

CORONAVIRUS IS A BIG WORD

A PRINTABLE STORY

In the wake of COVID-19, our normal way of life and our usual routines have been turned upside down. For children, these abrupt changes are especially confusing and scary, and so is the idea of a mysterious virus. Providing age-appropriate information soothes anxiety, and this simple story gives you the words to use.

Developed by Conscious Discipline Certified Instructor Abbi Kruse, this story uses reassuring language and colorful illustrations to explain a complex topic in a way that children understand.

For children (and adults), predictability and routine feel safe. Sudden change is often scary and leaves children feeling anxious. Anxiety is soothed with information, so it's helpful to answer children's questions and explain why their usual routines have changed.

However, talking to young children about COVID-19 is challenging, especially when we remain worried and uncertain ourselves. This simple story is a useful tool to explain what coronavirus is and why it's important to stay at home for now.

Remember, too, that reading a story can always represent a precious moment of connection. Be present as you read the story with your child, enjoying your time together. Connection translates into increased cooperation, willingness, and impulse control. During these unprecedented times, connection with our loved ones is more valuable than ever.

**Coronavirus
Is a Big Word.**



Created by Abbi Kruse & The Playing Field, Madison, WI

**Coronavirus is a
very big word.**



**But, the coronavirus
is not very big.**



**It is very small. It is so tiny that
you can't even see it.**



The coronavirus can make people sick.



Not everyone will get sick.



Most people who do get the coronavirus will feel a little sick.



**But, a few people can
get very sick.**



When a lot of people are in the same place at the same time, it is easy for them to pass viruses to each other.



**If we all stay home for a while,
we will not pass the
coronavirus around.**



Staying at home will help everyone stay safe and healthy.



We won't have to stay home forever. When it is safe for us, we can all be together again.

