

COVID-19 VIDEOS - Questions to ask your Child.

GET A GOOD NIGHT'S SLEEP.

1. **How many hours of sleep do you need?**
(10-12 hours)
2. **Why do you need to sleep?**
(Gives you energy, keeps you healthy)
3. **Do you still need sleep if you're not tired?**
(Yes, so you make better decisions, have energy, stay healthy and alert the next day in school. Sleeping puts you in a good mood the next day)



WHAT IS SOCIAL DISTANCING?

1. **What does Social Distancing mean?** (This means when you leave your house, you should stay 6 feet away from another person)
2. **If you go outside, without your family, what is the distance required between you and another person?** (6 feet)
3. **Why are you Social Distancing?** (The coronavirus can make you sick. Social distancing helps stop the spread of germs).
4. **What are different ways to play if you have to Social Distance?** (Telephone calls, computer video, play games)
5. **Should you be hugging people you don't live with during the coronavirus? Why?** (No. You want to stay healthy and keep others from getting sick).

WHY ARE PEOPLE WEARING FACE COVERINGS?

1. **Why are people wearing a face covering?** (Stops the spread of germs that make us sick. It helps us stay safe from the Coronavirus.)
2. **Where should you wear a face covering?** (Any public place, like restaurants and grocery stores, outside in neighborhood)
3. **Does wearing a face covering mean that you care?** (yes)
4. **Can a face covering help you stay healthy?** (yes)

WHY IS IT IMPORTANT TO HAVE A DAILY ROUTINE?

1. What is a routine?

(a list, with a special time, that organizes the things you have to do every day)

2. What are the types of things you do that should go on your routine list?

(breakfast, schoolwork, play, read, dinner, talk to friends, sleep)

3. Who can help you create your routine list?

(parents, teachers)

HOW DO I KNOW IF I'M SICK?

1. How do I know if I'm sick

(Sore throat, coughing, runny nose, sneezing, fever)

2. If you feel sick, at home, what should you do?

(Tell your parents. They may take you to the doctor)

3. If you feel sick, at school, what should you do?

(Tell your teacher you are not feeling well).

4. If you are sick, why should you stay at home?

(So you can get better and you keep others from getting sick)

WHY IT'S IMPORTANT TO DRINK A LOT OF WATER.

1. Why should we drink water? (Stay healthy, helps digest our food, keep our bodies strong so we don't get sick)

2. Should you drink water if you are not thirsty?

(Yes, to stay healthy)

3. How many glasses of water should you drink every day?

(At least 5 glasses)

4. When the days are hot, do you need lots of water? (yes)