



A children's book about COVID-19



Today's a little scary
Especially for Heather,
But her Daddy says, "Don't worry,
We're all in this together."



Today, the schools are closing,
And Cleo learns at home.
She can sleep in later, but
She feels a bit alone.



Today is Grandma's birthday.
Oh, how Derrick wants to visit!



But the TV says, "Don't leave!"
So, Derrick has to miss it.



Today is hard for Roger.
His Mommy's gone to work.



Sick people might be coming—
Roger's worried she'll get hurt.

Today, the house is crowded.
Janie's parents have been fired.



They're yelling and they're fighting.
Her stomach growls; she's tired.



Last week, Mike's Auntie had a cough. Her fever kept on growing.

She was taken by an ambulance. Mike can't visit where she's going,



Right now, the world is different
And a lot is going on.
It's hard to focus on the future
When something feels so wrong.



And yet...



Today, the weather's gorgeous,
Mina runs around the yard.

Once she's done, she'll wash her hands.
Practicing safety isn't hard!

AHH
CHOO!



Today might not be normal,
But Sam can do his part
If he coughs into his arm
And stays six feet apart!



Today, José can't
hug his friends,
But calls and
letters can.



It's hard to not
be near them,
But he'll soon
see them again!

un dibujo del sol.
porque mamá dice
que te gustan los
días soleados.



Today, you can feel angry.



Or confused or sad or fearful.



But there's always reason left to smile,



Celebrate,
and be cheerful.



Today is still like other days.
There's love, and joy, and fun.
Even when we're socially distant,
We're still here for everyone.



Tomorrow isn't far away,
The next day comes soon after;
Each day will bring us closer to
Our normal life and laughter.

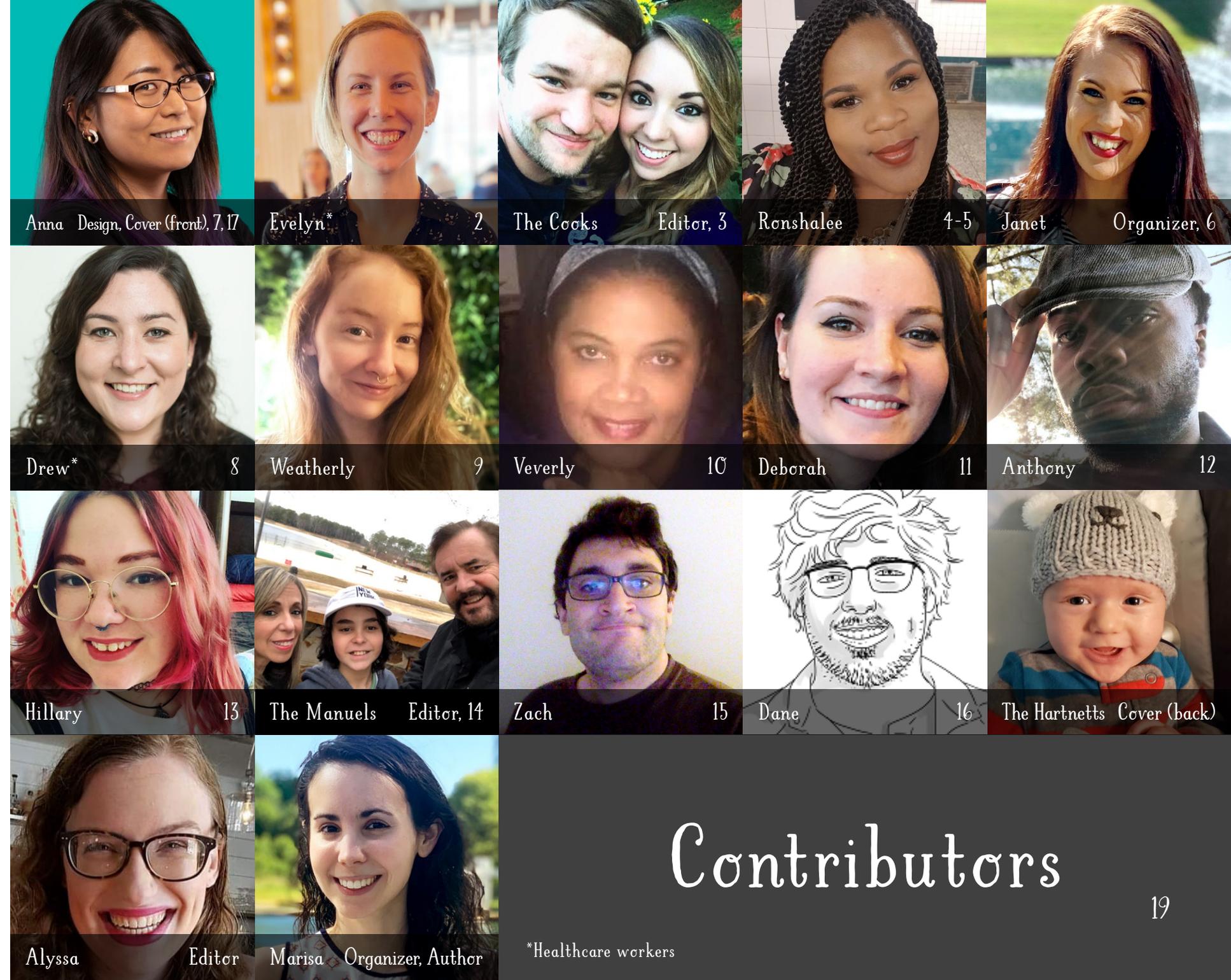


The End

WHY WE CREATED THIS BOOK

This book was illustrated by artists, teachers, parents, healthcare workers, children, and many others who have been affected by COVID-19. We made this book in order to show children that they're not alone in their feelings and to offer hope amidst the fear. Even when things are at their darkest, there's always good to be found, and there are always others around to help you. We may be socially distant, but we can still keep in touch, create, and find joy.

We'll get through this pandemic together. Tomorrow is on the horizon. And every day is one day closer to a new and better normal.



Contributors

*Healthcare workers

