

My Coronavirus Self Care Plan

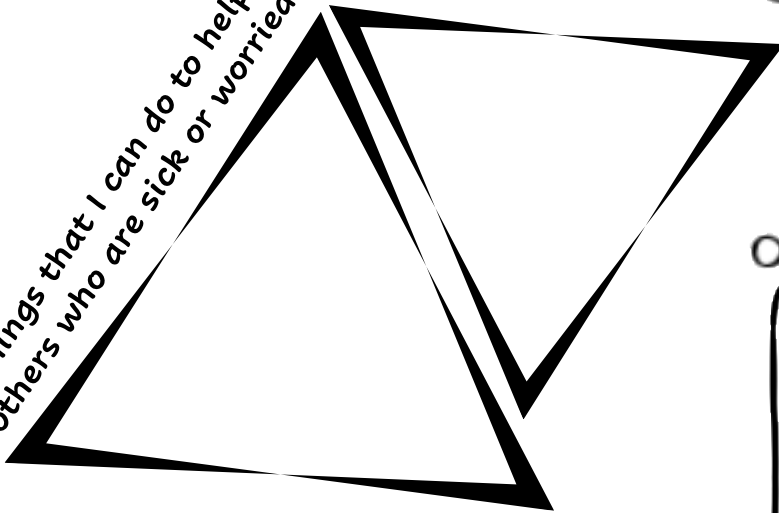
My hand-washing song is:

Helpful thoughts I can tell myself when I am worried or scared.

What I can do to feel prepared:



Things that I can do to help others who are sick or worried.



Things to do at home if I'm bored.

Things that help me feel better if I get sick.

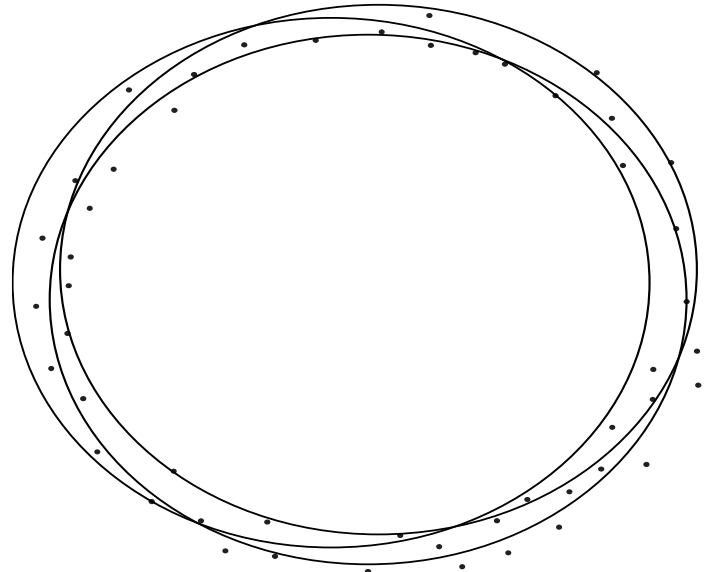
Taste::

Touch::

Sight::

Smell::

Sound::



Who I can talk with if my feelings are too big to handle alone.