Time to stay home...

What's Next?

a kid's guide to handling changes due to coronavirus

written + illustrated by SARA OLSHER
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Hi, my name is Stinkerpants!

I AM FOUR!
And this is Stuart. Stuart feels better when he knows what’s going to happen every day.
Every morning, we wake up. 

Wake up, Stuart...
We eat breakfast.

(I like apples. Stuart only eats bugs.)

Apples are no problem.

But sorry, Stuart. We're fresh out of bugs.
Our nights are the same too. We

Open your mouth, Stuart!
We put on jammies, and we go to bed. Every day ends with sleep.
During the day when we are awake, we do different things.

Some days we go to the playground, and some days we don’t! Some days we have play dates, and some days we don’t!

But every night, we sleep, and every morning, we wake up.
When something big changes, what we do each day can change too.

Right now, our days are different because of the coronavirus. We can’t do some of the things we used to do.

Stuart wants to know... why?
Right now, people are staying inside their houses to help people stay healthy.

Some of the things we used to do outside, we can’t do anymore!
Being at home for a long time can be hard.

We miss the playground!

We miss our friends!

All this change makes Stuart a little nervous.

He’s not sure how he feels! What about me? What’s going to happen?
It’s true. There are some things we can’t do right now. But there are lots of things we **CAN** do instead!

We can’t go to the playground, but we **can** play games inside. We can’t play with our friends, but we **can** see them on FaceTime!

Your family can make a plan to do fun things. **We can’t have play dates, but video chats are fun too!**
When things are different, sometimes our feelings are confusing. We sometimes feel mad. Or sad. Or scared.

It’s important to remember: Use your words and tell someone when you’re feeling big feelings.
When we are sad or lonely or scared, we can have cuddle time with someone we love. Stuart likes cuddles from Stinkerpants!
When you’re mad, it’s important to find a way to calm down.

You can draw, or listen to music, or look at a book, or do jumping jacks.
Staying home means lots of time with your family. Lots of time to do SO many fun things!
Your parents will help you see what activities will happen next, which will make you feel ready for each activity before it happens.

Stuart feels better when he knows what’s going to happen every day. The plan your family makes will make you feel better too!
And even when Stuart feels mad or sad or scared, his family can help him until the feeling goes away.

We can do hard things, together!

And don't forget, Stuart... even the biggest feelings don't last forever.
More Help
Making COVID-19 Easier on Kids

A note from the author:
Looking to explain the science?

When writing this book, I purposefully left out details about the science of a virus, not wanting to overwhelm younger readers.

If you’d like to share more details with your kids, download my free PDF book as a supplement, at mightyandbright.com/quarantine

Outside our houses, we keep our bubble away from other people. No hugs and kisses for people outside our bubble! Stuart wants to know . . .

How far away away should we stay from other people? Here are some examples. Which one will you imagine when you see someone outside your house?

1. Tiger
2. Very lazy kitties
3. Balance bikes
2 Big kissing doggies
Your bed
Changes to your family’s routines are hard on kids. They want to know what caused the change, but they also need to know how their life will be affected. Our charts help kids understand what’s happening, and when — which is proven to decrease their anxiety levels.

Learn more at mightyandbright.com/quarantine

Show online school, online math, and other school activities and responsibilities.

Encourage social interaction with Face-time/video conferencing buttons for their friends and grandparents.

Add in activities — both active and creative — to add more structure to the day.

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