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Diane

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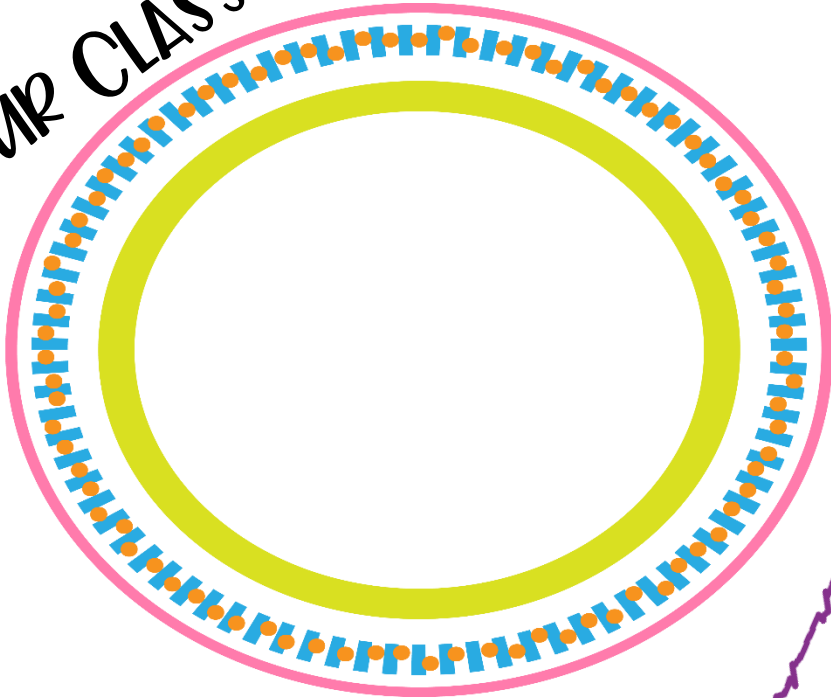
# This Is A Difficult Time, But We Are Going To Be Okay

(A Social Story About Dealing With The Covid 19 Pandemic)

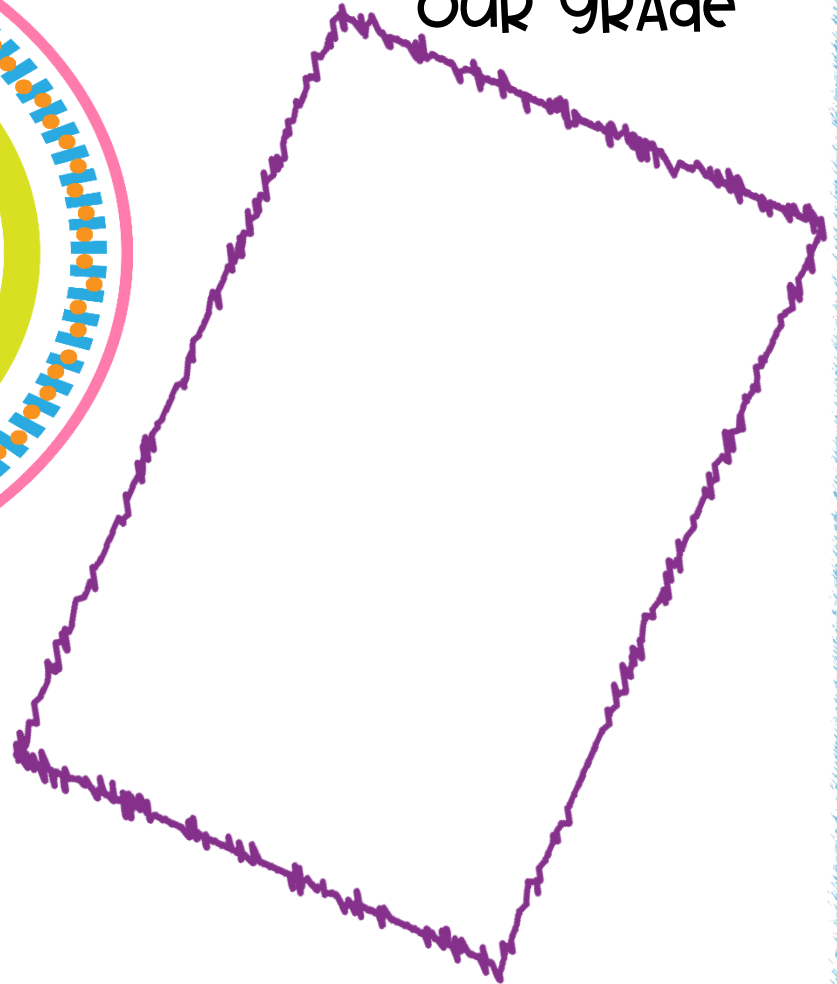


By One Giggle At A Time

OUR CLASS



our GRAde



our school

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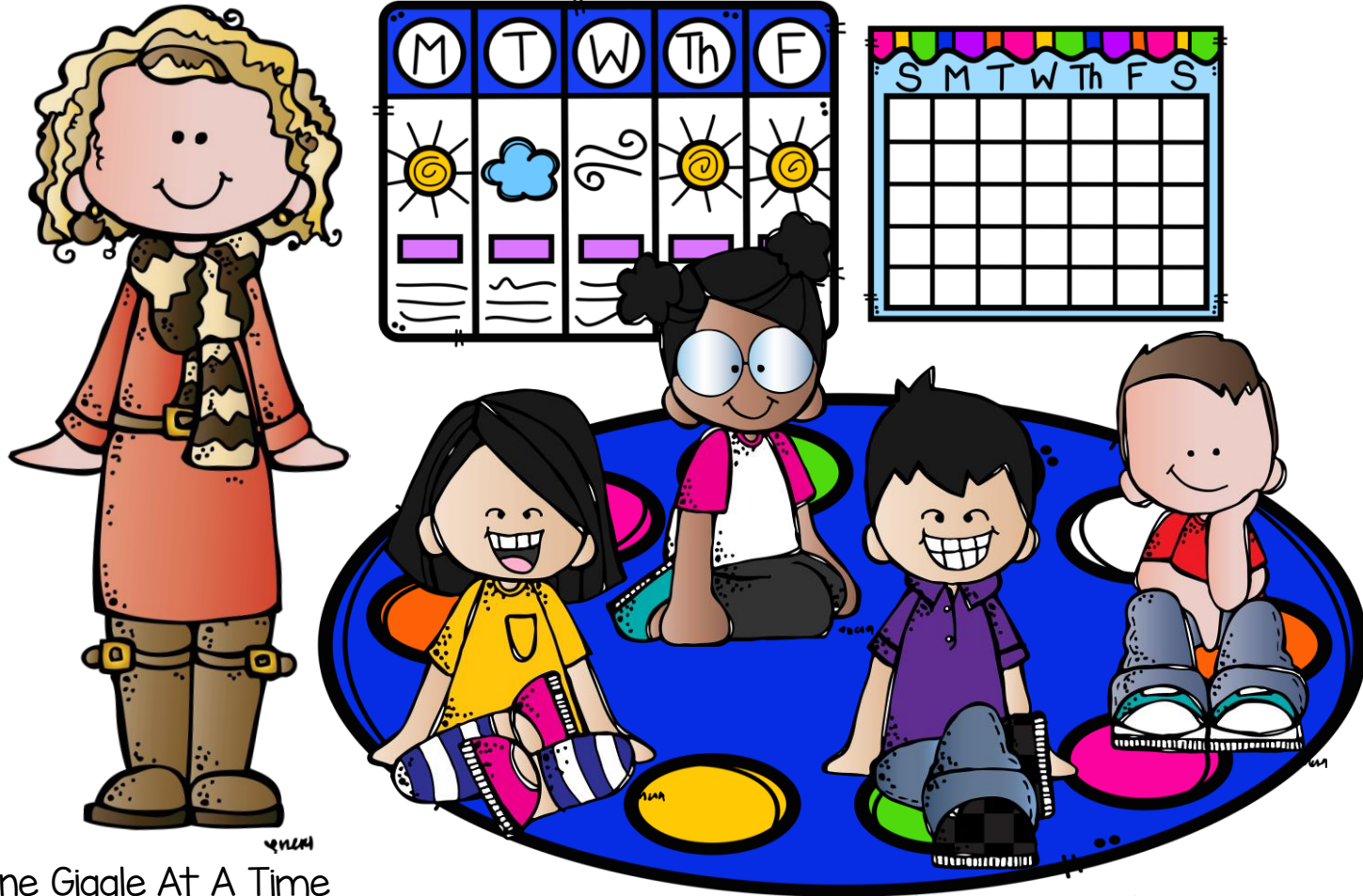
We used to spend most of our time  
inside our classroom learning.



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While we were there, we did lots of fun and interesting things together.

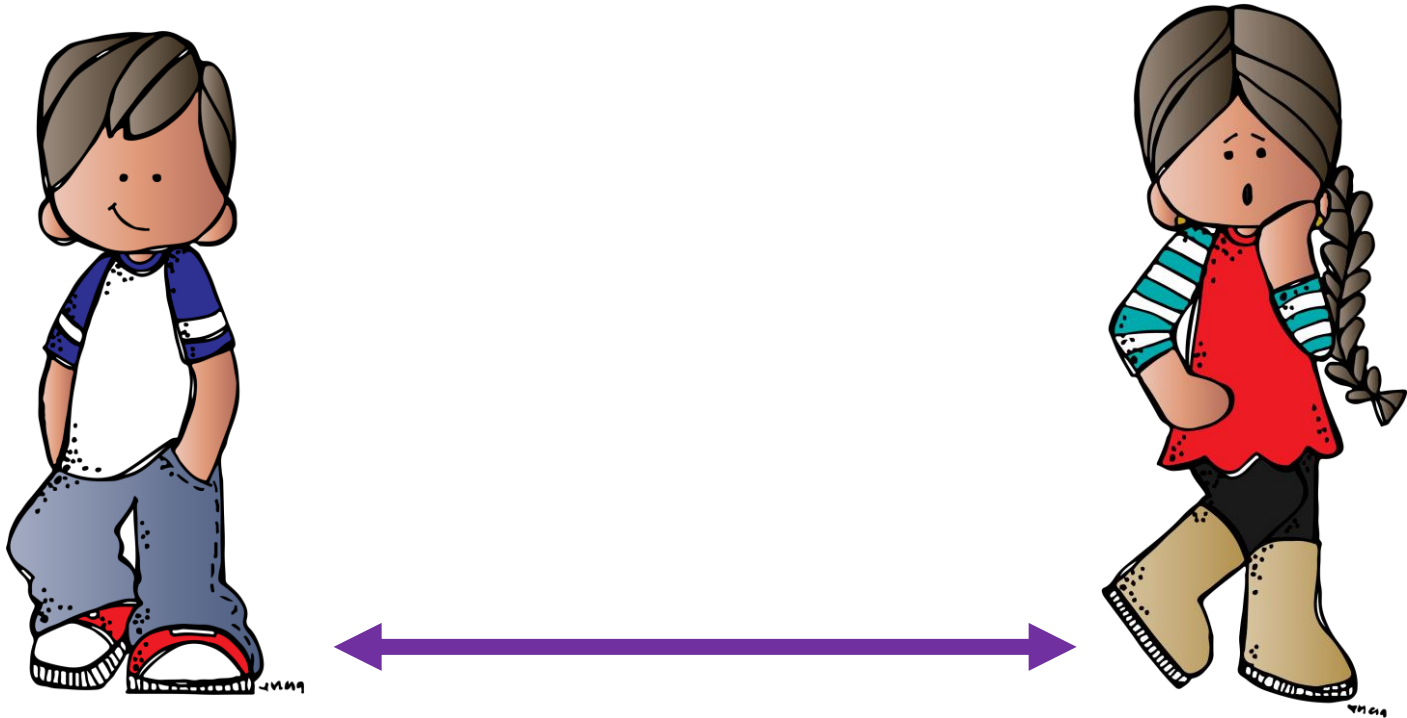


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But now the schools and many businesses are closed and we have to stay home. Businesses and schools are closed because there is a **pandemic**. A **pandemic** is when there is an outbreak of a disease that spreads all over the world.



We need to do things differently for a while, until this pandemic is over. One thing we need to do is practice **social distancing**. This means to stay at least six feet away from other people when we can so we do not spread germs.



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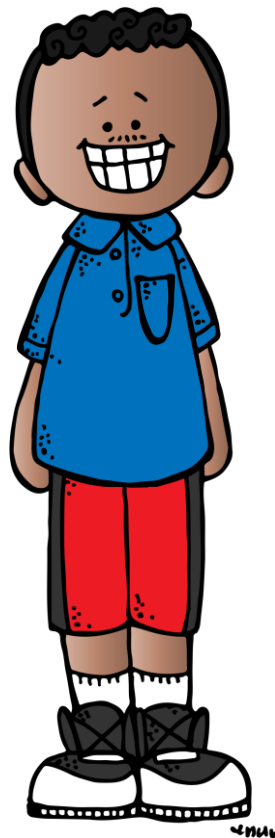
Another thing we need to do is to stay home if we are feeling sick.



We also need to wash our hands often and use hand sanitizer when we are not able to wash with soap and water.



Since the schools are closed, I am spending most of my time at home with my family.



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I miss my friends and my teachers very much. But I know we need to stay apart for a while so that we can all be safe.



While I am away from school I can do lots of things to keep growing as a learner.



If my school was set up for distance learning, then I  
may be doing online lessons with my teacher.





If my school sent home work for me to do during the pandemic then someone in my family may be able to help me complete that work or I may need to do that work on my own.



If my school was not able to send home work for me to do during the pandemic then I can continue growing as a learner by doing things like:

▶ reading

▶ Writing

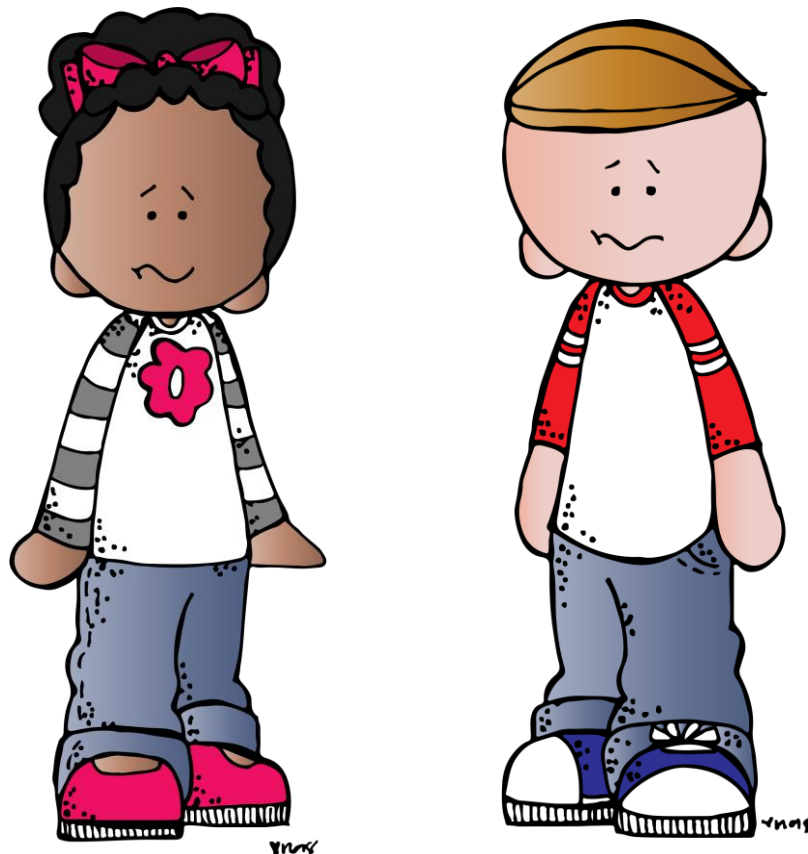
▶ Practicing  
math facts

▶ building  
puzzles

▶ listening to  
family members  
read

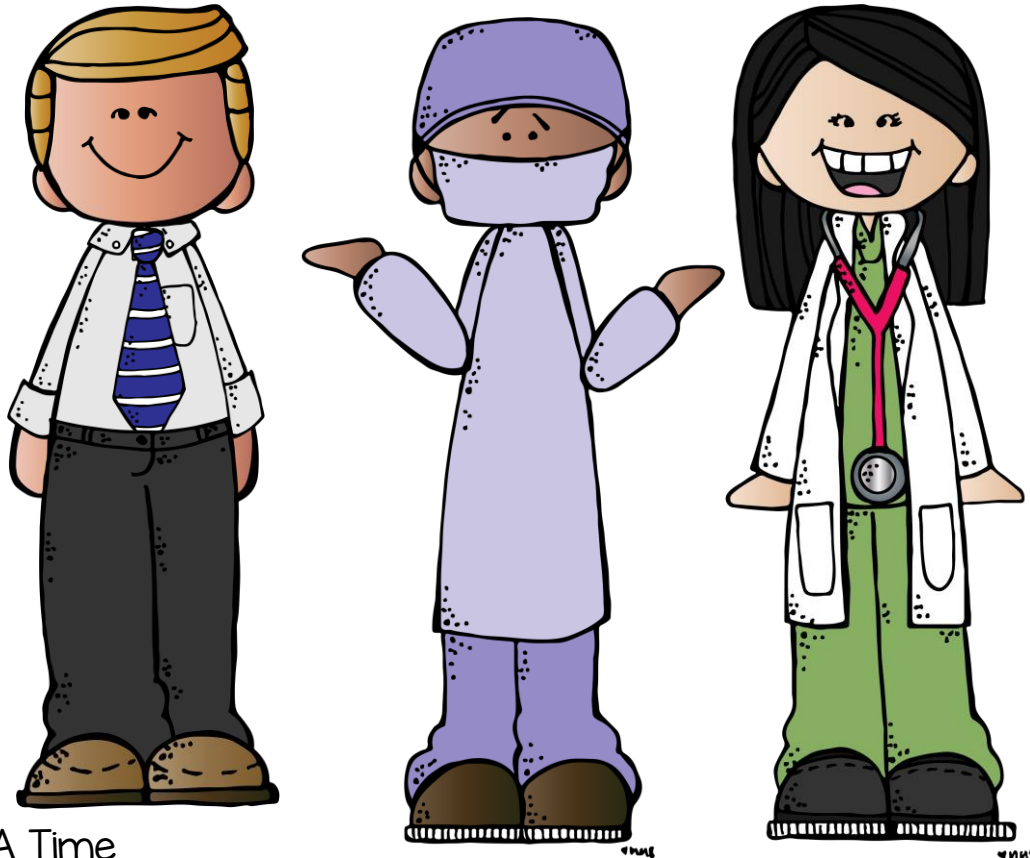
▶ Playing board  
games with my  
family

Sometimes during this pandemic I feel scared or worried. It is normal to have these feelings because this is something that has never happened before.





But I need to remember that the grown ups in the world are doing their best to fix things and make them right. I have to leave it up to the grown ups to take care of this situation.



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I know this is a difficult time in the world right now, and even though I may not like the way things are, I need to do my best to help keep my family and friends healthy and safe. I know there will be a day that we will all be back together again doing all the fun things we used to do.



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**Why social stories? Social stories provide instruction on positive, appropriate social behaviors that today's students are so often lacking. These are especially useful for students with autism, and behavior disorders, but all students can benefit from their use.**


**There are many ways the social story This Is A Difficult Time, But We Are Going To Be Okay can be used in your classroom:**

-  You can print it out, laminate it, bind it together as a book, and use it as a Read Aloud for the entire class.
-  Or, you can show it on your Smart Board, or project it onto a board or screen with your document camera.
-  When using This Is A Difficult Time, But We Are Going To Be Okay as a whole class Read Aloud, you will want to use it in the first weeks of school with repeated readings. (REPETITION is the key!)


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You can also print out and laminate each page individually, and then use them as reminder/focus cards for key problems your students may still be having with their behaviors. (i.e. you may want to review page 7 of the book, if students are still struggling with that behavior, and then display the page in the classroom, as a reminder to the students that the class is focusing on that particular behavior.)



You can print out individual copies of the story for students who need more repetitions and rereadings. They can keep theirs in a folder and reread as needed, to help them to remember the appropriate social behaviors.



You can print out multiple copies and use as a guided reading group or a shared reading.



You can print it out and laminate it, and keep a copy in your classroom library.



You can print it out, laminate, and use as a bulletin board display.

<https://www.teacherspayteachers.com/Store/One-Giggle-At-A-Time>



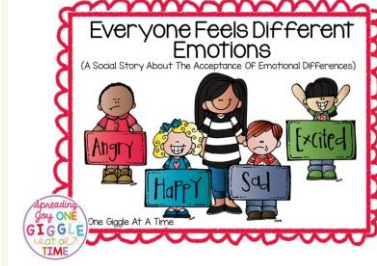
# You may be interested in these additional resources:

## SOCIAL STORY Germs

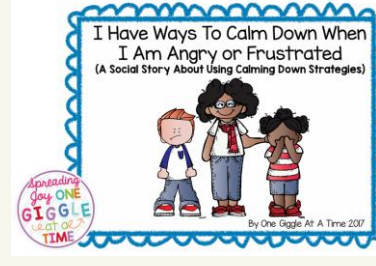


## SOCIAL STORY feelings

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## SOCIAL STORY When I Am Frustrated



## SOCIAL STORY Problem Solving



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