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



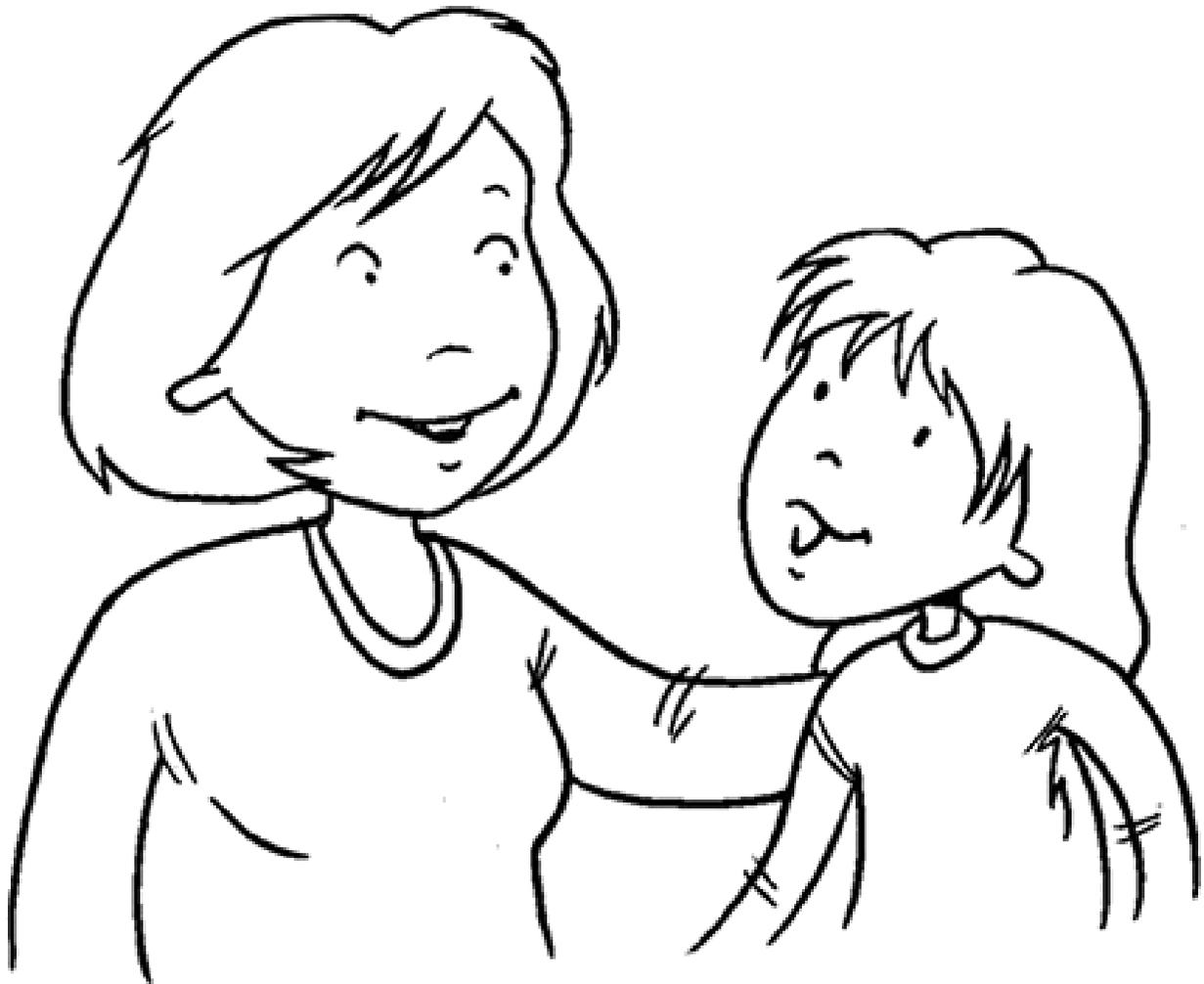
When you are through with your school work, check with your family to find something great to watch on television.



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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

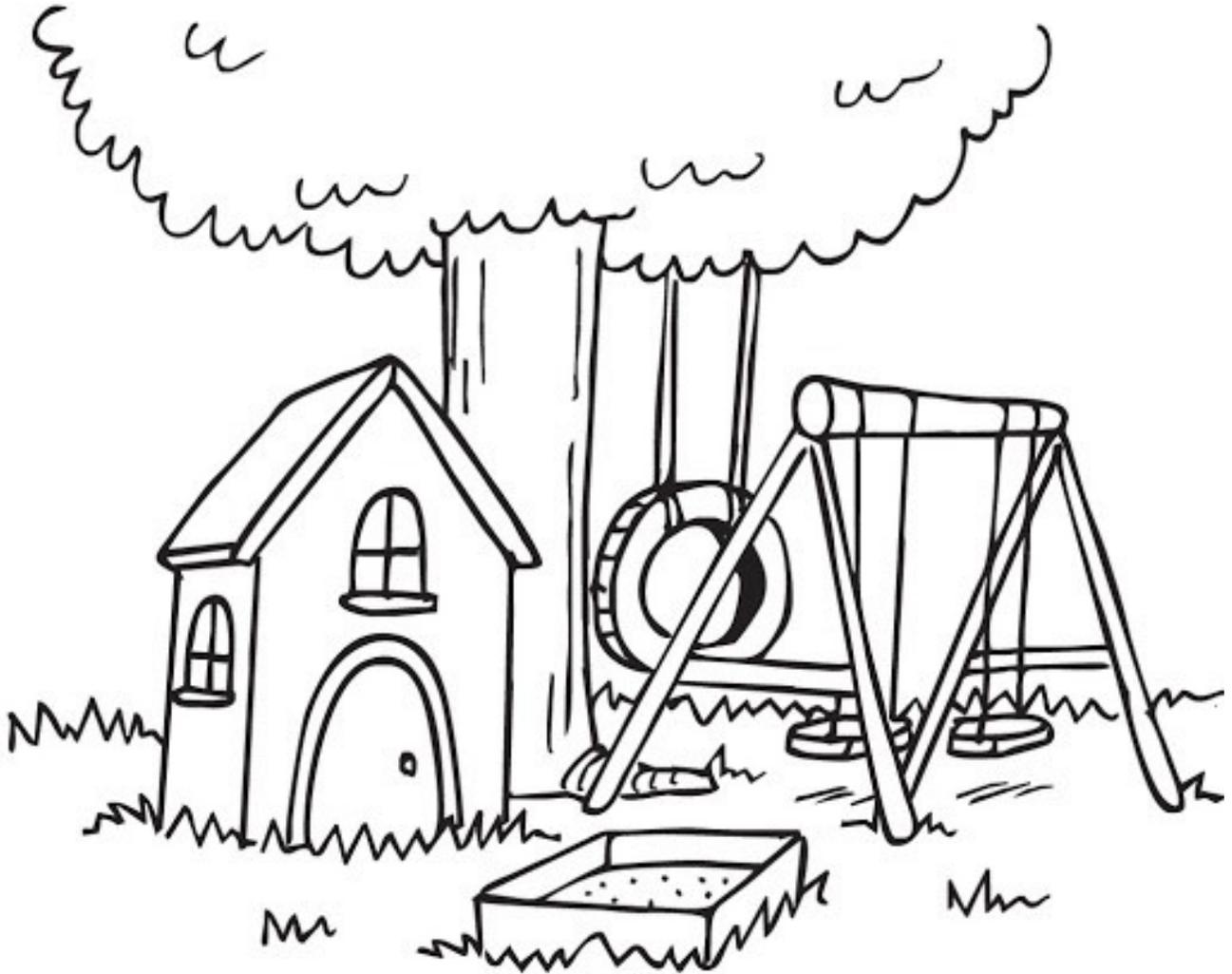


When you think you are bored, consider playing an instrument like a guitar, piano, drums, or a xylophone.



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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 You
Enjoyed Our
Coloring Pages



**San Antonio Council on
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7500 U.S. Highway 90 West, Suite 201

San Antonio, Texas 78227

(210) 225-4741

www.sacada.org

Abigail Garza, Moore, CEO