

How to Defeat
the Icky, Filthy, Creepy, Slimy
CORONA MONSTER!

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Activity Book

Message from the Author

How do we explain frightening things we can't see to our children? How do we provide them some normalcy in times of uncertainty? What do you do as a parent when you can't answer your child's questions because you don't have all the answers?

It's in our nature to search for answers. It's also in our nature to stress over things we can't find answers to. The COVID-19 pandemic has certainly challenged us in a way that most have never experienced. I'm here to tell you that's perfectly normal. Challenges build resilience, test our resolve, and allow for other opportunities to take shape, some of which you probably never would've imagined. I guess what I'm trying to say is...you're doing great!

"How to Defeat the Icky, Filthy, Creepy, Slimy CORONA MONSTER" came to me as I was deciding how to explain the situation to my daughter. Like you, I had more questions than answers, but a four-year-old doesn't have time for our questions...they have plenty of their own! So naturally, I decided to make this all part of her "Superhero" training! Yes, you read that correctly. Believe it or not, children are SUPERHEROES in training. They are just waiting to discover their natural superpower to share with the world. Remember when I said challenges can also present opportunities? That's exactly how I want Penelope to see this new world we are experiencing! She will be called upon to do her part in defeating that "icky, filthy, creepy, slimy CORONA MONSTER" so she can earn her cape!

Is your child ready for their mission?

Thank you and stay safe out there!

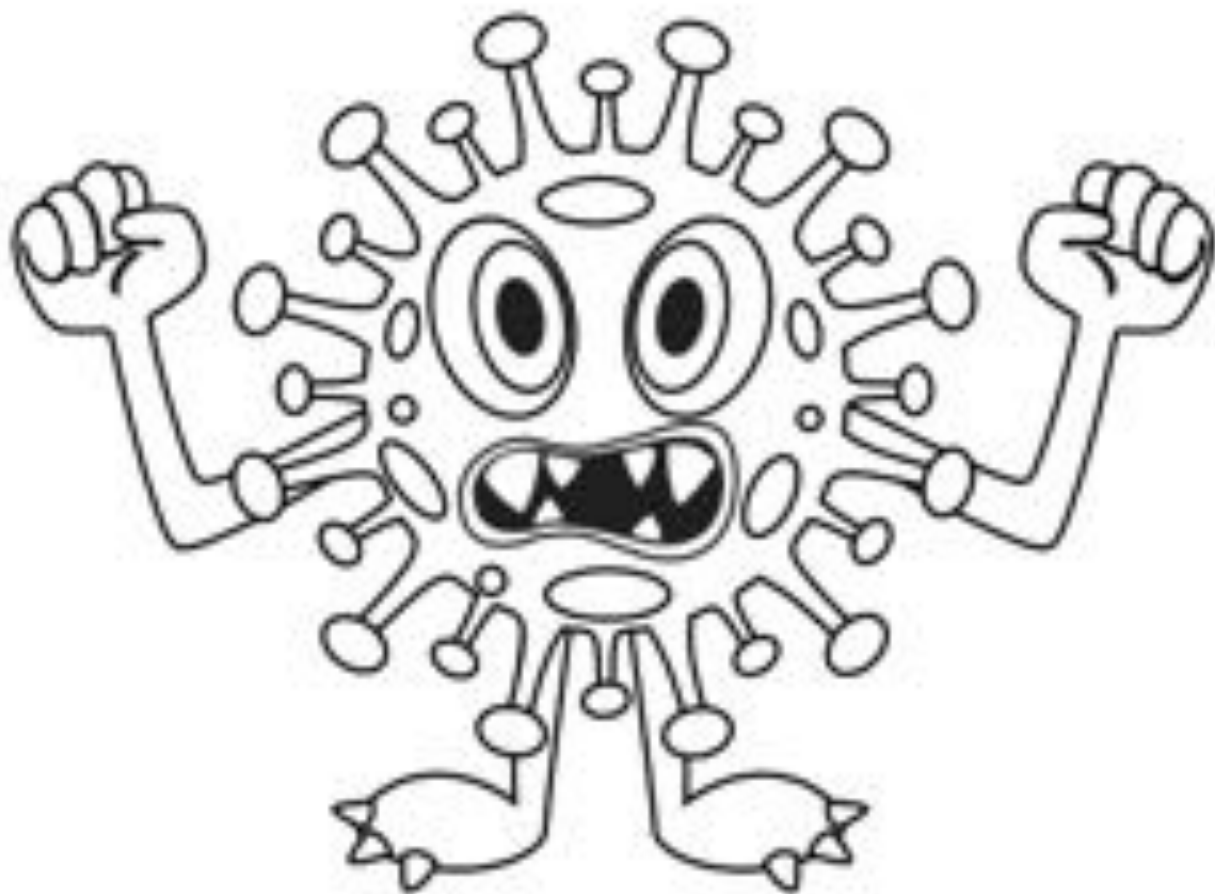
Dr. D

How can you defeat a clever monster that you can't see? It's so itsy-bitsy tiny, but can move from you to me.



Color and Respond: Describe something that is tiny. Point to something that is big.

The Corona Monster isn't friendly; in fact, he's downright mean. With pointy little red hands, and teeth so crooked and green!



Color and Respond: Is it okay to be mean? How does it make you feel when someone is mean to you?

They say the Corona Monster is something we should fear. It can climb deep inside of us, and the symptoms can be quite severe.



Color and Respond: What is fear? What are some things that you fear? How can you overcome the things that you fear?

A fever, cough and sneeze, can be such a scary thought. The good news is we can beat the monster, with something we've all been taught.



Color and Respond: What does a cough and sneeze sound like? Have you ever had a fever?

Step one is such a simple thing, we do it all the time. Wash our hands with soap and water to remove all of the grime.



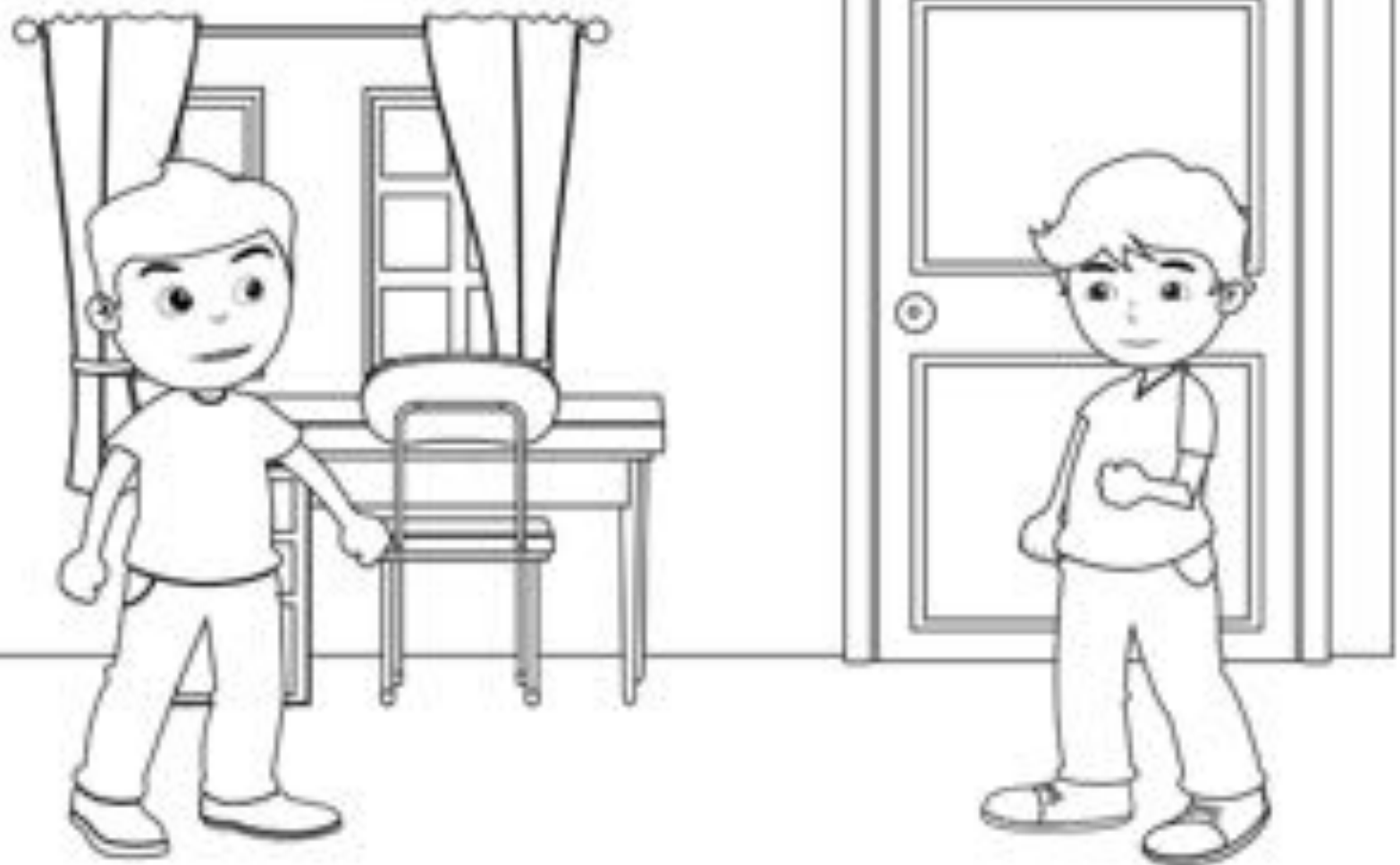
Color and Respond: When should you wash your hands? Should I wash my hands without soap?

Step two requires practice, and some good and healthy manners. Don't forget to cover your cough and sneeze, so we don't harm any bystanders.



Color and Respond: Show me how you would cover your cough and sneeze?.

Step three may be the toughest, because it requires a little persistence. We need to create some additional space, and we call it social distance.



Color and Respond: Do you know what social distance is? Can you show me what it looks like?

There are other things that we can do to help us stop this beast. Stay at home, don't touch your face, and soon it will all decrease.



Color and Respond: Take a look at your hands. Are they dirty or clean? Why should you not touch your face with dirty hands?

The monster may seem scary now, and it's true we should have concern. That's why we need to be smart and strong, to ensure it won't return.



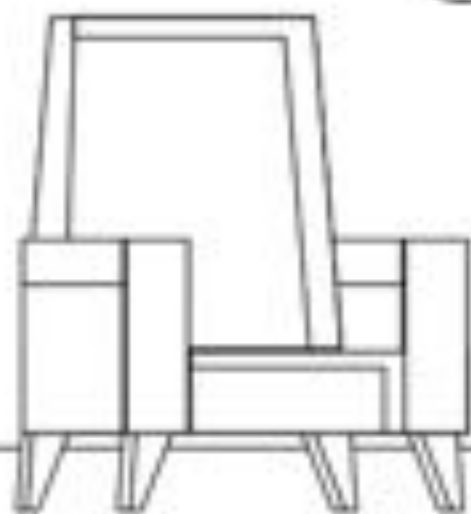
Color and Respond: Do you think the CORONA MONSTER is scary?
How can we make him go away?

Will you help me fight the Corona Monster by following every step? Doing so will keep you safe and send it back from where it crept.



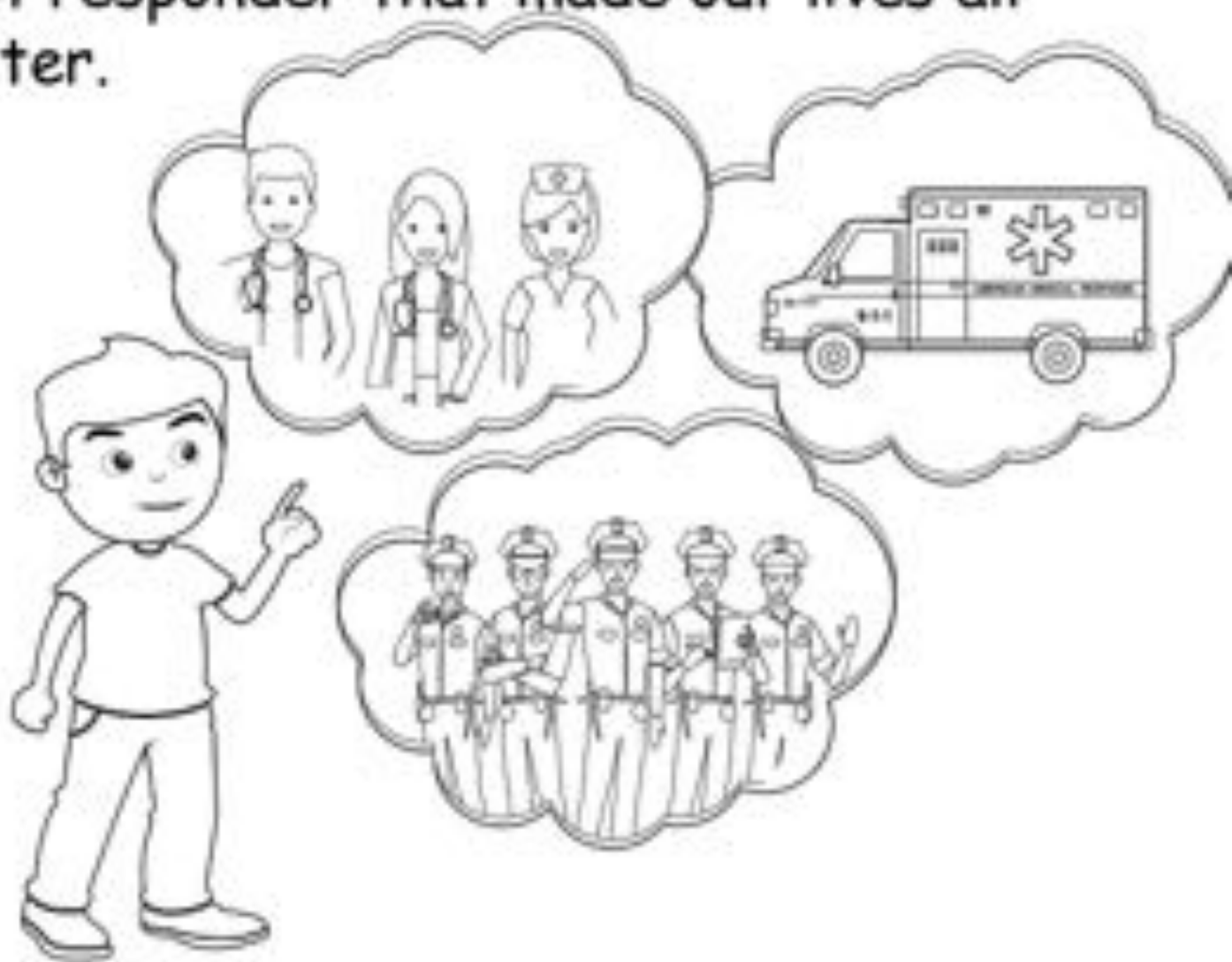
Color and Respond: What does it mean to be brave? Are you ready to chase the CORONA MONSTER away?

See what happens when we do our part?
The monster runs away. Today might seem
a little tough, but tomorrow we'll be okay.



Color and Respond: Why do you think he ran away? Does this make you happy or sad?

Now that things are calm, we can't forget our helper. The doctor, nurse, and first responder that made our lives all better.



Color and Respond: Can you tell me what doctors and nurses do? Why is it important to be thankful? How can we show thanks?

It's fun to play outside again and hug our family and friends. Enjoying the life we missed so much and making sure it never ends.



Color and Respond: How does a hug make you feel? Can you share a hug with me?
What's your favorite game to play outside?

For now the monster hides away, hopefully never to be seen. But it's okay if he comes back, because we'll defeat him as a team!



Color and Respond: Do you think he will come back if we do the things we have learned? What was your favorite part of the story?