When the world stayed home

A resource to support children through COVID-19

Mel Churton
Registered Psychologist
March 2020
It was just a normal life.

Mum and dad were going to work.

We were going to school.
The dog was sleeping on the couch.

Then this nasty bug came along and it started making people very sick.
People coughed and sneezed on each other and the bug started to spread.

Adults said to cough into our arms and to wash our hands a lot.
But the bug kept on spreading.

More people got sick. It wasn’t good.
So the adults decided the best thing to do was for everyone to go home and to stay home.

So our school closed and WE ALL STAYED HOME for a while.
It was a bit worrying at first.

• What would we do all day?
• When would we see our friends and our teachers again?

• Would we have enough food?
• Could we still go outside?

But we quickly got used to the ‘new normal’ 😊

✔ We did our work at home.
✓ We messaged our friends.

✓ There was enough food for everyone.
✓ We went outside but we didn’t get too close to other people.

Because we stayed home and didn’t cough and sneeze on each other, the bug couldn’t spread.
In a while, people stopped getting sick.

Things started to go back to normal and we could go back to school.
And the dog could go back to sleeping on the couch all day!