



Visual Safety Reminders for COVID-19

When children feel anxious about COVID-19, offering empathy and usable information can help them calm. It's especially helpful to provide a visual that shows children what they can do to keep themselves and their loved ones safe right now. Created by Master Instructor Kim Jackson, this printable visual gives children useful reminders about how to keep it safe.

It's natural for children to have many questions about COVID-19, the life changes it has brought, and when life will return to normal. When these questions are future-focused (e.g. "What if..."), they are typically rooted in anxiety and big feelings.

It's critical to respond to these questions by first offering empathy, then providing usable information. Offer empathy with statements like, "It makes sense that you would feel worried about that," or, "This is hard." Then, provide information about what children can do to stay safe and keep their loved ones safe as well.

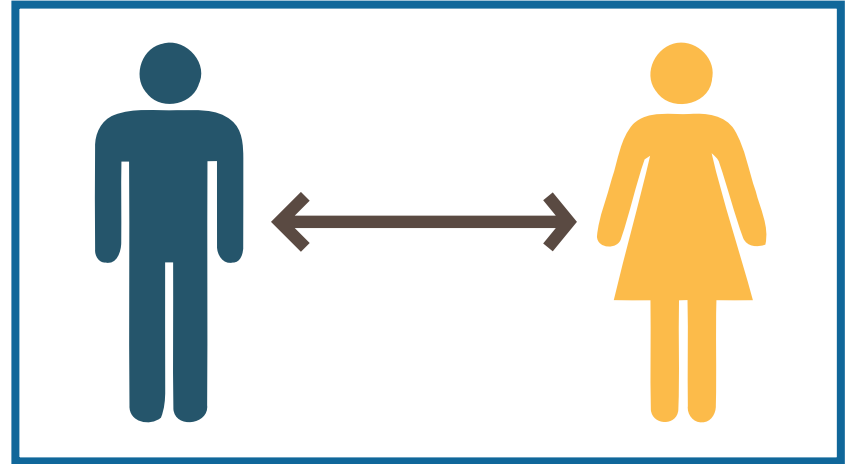
Visuals are an excellent support as you answer these questions, especially for young children. This printable provides children with actionable steps they can take to help keep it safe. Reference the visuals as you answer your children's questions, explaining, "Here's what we're doing to stay safe." Post the visual around your home as a helpful reminder.

Watch Master Instructor Kim Jackson's free webinar "Handling Anxiety" for more tips on responding to questions and anxiety about COVID-19.

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Wash your hands.



Leave space between you and other people.



Keep your hands off of your face.



Wear a mask.