



What is going on?

How to Cope with Social Distancing

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Life is a little different right now. One day I was going to school and playing with my friends, and now I have to stay home all day because of this new virus that everyone is talking about! We're practicing something called "social distancing" which means I'm doing school at home and I don't get to go play with my friends as much as I used to.

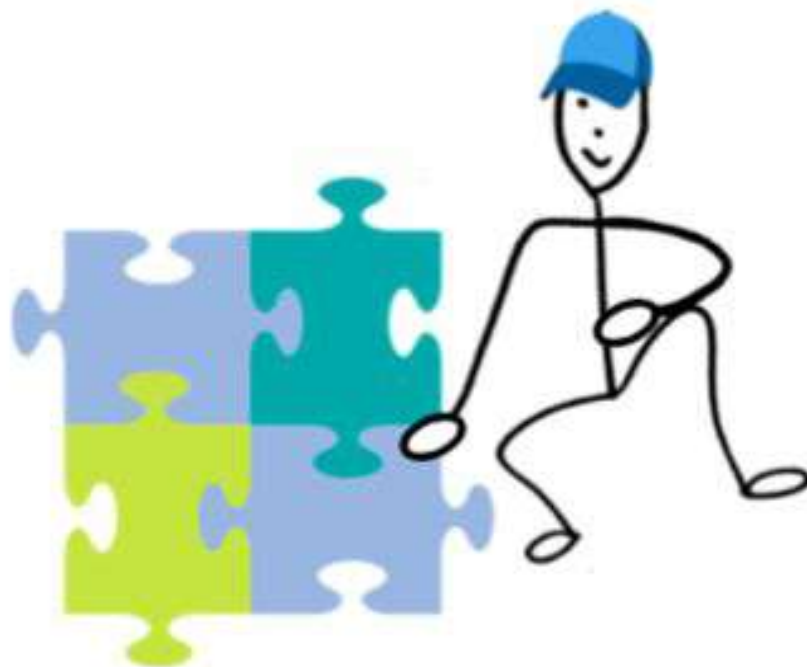
This is only temporary and I'll get to see my friends again soon.





When it's time to play and I can't go outside, here are some things I can do inside.

- Make an obstacle course
- Build a fort
- Create a skit/play dress up
- Do puzzles
- Make arts and crafts
- Have a spa day

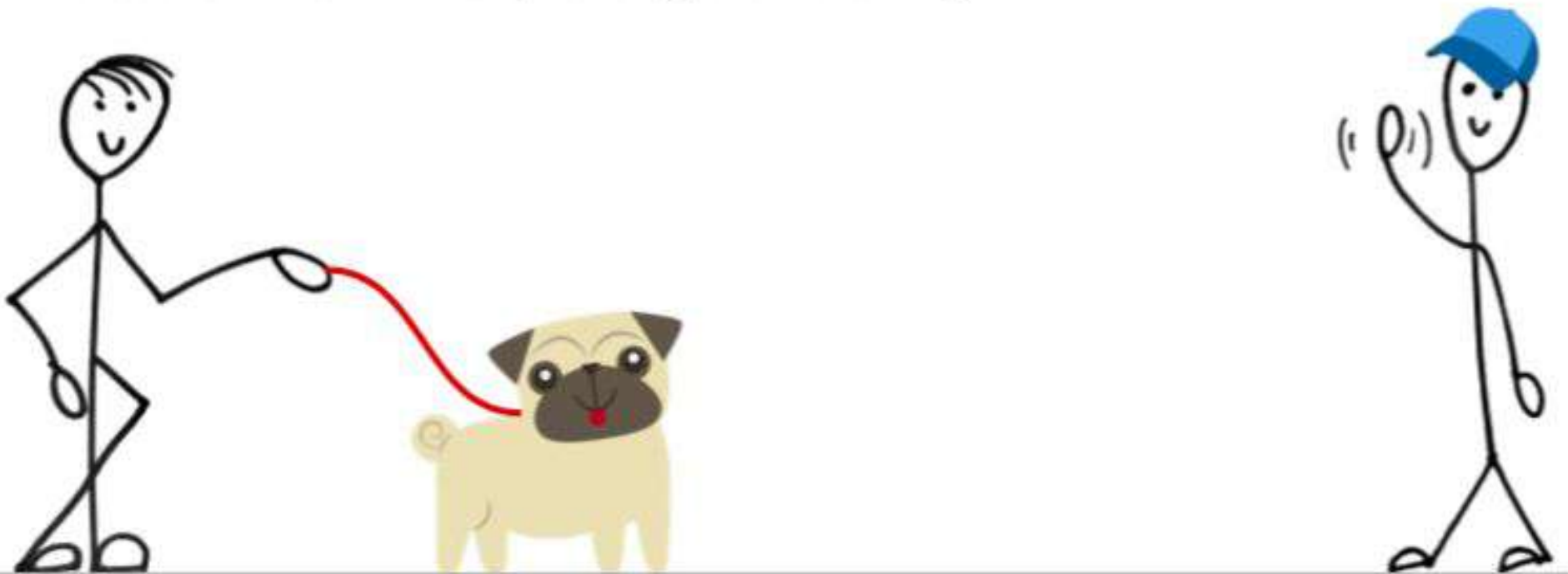


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I still get to go outside, but now we have to stay farther away from other people. We can still smile, wave and say “Hello”, but we need to stay a safe distance apart because we want everyone to stay healthy.

I want to run up and pet my neighbor’s dog but for now I can wave from where I am. This will make my neighbor happy because this will keep everyone healthy.





My favorite park might be closed, but I can still play with my family. Here are some things we can do outside:

- Decorate my driveway or sidewalk with chalk
- Go on a neighborhood walk with family
- Go on a scavenger hunt
- Walk the dog
- Go on a bike/scooter ride
- Fly a kite

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