Pictures by Carolyn Yonkers - Written by Rivka Hodgkinson

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This coloring book colored by:

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Beautiful Books for Children
10937 Two Trax Trail

West Olive, MI 49460

www.BeautifulBooksforChildren.com

Illustrator: Carolyn Yonkers, www.ArtbyCT.com

Author: Rivka Hodgkinson, www.MeetRivka.com

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A message from the creators:

We are in challenging times. This coloring book represents a collaborative effort by sisters to spread goodness in the world.

Everyone deserves good things to help relieve their stress right now! So, we are making the full coloring book available for free download at www.BeautifulBooksforChildren.com.

You can also purchase this and other coloring and children's books. When you do, you help us be able to continue to create positive resources for kids and kids at heart.

While this book is written with children in mind, we are hoping that the information and joy of coloring is something that all ages will enjoy!

With love,

Carolyn and Rivka

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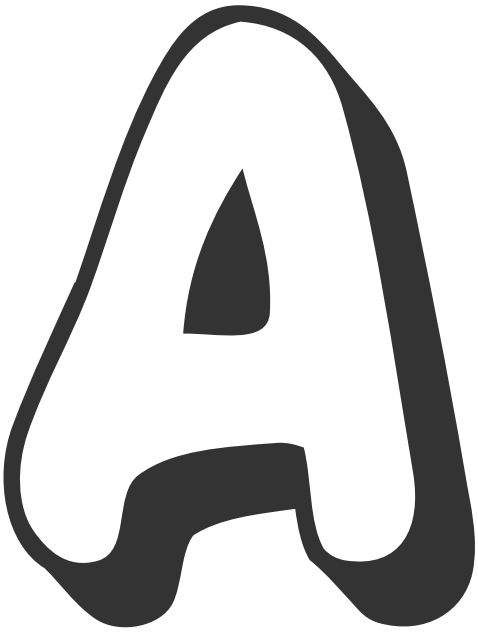

Always

Always wash your hands after you have been outside, if you use the bathroom, when you sneeze or cough, before you eat, or if you touch something that came from outside.

Washing your hands is one of the best ways to keep all kinds of illness and germs from spreading.

When you wash your hands use warm water and soap. Scrub for at least 20 seconds. Sing a song like the "A, B, C" song to make sure you are washing them for long enough.

Don't forget to wash under your fingernails, between your fingers, and past your wrists!

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Be nice!

It can be hard to be nice to others when you feel stressed, scared, angry, or sad. Even when you feel these big emotions you can still choose to be kind to others. Remember when you are feeling difficult emotions to:

Stop.

Breathe.

Think.

When you do, it will be easier to be nice to others with your words and your actions.

What can I do to be nice to someone today?

_____

_____

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Be
Nice

Coronavirus

Coronavirus is a virus that causes the disease COVID-19. There are other coronaviruses that cause other diseases like SARS and MERS.

When someone is sick with COVID-19 they may have symptoms like a fever, a cough, or feel very tired. Most people who are sick will get better, but for some people the disease can be very dangerous. That is why we should all work to help keep the germs from spreading.

Some people are carry the coronavirus without feeling sick at all or knowing they are carrying it. We all must follow the rules to keep everyone safe.

If you think you have it, you should call your doctor. The only way to know for sure is with a test.

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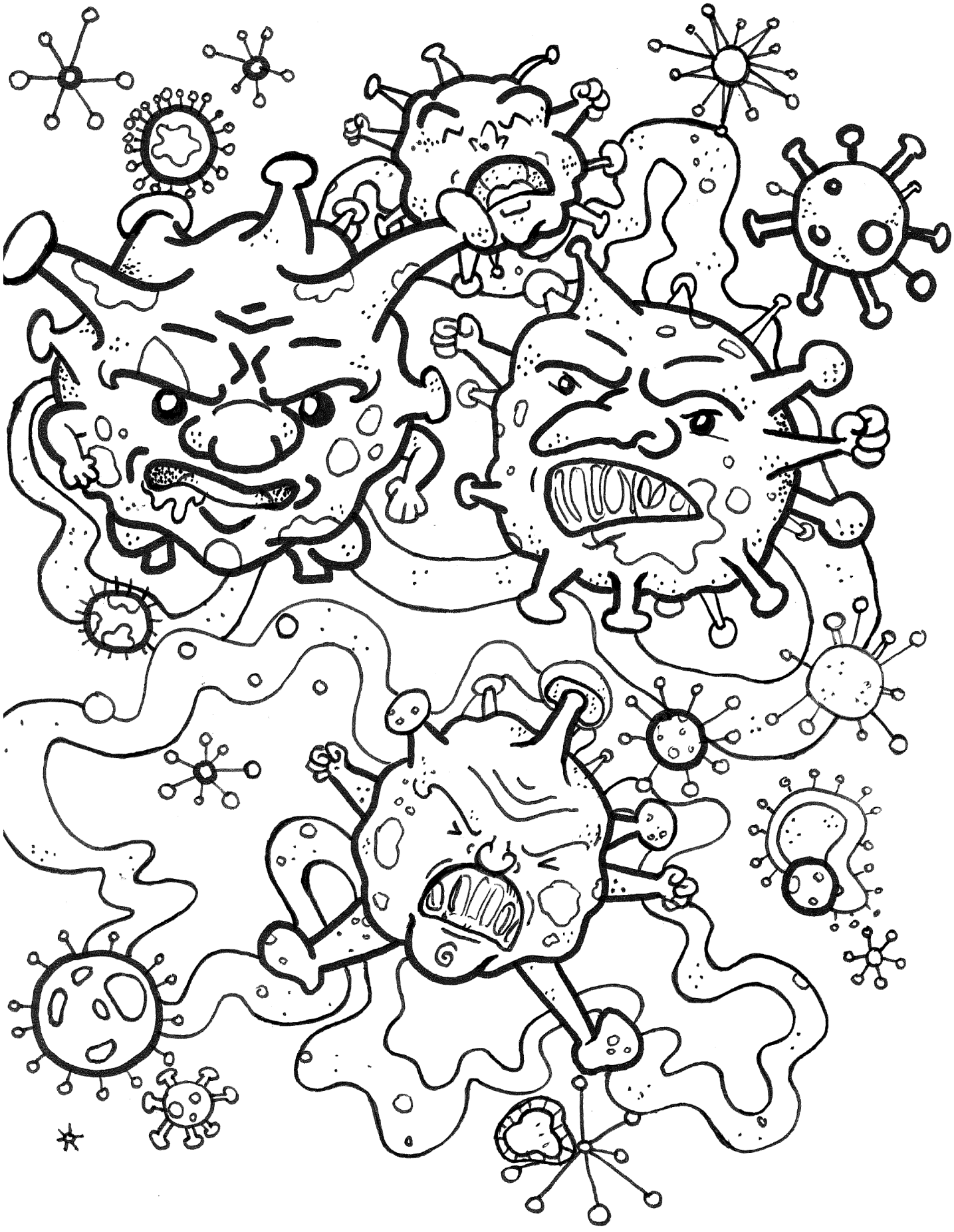

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Distance

When you leave your house it is important to stay at least 6 feet away from other people who do not live with you. If you took 6 large steps that would be about 6 feet.

Distance works to help us stay healthy because the virus can only travel from one person to another by being close to each other. We can pass it when we touch one another, and through breathing, coughing, or sneezing.

Objects can also transfer germs if two people touch the same thing. That is why we should always wash our hands if we touch something someone else might have touched.

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Exercise

Exercise is a great way to keep our bodies healthy and strong all the time. Because we are distancing you might be getting less exercise right now. This could be because you are not playing on playgrounds, going to the gym, or participating in sports.

You can still have fun and get your body moving at home. Take a walk outside, do yoga, try counting how many push-ups you can do, or stretch to the sky and touch your toes.

Exercise will make your body feel good and can help you feel happier too.

An exercise I want to try is:

_____

_____

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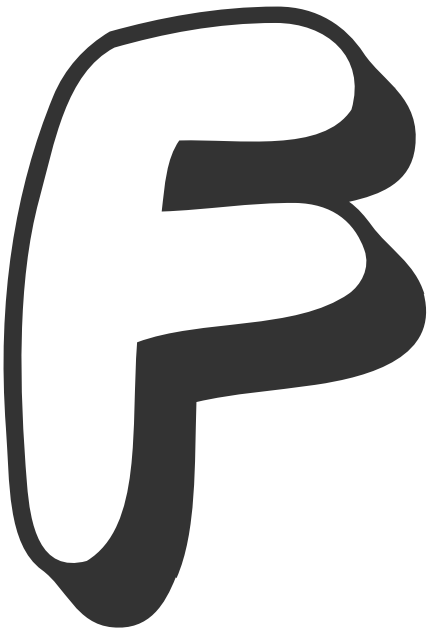

Family

You might not be used to spending so much time with your family. While you might miss your friends or your normal routine, this is the perfect time to enjoy extra family time together.

Try having a board game night or read stories aloud to each other. You could also bake a new dessert.

Another idea is to ask your parents or other adults in your home to tell you things they enjoyed doing when they were kids.

What do you and your family like to do together?

_____

_____

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Grandparents

Grandparents and people who live alone might be feeling extra lonely right now. Sending a letter or a card might help to brighten their day.

Everyone needs to know they are loved!

You can tell them about your day, draw a picture, or ask them questions so they can write back to you.

Two people I want to send cards or letters to are:

_____

_____

Ask the adult in your home for help finding the address and a stamp!

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Home

When you stay home and only see the people you live with you help stop the spread of germs.

If you think you might be sick, you should not go out at all. Can friends or family drop off what you need? They should leave items outside of your house without coming inside.

If an adult needs to go to the store to get essentials like food, they should wear a mask and remember "D" distance and "A" always wash your hands when you get home!

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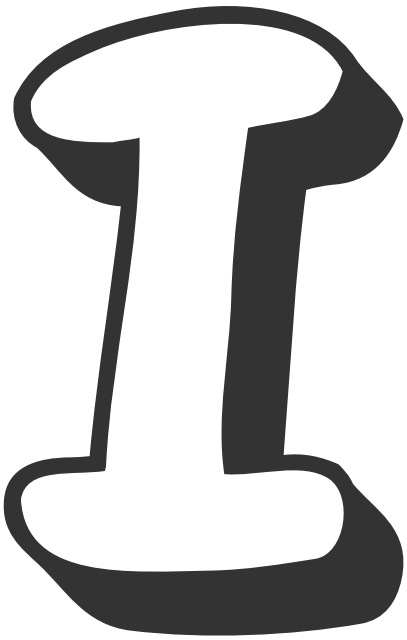
STAY
HOME



Imagination

No matter what, you always have your imagination with you wherever you are.

Some people use their creativity to draw, make music, or create art.

You can also be creative by coming up with unique ways to help others, thinking of fun things to do at home, and solving problems.

You can start using your imagination by coloring this page! No matter how many other people color this page, none will look exactly like yours.

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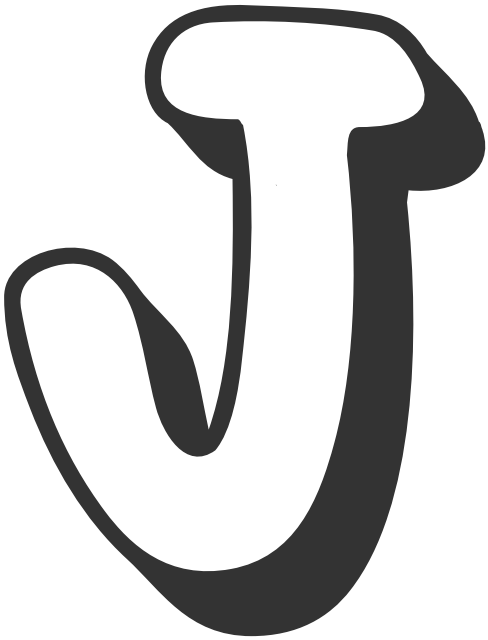

Journal

Have you ever been to a museum about things that have happened in the past? Did you see letters and journals written by people about the time they were living? Keeping a journal will save your memories for the future too.

Writing your thoughts is also like exercise for your brain. It can help you to sort out your emotions and describe what you are feeling.

What kinds of things do you want to write about?

_____

_____

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Keep your hands...

Keep your hands away from your face!

Why is this important? Germs like coronavirus spread most easily from and to our eyes, nose, and mouth.

When you are outside of your home, you can protect yourself and others by remembering to not touch your face.

When you get home always wash your hands!

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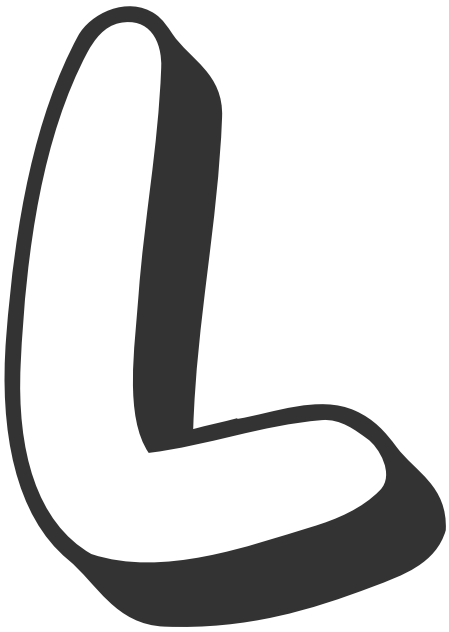

Listen

We need to listen to the scientists as they learn more about coronavirus and COVID-19. That way we know more about how to keep ourselves and others healthy. Since this is a brand new disease we are learning more all the time.

You should also listen to your parents, teachers, and people who love you. They will help you figure out what to do to stay healthy and if you get sick.

Not everything everyone says is true. We need to listen closely before deciding if it is true or not.

Some people I can trust are:

_____

_____

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Listen

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Masks

Masks are another way to protect us from the spread of germs. They keep the virus from getting in our mouth or nose. If we are sick, they keep the germs from traveling from us to others.

There are special masks for doctors, nurses and other emergency workers. Since they need the special masks, it is best for us to wear other masks. For example you could wear a cloth mask and might be able to make it at home.

We should wear our masks whenever we go out of our house where there are other people.

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Nurse

Nurses and doctors are working extra hard right now to take care of sick people. They might look different when wearing their masks, but they are people just like you and me.

They get tired and need extra help too. If you know a doctor or nurse make sure to say thank you for all the things they are doing right now.

Places I can send a thank you card for doctors or nurses are:

_____

_____

_____

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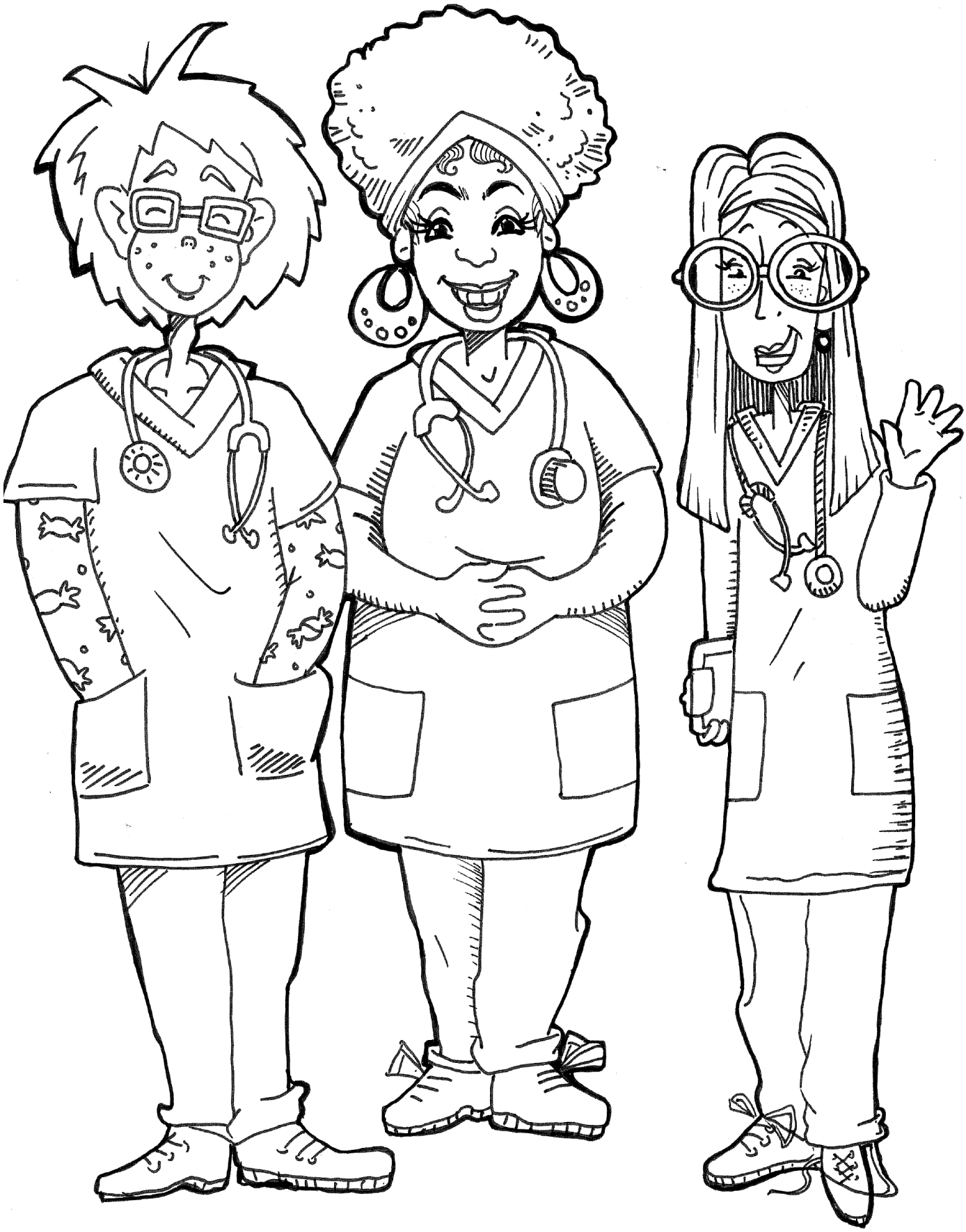

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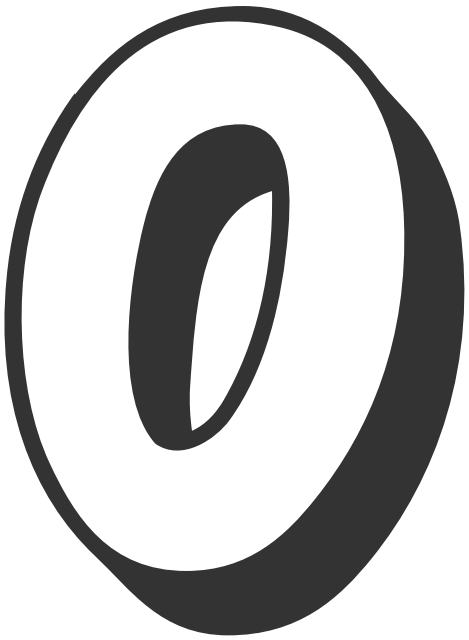

Organize

Do you have extra time now? What a great opportunity to get organized!

Start with your room. Are there things you don't need or use anymore? Do you know where to find everything? Do you like the way it looks?

If your room is clean see what other areas of the house you could get neat and organized. Maybe a closet or drawer? Use your imagination to design something to be better than it is now.

You can use things you already have. For example, you could decorate a box to store things on a shelf.

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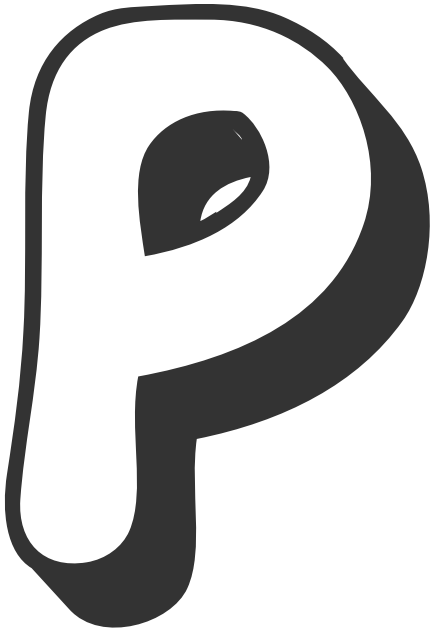

Phone calls

Another way to stay connected with the people you love and miss is through phone calls.

Talking on the phone is fun, but you could also video chat on your phone or tablet. Then you can see each other too. Which is your favorite?

Think about people who might be lonely and see if they want a phone call. Make sure to get permission from an adult first.

Some people I can call are:

_____

_____

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Quarantine

If you or someone in your house is sick with suspected COVID-19, then everyone in the house should quarantine. That means everyone in the house should stay home completely in case they are carrying the virus without knowing it.

The person who is sick will need a special quarantine space to stay completely alone. They should stay in their own bedroom or another room that is just for them.

Do you have more than one bathroom in your house? You can keep germs from spreading from one person to another by having healthy people use one bathroom and the sick person use another one.

Make sure to follow the doctor's orders and stay in quarantine until it is safe.

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Quarantine

Read

Reading is a fun way to spend your time. And it has a lot of other benefits too!

For example, reading can reduce your stress, teach you new words, help you learn to be a better friend, give you a better memory, make you an improved thinker, and keep your brain young longer. That is pretty amazing don't you think?

All those words really do add up. If you read for only 30 minutes a day for a year you could read over 2 million words!

The next book I want to read is:

_____

_____

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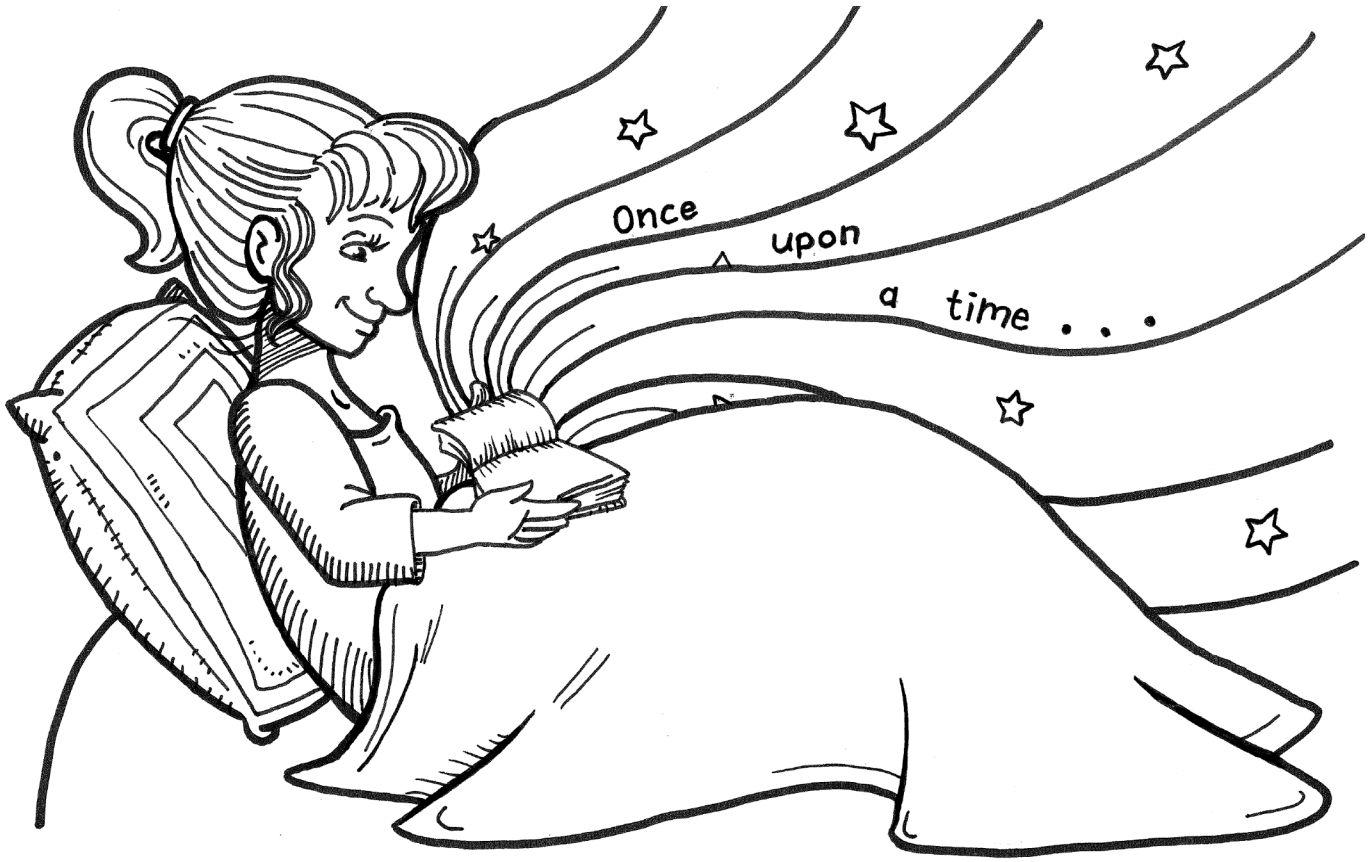

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Sanitize

Sanitize means to clean completely to get rid of germs. Clean surfaces carefully to make sure there are no germs.

Use a surface cleaner and cloth to wipe everything. You can use fabric cloths if you wash them in the washing machine immediately afterward. This can help save paper. You can also use paper towels.

Pay special attention to the surfaces you touch a lot like doorknobs, light switches, and handles. Also, sanitize the bathroom and kitchen every day.

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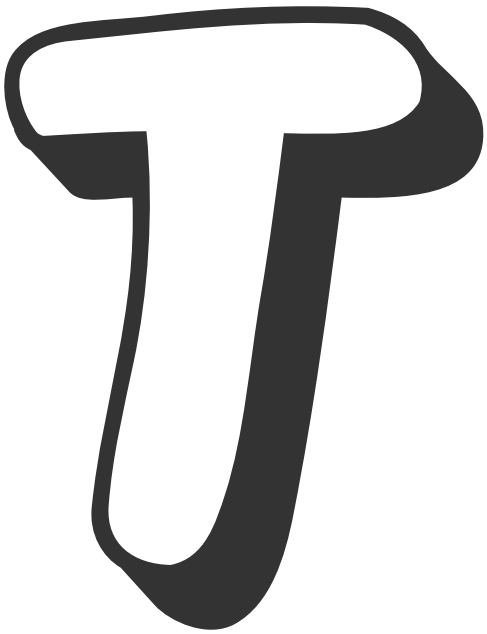

Teamwork

Teamwork means working together. When we choose to help each other it makes life easier for everyone.

There are lots of ways that we use teamwork every day. For example, keeping each other healthy, helping around the house, and reaching out to others to help them feel less lonely. We can also use teamwork to find ways to continue to learn and grow even though we are not going to school.

Ways I show teamwork now:

_____

_____

New ways I want to use teamwork:

_____

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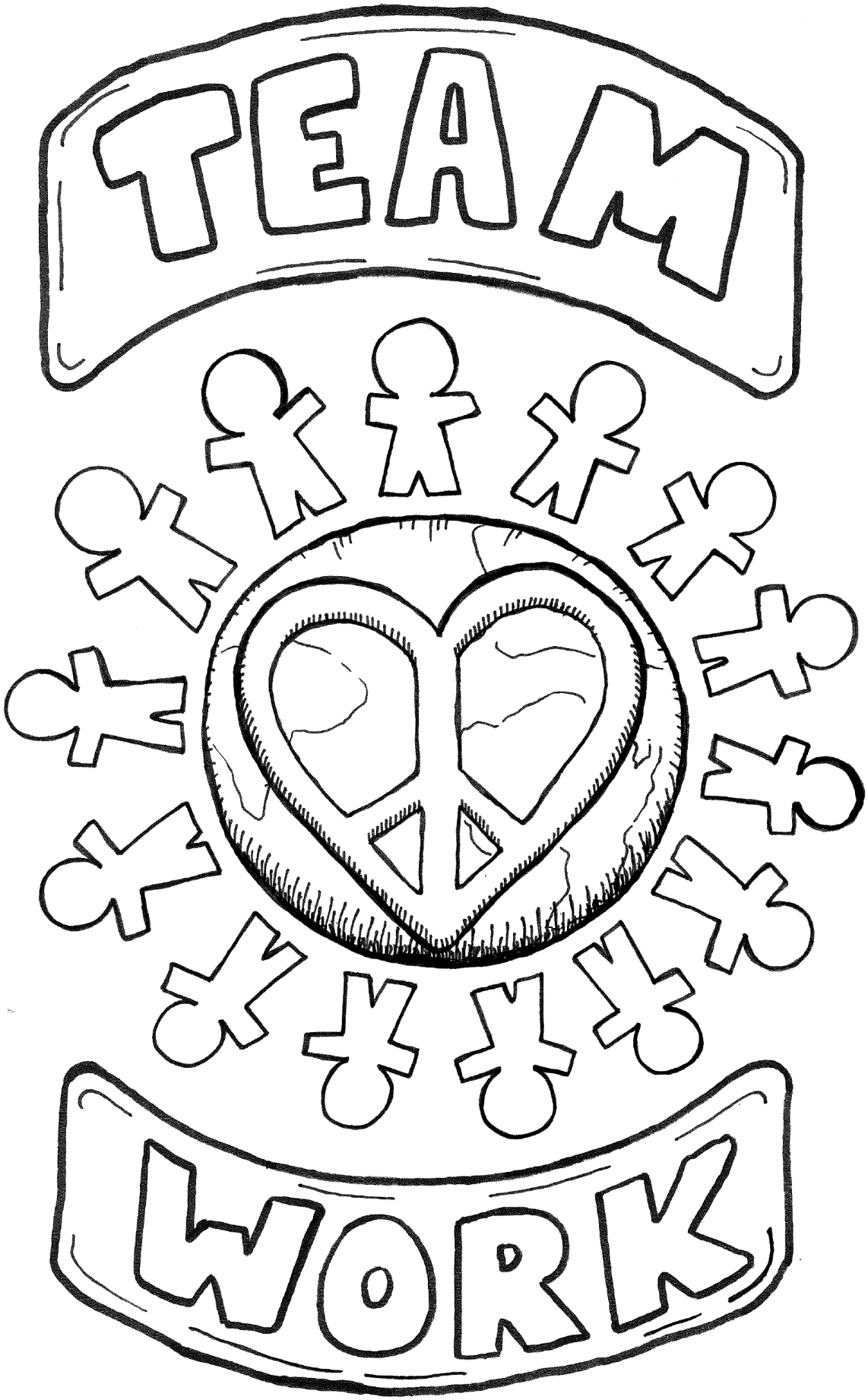

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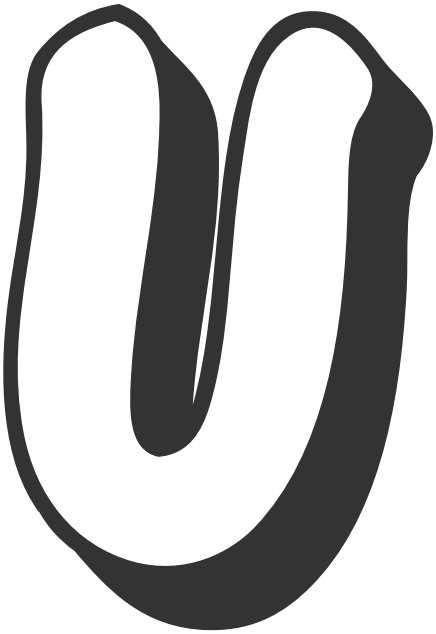

Understand

With all the things changing around us it can take time to understand what we need to know.

When there is something you don't understand you should ask questions from a trusted adult to learn more.

I have questions about:

_____

_____

A good person to answer these questions would be:

_____

_____

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Vacuum

Vacuum, sweep, mop - don't forget to keep the floor clean.

Your shoes can track in lots of dirt and germs from outside. In fact, some scientists have done studies that show you could have 421,000 different types of bacteria on your shoes. That's a lot!

Take your shoes off at the door and keep those floors clean.

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Work from home

Some people are doing their jobs from home right now. Are the adults in your house working from home? Are you doing schoolwork at home?

"Be nice" by being respectful and quiet when others are working. Try to use your imagination to solve problems on your own before you ask for help.

When you are working or doing schoolwork it can help to have a special place and time set aside. Even a corner or a box for the things you need is helpful.

I can help myself and others get work done by:

_____

_____

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EXpect things to get better!

No matter how scary things are, it is helpful to look forward to things getting better in the future.

We need to work together, give each other lots of love, be hopeful, and be positive. The ideas in this book may help!

You are never alone even when it might feel that way. If you are having trouble feeling hopeful or feel eXtra sad, talk to someone you can trust.

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You matter

Lots of people love you and want you to be well. You can make a difference in the world by the choices you make. You are the only one of YOU!

You might not always feel that way, but there are many things that make you unique.

What is one thing that makes me special?

_____

_____

If you are struggling to fill this in, ask someone who loves you to give you ideas. Bet you they can come up with lots!

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Zzz

Getting plenty of sleep is another way to keep your body and mind healthy and strong.

If you are having trouble sleeping, you can try doing something to relax your mind - like coloring this page!

Things that help me get a good night's rest are:

_____

_____

_____

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