



*Please draw in this book!

Sometimes, living things become sick – or "ill". Humans, animals, even plants!

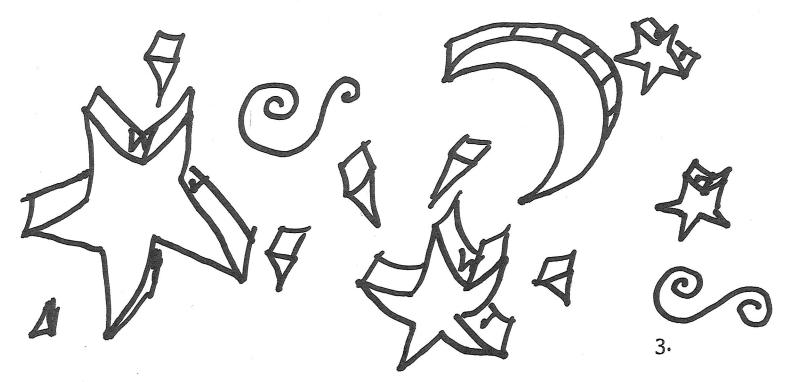
Your Art Here:



There are many different kinds of illnesses. For example, a plant may become sick with a blight, and a person may become sick with a virus.

When people become sick, they may need to stay home from work or school.

Your Art Here:



Did you know that sometimes people need to stay home even when they are feeling well?

When people who are well stay home, they give their neighbors (who may be feeling sick), a chance to get better or "recuperate". What a kind thing to do!

While our neighbors are getting better or "recuperating" at home or in hospitals, we must wait to do some of the things that we love to do.

Perhaps you are waiting to use the playground at the park or waiting to see your friends at school.

Waiting to see people that we love and waiting to go to places that we like to go, can feel very hard to do!

In the space below, you can use the oval shapes to draw what it looks like when you feel big feelings, or "emotions". You may be feeling lots of different emotions while you wait, and that is just fine. All people experience emotions such as: happy, sad, angry, scared, and confused.

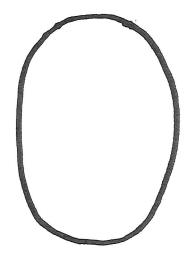
This face is ------ This face is-----

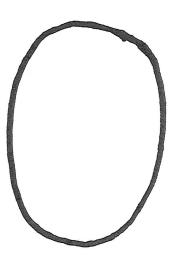
*Invite your child to name each emotion and write it in the blank space.





This face is--This face is-----





Your family will let you know when it is time to see your teachers, friends, and other loved ones, and when it is time to go back to visiting your favorite places.
Here are some things to do while you wait:

PAINT A PICTURE
DANCE
HAVE A VIDEO CHAT

DO A PUZZLE

SING

DIG IN THE DIRT RIDE A BIKE



What	else?
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Your Ideas Here:

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People have responsibilities - jobs to do at home and at school. Your teachers and your family know that you're very capable and can do LOTS of important jobs! You are a helper. Thank-you for patiently waiting to visit the people and places you love. Right now, patiently waiting is an important job we all have.

In the space below, you can list some jobs that you already do. For example, maybe you help fold laundry or feed a family pet. Perhaps you help get snack ready at school. A job that takes some practice is patiently waiting. With practice, jobs become easier to do.

Jobs You Can Do:

1.

2.

3.

4.

5.

Are there more?

Jobs You Are Practicing:

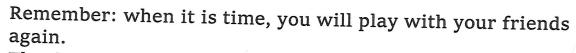
- 1. Patiently Waiting
- 2.
- 3.
- 4.
- 5.

Are there more?

Also, if you ever feel sad, angry, scared, confused, or ANYTHING else:

Please Use Your Words

And let your family know. If people know how you are feeling, they can help you. Your friends, teachers, and family love you VERY much!



Thank-you for patiently waiting.

