Caroline Conquers her Corona Fears

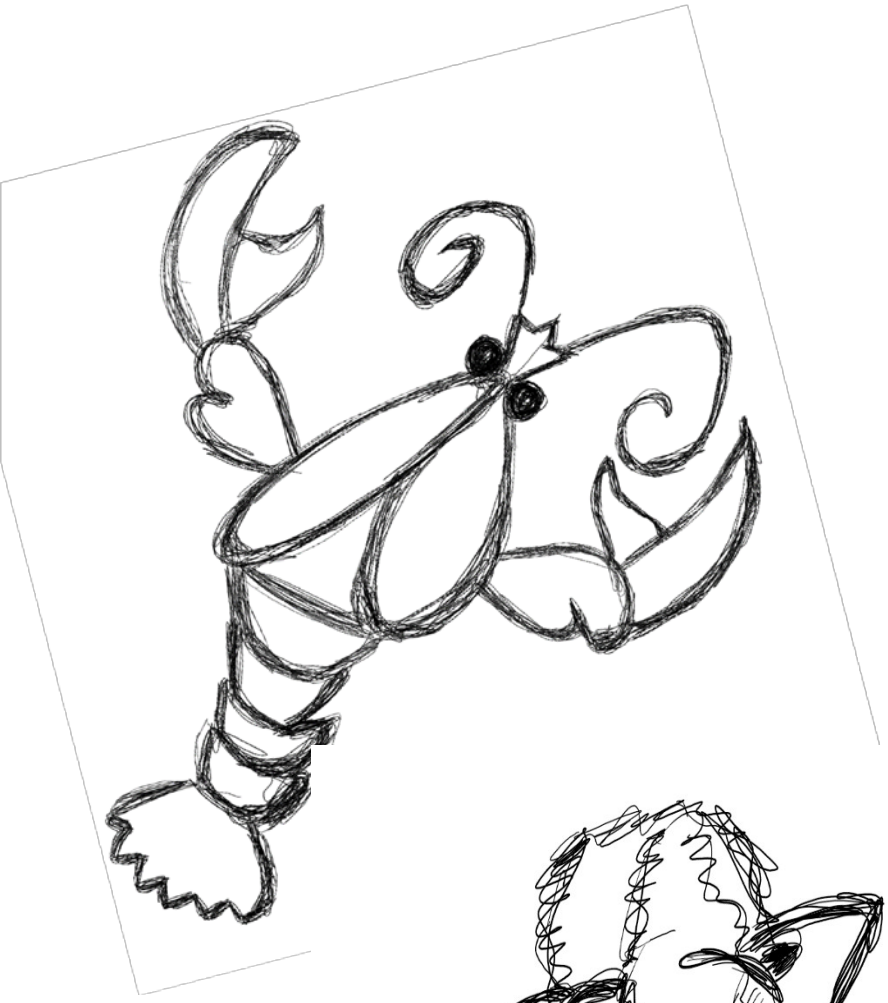
A Kids Coping & Coloring Book



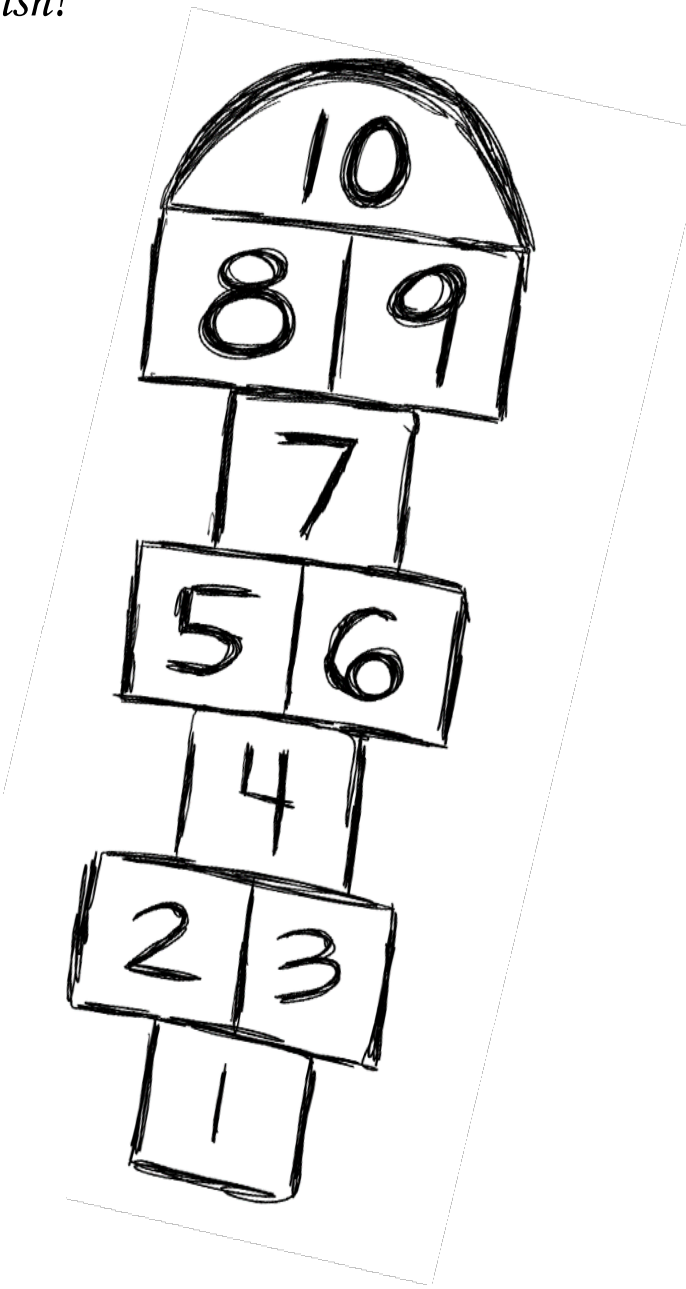
Kellie Camelford, Krystal Vaughn, & Erin Dugan

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Hi, I'm Caroline and I live in New Orleans.
I love playing hopscotch, going to the Audubon Zoo,
and eating crawfish!



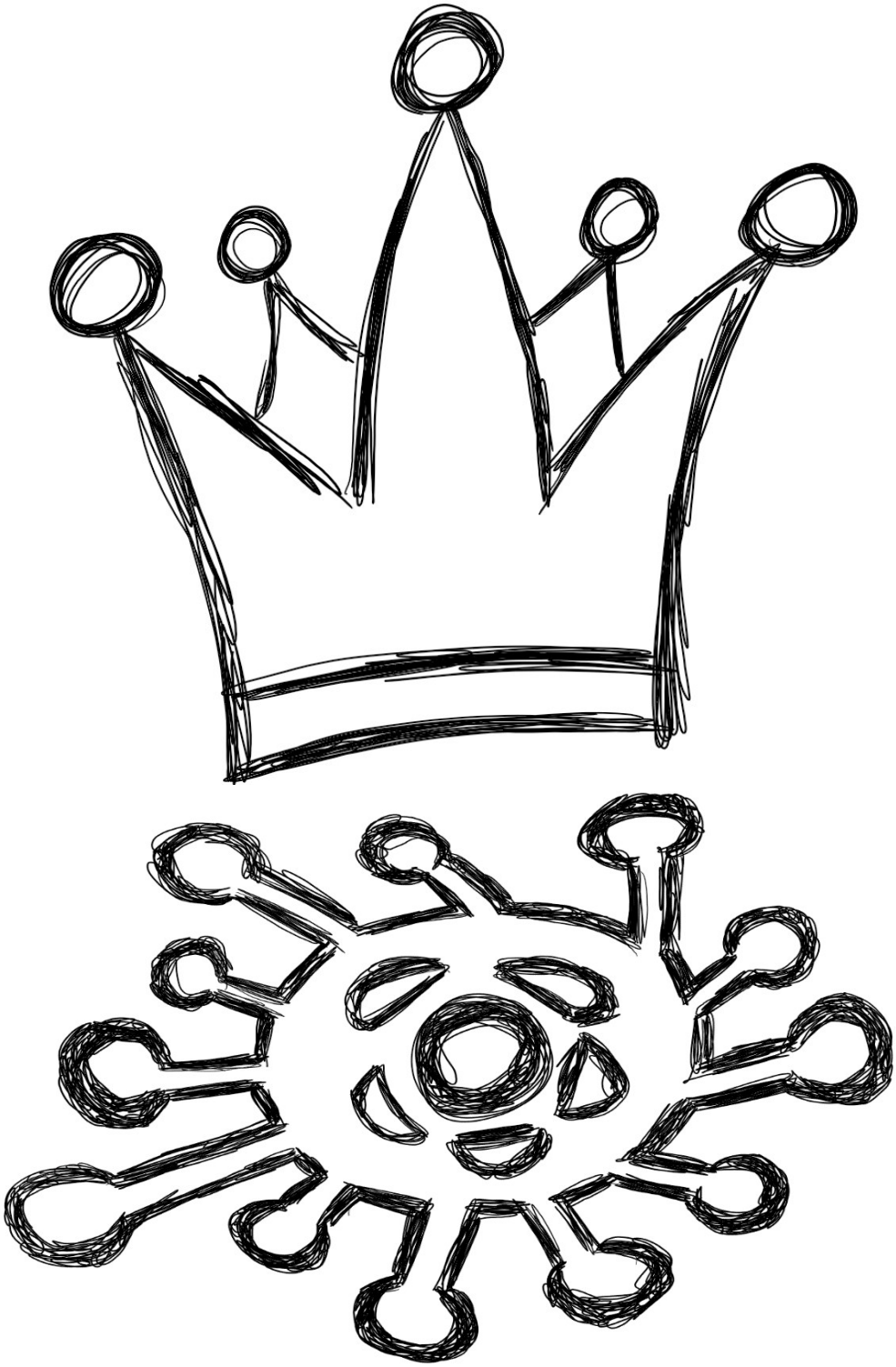




Most of the time I like to have fun with my family and friends, but lately I've been confused about this curious "Corona", COVID-19.



My friend said Corona had something to do with a crown. When I asked my mom she simply said, "Oh honey don't worry about anything."



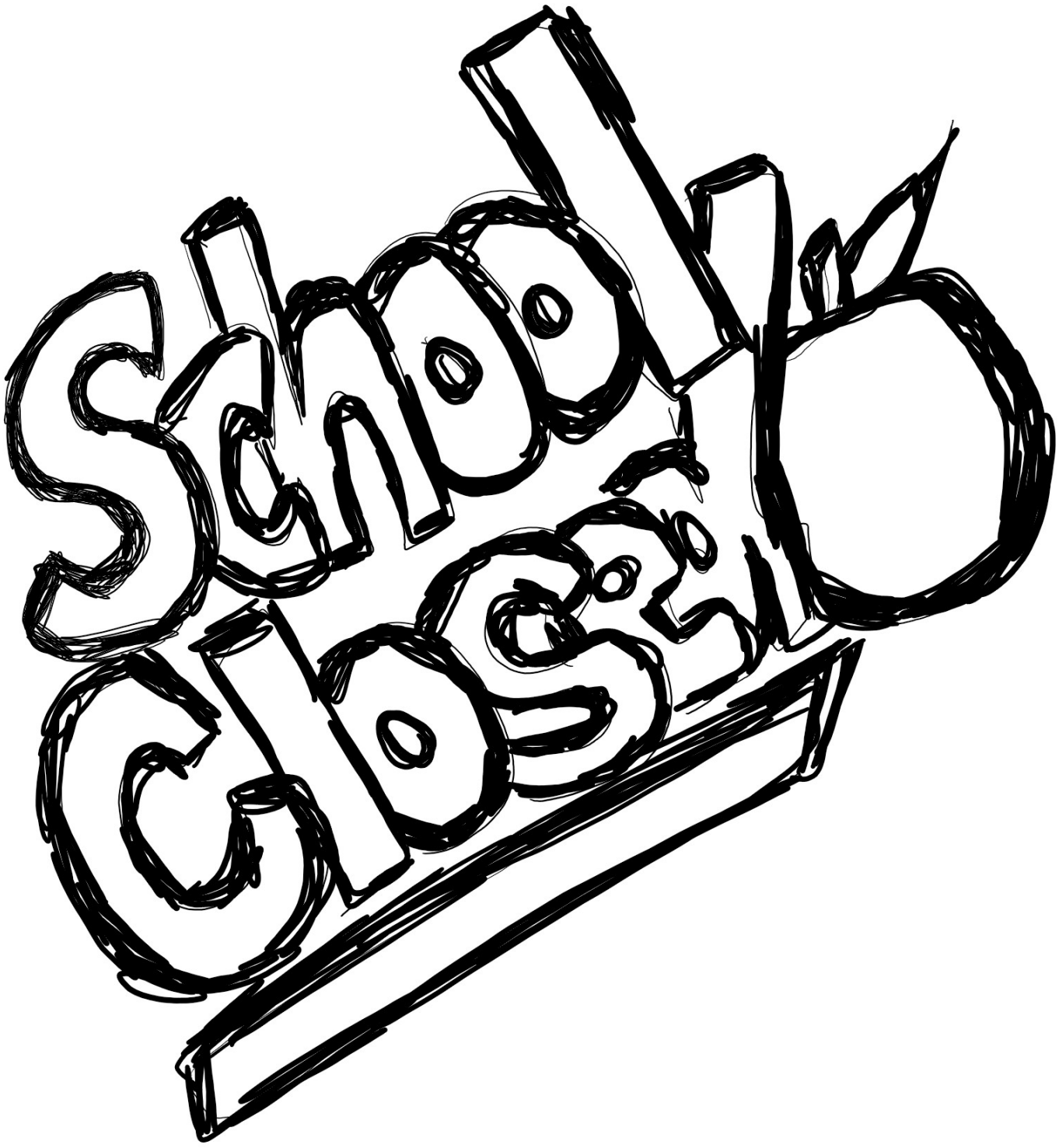
The problem is, I am worried. And now I'm stuck at home…



When I got home from school the other day, mom told me that I won't be going to school for the time being and that she's not sure when I'll actually be going back !?! It's only MARCH! Summer doesn't start till MAY! Some people are saying April at the earliest. Does this mean summer is here?????



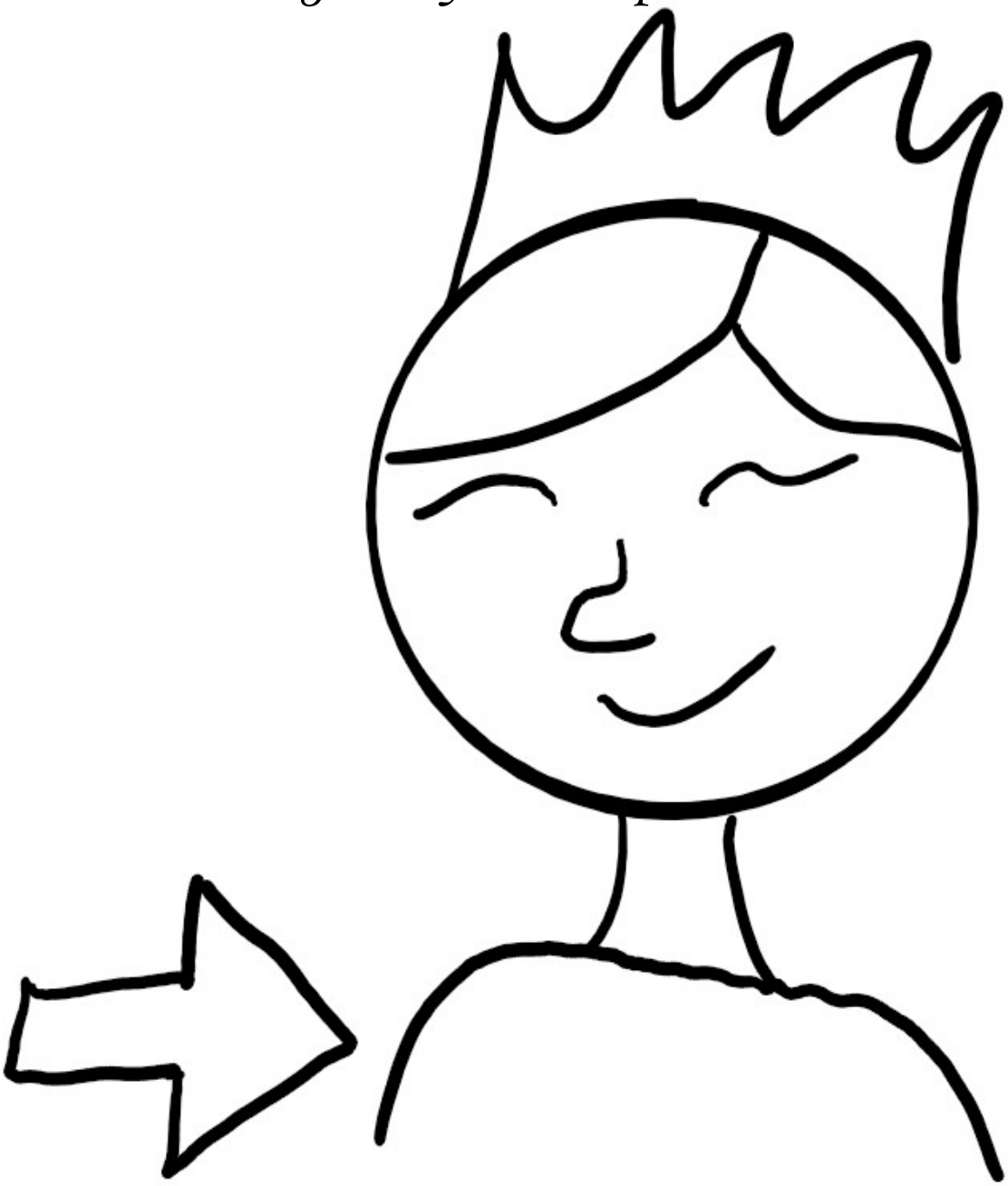
When I asked mom why, she said that school closed because of Corona. She said they were acting on precaution and practicing "SOCIAL DISTANCING".



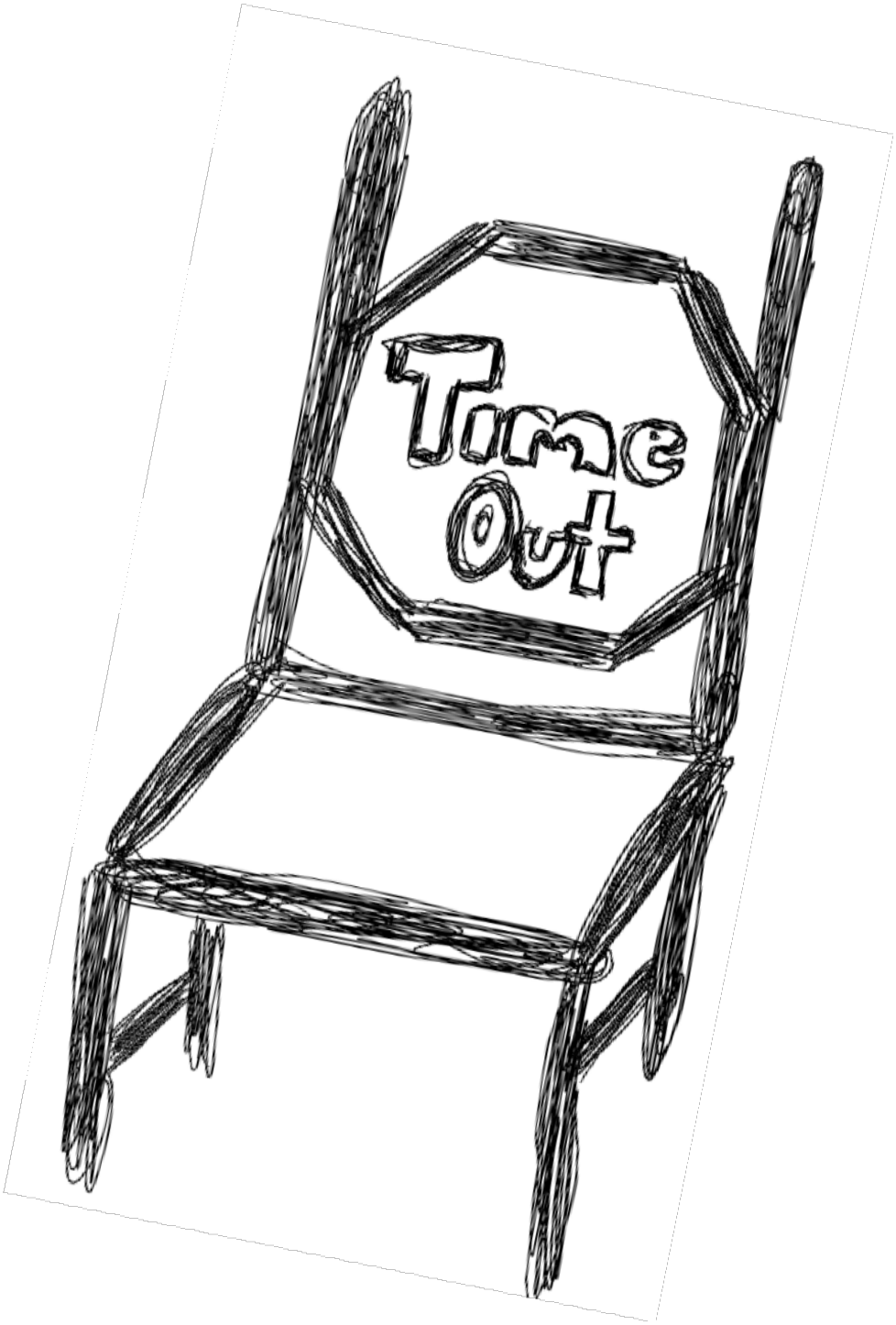
Our leaders say we should practice social distancing to slow the spread of the virus down which is why we're out of school.



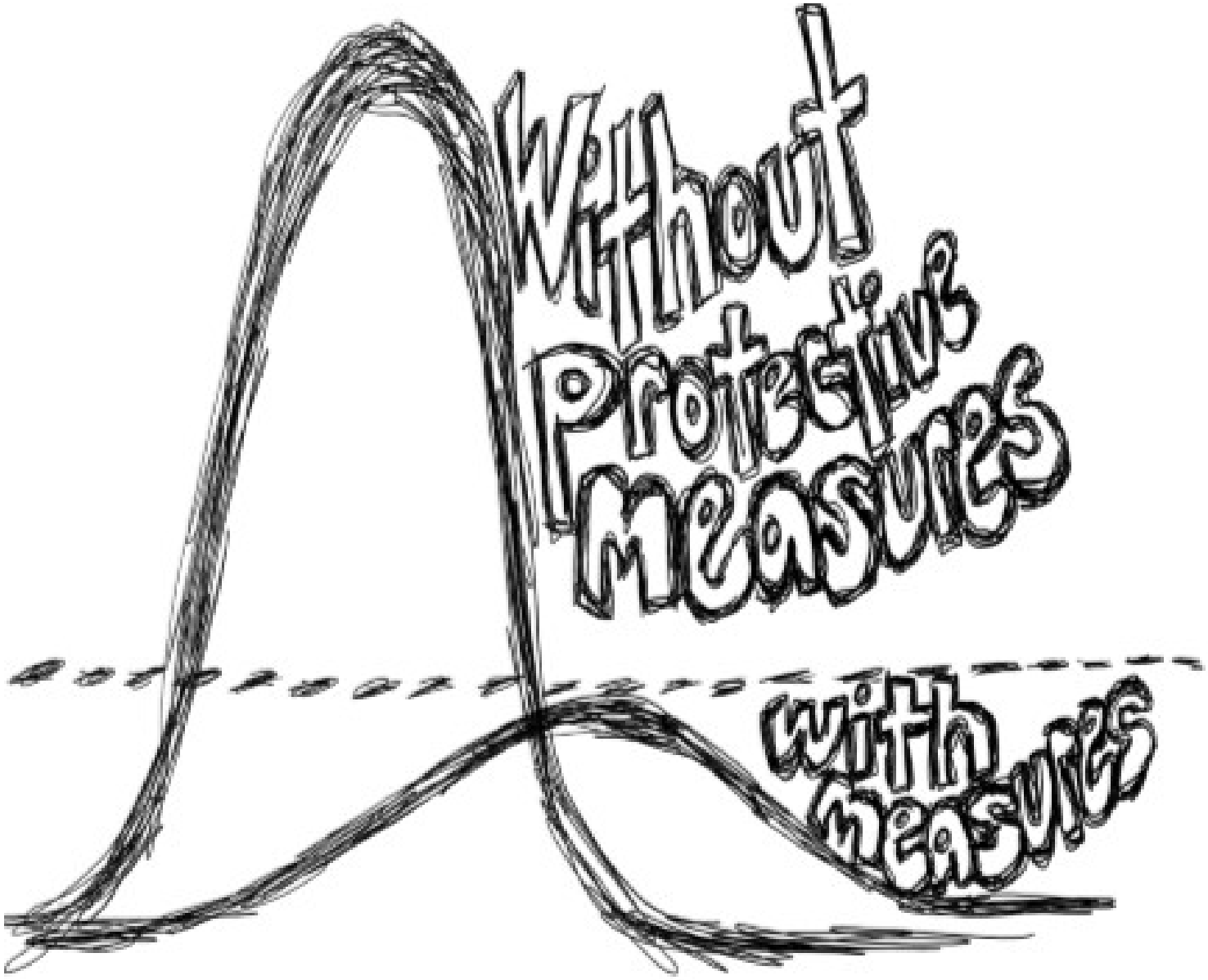
Social distancing means we don't get close to our friends and community members. "6 feet apart," they say. It's still ok to give mom and dad a hug though. We can also still go outside and get fresh air. We can wave to our neighbors from our porch too.



Things are starting to feel a bit strange. We are at home and mom says we can play in the house and in the backyard, but my friends cannot come over. Am I in trouble? Mom says no, but why can't I see them???



Apparently, mom says I can't see my friends so that we do our part in "flattening the curve". Flattening the curve helps to slow the spread of the virus down so that those who are sick can have the help they need. By staying home safely we can help others! Seems easy enough!



Mom also told me that we won't be able to see grandma because the place she lives in is on lockdown to protect her and her friends that live with her. We know she is safe and we still get to talk to her every day.
I miss giving her hugs though.



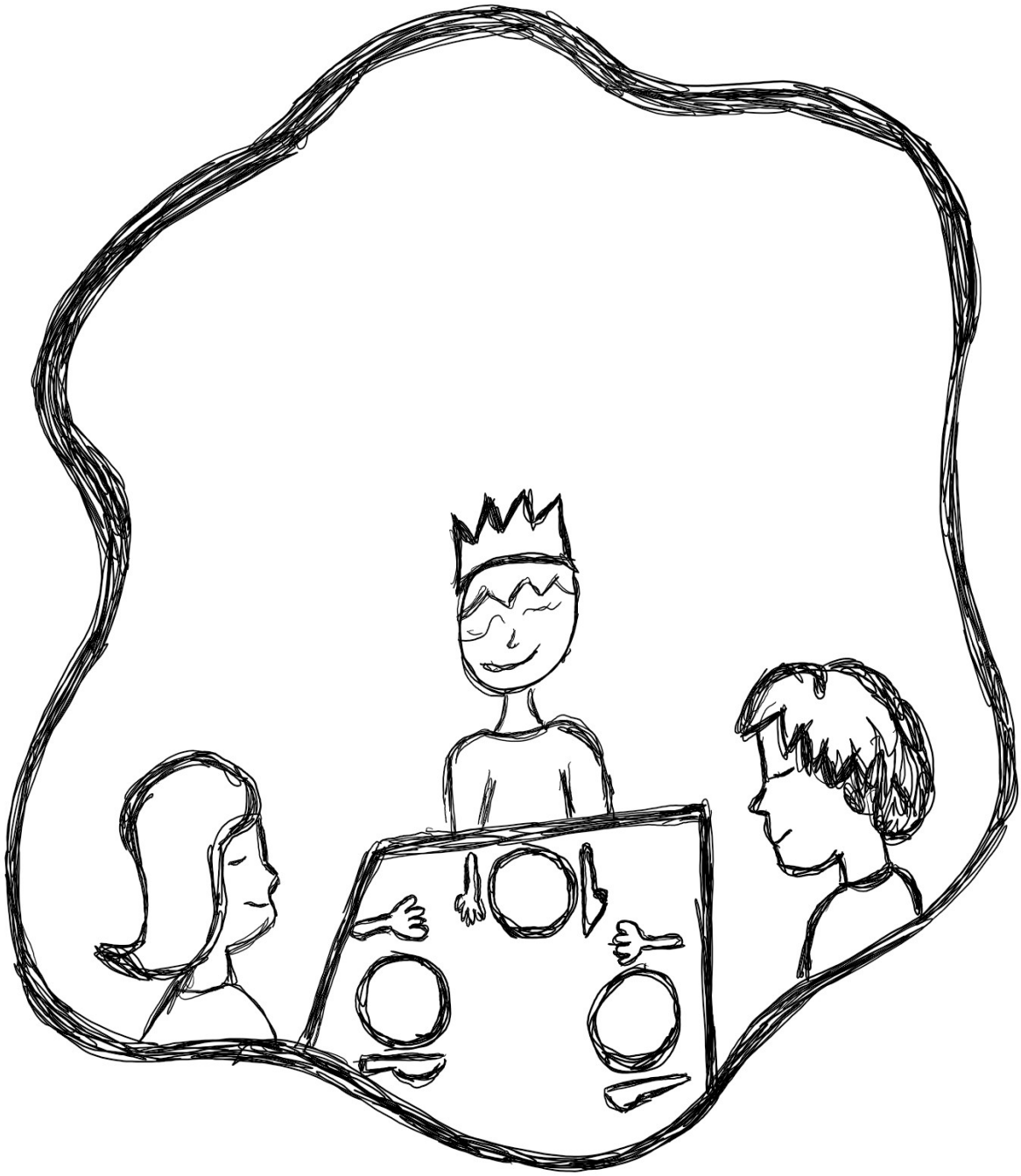
For the next couple weeks, mom said we'll be spending a lot of "quality time" together and only visiting our family and friends through her phone or the family computer.



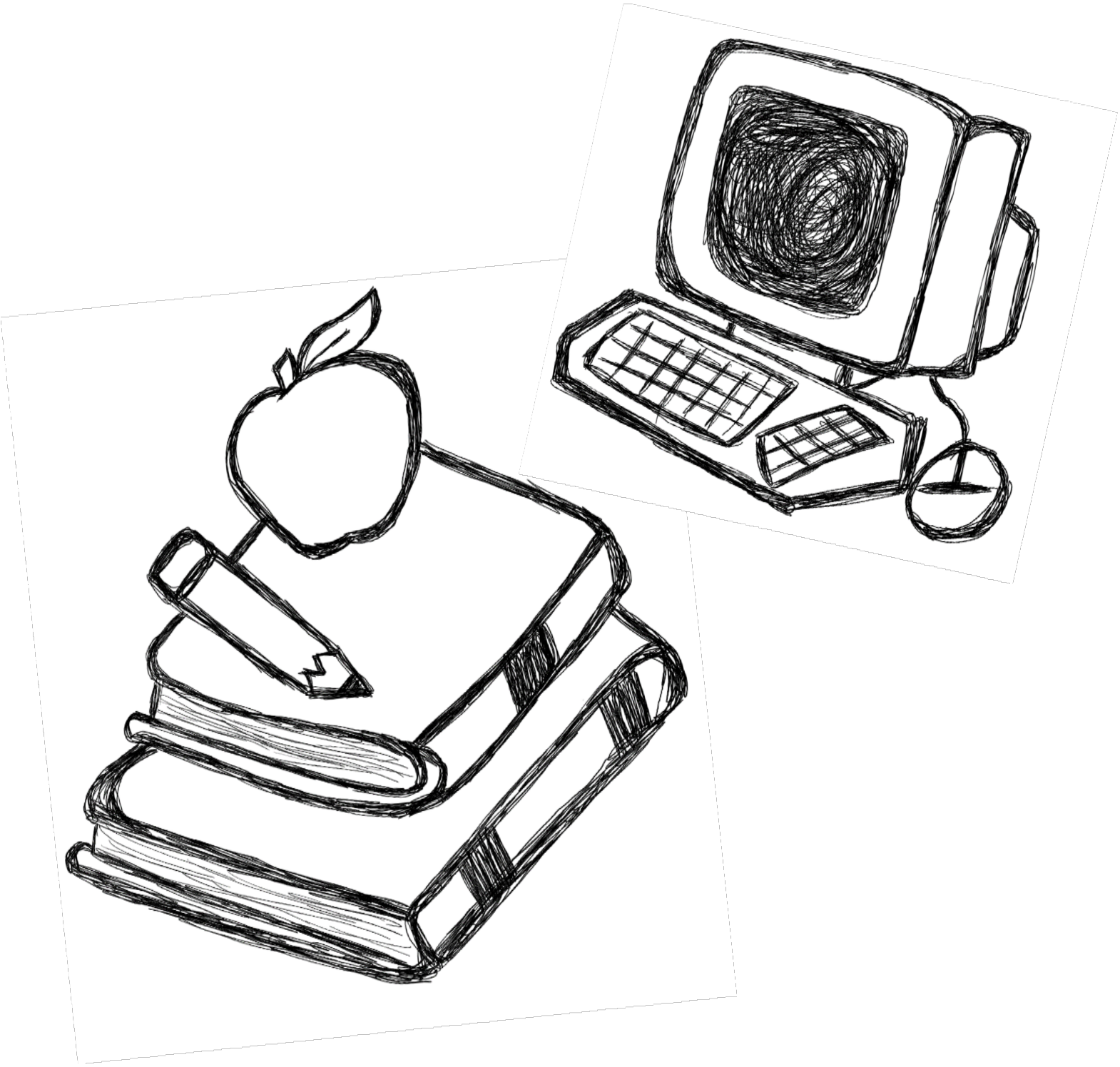
Mom and Dad are home, but trying to work so we can't play with them like we usually do after school or on weekends.



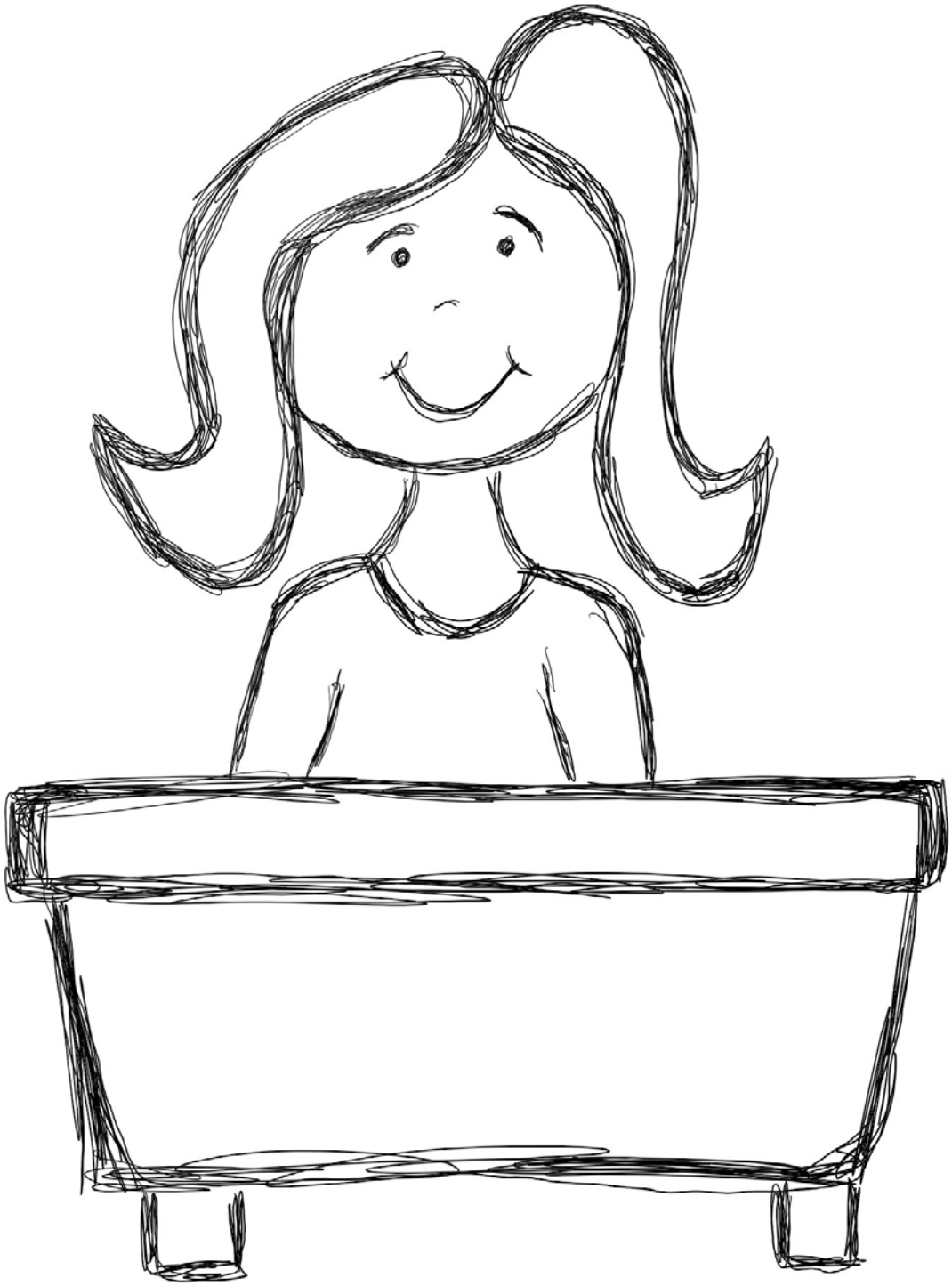
We get to eat together for meals, but then they tell me to do some school work or complete some chores while they work from home. I never knew what my parents did at their jobs, but it sure looks like they are busy.



School work is weird to do from home when you don't go to school! I get to talk to my teacher through a computer every now and then. I wonder where she is?



Our school counselor talked to my parents and told them some helpful tips to share with us.



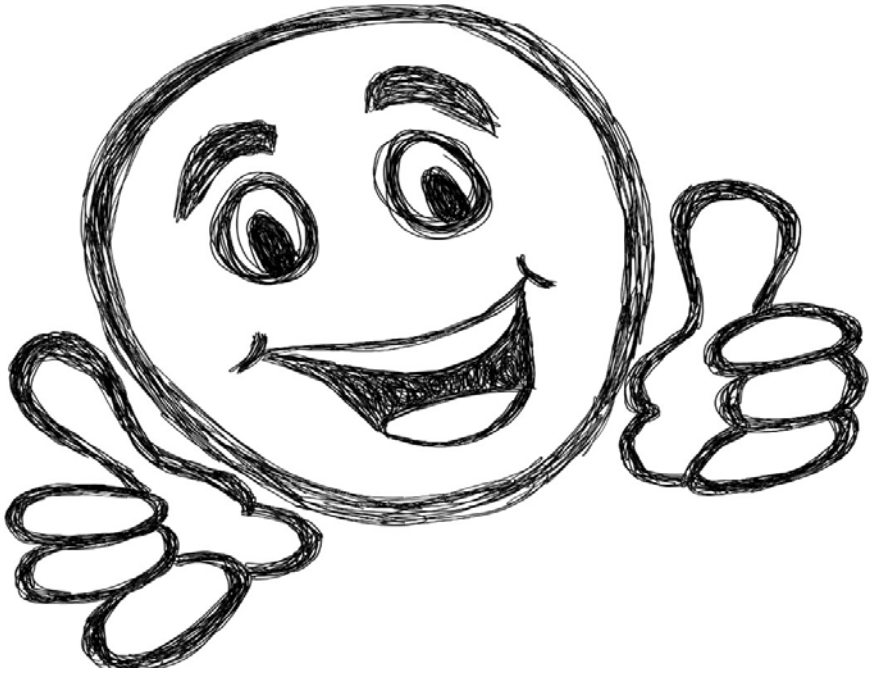
First, it's OK if I have some fears about the coronavirus since it's made big changes in my daily routine. Second, although the coronavirus is spreading fast, the risk of infection for me is low since I am a kid. Third, mom and dad are doing all they can to keep us safe at home.



Our school counselor also said that for most who get coronavirus, they end up feeling like they have a bad cold with a cough and fever.



Most people who get coronavirus will feel better and get back to their everyday activities.



There are many wonderful doctors, nurses, and other healthcare workers who are taking care of people every day and night to make them feel better.



Some things I can do at home include:

1. spending time with my family,

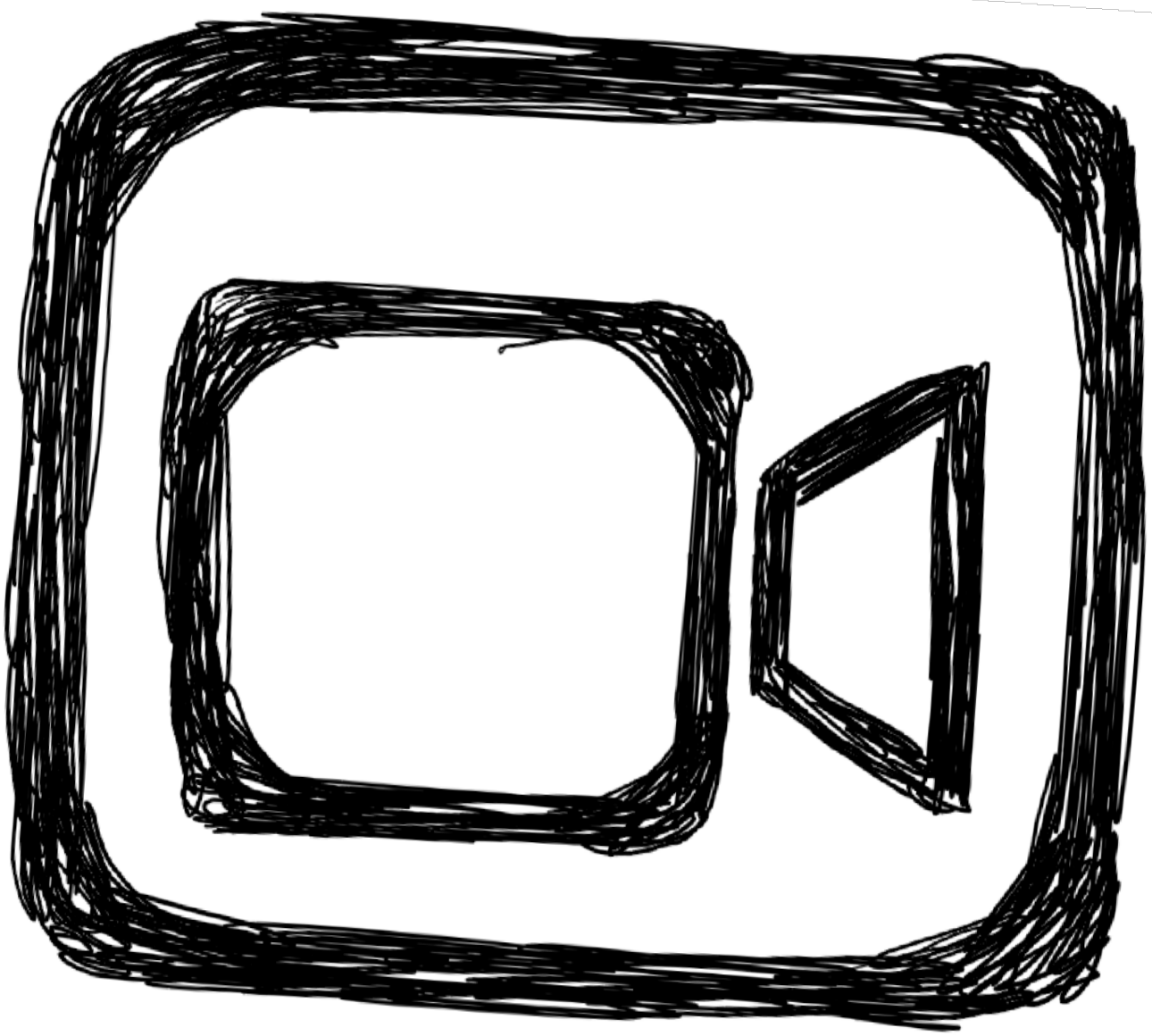
2. working on my school assignments,

3. playing in my room,

4. playing in the backyard, and

5. walking outside with my family.

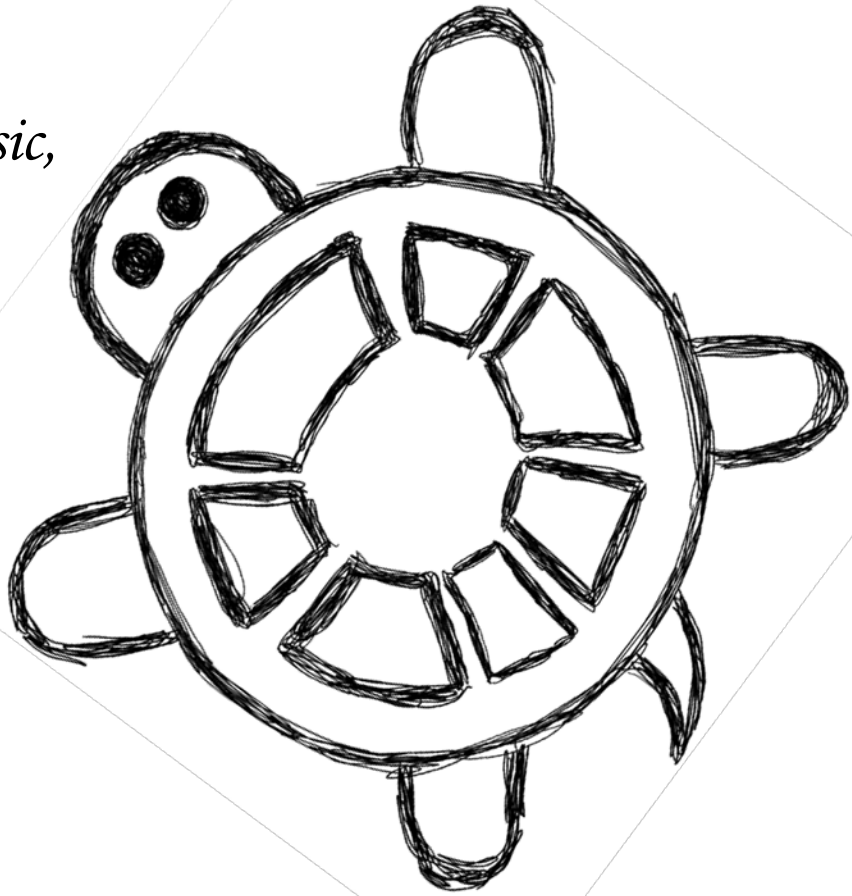
When I feel worried about the coronavirus and the changes that have happened, I can talk to my parents, FaceTime or call a loved one who I can't see personally.



And if those don't work,
I can do other activities like…..



Coping Tips



1. Take deep breaths,

2. Blow bubbles,

3. Listen to calming music,

4. Color,

5. Read books,

6. Complete a puzzle,

7. Dance to music,

8. Do yoga,

9. Take a bubble bath,

10. Give myself a hug,

11. Squeeze all my muscles up and then let them relax to release tension,

12. Pretend I'm a turtle going into my shell and then popping out once I'm not scared anymore,

13. Count backwards from 100.

Calming down and talking to myself is an important strategy too. I can tell myself, "I'm safe." and "I'm healthy." which will help me remember why I'm staying home with my parents during this time.

I'm Safe!

I'm Healthy!

I can do my part by staying home and listening to my parents. I know this is scary, but I know that my parents and my country are doing everything they can to keep me and everyone else safe.

Draw a Picture of You and Your Favorite Things to Do At Home

With a Parent, Create a Weekday Schedule to Follow:

Morning

1. _____
2. _____
3. _____
4. _____
5. _____

Afternoon

1. _____
2. _____
3. _____
4. _____
5. _____

Color Detective Caroline Below &
Then Take Her on a Household Scavenger Hunt:



Try to find the following items in your house to make a coping kit:

- *Something that is soft*
- *Something that you can play with*
- *Something that makes you laugh*
- *Something that makes you smile*
- *Something that reminds you of your friends*
- *Something that you can squeeze*
- *Something that makes you happy*
- *Something you can build with*
- *Something you can draw with*
- *Something you can sing with*

If you have all the tools that help you cope in one place, they're easier to get to when needed.
After you make your coping kit, find a time to use it.

About the Authors

Drs. Camelford, Vaughn, & Dugan are all faculty and clinicians at the LSU Health Sciences Center in New Orleans, LA. They spend their days teaching master level students skills in counseling, training clinicians in the field of mental health, conducting research, and providing counseling services to individuals in the Greater New Orleans area. They are dedicated and committed to providing mental health services to the children and families in the Greater New Orleans area. It is our hope that each child has dedicated time in their day to play with toys and activities that allow them to visualize, fantasize, and create, embracing the powers of play.

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