Using Social Stories to Understand COVID-19

OVERVIEW

Sometimes concepts are difficult for our children to understand and it helps when it is presented through a story. Social stories are stories that are written in first person so a child can relate to the message being told. Understanding COVID-19, why children can't see their friends and family, or why they can't go to school might be better understood through a social story. Read these stories with your children and talk about what it means for them.

ROUTINE TIPS

- Set a schedule or routine for weekdays and a more relaxed routine for weekends. This allows children to note the difference between school days and non-school days.
- Establish regular bed times and wake times.
- Set up a "school day" schedule that stays the same from day to day. For example reading is each day at 10 am.
- If possible match the educational class time at home to when they would have had it at school.
- Remember to pace work periods and provide for breaks.
- Establish a theme and plan non-school activities around the theme. (i.e. an Italy theme could mean pizza for lunch and watching the movie Ratatouille.)

SAMPLE THEME SCHEDULE

Theme: Earth Day

Monday: school work, watch the magic school bus waterworks, coffee filter craft

Tuesday: school work, make your own water filter, recycle relay

Wednesday: school work, make your own bird feeder craft, watch The Lorax

Thursday: school work, potted plant cupcakes, balloon science activity

Friday: school work, make a marble game out of shoe box, cloud in a jar

DIGITAL VIDEO

https://www.youtube.com/watch?v=F3UUkKw44-4

https://www.youtube.com/watch?v=-7VRLiTEbpA

SAMPLE DAILY ROUTINE

8:00 - 8:30 - Breakfast

8:30 - 9:00 - Free time

9:00 - 10:00 - Reading/English/Language Arts

10:00 - 11:00 - Outside P.E. activity

11:00 - 11:30 - Craft

11:30 - 12:00 - Silent Reading

12:00 - 1:00 - Lunch

1:00 - 1:30 - Math

1:30 - 2:00 - Science/Social Studies (could be a nature walk or webquest)

2:00 - 3:00 - Just Dance