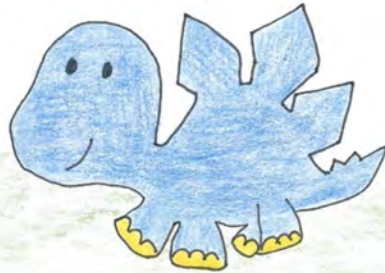
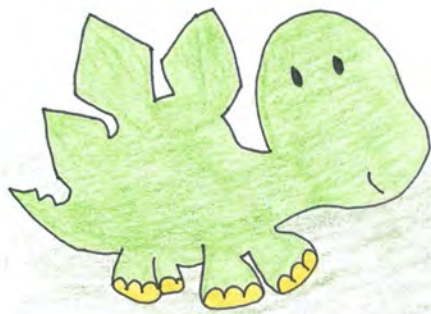




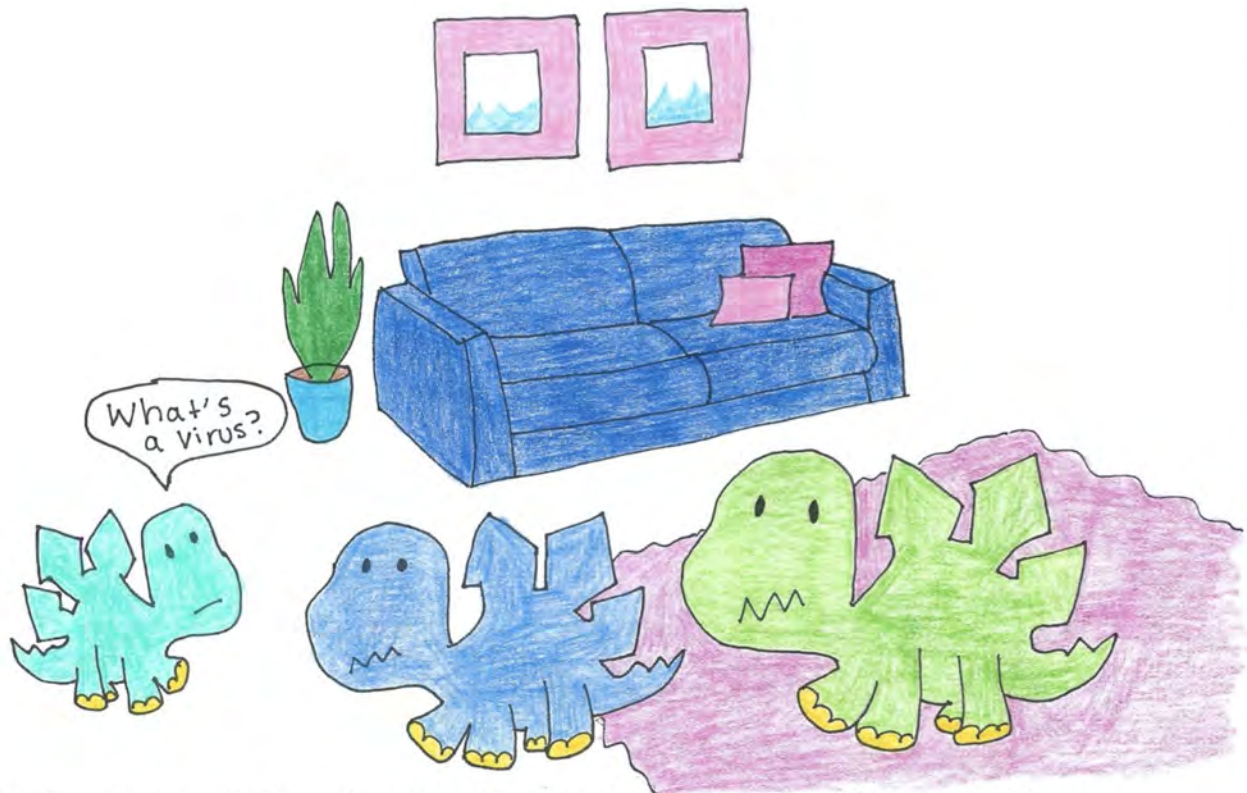
Dino the Dinosaur



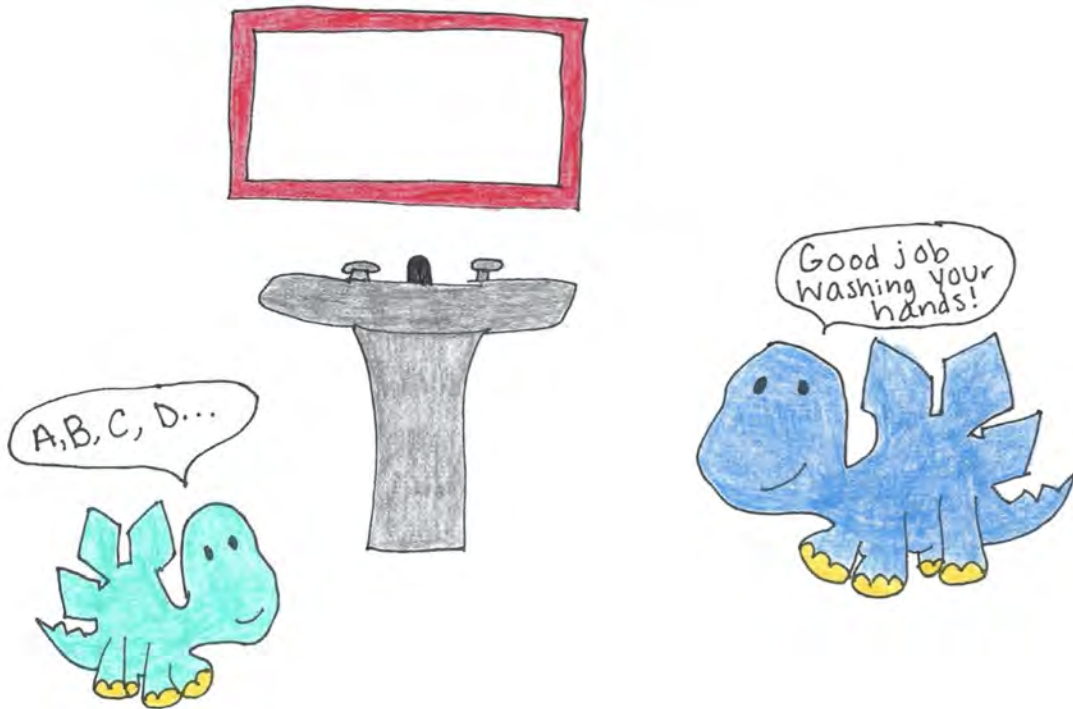
Hi! My name is Dino and I am a dinosaur. I live with mommy dinosaur, daddy, dinosaur, and my baby brother dinosaur.



I like to go to school and play with my friends, visit my grandma and grandpa dinosaur, play outside, and play games with my family.



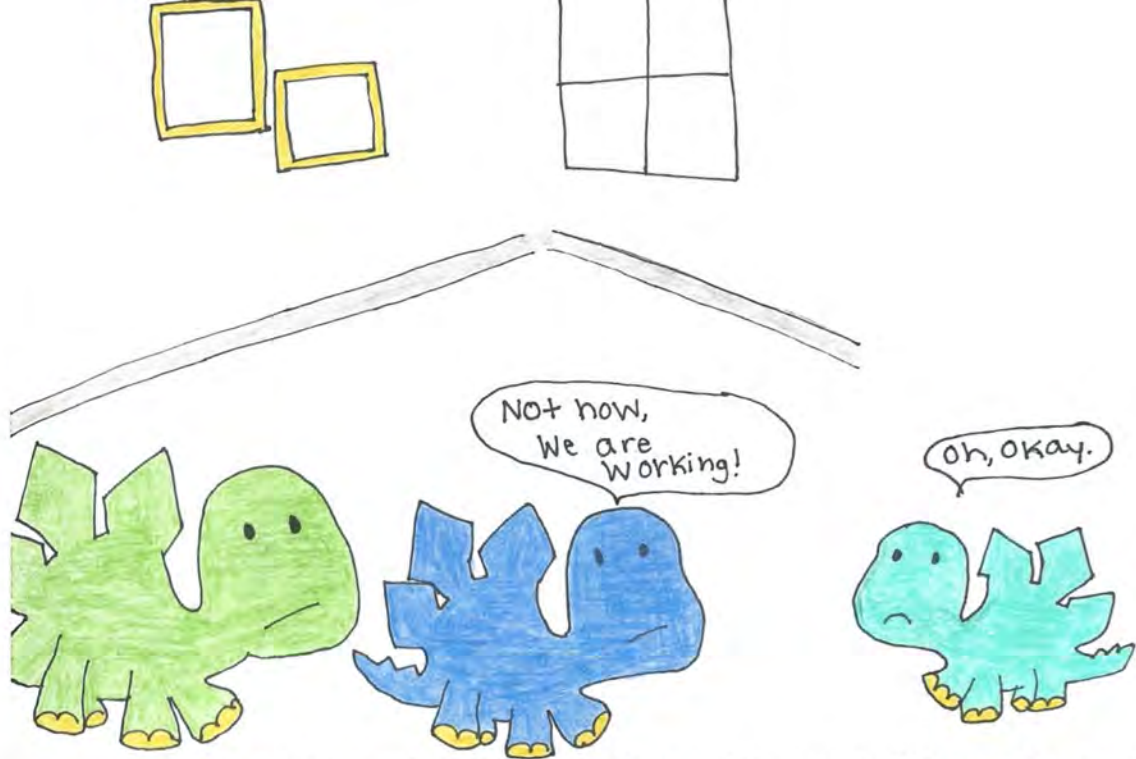
Recently, a lot of things have changed. Mommy and daddy dinosaur told me there is a virus going around which is something that makes people sick. I see worried looks on mommy and daddy dinosaur's faces.



Mommy dinosaur tells me I need to wash my hands even more than I used to and to sing the ABCs while I do. This helps to get all the germs from the virus off my hands.



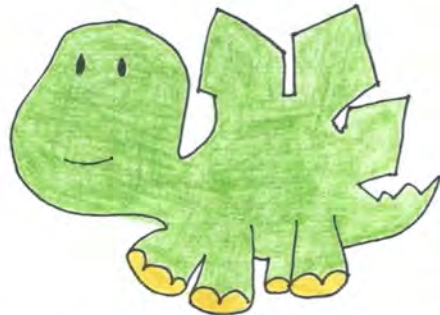
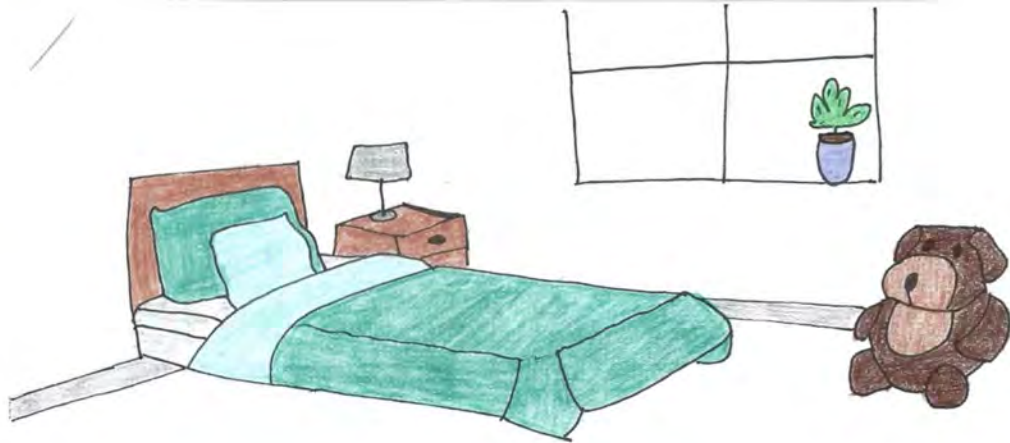
Daddy and mommy dinosaur tell me I do not have school. At first, I felt really happy about this, but after a few days, I started to miss my friends and teachers and felt very sad. Now I have to do school work with daddy and mommy dinosaur instead.



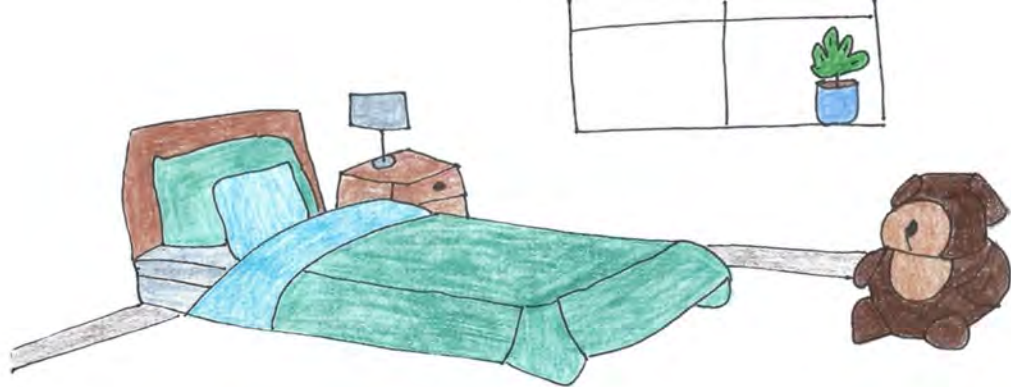
That is not the only thing that changed. I cannot visit grandma and grandpa dinosaur anymore either because we do not want them to get sick from the virus. Daddy and mommy dinosaur also work from home and sometimes get upset when I ask them to play.



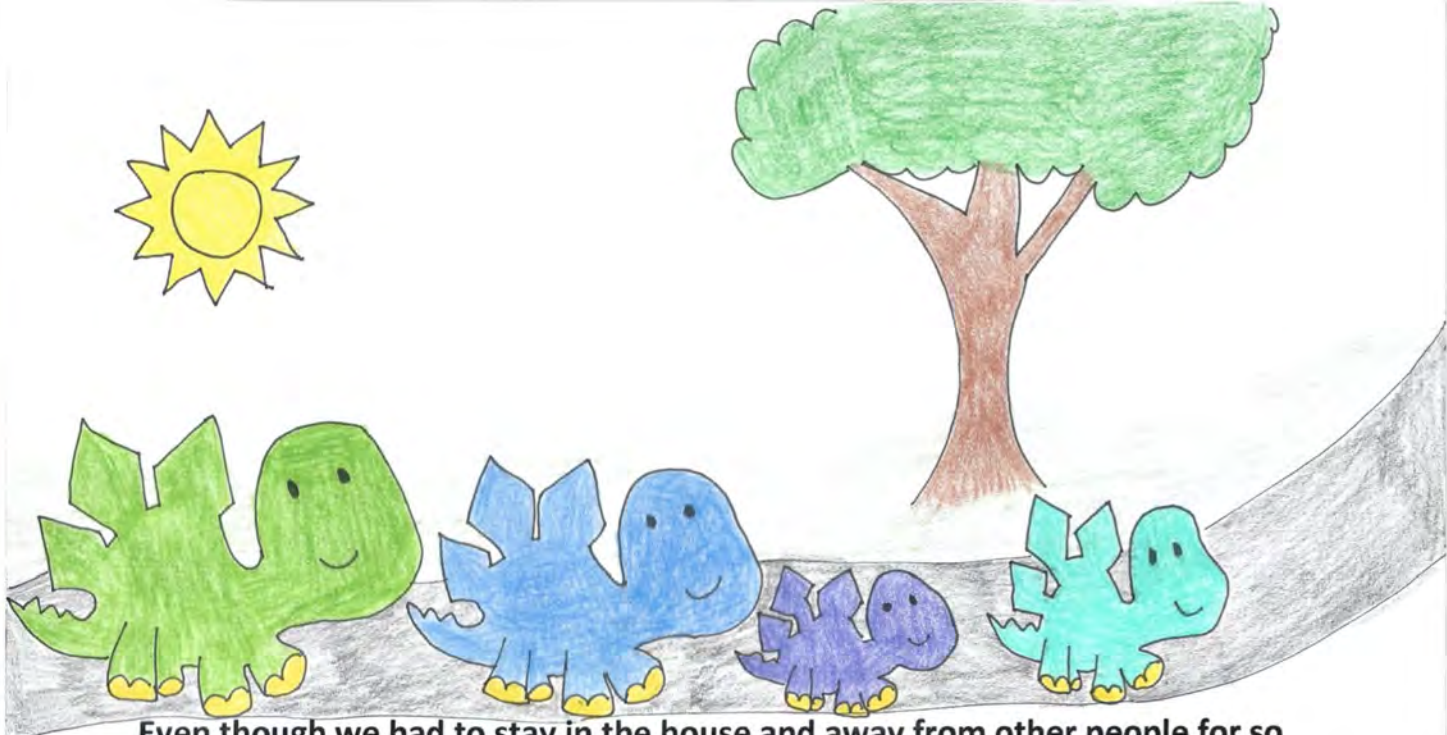
Mommy and daddy dinosaur sometimes play the news and I hear that people are getting very sick. I start to feel scared about the virus and getting sick. I cry and sometimes get angry because I feel worried.



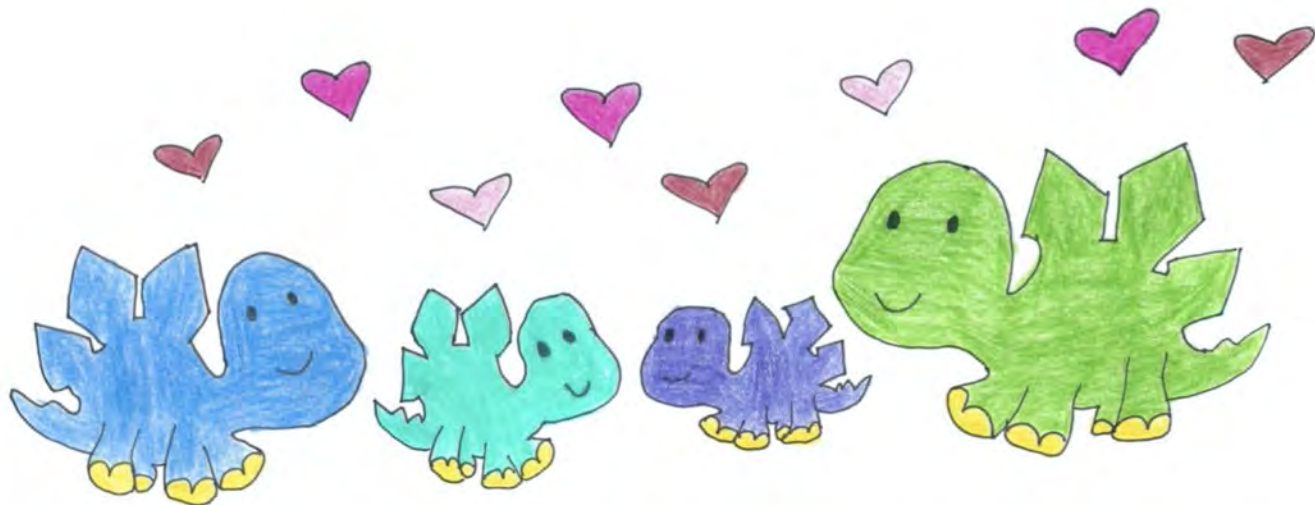
Mommy and daddy dinosaur tell me it is okay to feel scared and remind me they are keeping me safe. They also tell me there are very smart doctors who help people when they feel sick. They remind me we stay home to help stay safe and wash our hands to keep the germs away.



Mommy and daddy dinosaur ask me if doing a coping skill will help me feel better and less scared. I chose to do lemon squeezes and take 5 deep breaths after. I start to feel less scared and my body is more calm. I know now that even when I feel scared, mommy and daddy dinosaur are there to talk with me and help me feel better.



Even though we had to stay in the house and away from other people for so long, mommy and daddy dinosaur did fun activities with me and baby brother dinosaur. We played games as a family, did arts and crafts, baked cupcakes, had movie nights, and went on a walk. These fun activities made me feel happy!



Even during scary events, I know mommy, daddy, and baby brother dinosaur love me very much and we will help keep each other safe.