

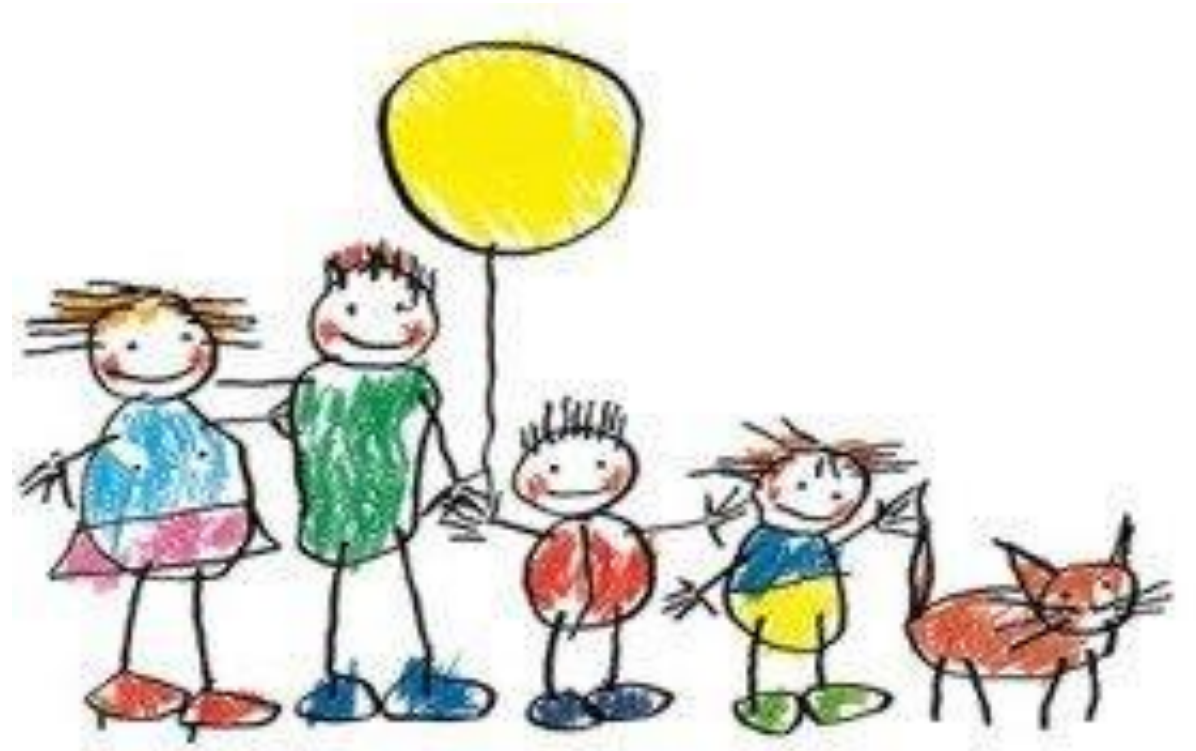


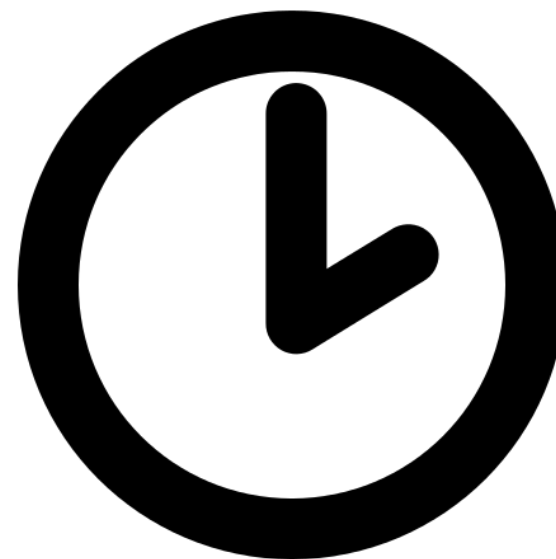
Staying Home  
to Stay Safe

Lots of people in the world are sick right now.



I have been staying home with my family to stay healthy and safe.





I am staying at home longer than I want to.



I might feel confused or frustrated because I want to do the things I normally get to do.



I can ask to take a break or take deep breaths to feel better.



## Take a Deep Breath

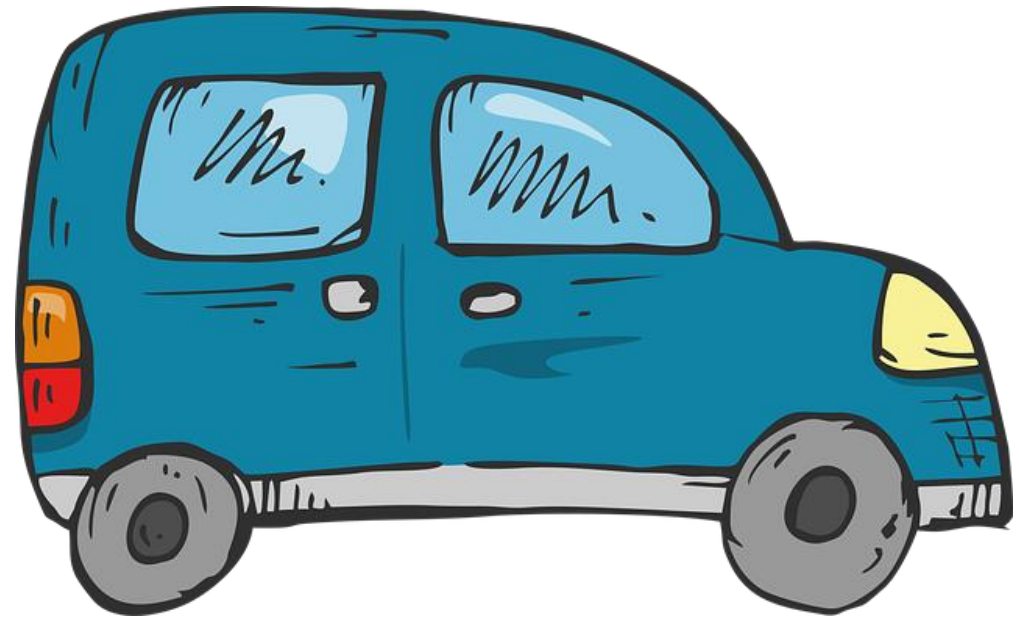
Smell the flower



Blow the pinwheel



I can ask to go on a safe walk or a drive in the car.



I can listen to music, draw or play a game with my family.



What else can I do to help myself feel better?



Staying home will help me stay safe and healthy.





# BLUE BIRD DAY

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