

## Character Education

Week of Oct 19<sup>th</sup>-23<sup>rd</sup>

Hello Parents and Legal Guardians!!!

This week for Character Education I am providing these supplemental materials to go along with our current unit of Covid and Coping. This is a Daily Routines activity sheet that I will be using to aid in discussing on how our daily routines and lives have changed due to Corona Virus. Scholars do not need to do anything with this packet until our class lesson. They will need this packet, a pencil, and Crayons for this activity.

Thank you so much in advance and I look forward to seeing all the beautiful faces via Zoom.

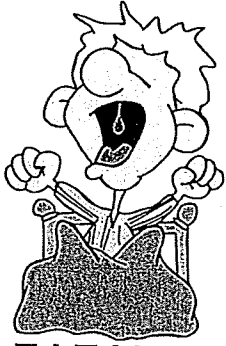
Best wishes,

Ms Vigo

The School Counselor



# DAILY ROUTINES PICTURE DICTIONARY



get up



take a shower



brush teeth



shave



get dressed



put on  
makeup



brush hair



comb hair



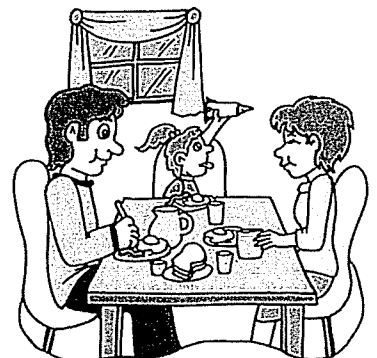
make the bed



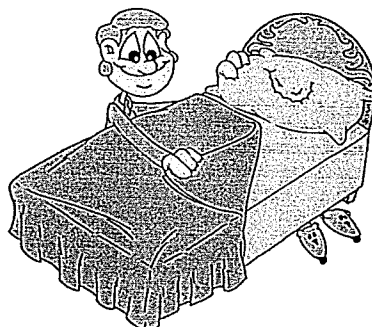
have a bath



make  
breakfast



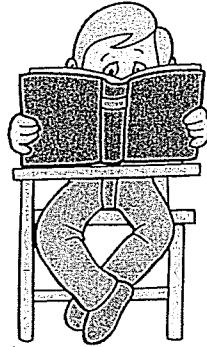
have breakfast



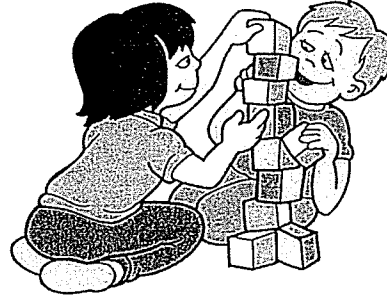
# DAILY ROUTINES PICTURE DICTIONARY 2



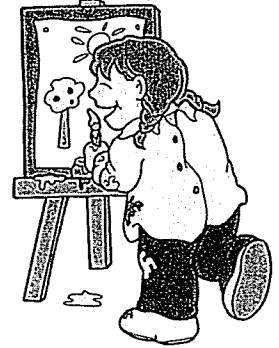
have lessons



read a book



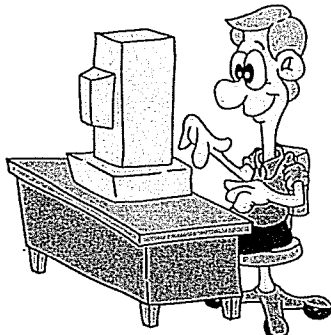
play games



draw pictures



do exercises



go online



do homework



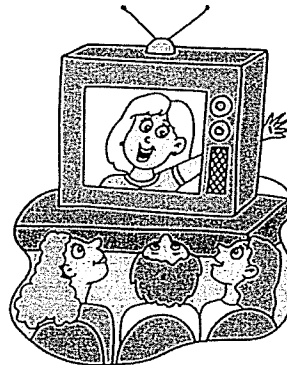
listen to music



ride a bicycle



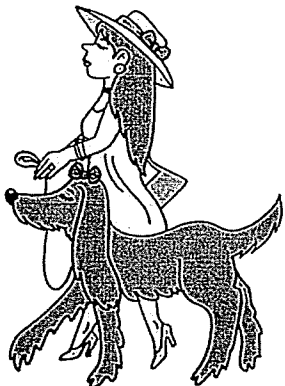
drive a car



watch TV



drink water



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Draw a picture that shows what your life was like prior to COVID-19

Now draw another picture which shows how your life has changed due to COVID-19.

## Character Education

Weeks of: Oct 26<sup>th</sup>- 30<sup>th</sup> , November 2<sup>nd</sup>-6<sup>th</sup> , November 9-13<sup>th</sup>

Hello Parents and Legal Guardians!!!

For the next several of weeks in Character Education I am providing these supplemental materials to go along with our current unit of Covid and Coping. This is a “when you are sick” packet that I will be using to help prepare scholars on how to take care of themselves when they are not feeling 100% well. Scholars do not need to do anything with this packet until our class lesson. They will need this packet, a pencil, and crayons for this activity.

Thank you so much in advance and I look forward to seeing all the beautiful faces via Zoom.

Best wishes,

Ms Vigo

The School Counselor

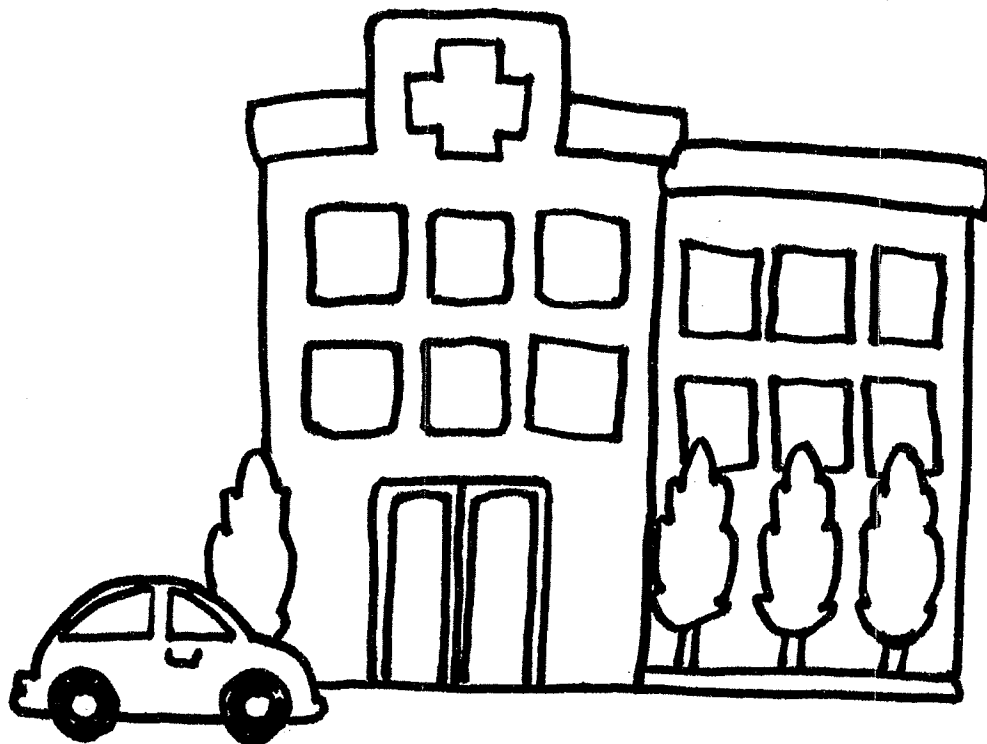


When you're sick...



Sometimes, if you're sick, your parents may need extra help taking care of you.

They may bring you to the hospital.



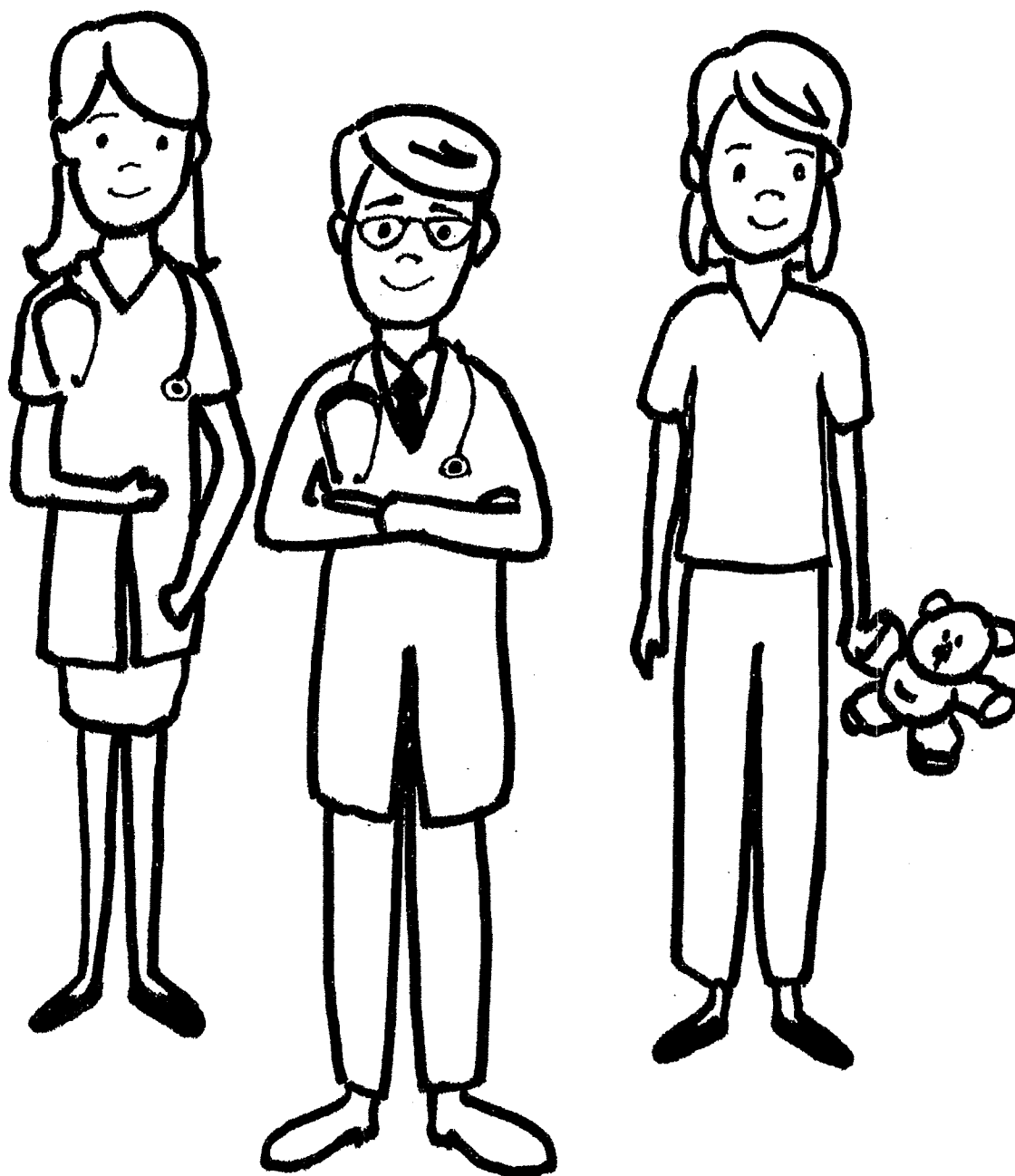
Some kids arrive in a car, ambulance, or helicopter.

How did you arrive?

Draw it here!!!



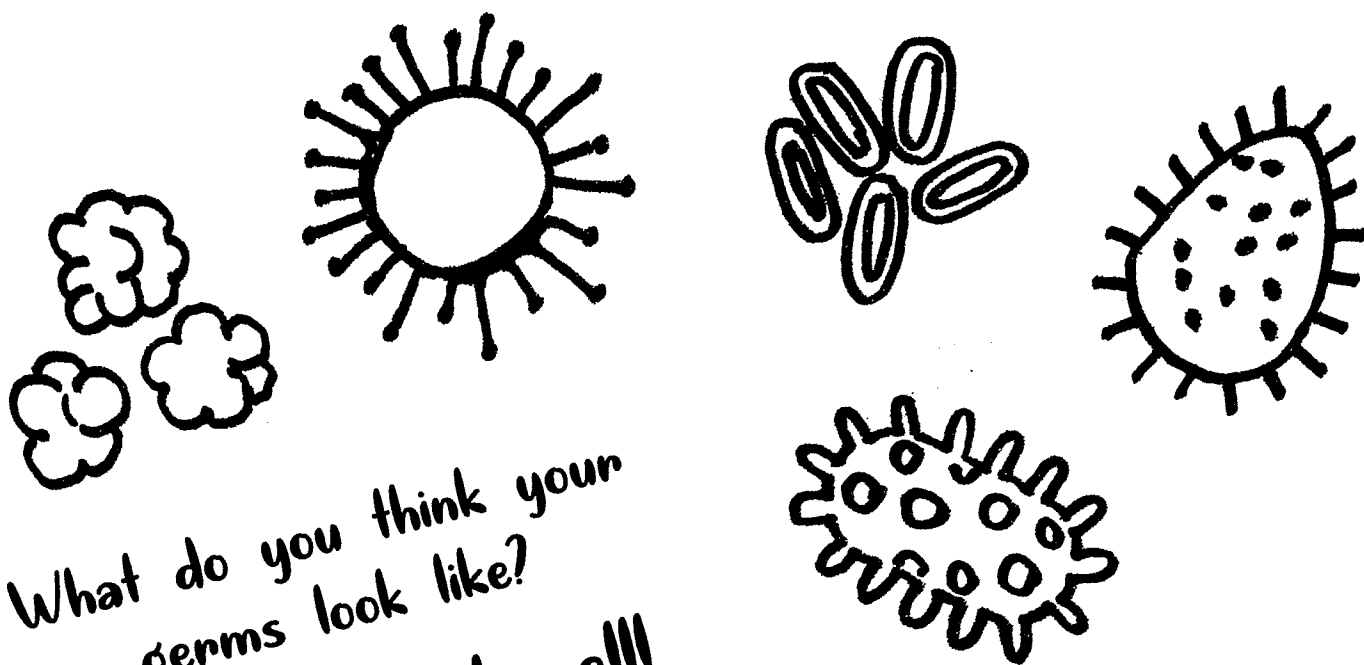
At the hospital, there are all kinds of people ready to help you! Like doctors, nurses, and child life specialists!





There are a lot of kids at the hospital every day. They are here for different reasons like being hurt or being sick. When kids are sick, they aren't always sick with the same thing.

Some sicknesses are caused by germs, and these germs can look very different!



What do you think your germs look like?

Draw them here!!!



The different types of germs cause different types of symptoms or feelings.

Like a cough...



...runny nose...



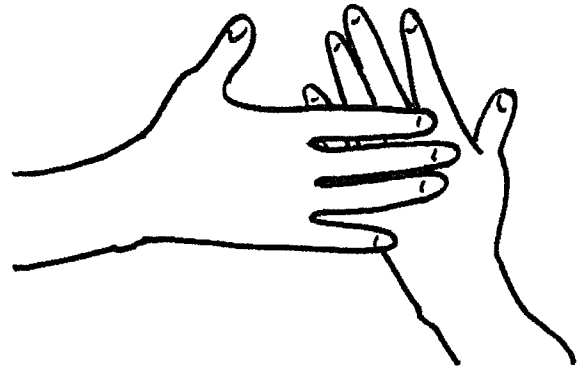
...or fever.



Germs can also spread from one person to another.

They do this in different ways!

Some germs  
only spread by  
touch!



Others spread  
through the air  
by coughs or  
sneezes!

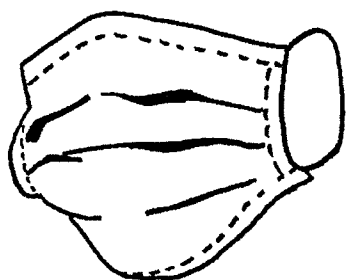


People at the hospital wear different things. These things might look unusual, but they have an important job! Their job is to help keep everything clean and to help stop the spreading of germs.

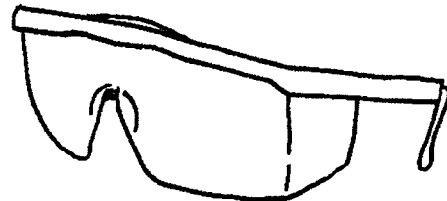
They keep everyone safe!

Some of the things you might see are...

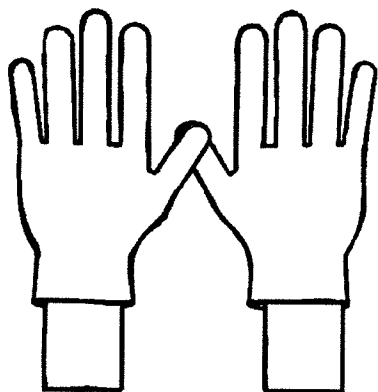
...masks to protect mouths and noses...



...goggles to protect eyes...



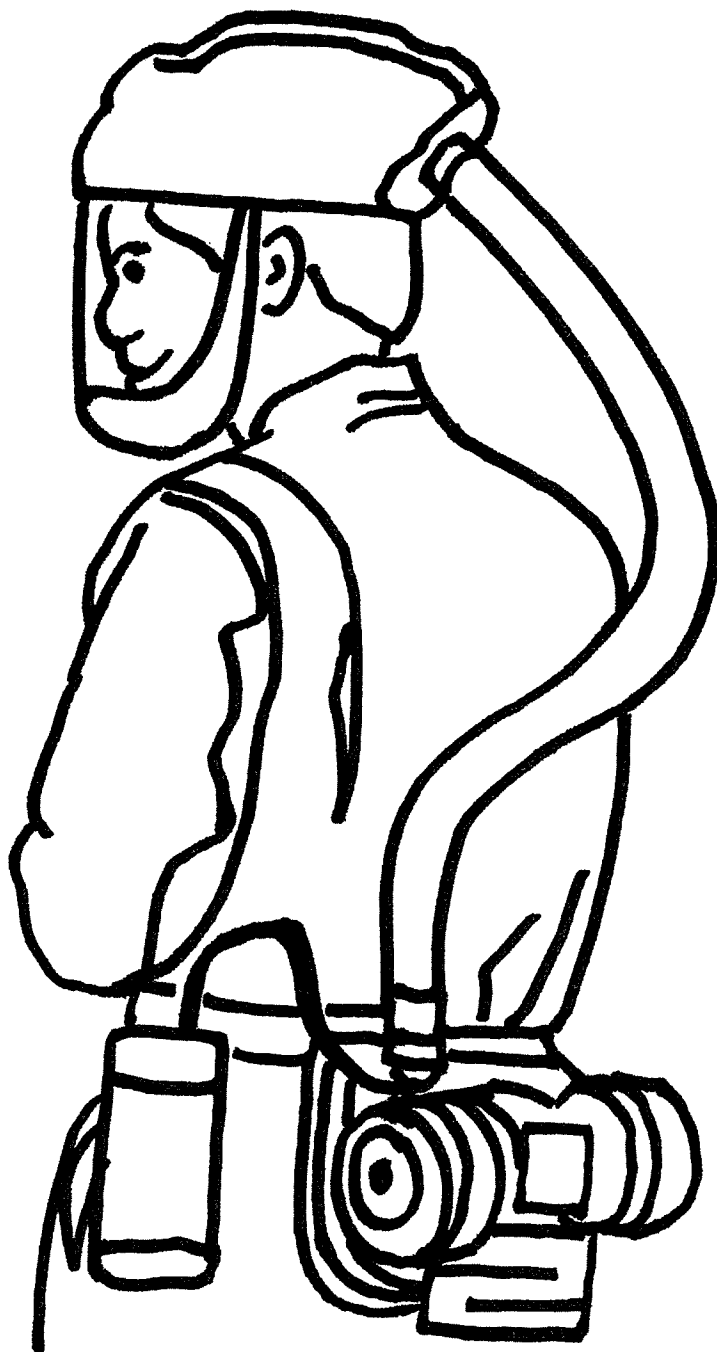
...gloves to protect hands...



...and gowns to protect clothes.



Sometimes, the people might even wear a special mask called a PAPR!



These things are all worn to stop the germs from spreading!










What did your nurse wear today?

Draw it here!

Sometimes, kids feel worried or scared when they are here. You can always ask the doctors and nurses any questions that you have!

What are you feeling right now?

Circle the faces that show how you feel!

 SCARED	 HAPPY	 SAD
 ANGRY	 EXCITED	 WORRIED
 SURPRISED	 SILLY	

Don't see a feeling?  
Draw it here!

What are things that help you feel better?

Do you like coloring or drawing? Do you like playing games? What about writing in a journal or listening to your favorite song?

Make a list of the things that help you feel better!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Do you need ideas or help feeling better?

Ask your nurse to get a child life specialist to stop by or give you a call!