

**BE ACTIVE KIDS®**

# Blue the Caring Cub

and

# COVID-19



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**Special thanks to all those who  
helped bring this book to life:**

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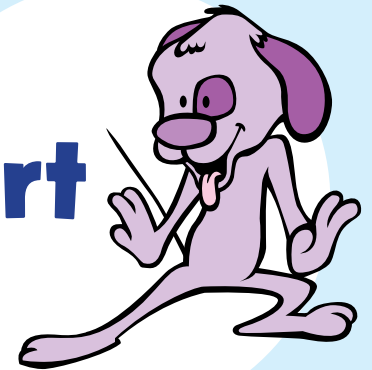


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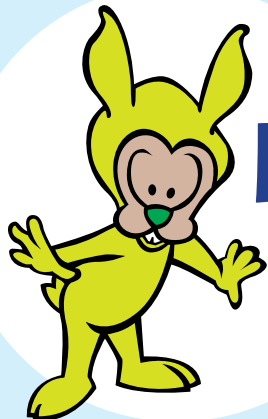
**Hi Friends!**  
**My name is Blue,**  
**the Caring Cub,**  
**and these are**  
**my friends;**  
**Dart, Glide, Leap,**  
**and Swing.**



**Swing**



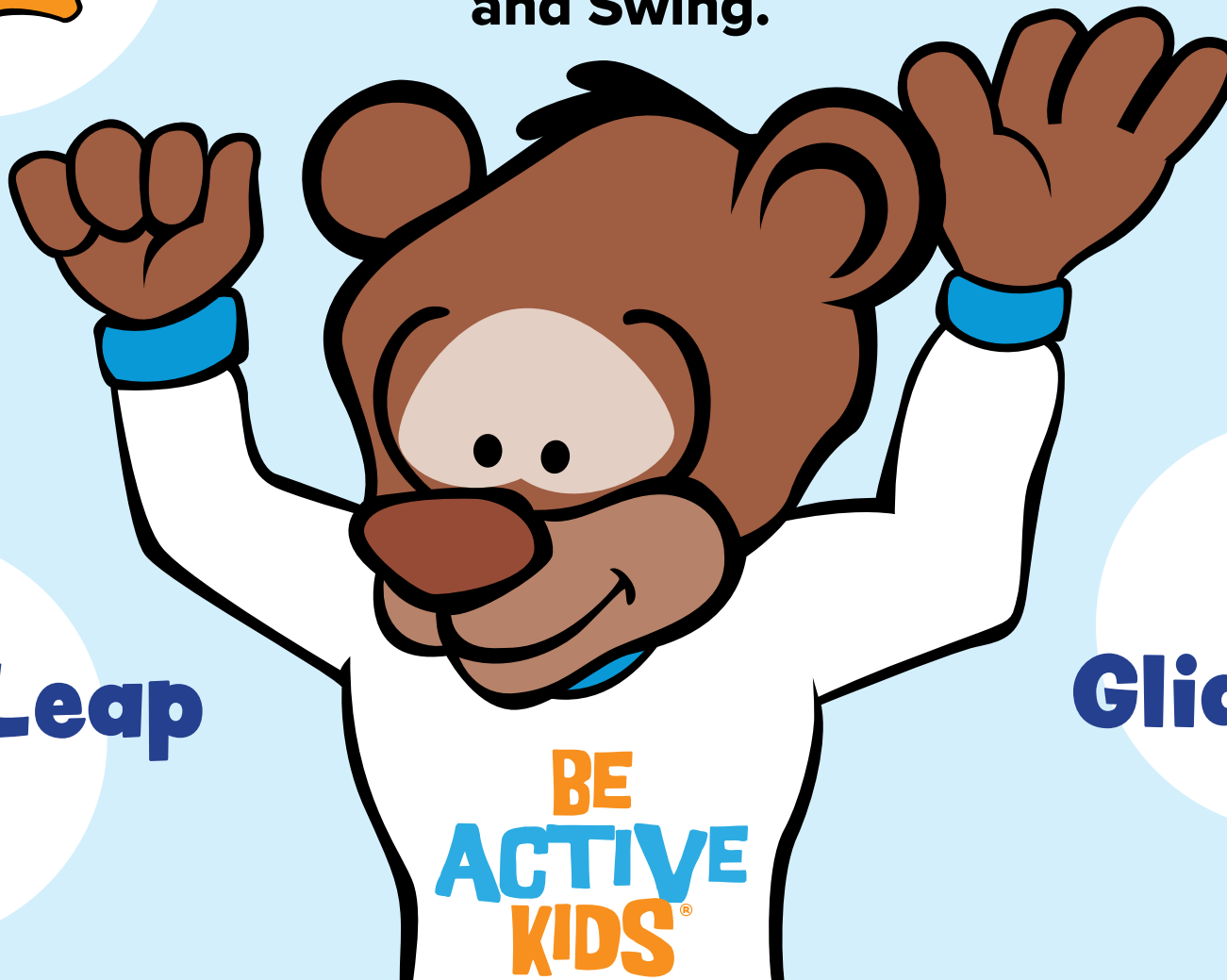
**Dart**



**Leap**



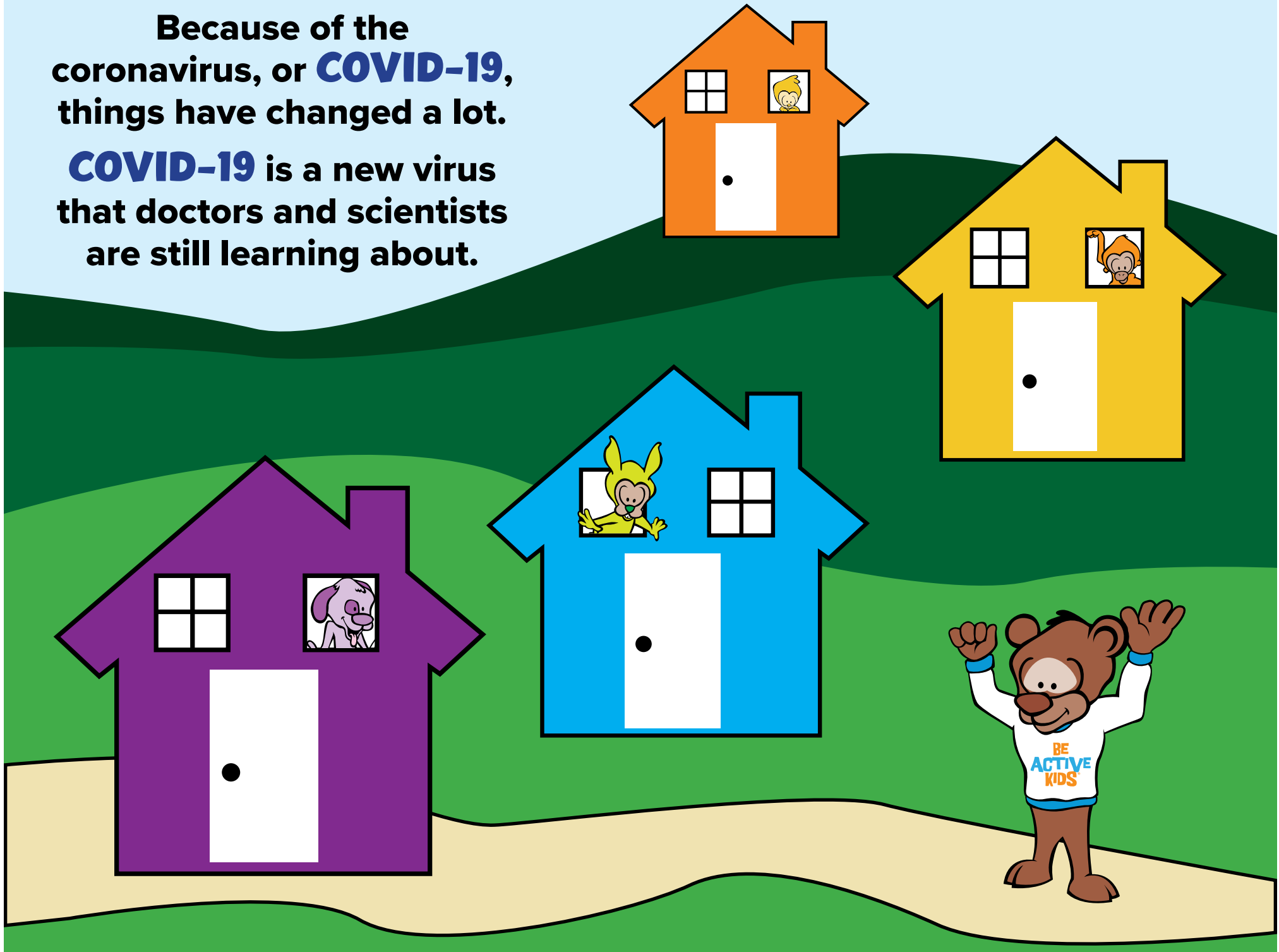
**Glide**



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Because of the coronavirus, or **COVID-19**, things have changed a lot.

**COVID-19** is a new virus that doctors and scientists are still learning about.



COVID-19 enters people's bodies when it's on  
**their hands**

and they touch their  
mouth, nose or eyes.



**The COVID-19 virus  
can be shared in  
the air or by touch.**

**This is why we all  
need to stay home  
and practice good  
handwashing.**

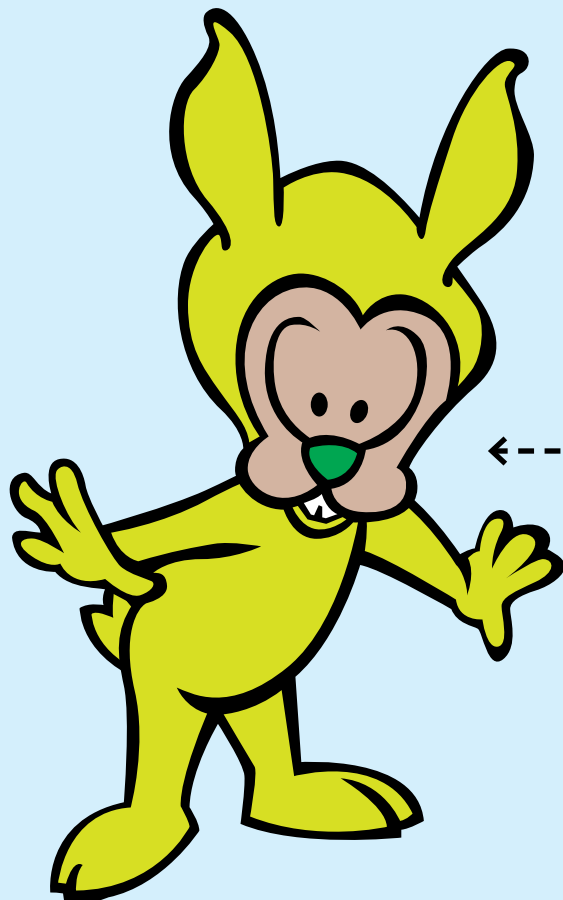
**Because COVID-19 spreads so easily and there  
are so many people that have the virus that it is a**

**pandemic.**

**That means  
it has spread  
across the country  
and all over  
the world.**



Blue and his friends have heard that everyone should be 6 feet apart at all times. This is called **social distancing.**



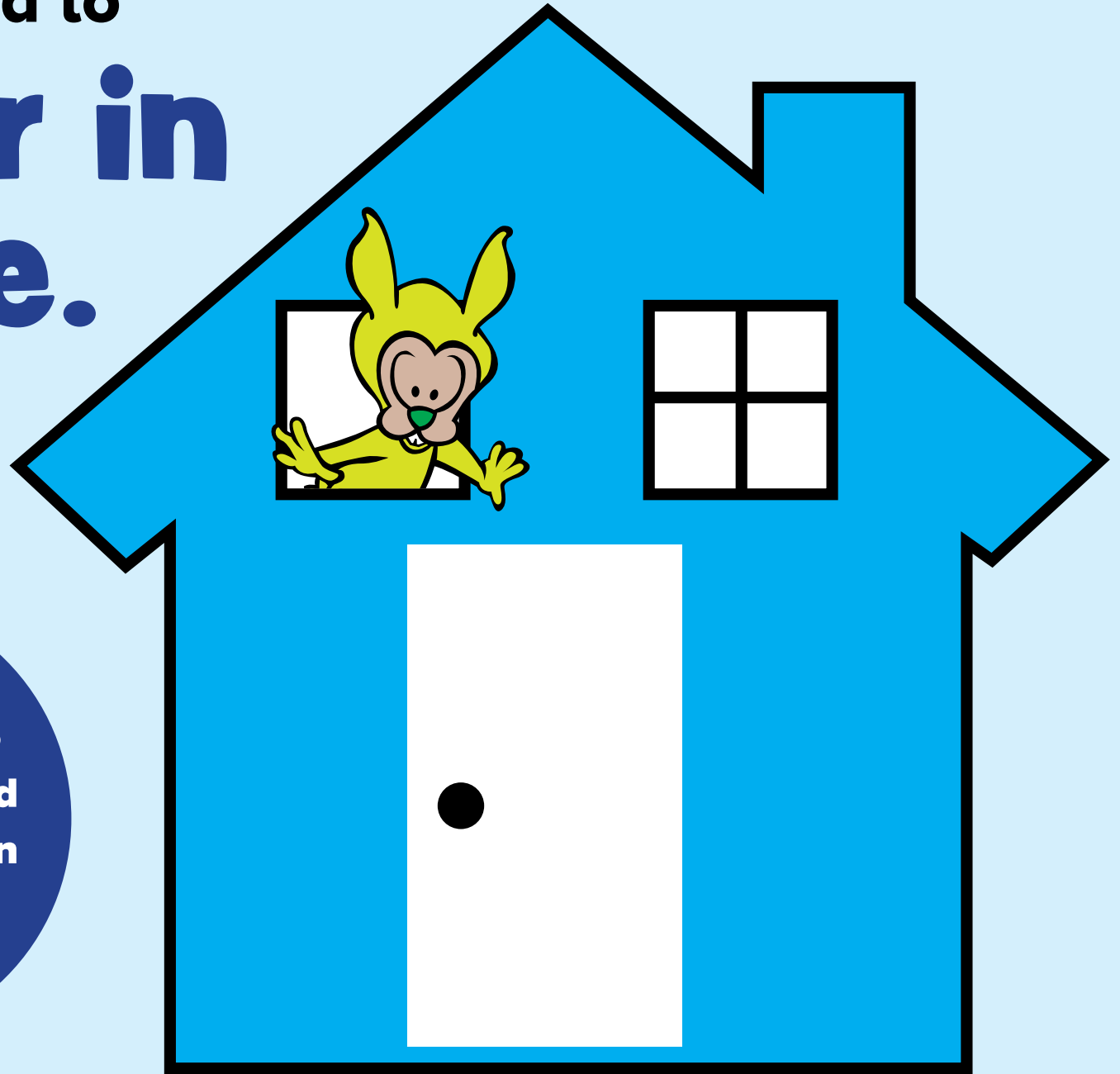
**6 feet**



We have also been  
told we need to  
**shelter in  
place.**

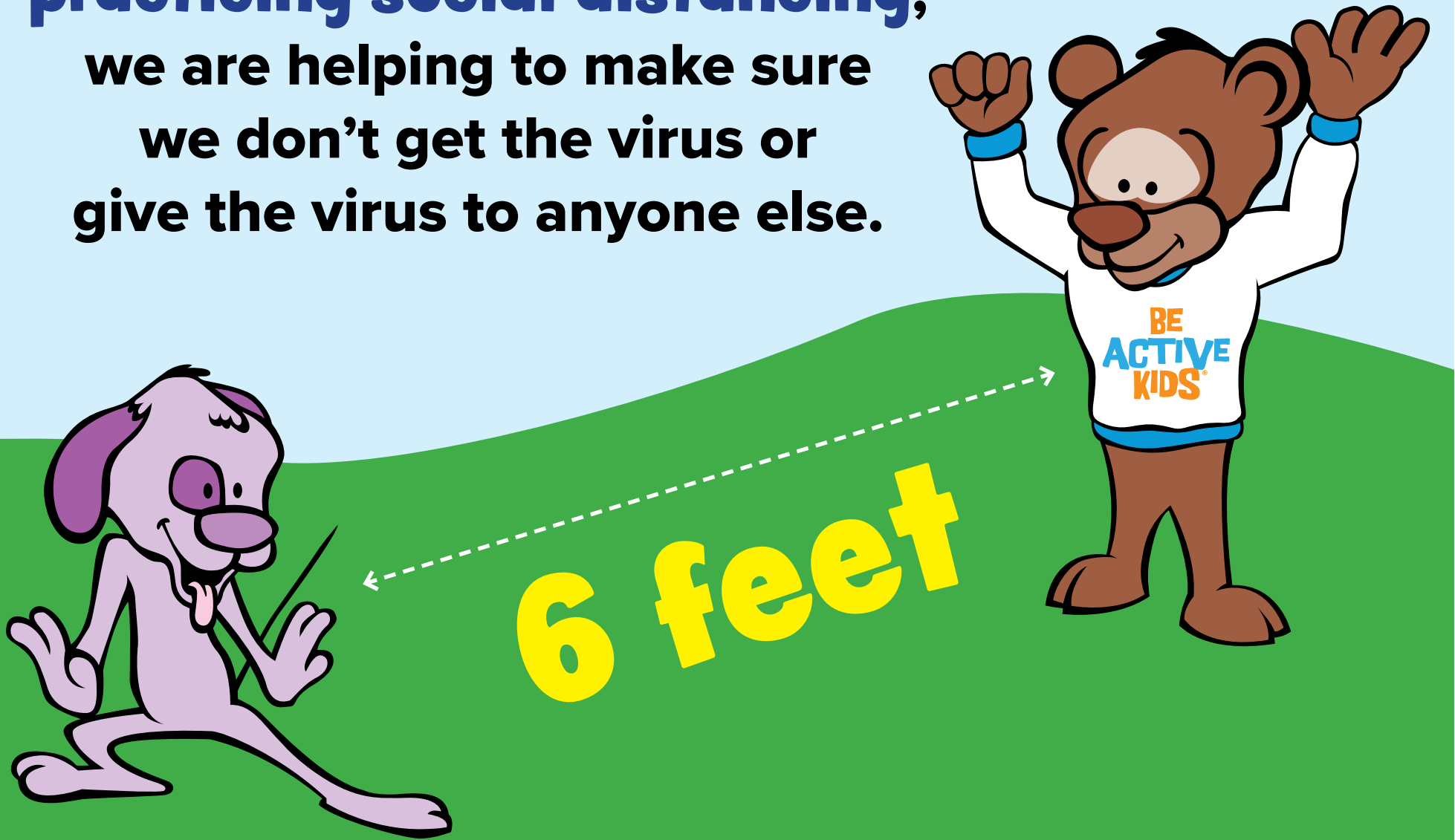


**That means  
that we have to  
stay at home and  
only go out when  
we really need  
something.**





**By sheltering in place and practicing social distancing, we are helping to make sure we don't get the virus or give the virus to anyone else.**



**School**

**Visiting  
with  
grandparents**

**Sports**

**Trips  
to get  
a treat**

**Playdates  
and  
parties**

**Trips to  
the beach  
and parks**



**It also means a lot of stuff has been cancelled  
and we can't be with friends right now.**

# **There's a lot we can still do!**

**I have been playing outside a lot, spending time with my family, helping with new fun snacks, and learning in different ways.**



All of what we are doing at home is helping us to

# stay healthy

and keep our mind and body

# strong!

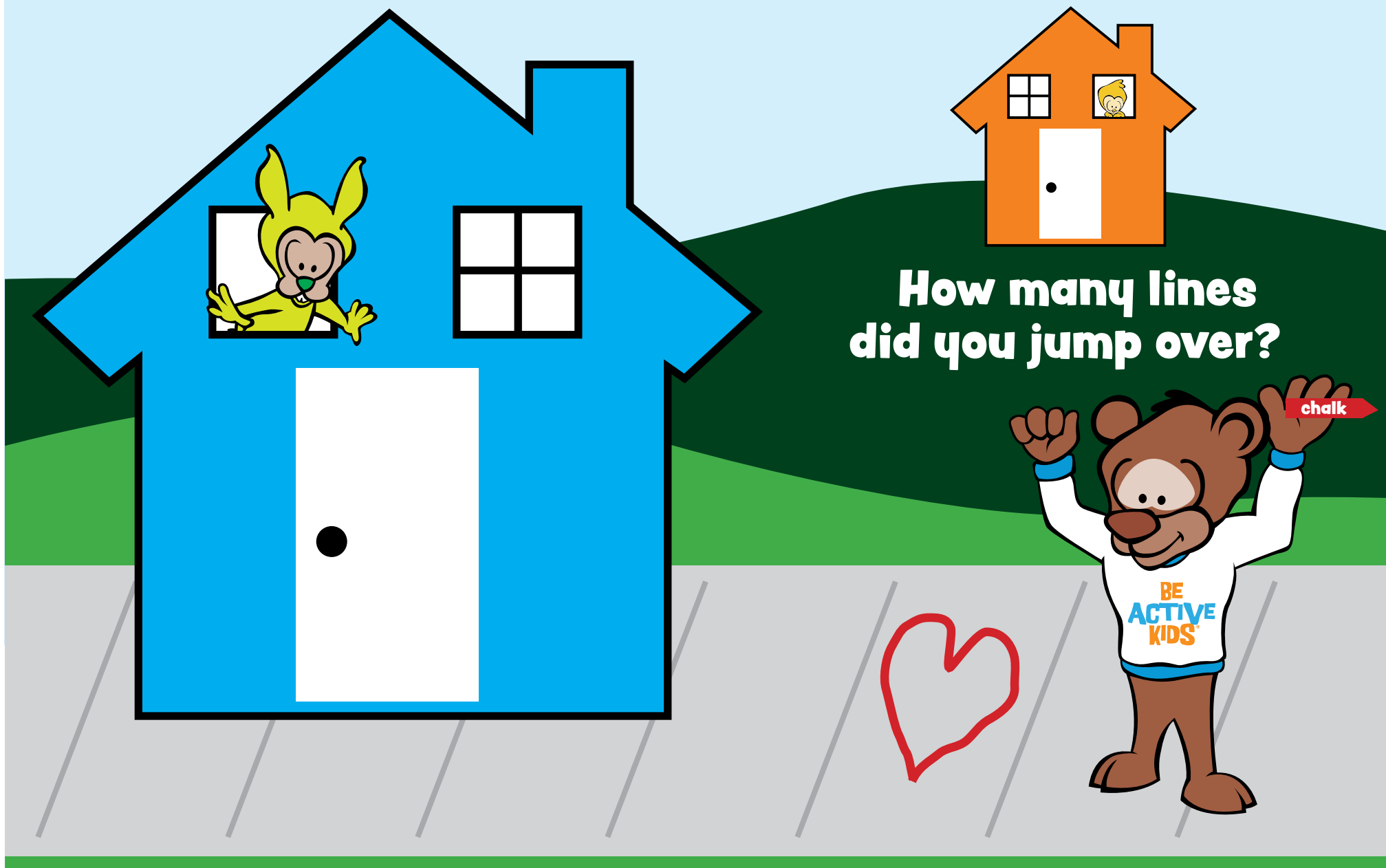


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Some days, I **draw** pictures on our sidewalks to let my friends know I miss them.

I have also drawn things for them to **jump over**!

Can you pretend to **jump over** the lines on the ground like mine?



While we are **sheltering in place**  
we can still learn and have fun.

**Can you count the number of shapes you see?**

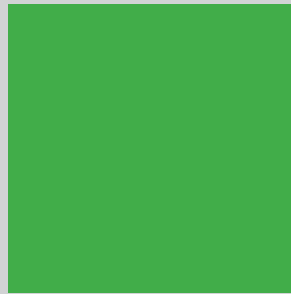
**What color is the circle?**

**What color is the square?**

**What color is the heart?**



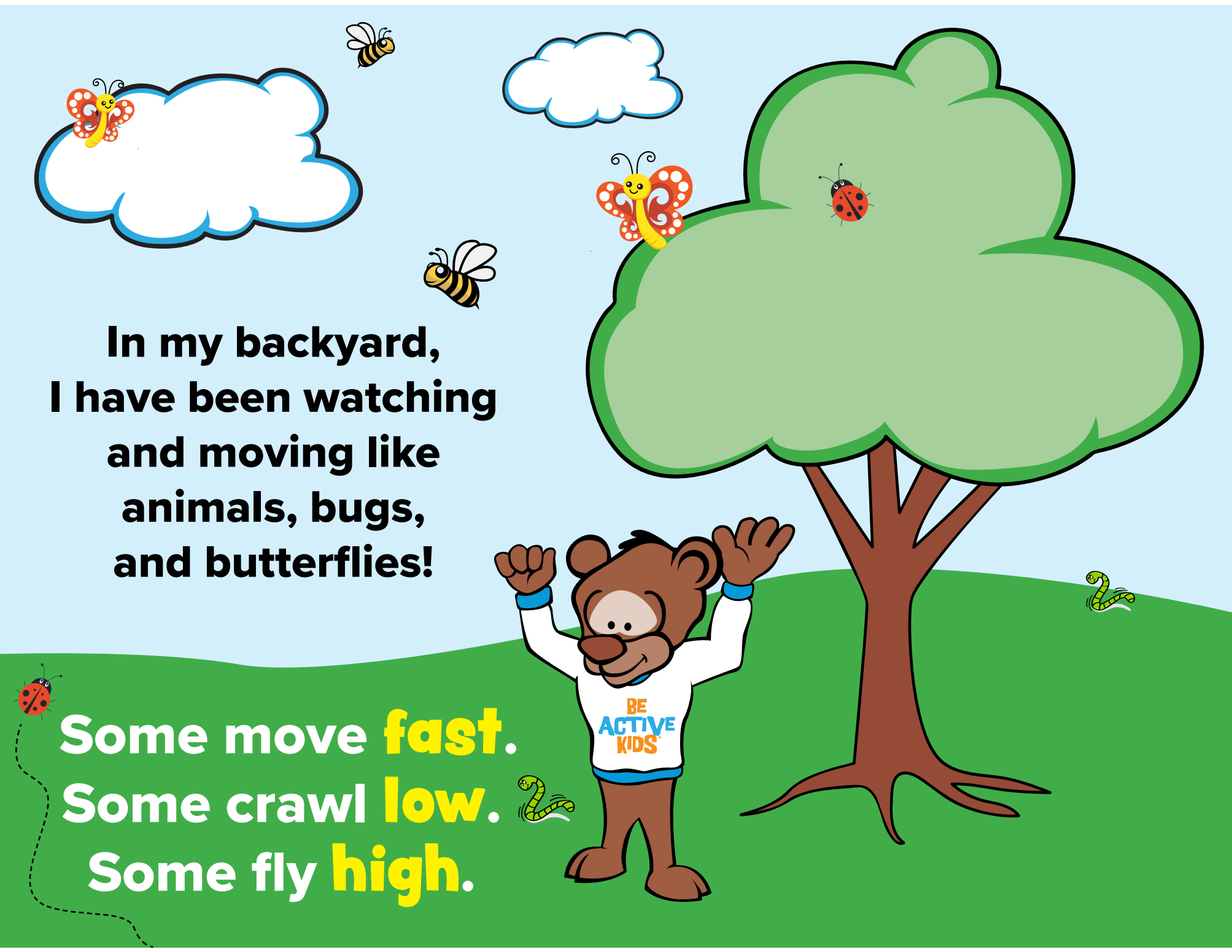
**1**



**2**



**3**

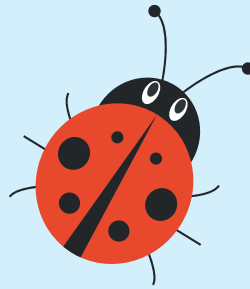


In my backyard,  
I have been watching  
and moving like  
animals, bugs,  
and butterflies!

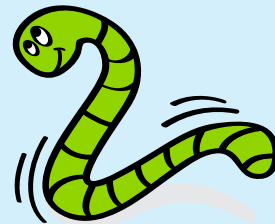
Some move **fast**.  
Some crawl **low**.  
Some fly **high**.



Can you **fly** high like a butterfly or bee?



Can you **creep** and **crawl** like little bug?



Can you **wiggle** low like a worm?



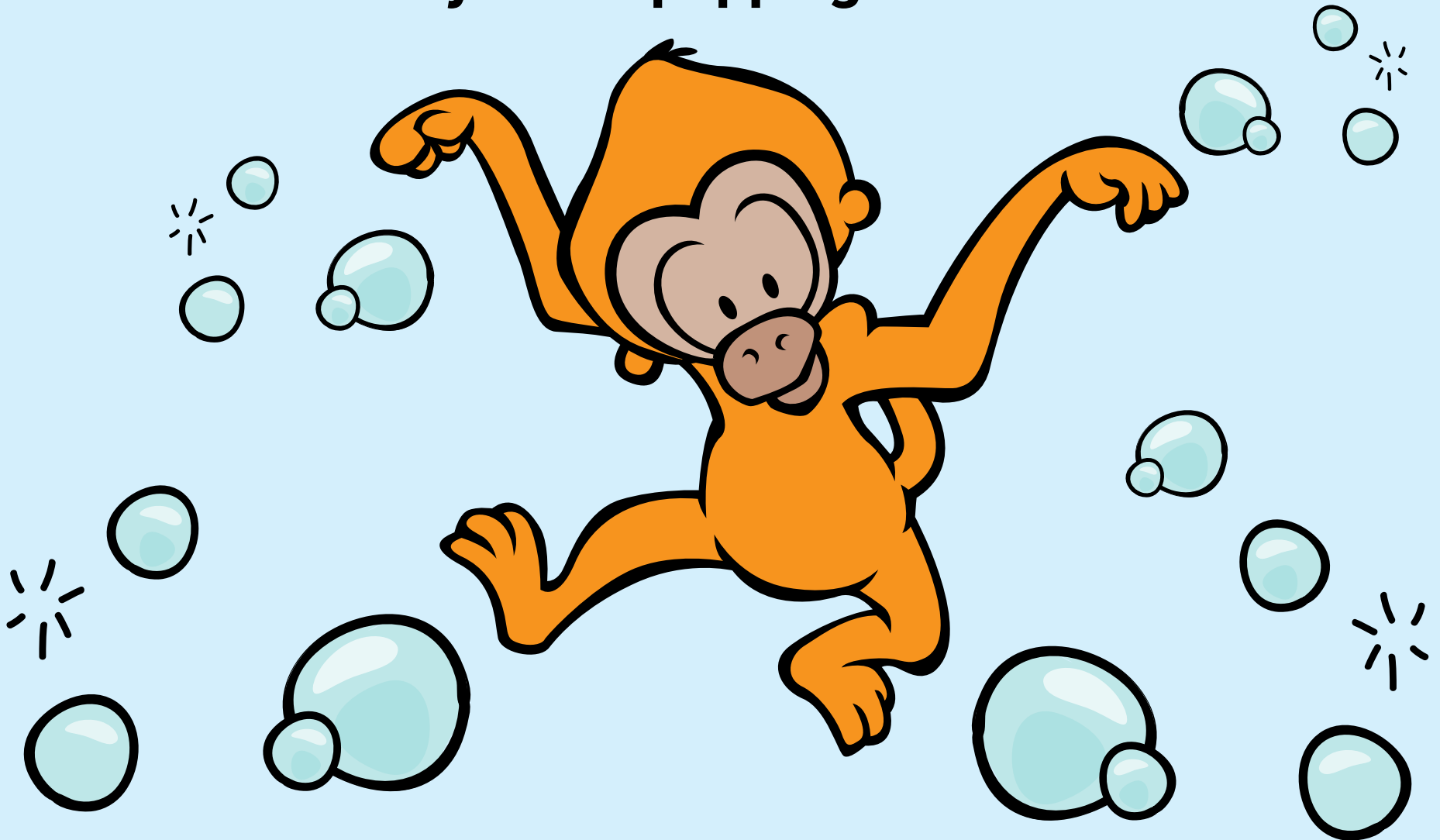
**The other day, I wanted to show  
my friends I missed them,  
so I made bubbles for them.**

**I dropped the bubbles off  
at their door with a note!**



Blue knows his friends will **jump**, **clap**, **kick** and **stomp** to pop all the bubbles before the bubbles hit the ground.

Can you **clap**, **kick**, **jump**, and **stomp** like you are popping bubbles?

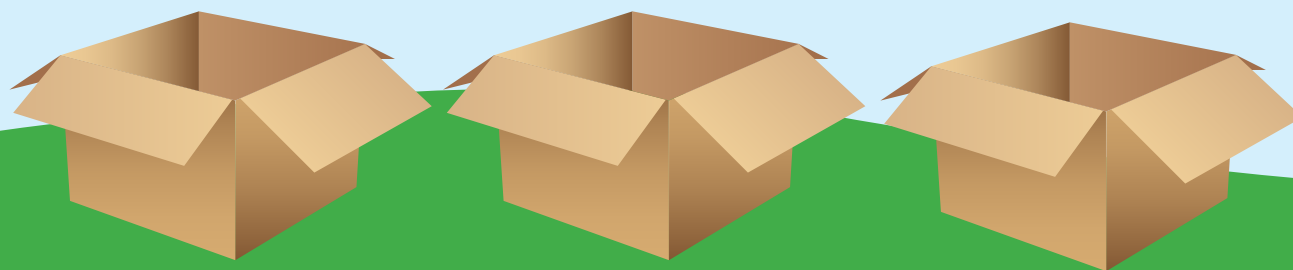




**Sometimes I get bored at home,  
so the other day I found some boxes  
and decided to be creative.**

**How many boxes do you see?**

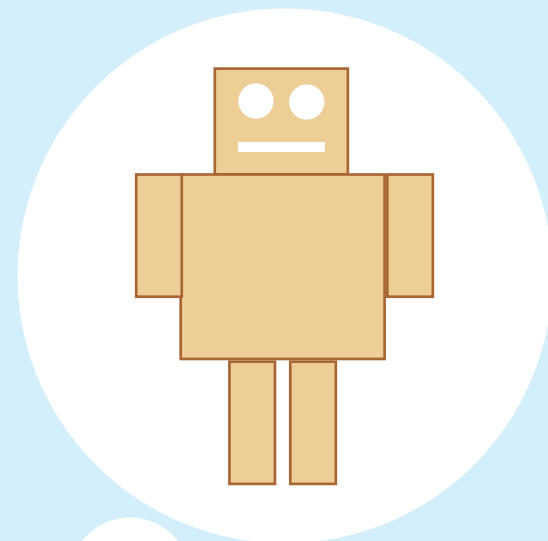
**What could you do  
with the boxes?**

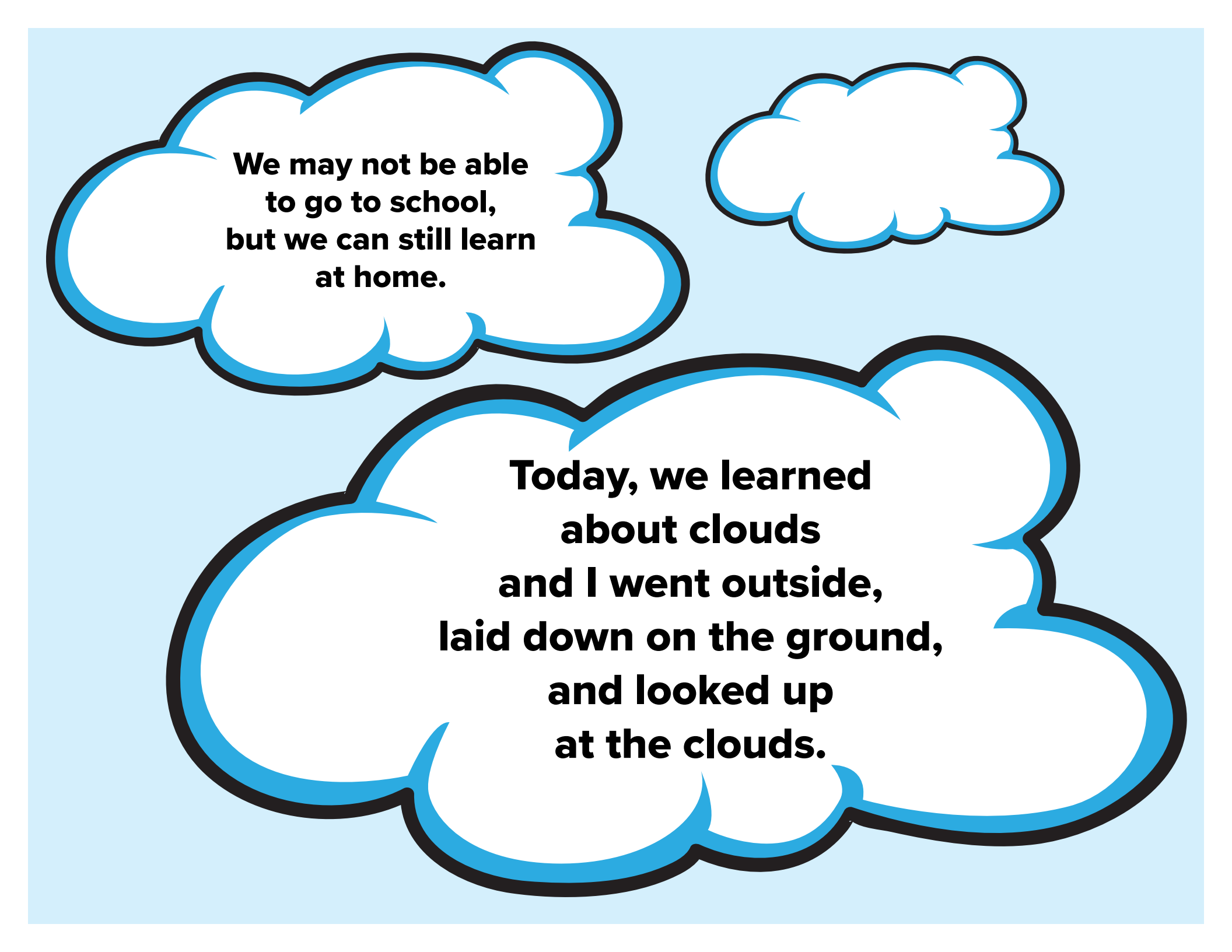


**1**

**2**

**3**





**We may not be able  
to go to school,  
but we can still learn  
at home.**

**Today, we learned  
about clouds  
and I went outside,  
laid down on the ground,  
and looked up  
at the clouds.**



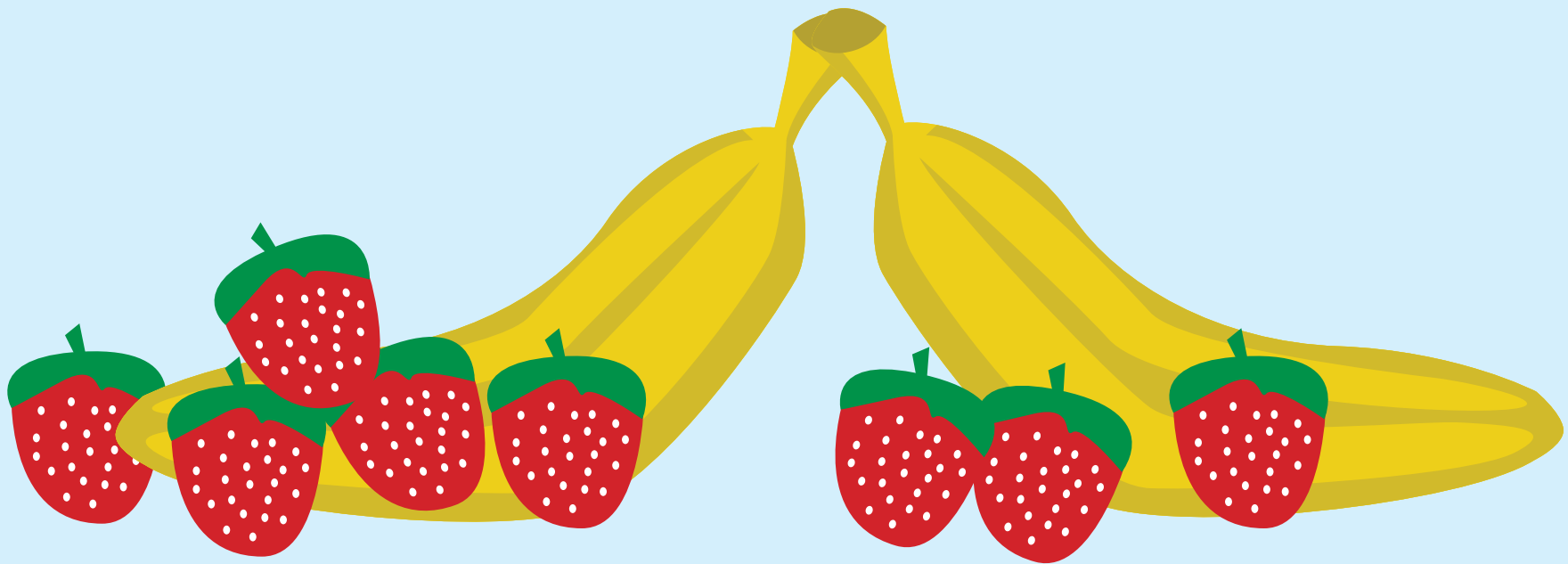
**Do you ever go outside and look up at the clouds?**

**Can you see what I see in my clouds?**

**Act out what you see!**

**Being at home so much,  
I am learning to make  
my own healthy snacks.**

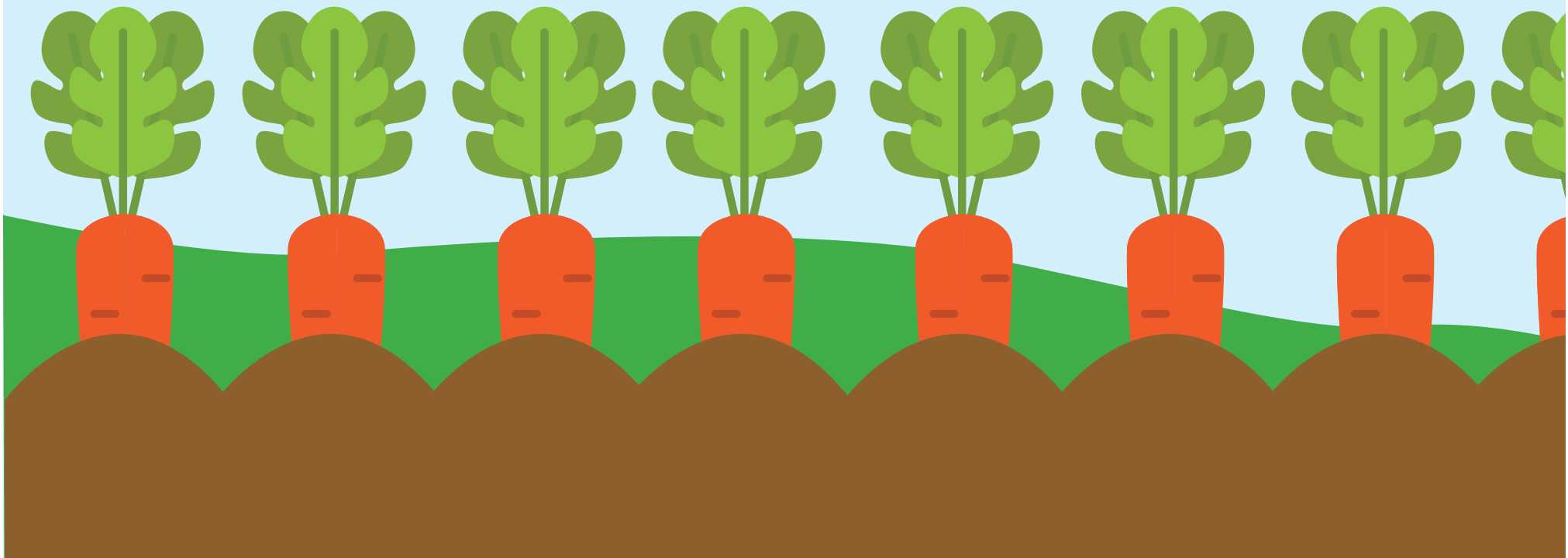
**What is your favorite healthy snack?**



**I also planted a vegetable garden in my backyard.**

**It was a lot of hard work to dig the holes  
for each plant, but so much fun.**

**Can you pretend to dig a hole?**



**People in my neighborhood have  
bears in their windows.**

**So each afternoon, my family  
takes a walk to count the bears.**

**How many bears do you see?**

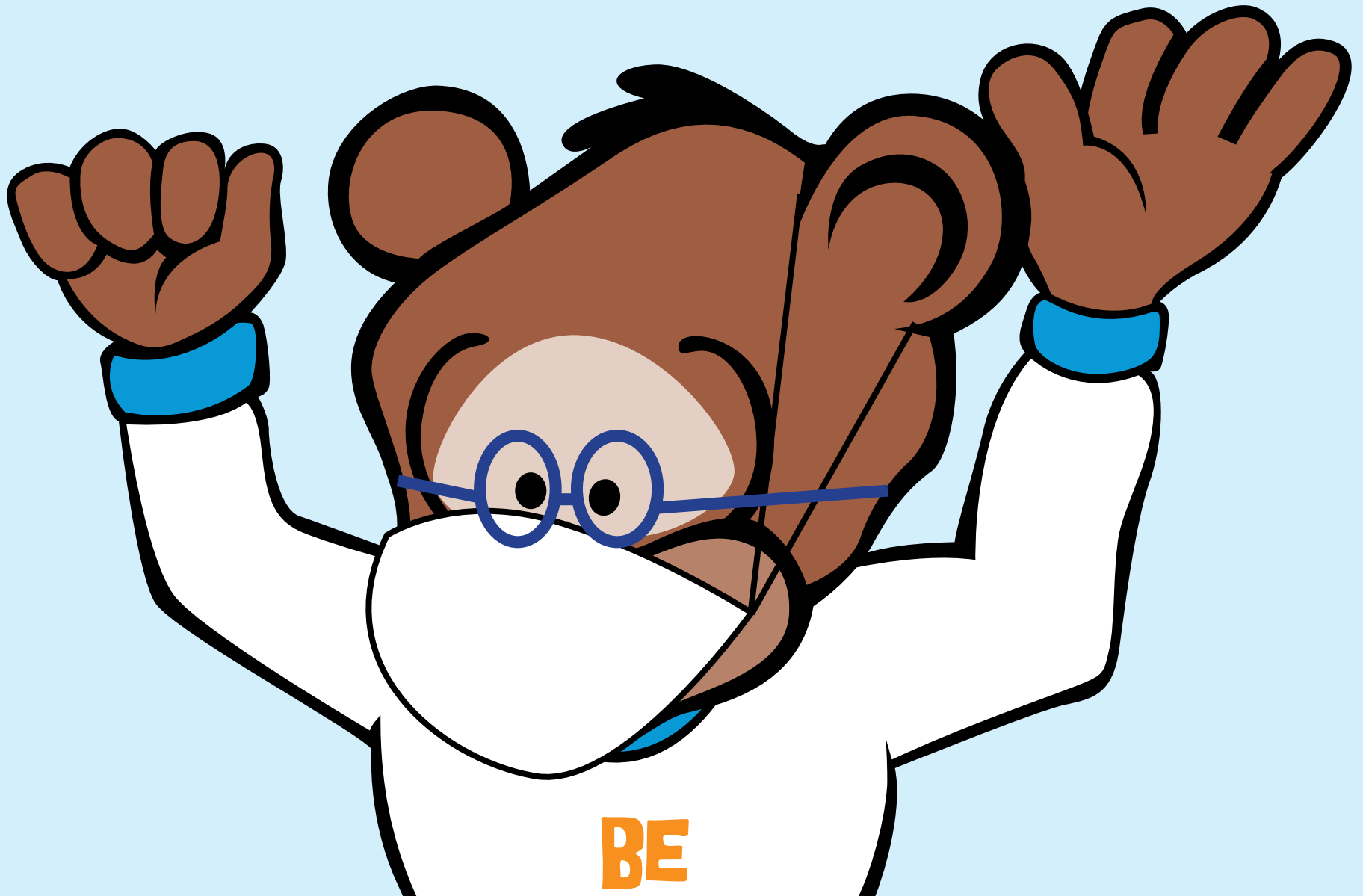




**When my parents go to pick-up groceries, they wear a mask.**

**At first, the mask scared me.**

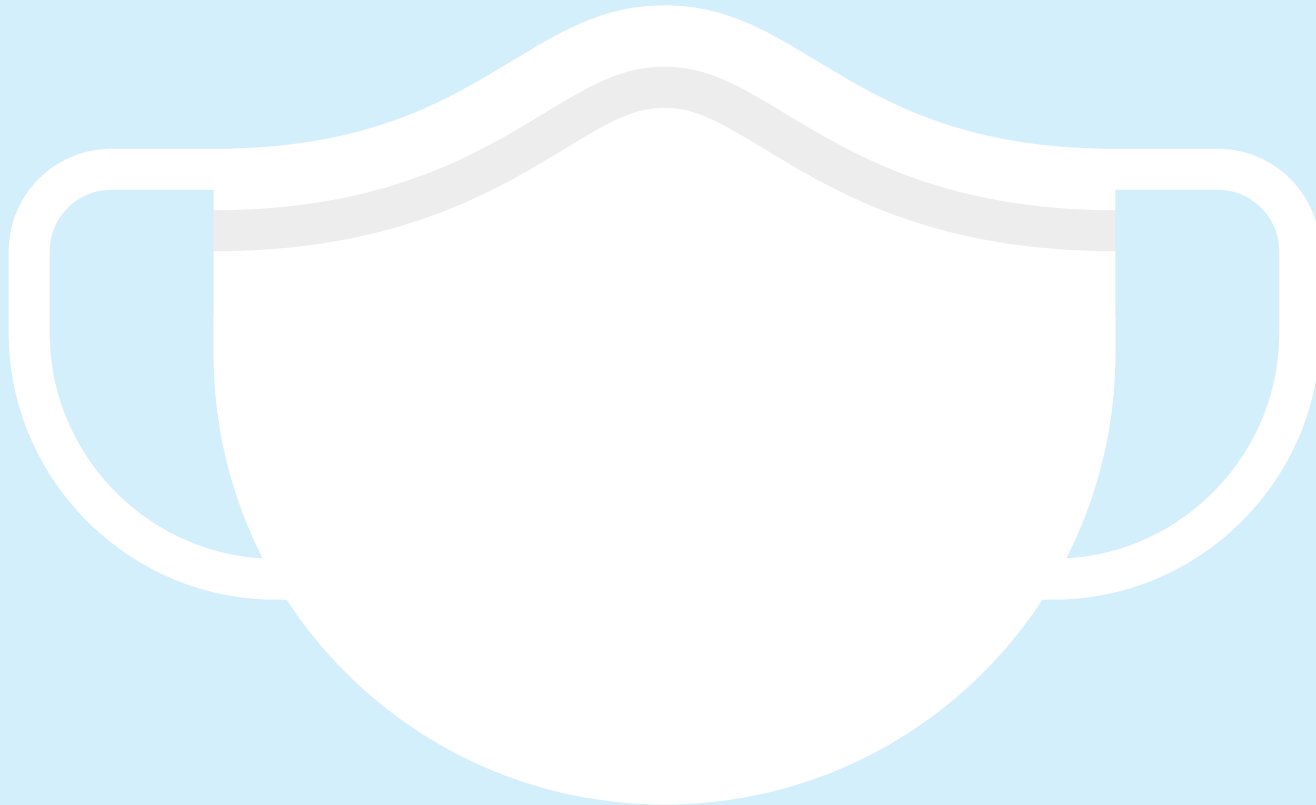
**I now understand they wear a mask to keep everyone healthy.**



# **Essential workers**

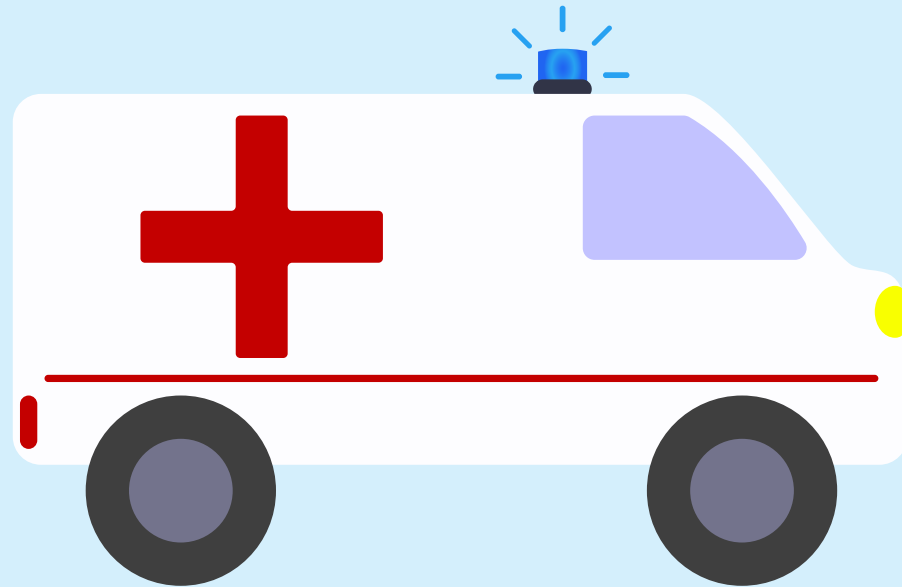
**need to wear a mask.**

**Essential workers work in grocery stores,  
childcare centers and hospitals.**



# Essential workers

in the hospitals are working  
very hard to help those who have  
the **COVID-19** virus feel better.



I want to help too, so some  
days when I am outside,  
I play like I am **stomping**  
out the virus.

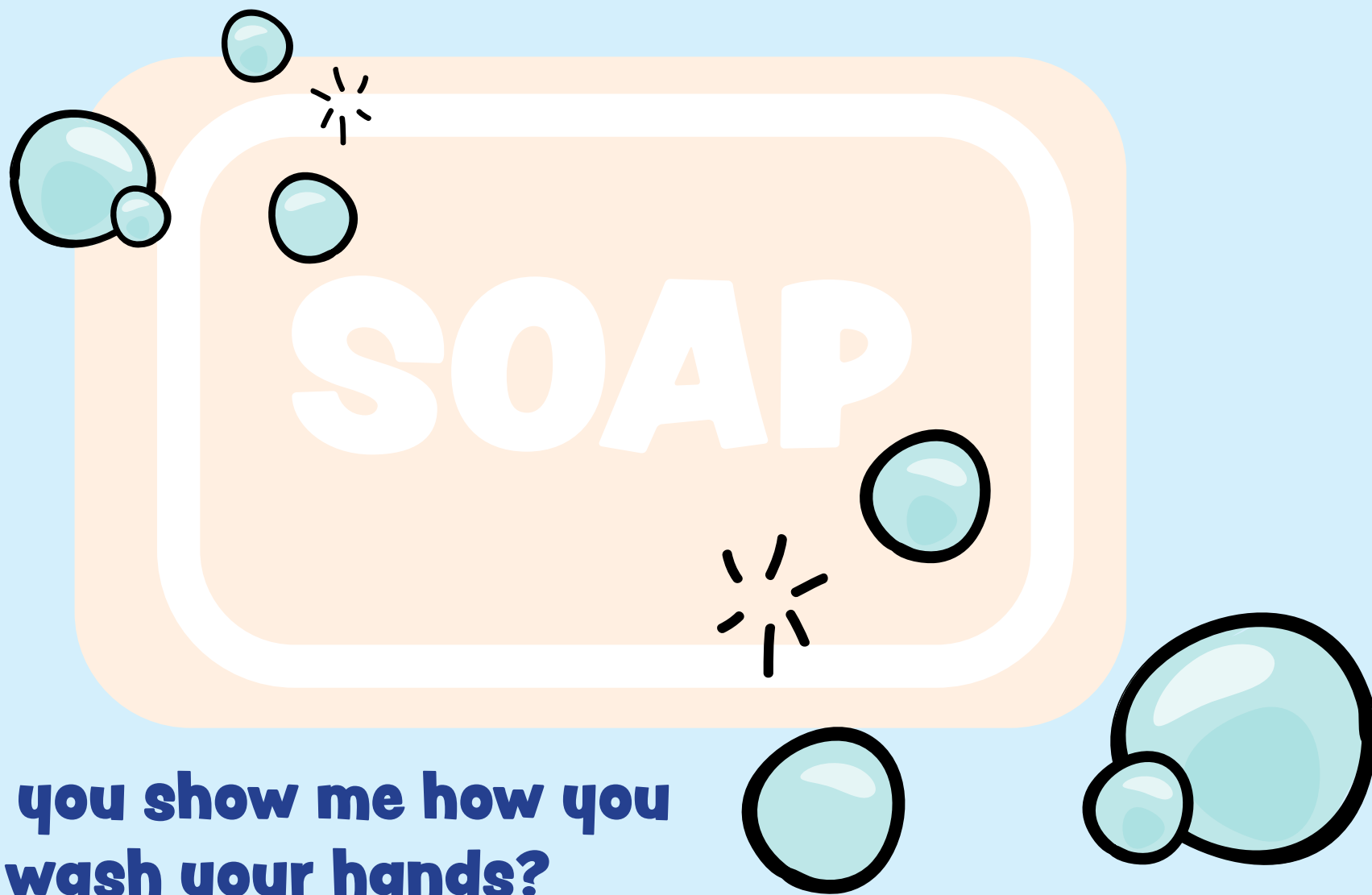
Whenever I see a weed on  
the ground, I **stomp** on it and  
pretend that it is the virus.

Can you move around  
and pretend to **stomp**  
on the virus?



**When I come inside from playing, I remember to wash my hands.  
I make lots of bubbles with the soap on my hand as I count to 20.**

**Then I rinse my hands in water.**



**Can you show me how you  
wash your hands?**

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**At night, I go to bed thinking  
about my friends and family.  
I am happy knowing one day we will be  
able to go back to school and to play with  
our friends and see our family!**

# Tips

- **While reading the story, talk about the characters emotions and feelings. Why is Blue feeling the way he is? How do you feel about what is going on?**
- **Practice early learning skills as you read. Count the objects on a page or talk about the sounds the letters make.**
- **Share tips, recipes and activities with families that they can share at home with their child.**
- **Discuss creativity.**
- **Discuss the importance of routines and consistency.**
- **Discuss family time and outdoor time.**
- **Talk about limiting screen time to two hours a day, but mention the appropriateness during this time to allow additional screen time uses such as playdates, activity videos, and education.**

# Definitions

- **COVID-19 or Coronavirus-** COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Doctors and scientists are still learning about it.
- **Shelter in Place-** to prevent the further spread of COVID-19 residents are required to stay inside and can go out only for necessities.
- **Social Distancing-** keeping space between yourself and other people outside of your home; 6 feet is the suggested spacing
- **Essential Workers-** employee that performs work involving the safety of human life and the protection of property (ex. Medical personnel, first responders, child care providers, grocery store staff, etc)



# Movement Activity

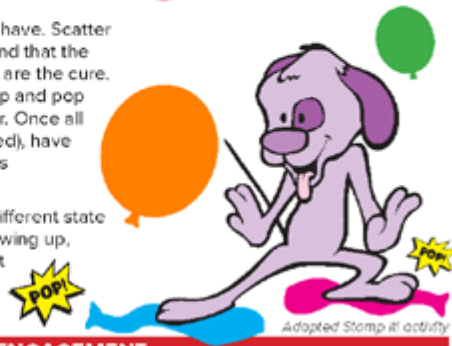
## STOMP OUT COVID-19!

**Materials:** balloons, pantyhose

**Age:** Preschoolers and older

**Directions:** Blow-up as many balloons as you have. Scatter the balloons around the house or room. Pretend that the balloons are the COVID-19 virus and your feet are the cure. Call out a color and allow the children to stomp and pop (eliminate) any balloon (COVID-19) of that color. Once all the balloons (COVID-19) are popped (eliminated), have the child/children pick-up the popped balloons (eliminated virus) and place them in the trash.

**Modification:** Every different color can be a different state to cure. Put balloons into pantyhose before blowing up, blow up and seal pantyhose to reduce contact with latex and reduce risk of putting broken pieces in mouth.



FAMILY ENGAGEMENT

## Coronavirus SMASH

**Materials:** Balloon/beach ball, stick, decorative materials, string

**Age:** Preschool

**Directions:**

1. Decorate a balloon/beach ball to look like the coronavirus cell.
2. Use string to suspend your coronavirus cell from a high place
3. Use your "cure wand" (stick) to strike the "coronavirus cell" (balloon/beach ball)
4. Continue until it is knocked off the string or smashed.

**Possible Modifications:**

- fill the balloon with difference items
- vary the height of the balloon/beach ball/container
- hang multiple balloons or objects

Please feel free to modify, make more appropriate, etc.



FAMILY ENGAGEMENT

# Recipes



**Dart's Dish** on healthy eating!

## Swing's Orange Shake

**Ingredients:** 1/4 cup orange juice concentrate, 1 cup low fat milk, 2 tsp sugar, 1 ripe banana

**Directions:** In a blender, combine all ingredients and blend until smooth. Makes two cups.

**Modification:** Substitute sugar with honey, Stevia, or other fruits. Combine pineapple concentrate or use only pineapple concentrate.



**Good Source  
of Vitamin C**

**FAMILY ENGAGEMENT**



**Dart's Dish** on healthy eating!

## Little Pizzas



**Ingredients:** 1/2 of an English muffin, 2 tbsp. pizza sauce, 1 Tbsp. shredded lowfat mozzarella cheese, sliced vegetables

**Directions:** Preheat oven at 425 degrees. Spread pizza sauce on muffin and top with cheese. Arrange vegetables on top in a fun design. Heat in oven for about five minutes or until cheese is melted.

**Modification:** Add other toppings to expand childrens tastes. Some easy starters include pineapple and grilled chicken.

**FAMILY ENGAGEMENT**

# Additional Resources:

**Answering Your Young Child's Questions About Coronavirus —**

<https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

**Helping Children Cope with Frightening News —**

<https://childmind.org/article/helping-children-cope-frightening-news/>

**What to Say to Your Child About the Coronavirus —**

<https://www.ahaparenting.com/blog/talking-with-children-about-the-corona-virus>

**How to Help Children Manage Fears —**

<https://childmind.org/article/help-children-manage-fears/>

**Tips for Calming Anxious Kids —**

<https://childmind.org/article/tips-calming-anxious-kids/>

**Anger, Sadness, Fear: Showing Our Emotions to Our Kids —**

<https://www.janetlansbury.com/2020/03/anger-sadness-fear-showing-our-emotions-to-our-kids/>

**Free downloadable picture book explaining coronavirus to kids and answering their questions —**

[https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus\\_ABookForChildren.pdf](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf)

**Kids Video Explaining Corona Virus —**

<https://www.youtube.com/watch?v=MVvVTDhGqaA&vl=en>

**Sesame Street Townhall with CNN —**

<https://www.cnn.com/2020/04/25/app-news-section/cnn-sesame-street-coronavirus-town-hall-april-25-2020-app/index.html>



# BE ACTIVE KIDS®

*Be Active Kids* is an award-winning program. This innovative, interactive health program for children ages birth to five is available to adults working in child care centers, child care homes, and schools across North Carolina. Its *evidence-based* and evidence-informed messages are carried out through five cuddly and adventurous *characters* including Blue the caring cub, Glide the bird, Swing the monkey, Leap the rabbit and Dart the dog. Using these characters as their guides, children can engage in playful experiences, interact with a story, explore their natural surroundings, and much more.

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