

COVID-19 Break



I go to Expeditions during the school year at Summit! I have so much fun!



Right now, I can't go. Lots of people are getting sick with a virus. Everyone is trying to stay healthy and safe. I must stay healthy and safe, too.



School is closed right now. So is expeditions. It is important to stay home and not visit other people.



While I am home, I can read books, draw, color, play with my toys, play games with my family. And if the weather is nice, I can maybe play outside or go for a walk! I need to ask my mom or dad first, though.

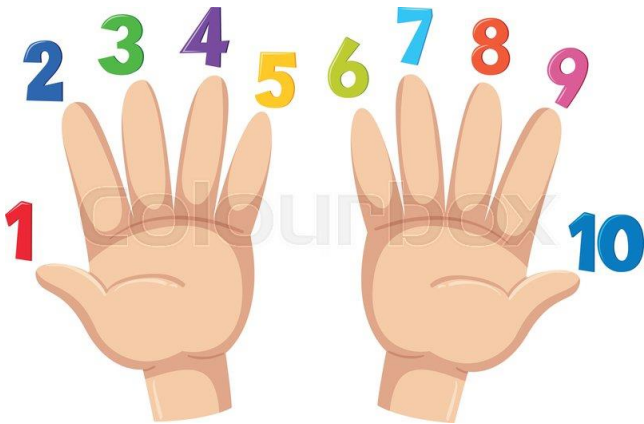
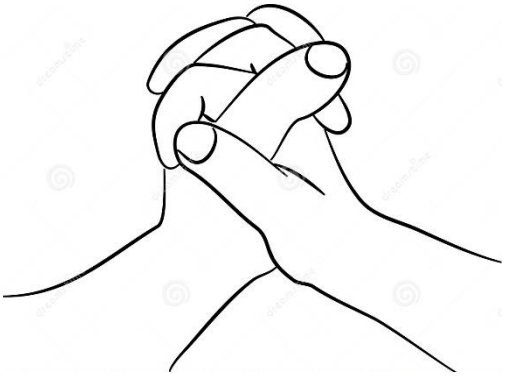


Right now, I don't know when I will go back to expeditions. This makes me feel sad and sometimes mad. That is OK. I can take a break in my room when I feel this way.

Take a Break



When I am taking a break, there are things I can do to calm me down. I can squeeze a ball or my hands, listen to music, count to ten, or even do jumping jacks!



It's OK to not know when we'll go back to expeditions. My mom or dad will tell me when it is time to go back to expeditions. This will keep me and my family safe and healthy!

