

Talking About Change:

A story about Coronavirus

CHD | CENTER ON HUMAN DEVELOPMENT
College Of Education • University Of Oregon



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There are changes happening in my life.

Some of them are...

Changes can be hard for all people. My brain may have a hard time getting used to the changes that are happening.

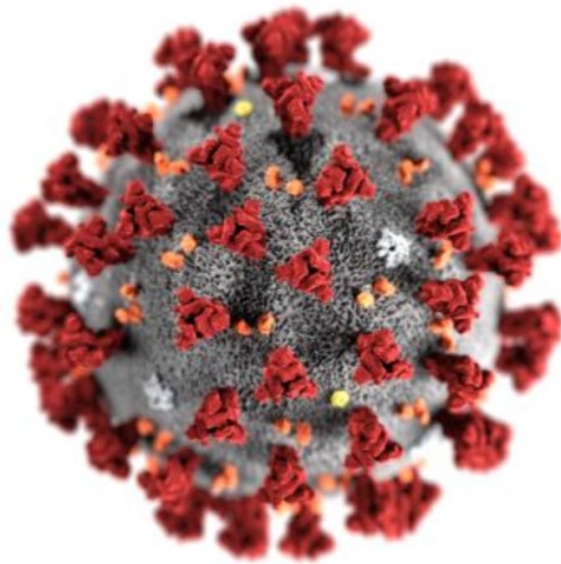
Even though it's hard, my brain can be flexible.

Being flexible means I try to do things in a new way - like having a new schedule.

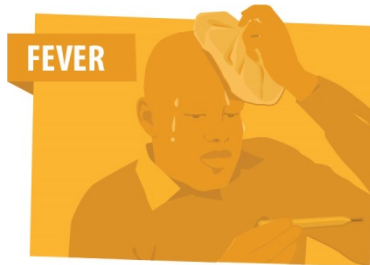
I can use my flexible brain to do something in a new way like....

**I keep hearing about the new Coronavirus.
It can make people sick, like a bad cold or the
flu. The sickness is called COVID-19.**

**This is what the new Coronavirus looks like
under a microscope.**



People who are sick with COVID-19 may have a fever, a cough, or trouble breathing.



If I get a cold or flu it may not be COVID-19, but I will still take care of myself so I can get better.

I want to stay healthy so I can do fun things like...

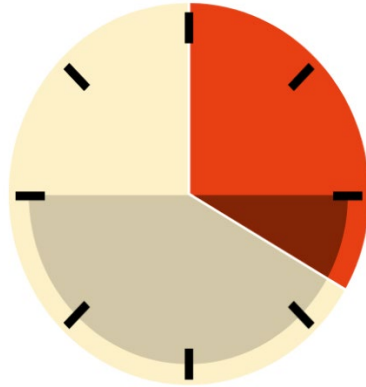
I can help myself and others stay healthy by washing my hands with soap and water.



Where I live, the places to wash my hands are...

Good hand washing means scrubbing my hands and fingers for 20 seconds.

I can measure 20 seconds with a timer,



or I can measure 20 seconds by singing Happy Birthday two times.



If there is nowhere to wash, I can use hand sanitizer. I need to make sure I rub it all over my fingers and the front and back of my hands until it dries.



Other ways I can help keep myself and others healthy are...

Programs are closed to help keep people healthy. They will open when it is safe to return. One of my usual activities that is closed is...

I may feel frustrated because I can't do my usual activities.



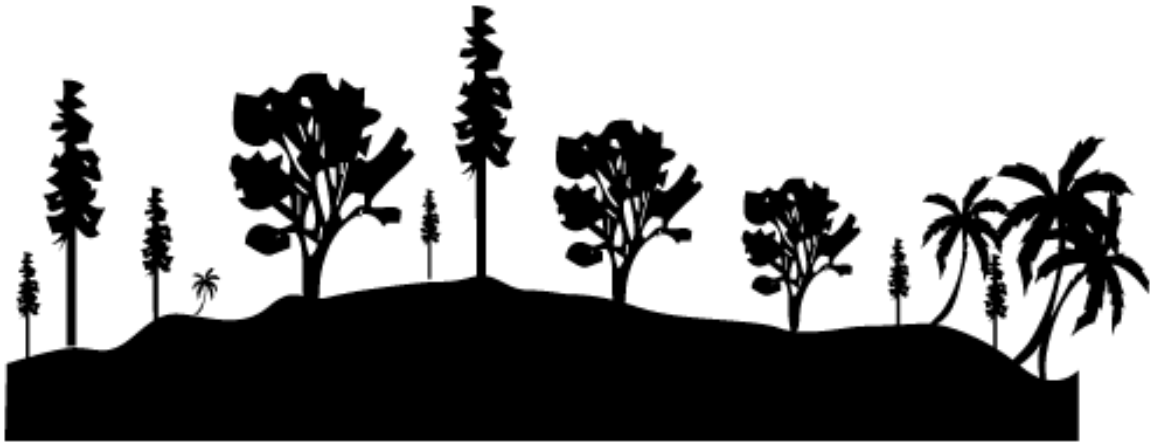
I may feel lonely because I can't spend time with the people I like to visit.



I will do my best to be patient.

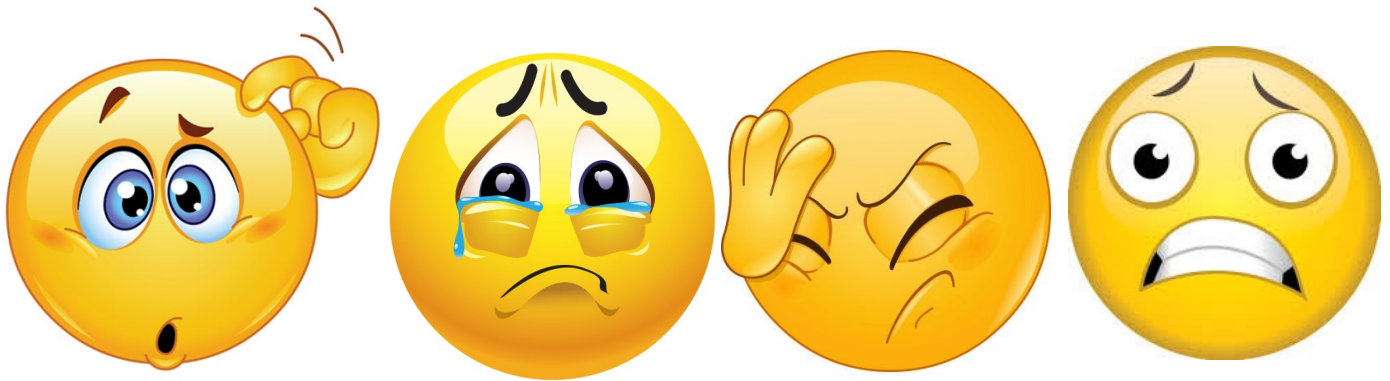


I can still find fun things to do even if I can't go to my usual places.



I can...

**I may have different feelings during the day.
I may feel confused, sad, frustrated, or scared.
If I have questions I can talk with people who
support me.**



**These feelings are normal and I know they will
not last forever.**

Right now I feel...

People who support me will help keep me safe and healthy.



These people are...

The people who support me help me keep my brain flexible when changes happen. I can do it!



Questions for Follow-up Conversations

- 1. What are some changes happening in your life?**
- 2. Are you trying to keep your brain flexible to try new things?**
- 3. What is one new thing you are doing?**
- 4. What is something fun you get to do now?**
- 5. Are you washing your hands to keep yourself and others healthy?**
- 6. What's one activity you miss doing?**
- 7. Who are the people you miss?**
- 8. How are you feeling right now?**
- 9. Who are the people you can talk to?**
- 10. What's one thing you are looking forward to?**