



Resilience for Children & Families: Coronavirus

Right now, things seem really different. Maybe your school is closed. You might not be seeing friends or going to your activities. This can feel rough.

Resilience means figuring out how to get through hard things!

My name is Dr. Machel. I have helped children around the world feel better after a trauma.

This is me with my friend Haiqi. We were helping kids in a huge children's hospital. They live in China.

If someone you love gets sick, they might go to the hospital and meet people like us.

We support them when they feel sad or scared.



3 Things you can do! It's as easy as ABC

Stay far **A**part. Being at home is hard. But it keeps people safe. Talk to your friends and family on the phone by video if you can.

When you have to go out, stay **5** giant steps away from people. Young people, many times, don't get sick at all, even if they have the virus. You might need to use a louder voice to talk far away.

BBLUE paint! Clean your hands. Before and After every place you go.

Imagine doors, your nose & things you touch have blue paint all over them. You need to wash that off before you get Blue Paint Everywhere. Yuck!

Sing your ABCs while you wash your hands, fingernails, and wrists.

When you finish the song, you are good to go!



Cover your Cough. Sneeze or cough into a tissue. Throw it away fast.

Oh, no. More blue paint. Go fast! Wash your hands.

Dr. Machel Madsen Thompson has been a resilience expert as a children's individual & group counselor and researcher for over 25 years including 12 years at Primary Children's Hospital.

During this difficult time, children may not understand what is happening. We are committed to help with these weekly Resilience Builders. ©RiseResilient, 2020