



COVID-19 Resources for Kids & Parents

Videos on our YouTube channel

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Visit our YouTube channel to find all of the following videos in our new playlist titled **“COVID-19 Resources for Kids & Parents”**

Puppet Shows

Charlie Wears a Mask

Charlie the Dog is confused about how to wear a mask. Should he wear it as a headband? Or as a blindfold while he plays a game? Luckily, Mr. Jim is here to show Charlie how to wear a mask correctly so we can all have fun and be safe!

Maybelle Defeats the Coronavirus

Maybelle the Mouse is practicing her karate kicks so she can defeat the coronavirus! Even though karate is great, Ms. Sarah lets Maybelle know that the best way to defeat the coronavirus is actually by wearing a mask and washing your hands.

Coyote Learns to Wash His Hands

Coyote is touching his food with unwashed paws! Ms. Sarah explains to Coyote that washing our hands is one of the best ways to stop the coronavirus, and that we should do it often.

Sarah and Mousey Brown Talk About COVID-19

Ms. Sarah's friend Mousey Brown is very nervous. The coronavirus is causing everything to be different! She is especially nervous about wearing masks, but luckily Ms. Sarah has some advice to help Mousey Brown feel better.

Movement Videos

Managing Stress through Movement

Managing Your Stress and Your Child's Stress through Movement

Michelle LeBlanc, lecturer of dance at the University of Arkansas, offers parents a variety of breathing and relaxation exercises to reduce stress. While these techniques can be used in tandem with children, Ms. LeBlanc also demonstrates some fun and silly ways for kids to manage stress on their own through movement.

Songs

If You're Healthy and You Know It, Wear a Mask!

If you're healthy and you know it, wear your mask!
If you're healthy and you know it, wear your mask!
If you're healthy and you know it and you really want to show it
If you're healthy and you know it, wear your mask!
If you're sick and you know it, stay at home!
If you're sick and you know it, stay at home!
If you're sick and you know it, please don't come over and show it
If you're sick and you know it, stay at home!

Staying Safe Isn't Hard to Do (to the tune of "Twinkle, Twinkle Little Star")

Times are different, yes it's true
But staying safe isn't hard to do
Wash your hands and mask your face
Spread your arms and give friends space
I'll think of you, please think of me
Let's show love for community

We can show our friends our love
Even if they're wearing gloves
Air hugs, thumbs up, wave hello
All work when you come and go
Times are different, yes it's true
But staying safe isn't hard to do

This is the Way We Wash Our Hands (Version 1)

This is the way we get some soap, get some soap, get some soap. This is the way we get some soap, so we can be all clean!
This is the way we scrub our hands, scrub our hands, scrub our hands. This is the way we scrub our hands so we can be all clean!
This is the way we rinse them off, rinse them off, rinse them off. This is the way we rinse them off, so we can be all clean!
This is the way we pat them dry, pat them dry, pat them dry. This is the way we pat them dry, so we can be all clean!

This Is the Way We Wash Our Hands (Version 2)

This is the way we wash our hands, wash our hands, wash our hands.
This is the way we wash our hands, so everyone stays safe.
This is the way we put on our mask, put on our mask, put on our mask.
This is the way we put on our mask, so everyone stays safe.
This is the way we make some space, make some space, make some space.
This is the way we make some space, so everyone stays safe.
Either back away from person, some steps to the side, or spread out arms with steps to the side

Tops and Bottoms (Washing Our Hands)

Tops and bottoms, tops and bottoms
In between, in between
Scrub them all together, scrub them all together
Now we're clean, squeaky clean

The Itsy-Bitsy Spider Puts on Her Little Mask

The itsy-bitsy spider puts on her little mask
It keeps the germs away, in case you need to ask
She knows that masks keep all of her friends safe
So the itsy-bitsy spider has a smile on her face!

I'm a Little Mask

I'm a little mask for boys and girls
I go over your mouth and nose
If you want to keep friends safe
Please keep me on your face