

What is the coronavirus?

- A sickness like a cold or the flu
- Coronavirus is no one's fault and there is not one group of people to blame

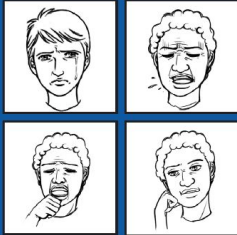



How do we stay extra healthy and safe?



- We do our best to wash our hands and keep our community clean.
- We listen to rules made by teachers and community leaders.

How does it make me feel?

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

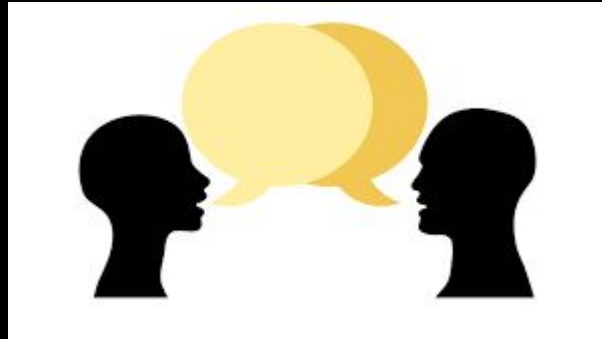
It is okay to have different feelings about it. You might feel calm, okay, worried, sad, confused, or mad. Everyone has different feelings.



**Remember to use your strategies to
get back to focused and ready to
learn at school.**

What are some tools/ strategies I can use to keep me in the green zone?

Who can I talk to about it?



I can talk to my teachers and staff at Cotting and my family.



Adults at home and school are working hard to take care of your health and safety.



We are making sure we wash our hands well.



We know it's always good to cover our mouth when we cough and sneeze.



What if my schedule changes?
Why could my schedule change?



- **My schedule is changing to keep myself and the other students at Cotting extra safe and healthy.**
- I will be with my teachers and friends at Cotting and we will follow the new plan.
- We are all working together to stay safe and healthy.

