

HEALTH AND SAFETY  FOR  KIDS 

When the World Stayed Home



Written by Rozanne Lanczak Williams
Illustrated by Gloria Y. Jenkins



Cat, Dog, Mouse, and their friends are remembering a difficult time they experienced when the world shut down and they had to learn new ways to stay healthy and safe. They also learned ways to stay in touch, keep on learning, and get the things they needed. The friends also learned to appreciate those who help and care for them.

HEALTH AND SAFETY FOR KIDS

> Health and safety topics covered in this book:

- > Understanding and responding to challenging times
- > Adapting to stressful situations
- > Developing resilience and a positive mindset
- > Strategies for avoiding illness
- > Appreciation for essential workers
- > Learning new skills and hobbies

> Discuss these topics before, during, and after reading the book. Use the questions and activities on page 32 to inspire and extend learning.

We wrote a little story.

We wrote a rhyming poem.

It's about what happened in our world,

The time when we stayed home.





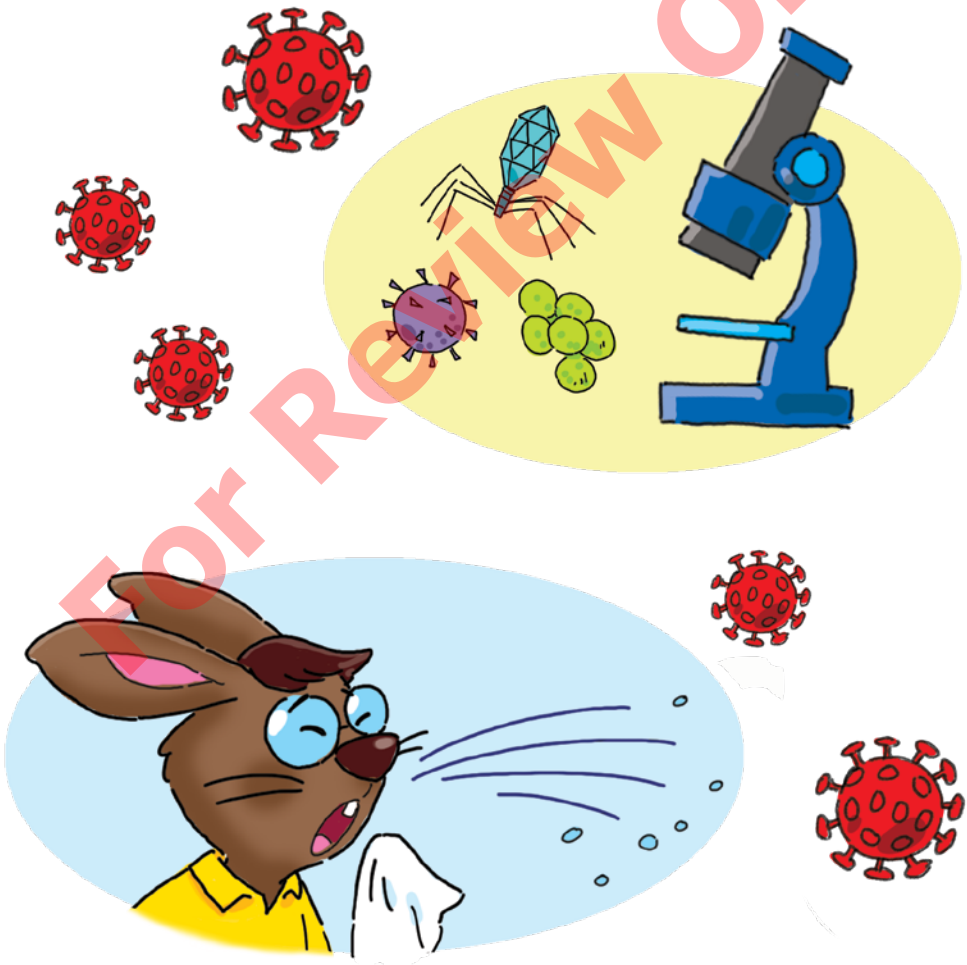
It started with a virus.

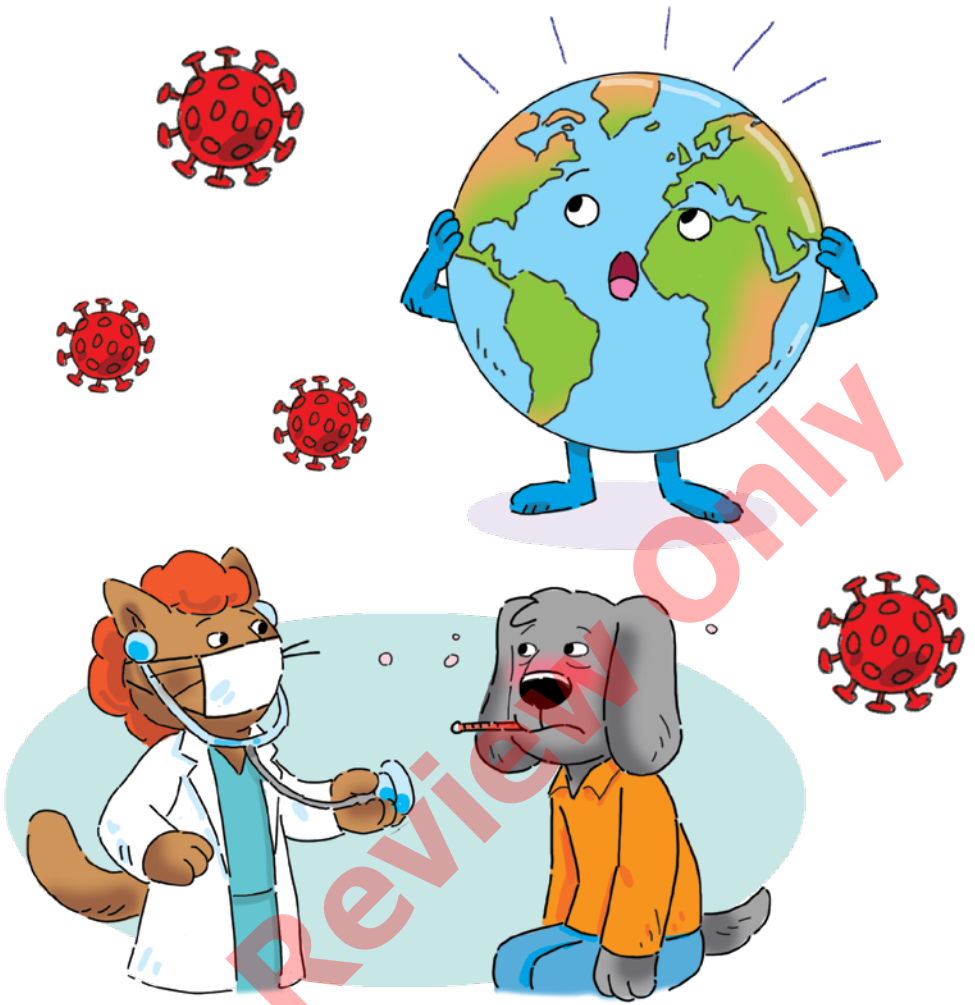
Millions of germs were everywhere.

We couldn't see them,

but people got sick.

That's how we knew they were there.





Germs were on the things we touched.

Germs were in the air.

Little tiny viruses

Were floating everywhere.

We could not go to school.

We did not see our friends.

And the whole time we kept wondering,
“Will this ever end?”



We met up in Zoom classes.

We tried our very best.

Our teacher was so patient

When we forgot to show up

or get dressed.



Key Words



virus

germs

mask

resourceful

resilience

challenges

essential worker

Zoom

social distancing

Questions



- During this time of the pandemic, what was different for you? What was the same?
- How did you continue to learn? Zoom classes? Other?
- What new skills and hobbies did you learn? How did you banish your boredom?
- What were your best and worst experiences?
- What were the things you missed the most?
- What was the first fun outing you had when things opened back up again?

Activity



Just like Cat and Dog, create a book or video about this time in your life. Tell about your experiences. Include the good and the not-so-good moments. Add drawings and photos, maybe even a little poem or two. Use the questions above for ideas to guide you.