



**EDNOVATION<sup>®</sup>**  
**INNOVATING EDUCATION**

# How Do You Manage Your Feelings About COVID-19?

Keep Your Child Safe From COVID-19 Series

## How Do You Manage Your Feelings About COVID-19?



## Who are these people? What do they do?

Note: Encourage children to share their thoughts.

## How Do You Manage Your Feelings About COVID-19?



These are doctors, surgeons and nurses.  
They work together as a **medical team** in **clinics** and **hospitals**.



## How Do You Manage Your Feelings About COVID-19?



During this period of Covid-19, they help to detect, treat and care for the **patients**.

## How Do You Manage Your Feelings About COVID-19?



The **medical team** wears **protective gears** when they are with **patients**.

## How Do You Manage Your Feelings About COVID-19?



## Why do they need to wear such attire?

Note: Encourage children to share their thoughts.



## How Do You Manage Your Feelings About COVID-19?



These **protective gears** keep them safe from having direct body contact with **viruses**.

## How Do You Manage Your Feelings About COVID-19?



Do you think it is comfortable to wear **protective gears** to work the whole day?

Note: Encourage children to share their thoughts.



## How Do You Manage Your Feelings About COVID-19?

### Activity 1



Let's find out:

How does it feel to wear protective gears like the medical team to do work?

## How Do You Manage Your Feelings About COVID-19?

Let's do:

1. Put on the raincoat.
2. Put on the mask and goggles.
3. Put on gloves.

Note: Assist children in putting on the gears and let them carry out their daily routines in the gears for 1-2 hours.

## How Do You Manage Your Feelings About COVID-19?

**Children, how did you feel when you were wearing the protective gear?**

Note: Encourage children to share their views boldly.



## How Do You Manage Your Feelings About COVID-19?

### Let's do:

4. Pretend to examine a doll covered in UV paint for around 5 minutes.
5. Remove the protective gear.
6. Use the black light to check if there are any UV paint on the gear.

Note: Help to cover the doll in UV paint before giving it to the children.

Explain that the UV paint represents the viruses on the doll.

If there is UV paint found on the protective gears or on themselves, it means that the viruses have gotten to them.

## How Do You Manage Your Feelings About COVID-19?

Did you find any “virus” on your protective gear?  
How did you feel when you saw the “viruses” on the gear?

Note: Encourage children to share their views boldly.

## How Do You Manage Your Feelings About COVID-19?



Without **protective gear**, your body would have direct contact with **viruses** and you may get infected by the **viruses**.

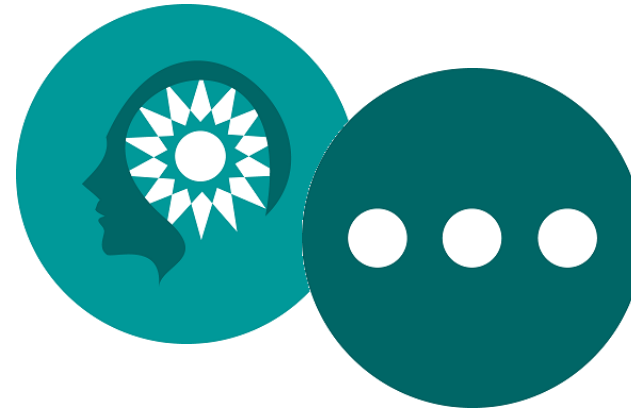


## How Do You Manage Your Feelings About COVID-19?



The **medical team's** job is not easy. They work long hours and are at risk of being infected with **viruses**.

## How Do You Manage Your Feelings About COVID-19?



**Let's think and share!**

Note: Encourage children to share their thoughts boldly for the questions in the following pages.

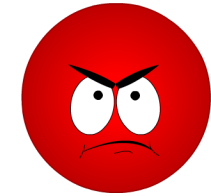
## How Do You Manage Your Feelings About COVID-19?



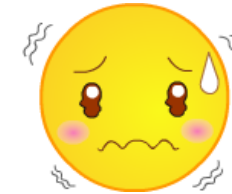
happy



sad



angry



scared



worried



grateful



proud

How would you feel if your family member is working in the  
**medical team?**



## How Do You Manage Your Feelings About COVID-19?



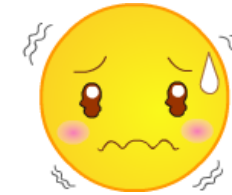
happy



sad



angry



scared



worried



grateful



proud

How would you feel if you are a **patient** taken care of by the **medical team**?

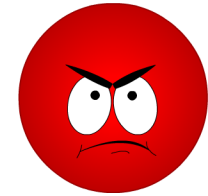
## How Do You Manage Your Feelings About COVID-19?



happy



sad



angry



scared



worried



grateful



proud

How would you feel if your family member is a **patient** being taken care of by the **medical team**?

## How Do You Manage Your Feelings About COVID-19?

### Activity 2

How would you and your family members feel in different situations during COVID-19?

Complete the learning journal.



## How Do You Manage Your Feelings About COVID-19?

### Complete the learning journal:

We all have emotions. We have different feelings in different situations. How would you feel in each of these situations? Use the list of emotions to talk about how you would feel. You can draw more than one emotion in each situation.



Draw

How would you feel if your family member was working in the hospital or clinic?		I would feel...	
How would you feel if you were a patient with the virus in the hospital?		I would feel...	
How would you feel if your family member was a patient with the virus in the hospital?		I would feel...	

## How Do You Manage Your Feelings About COVID-19?



happy



sad



angry



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grateful



proud

It is okay to feel worried, scared or sad.  
All of us have different feelings because we are different.

## How Do You Manage Your Feelings About COVID-19?



But we need to be brave and make sure we do all we can to protect ourselves from the virus. And remember, **medical teams** are here to help us!

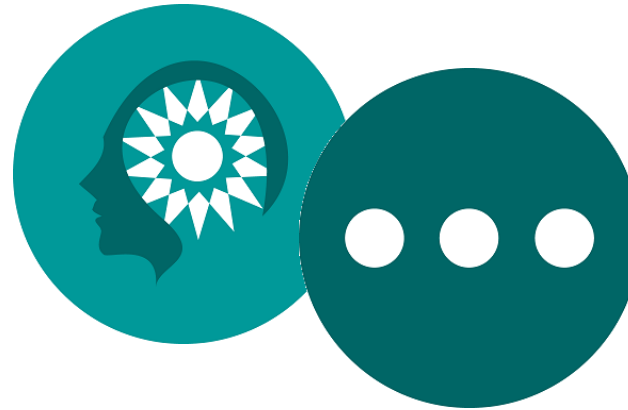
## How Do You Manage Your Feelings About COVID-19?



The medical team is brave and willing to do their job wholeheartedly to help the **patients**, so we must be **grateful** to them.



## How Do You Manage Your Feelings About COVID-19?



What do you think **grateful** means? 

How can we be **grateful** to **medical teams** and other hospital workers such as the cooks and cleaners who help to take care of **patients** too?

Note: Explain that the meaning of grateful is feeling thankful.

## How Do You Manage Your Feelings About COVID-19?



We can be **grateful** by saying thanks to them or giving them gifts.

## How Do You Manage Your Feelings About COVID-19?

### Activity 3

**Let's make a gift to thank the medical team and other hospital workers!**

Note: Guide children to discuss and decide what to make as a class gift to the medical team and hospital workers. It can be artwork, songs, goodie bags or thank you cards.