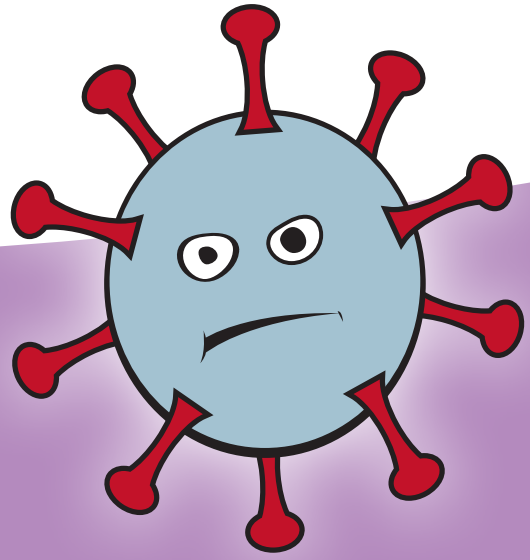
Better Start Southend
our children
our community
our future

PIP's guide to COVID-19 for early years children



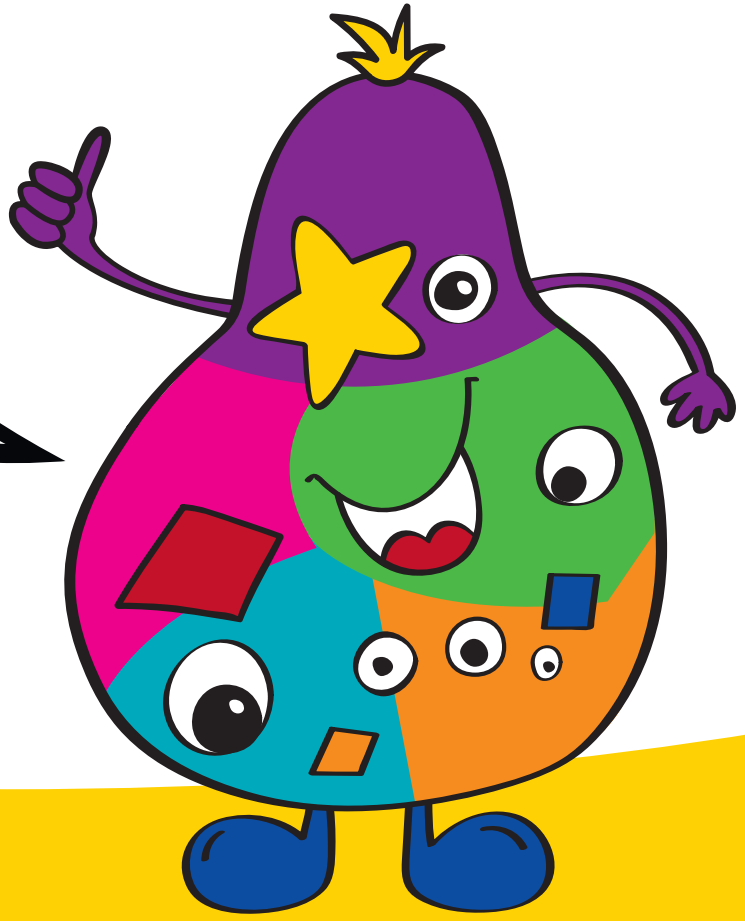
Based on an original idea by Maneula Molina
@mindheart.kids
www.mindheart.co

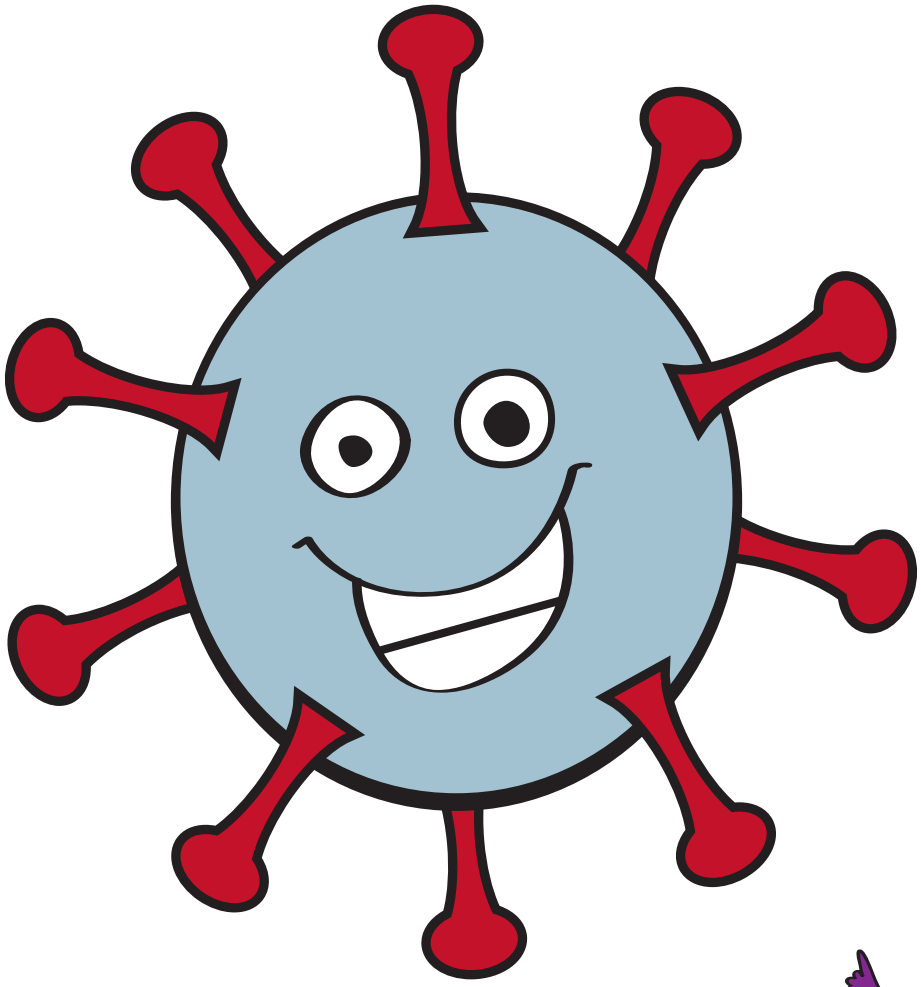
HELLO!

My name is PIP

I'm here to talk to you about COVID again..

Are you ready?



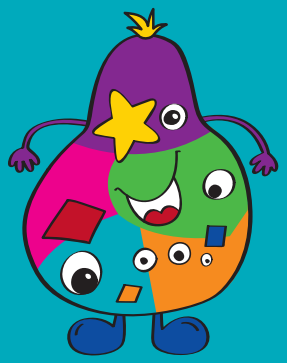


COVID is a virus and can sometimes make us feel poorly. It loves to jump around people, so we have to be careful not to get too close to each other. It is also important that we keep washing our hands with soap.

Can you sing the 'happy birthday' song twice as you wash your hands?

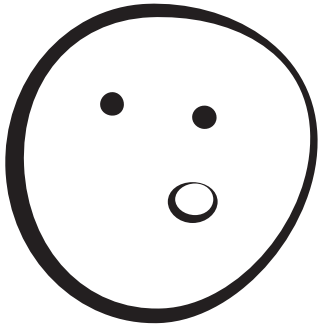
You may also see grown ups wearing a face covering when they go outside the house. This is to help protect other people from Covid too!

Because we have to be careful not to get too close to each other, that means you may not be able to see your friends or family for a little while longer.



But don't worry, your family will look after you, and there'll still be fun things to do!

How do you feel about COVID?

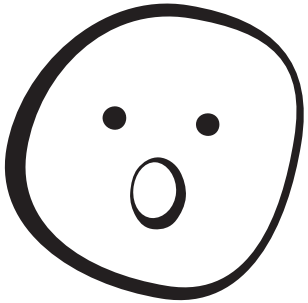


Curious

Nervous

Sad

Relaxed



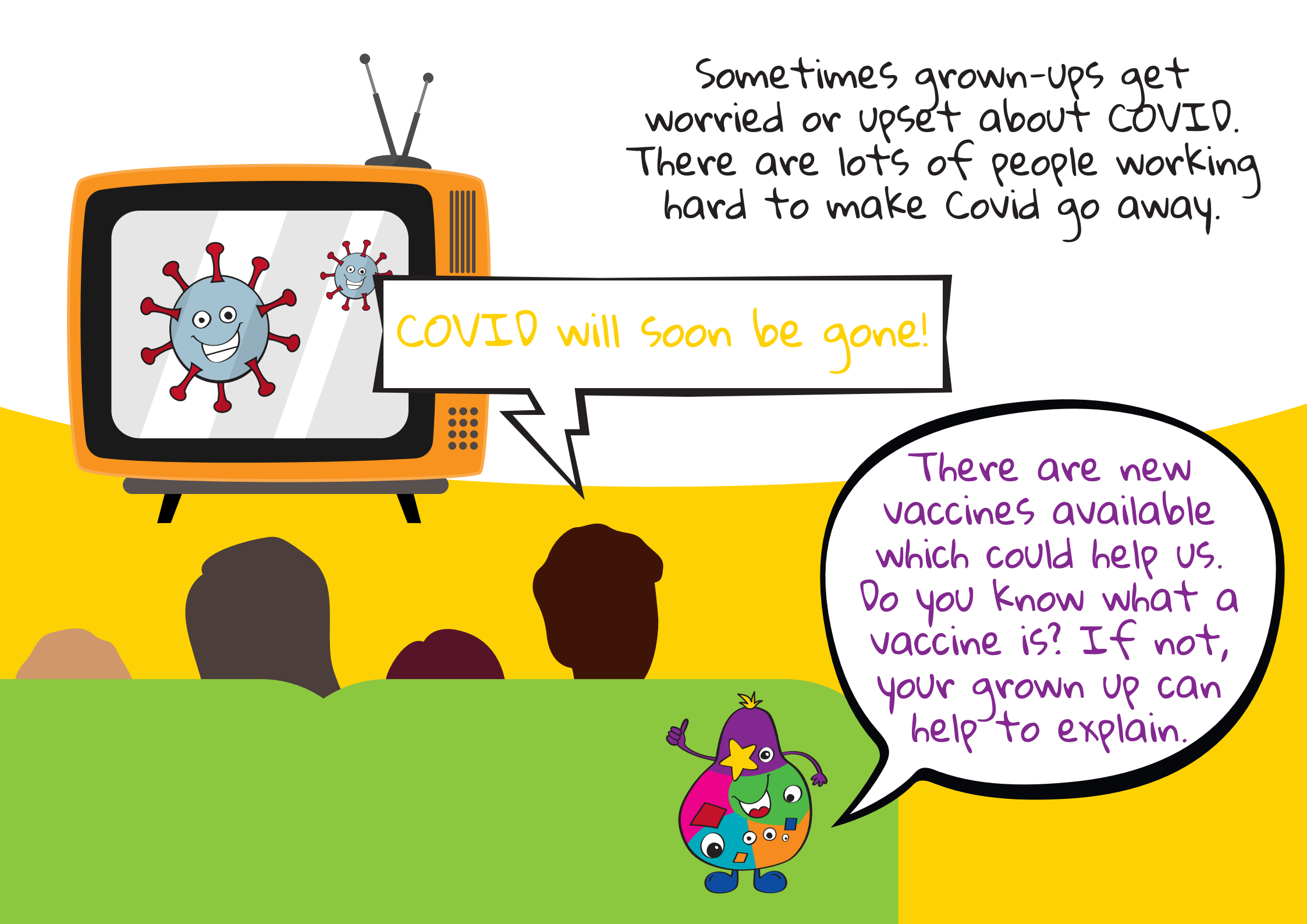
Worried

Confused

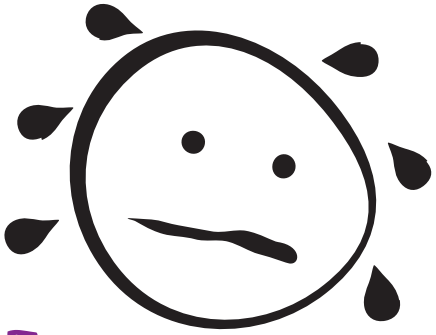
Or something else?

I
Understand!

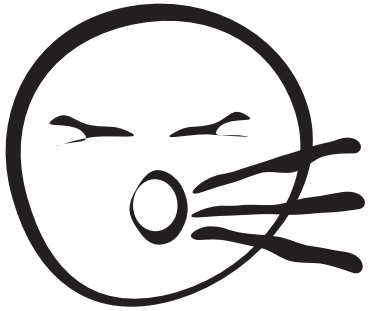
Can you draw
a picture and
show me how
you feel?


Sometimes grown-ups get worried or upset about COVID. There are lots of people working hard to make Covid go away.
COVID will soon be gone!
There are new vaccines available which could help us. Do you know what a vaccine is? If not, your grown up can help to explain.

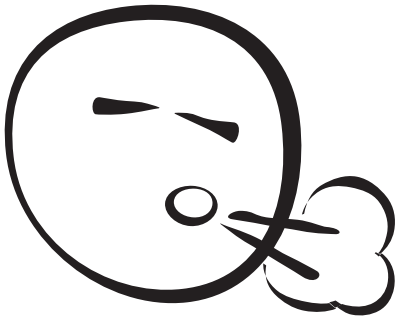
When COVID comes to visit, it can make you feel hot and a bit tired.



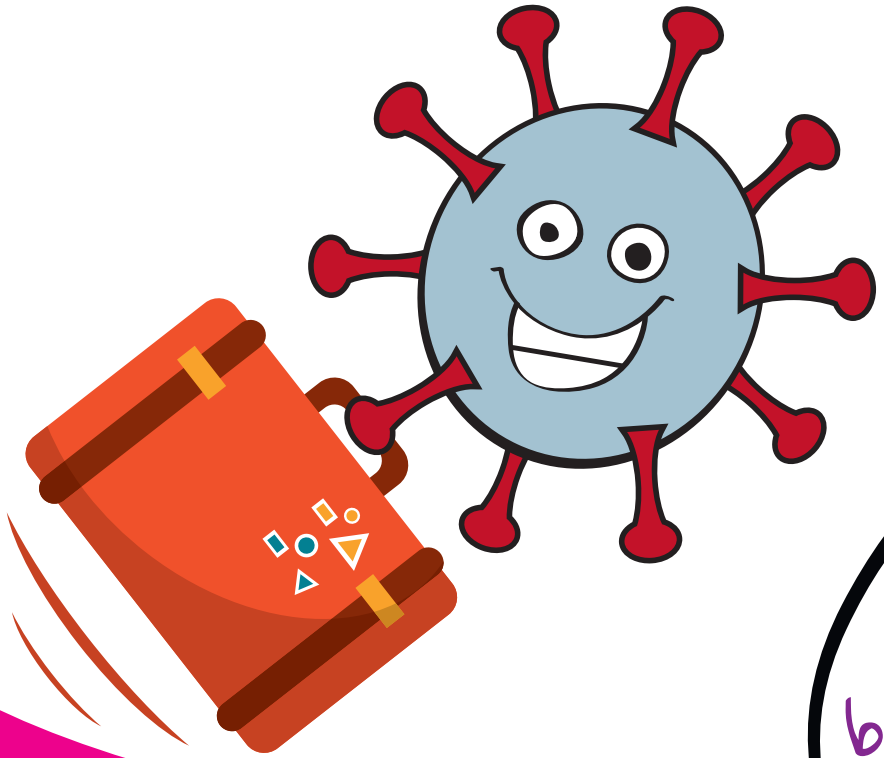
Feeling hot



Coughing

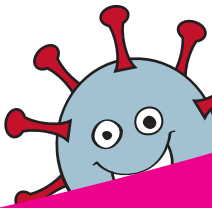


Out of breath

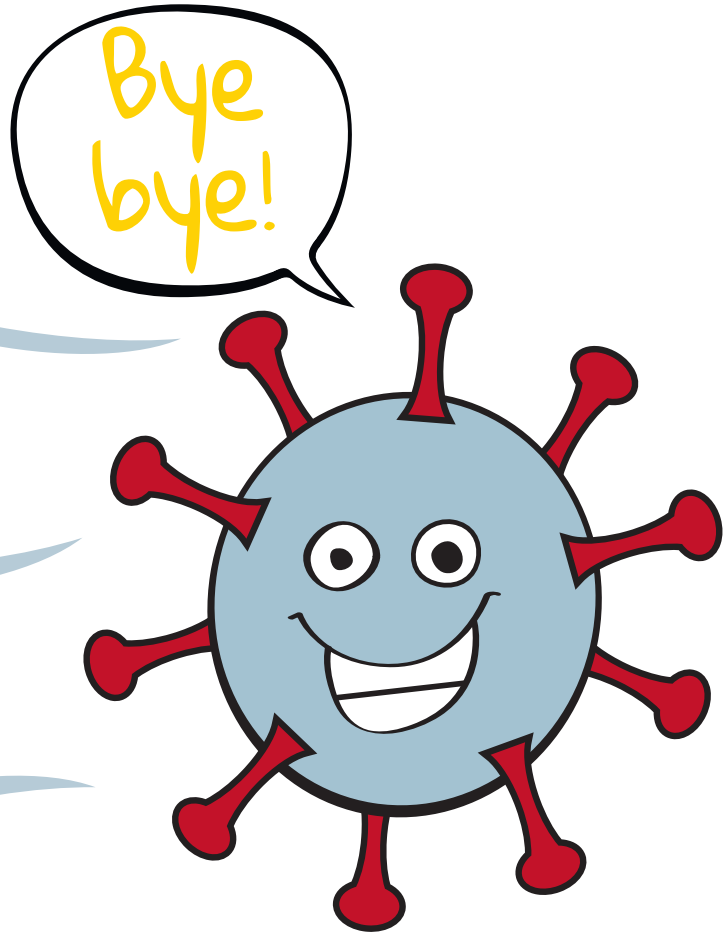


You might get a cough and feel out of breath. Sometimes you can't taste or smell your food.

Some people feel poorly for quite a long while, but some people don't even know COVID has paid a visit!



Most people get better after COVID pays a visit.



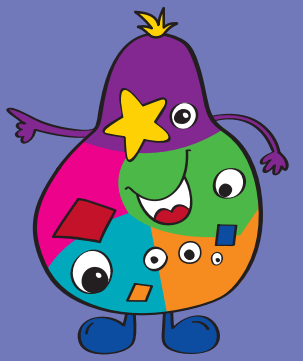
The grown-ups who take care of you will keep you safe

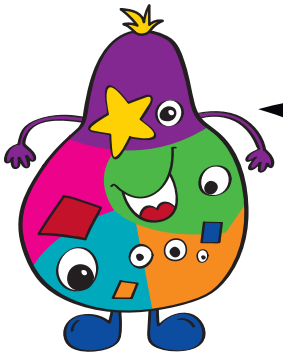
All you need to do is:

Wash your hands with soap and water

Try to keep your distance from people you do not live with

If you do that, COVID will be less likely to come and visit!





You can have lots of fun at home too!

Making things

Reading stories

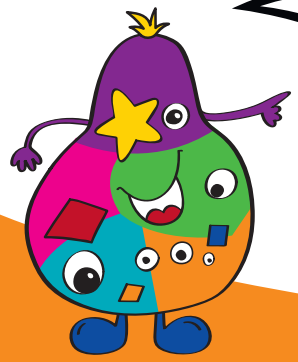
Making music

Singing songs

Playing games

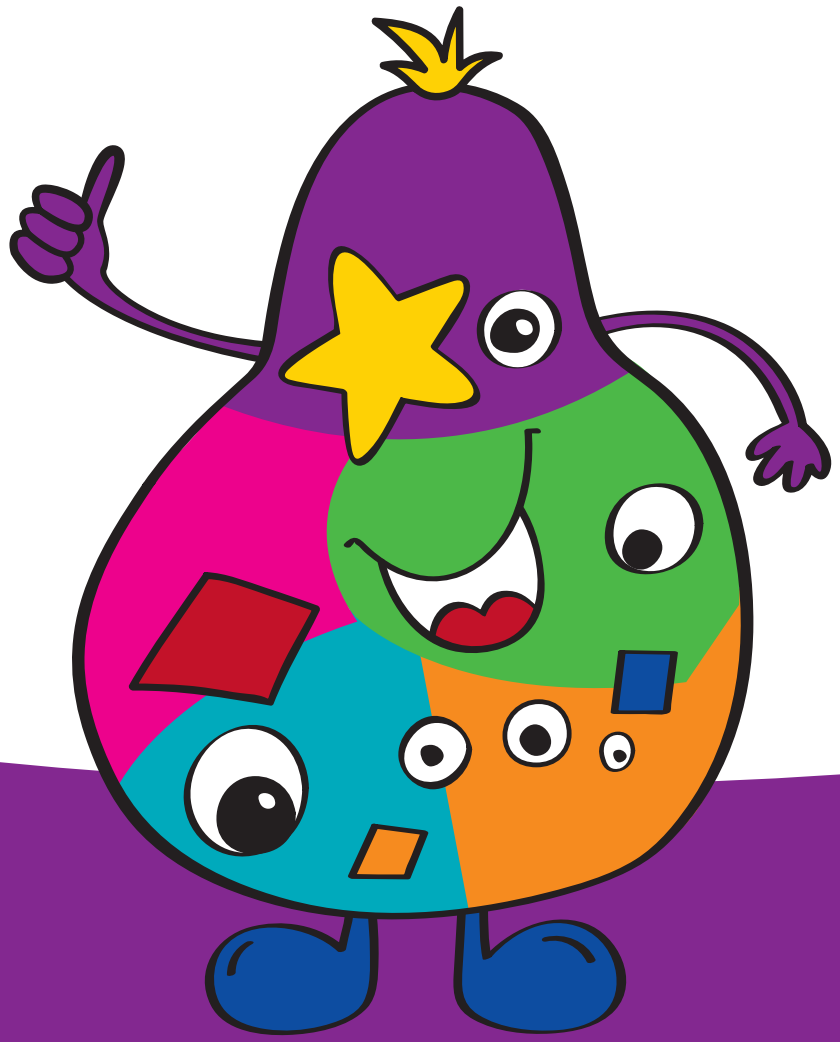
Remember to keep talking about how you feel.

While you enjoy time at home, lots of important people like doctors and nurses, will look after poorly people.



Thank you everyone!

Have you got any questions?
Talk to your grown-ups,
they can help.



Bye Bye
for now

PIP will see you
very soon!

Credits

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COMMUNITY FUND

Working in Partnership:

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