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.