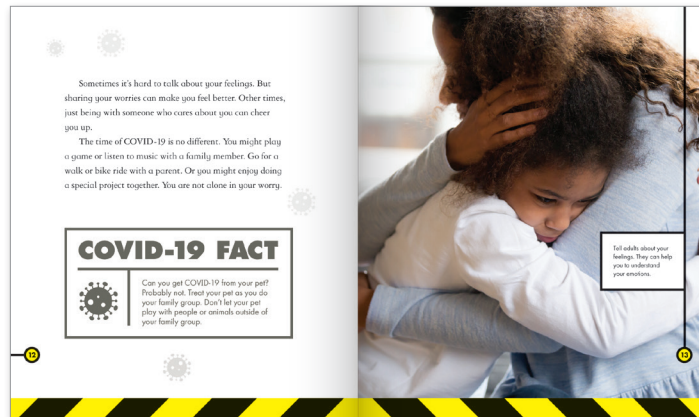


WHAT IF I'M WORRIED ABOUT COVID-19? TEACHER GUIDE



Comprehension Questions



1. What is a worry?
2. What do you worry about?
3. Discuss and identify “feelings” with the group.
4. What is self-care?
5. How do you take care of yourself when you are feeling scared or anxious?
6. Create a self-care list.
7. How can I change a negative to a positive?
8. Present the How Do You Feel? chart. Have the students identify and share experiences about their feelings.



How Do You Feel? Chart

 HAPPY	 SAD
 EXCITED	 CONFUSED
 SURPRISED	 ANGRY
 BORED	 HUNGRY
 COOL	 EMBARRASSED



Think, Discuss, and Make Connections

Discuss worries and how to eliminate or minimize each.

1. School is shut down.
2. The playground by my house is closed.
3. My party was cancelled.
4. I have no team sports.
5. My family vacation to the beach was cancelled.
6. My parents need to work form home and I must be quiet.
7. My doctor's office was closed.

Have students add five worries to the list to discuss.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

