

WHEN WE ALL COME TOGETHER AGAIN

A PRINTABLE STORY

Changes to routine feel unsafe and scary to children, and this has certainly been the case with the changes we've all made due to COVID-19. As some states begin to gradually reopen, children will experience shifts in routine once again. They may also be disturbed by the fact that even when we come together again, life remains changed. This story addresses children's worries in simple, reassuring language.

Because anxiety is soothed with information, it's helpful to answer children's questions and explain why routines (and life) have changed.

Developed by Conscious Discipline Certified Instructor Abbi Kruse, this colorful story explains a complex topic in a way that children understand. It emphasizes health and safety, reassures children that their big feelings are normal and acceptable, and provides advice about what to do when we feel big feelings.

Talking to young children about COVID-19 is challenging, especially when we remain worried and uncertain ourselves. This simple story is a useful support as you discuss coming together again, how that might look, and the big feelings we'll all be managing.

When We All Come Together Again



Created by Abbi Kruse, Conscious Discipline Certified Instructor

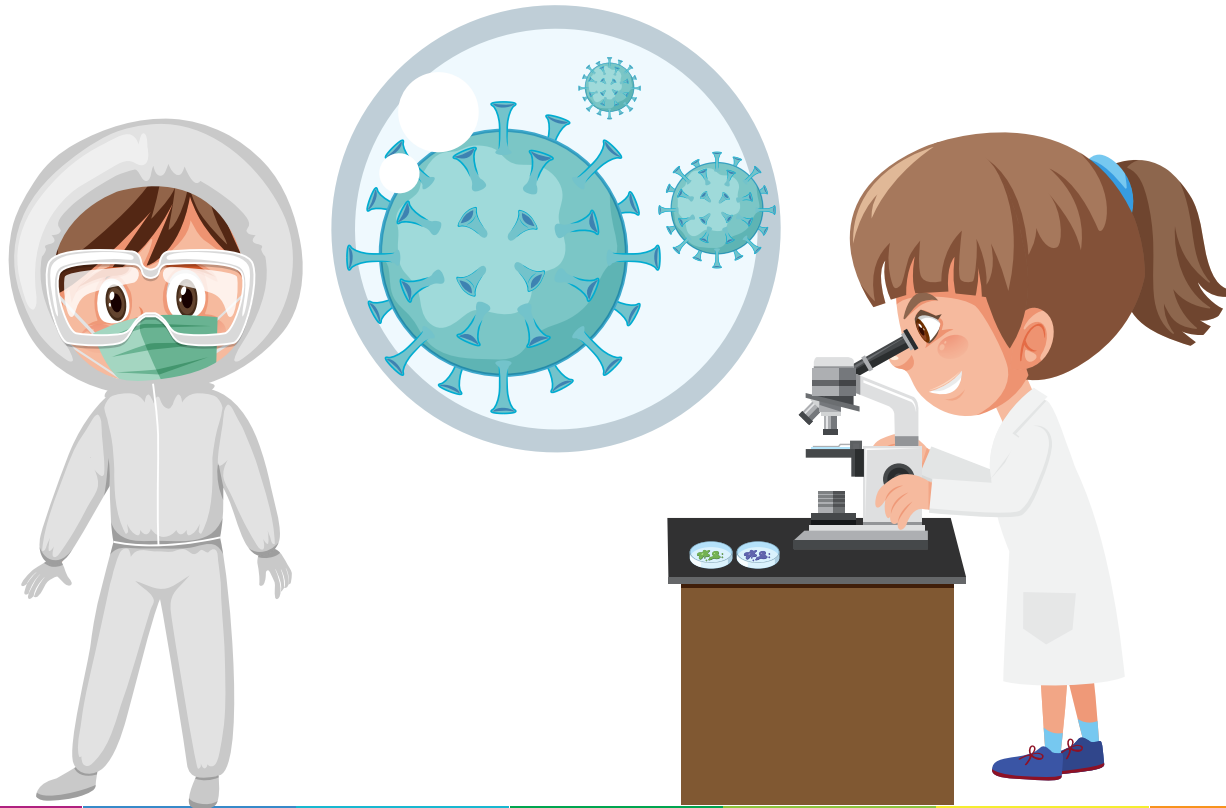


**Staying at home has helped to
keep everyone healthy and safe.**

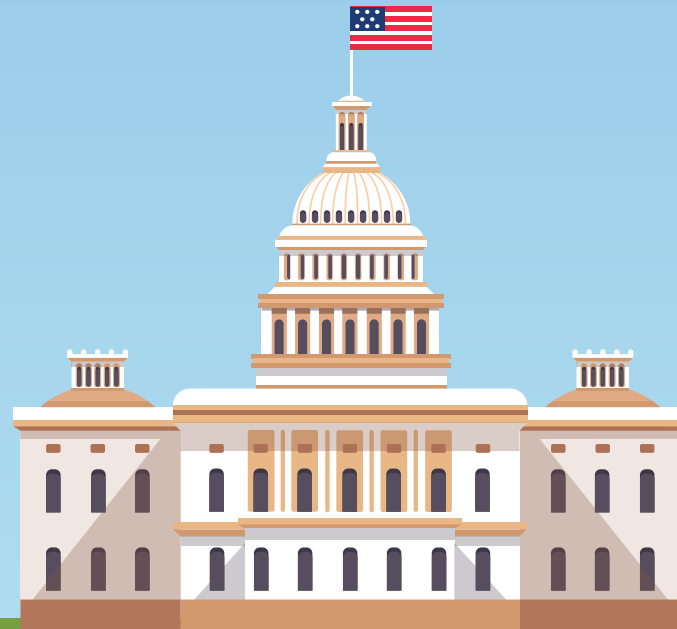
**A lot of people are working
together to keep us healthy
and safe.**



**Scientists and doctors are
studying and learning about ways
to keep us healthy and safe.**



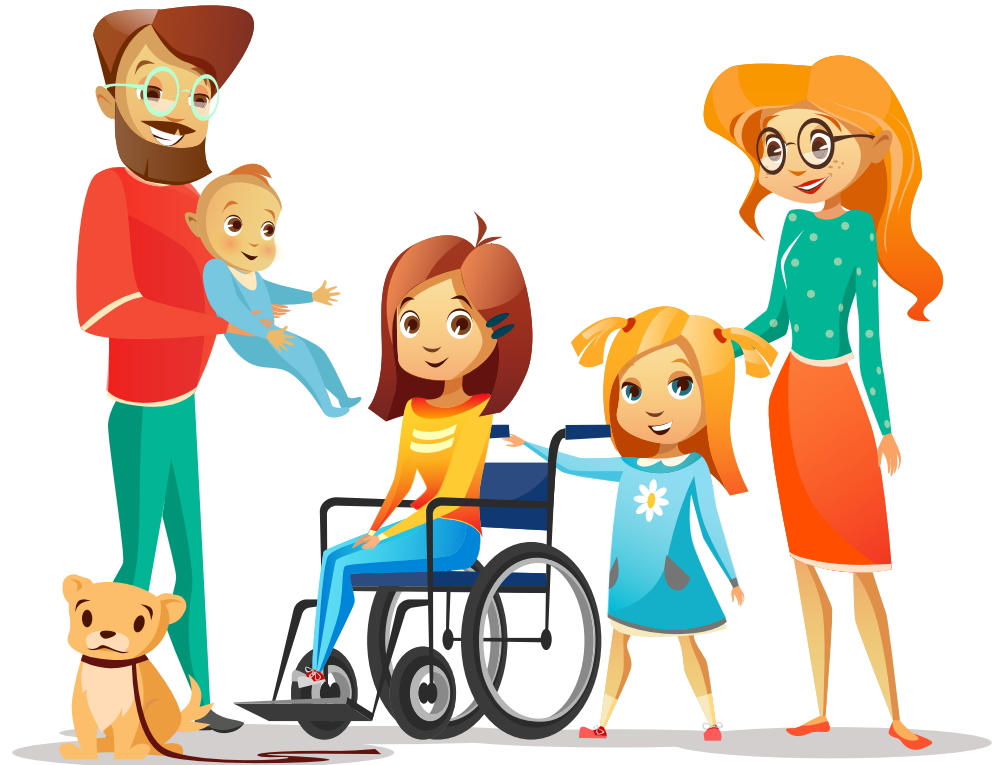
The leaders of our cities, our states, and our country are making new rules that will help to keep us healthy and safe.



**Our grown up Safekeepers will
listen to the scientists, the
doctors and the leaders.**



**Our grown up
Safekeepers
will help us
know just what
to do when
we all come
together again.**



**When we all come together again,
we may feel big feelings. We may
feel excited and happy. We may
feel scared, anxious or frustrated.**



We may even feel excited and scared at the same time!



When we feel big feelings, we can take three deep breaths and get help from a grown up. Our grown up Safekeepers will help keep us safe and healthy.



**When we all come together again,
we may see new things. We may
have questions.**



**Our grown up Safekeepers will
help us understand what we see.
They will answer our questions.**



Our grown up Safekeepers will help us stay healthy and safe. They will help us handle our big feelings. They will help us remember that there are a lot of people working together to help keep us—and everyone we love—healthy and safe.