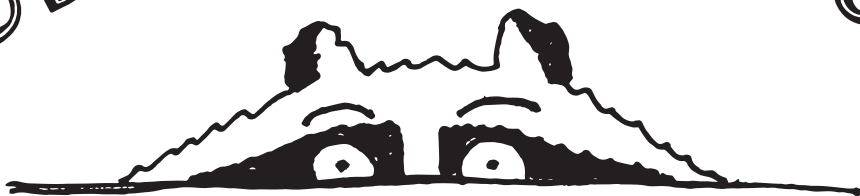


RUBBISH RACCOON



COPING WITH COVID



by Carolyn Baker

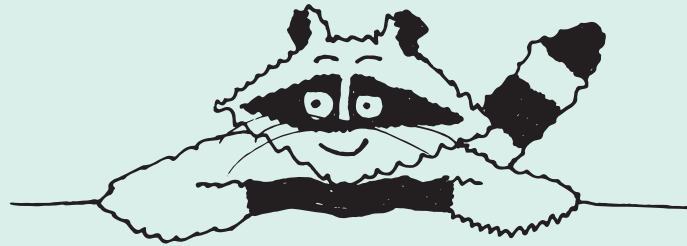
A little book
about big ideas!



A useful guide for kids and caregivers to
unpack the emotional effects of COVID-19



This book is dedicated
to all beings
on this planet
at this time.



WE CAN
and
WE WILL

How to use this book:



1. DEFINE THE WORD

A definition is provided for each key word.

2. ASK QUESTIONS

What's happening in the picture?

How does the picture relate to the word?

How does the image/word relate to the child's life?

3. LISTEN

This is a time to connect without judgement. Let the child explore the imagery and ideas, and guide the conversation.



The secret? Keep it simple, and let your kids do the talking.



virus

A sickness that is caused by germs.



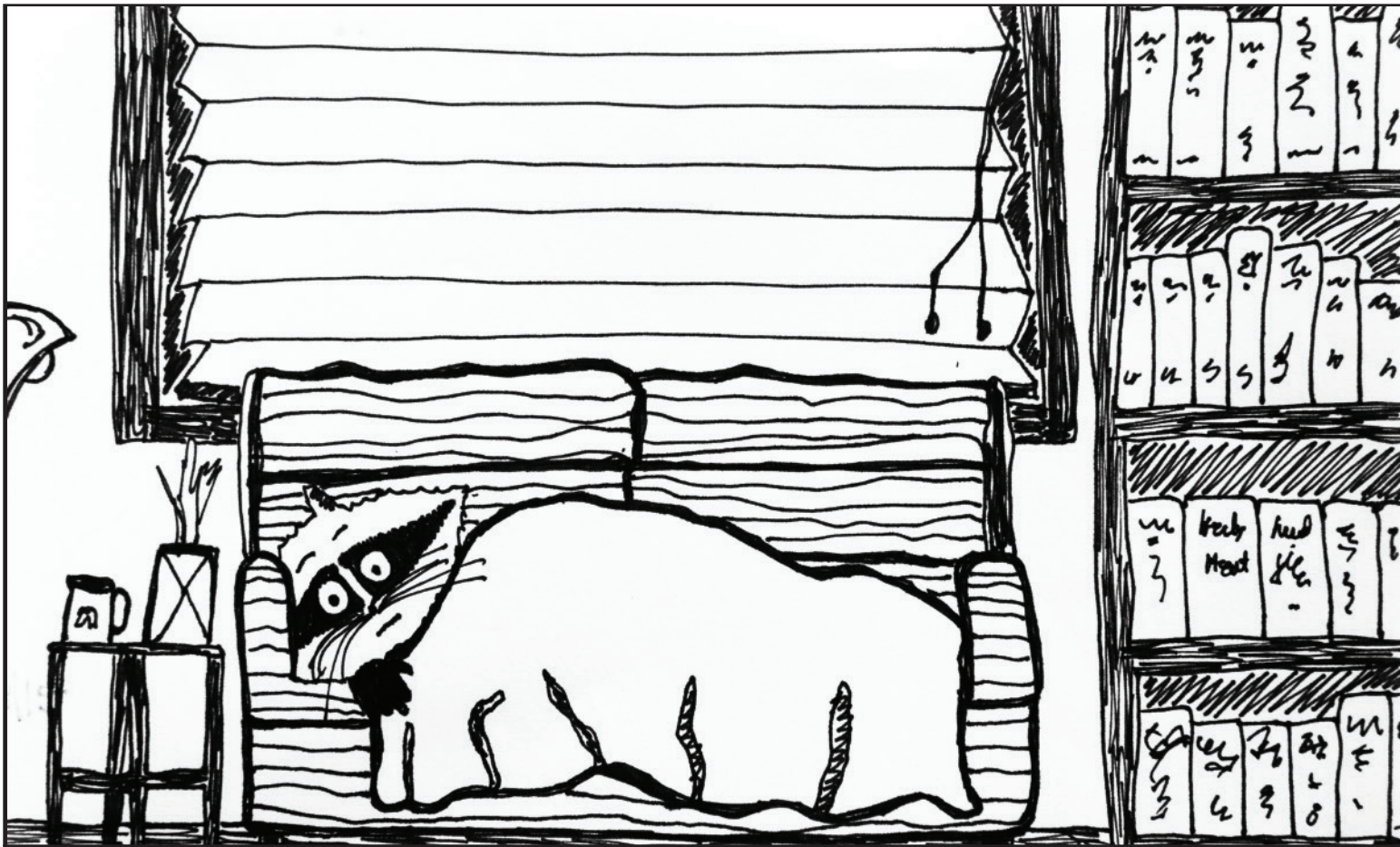
social distancing

Not being in groups or close to others.



quarantine

Separating healthy people, so they stay healthy.



isolation

Keeping sick people from healthy people to slow the spread of germs.



committed

Willingness to give your time & energy to something you believe in.



patience

Being able to wait without being upset.



community

A group of people sharing common attitudes, interests, and goals.



hope

Believing that something good might happen.



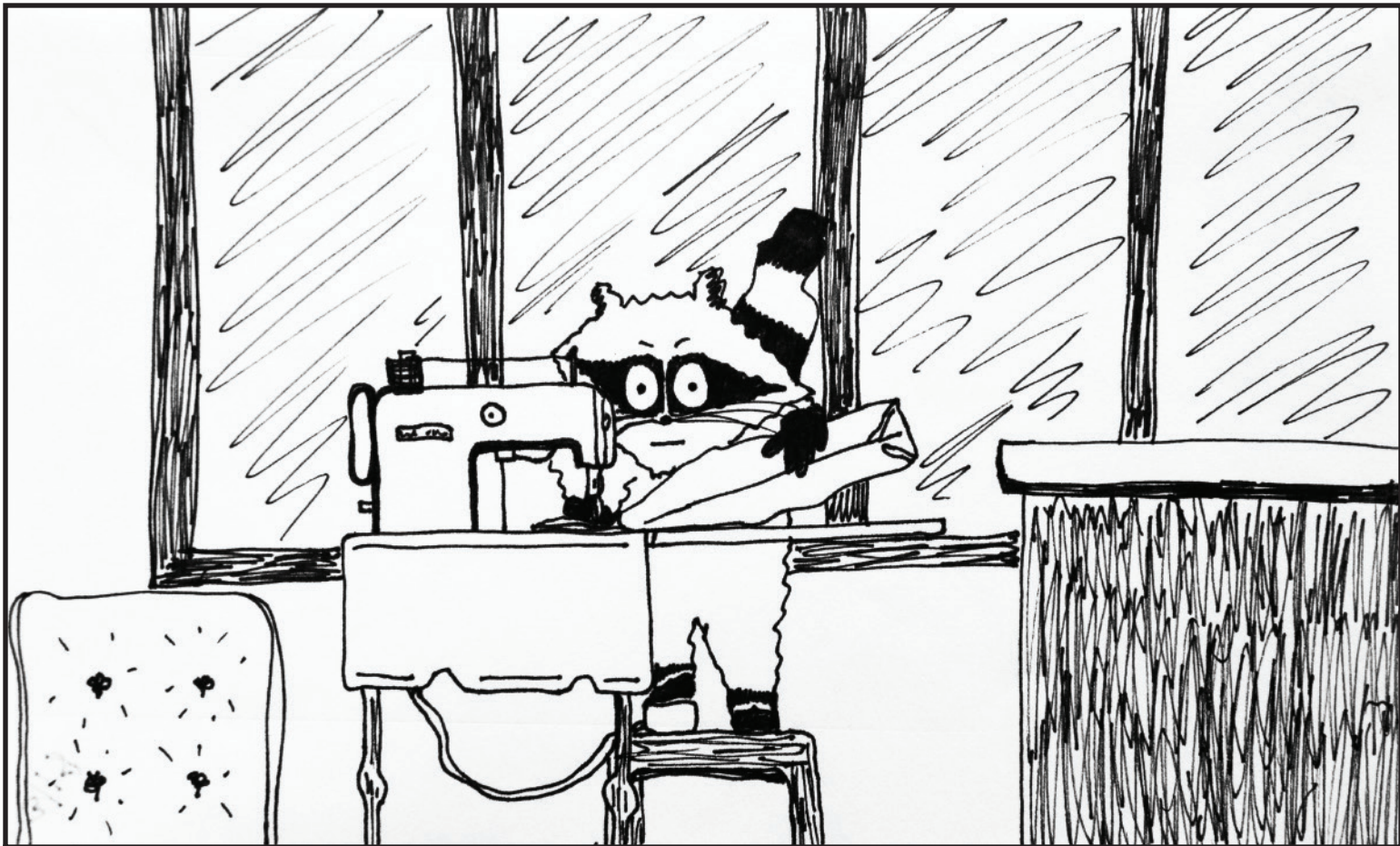
love

A huge feeling of great closeness and joy.



grief

Very sad over losing something.



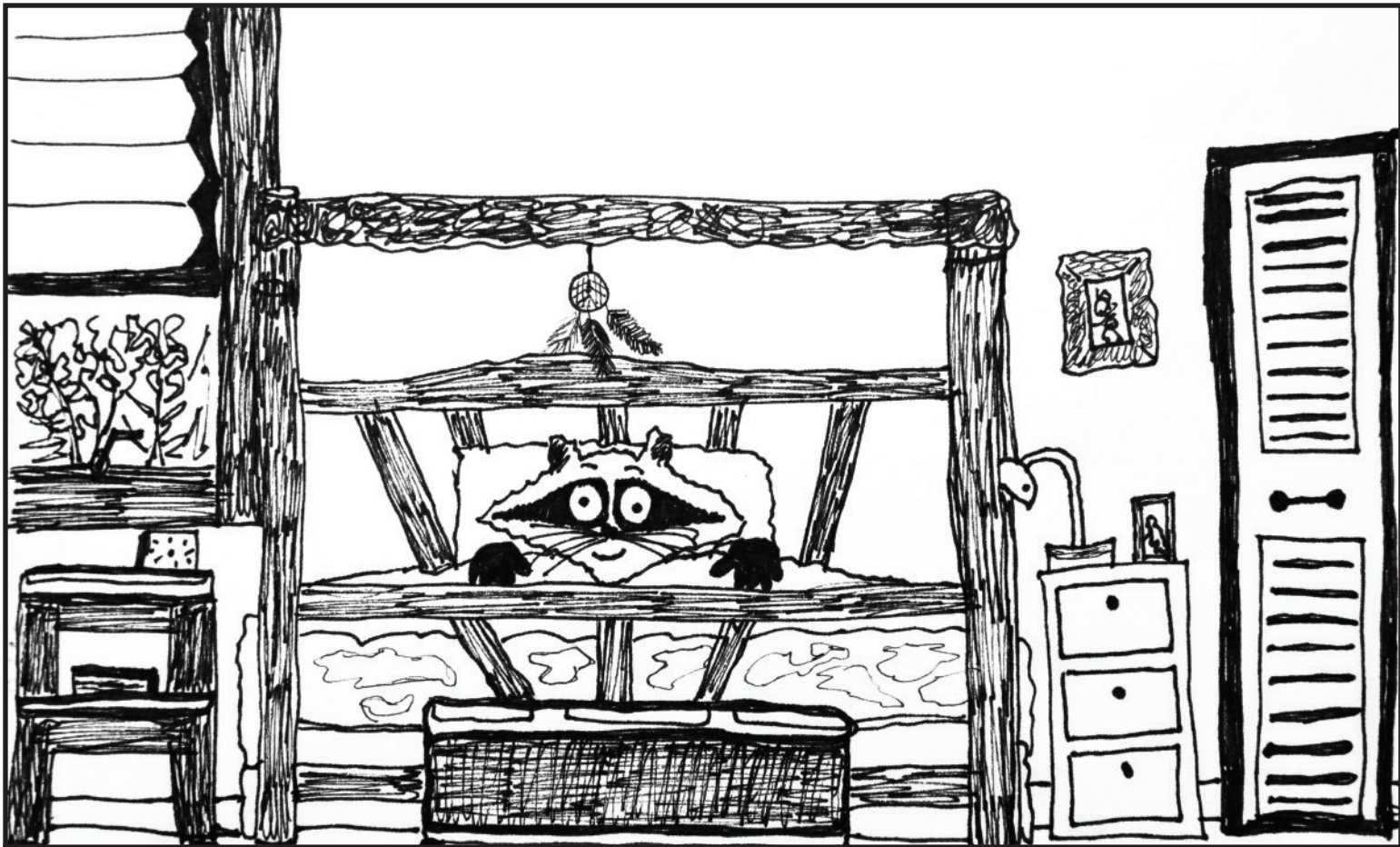
support

To hold up, provide help.



optimism

The belief that there is hope about the future, or the successful outcome of something.



recovery

A return to a normal state of health, mind, or strength.



about carolyn

Carolyn Baker is a certified World Coach Institute graduate with a masters in Life Coaching from the Interanational Coaching Federation. She is currently working on ICF certification and specializes in holistic family wellness. Carolyn wrote and illustrated this children's book. She lives in Southwest Montana with her husband Wayne, and daughter Maggie. Not only an artist, but she is also a avid outdoors woman and master gardener. She farms while caring for their 5 wonderful cats and 1 brave dog.



Thanks for enjoying this book with us!

If you have questions about how to use this book, or are looking for further coaching for you or your family during this uncertain time, please reach out.

You are not alone.

www.carolynbakerwellness.com

Illustrations & Text by Carolyn Baker
Book Design by Sara Gilman
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