

# I AM SO LOVED: A COVID-19 STORY FOR CHILDREN FROM LOVED ONES

**In response to the COVID-19 pandemic, many people are sheltering in place with their immediate families. This means socially distancing from other loved ones, including friends and some family members. For children, separation from loved ones can be difficult. This printable story explains why we can't see our loved ones right now and reassures children that they are still loved.**

Developed by Conscious Discipline Certified Instructor Abbi Kruse, this story uses reassuring language and colorful illustrations to explain a difficult topic in a way that children can understand.

Separation from loved ones can be difficult, especially for young children who do not fully understand COVID-19 precautions. This story reassures children that even though they aren't able to visit each other, their friends and family still love them deeply. It also uses simple language to explain why people are staying apart, especially those who are at higher risk from COVID-19. This combination of age-appropriate information, the reassurance that they are still loved and the understanding that they will be reunited when it is safe helps soothe big feelings like fear, anxiety, sadness and anger.

Remember, too, that reading a story can always represent a precious moment of connection. Be present as you read the story with your child, enjoying your time together. Connection translates into increased cooperation, willingness, and impulse control. During these unprecedented times, connection with our loved ones is more valuable than ever.

# I Am So Loved

## A COVID-19 Story for Children from Loved Ones



Created by Abbi Kruse, Conscious Discipline Certified Instructor



# My family and friends love me so much!



# But, they can't visit right now.



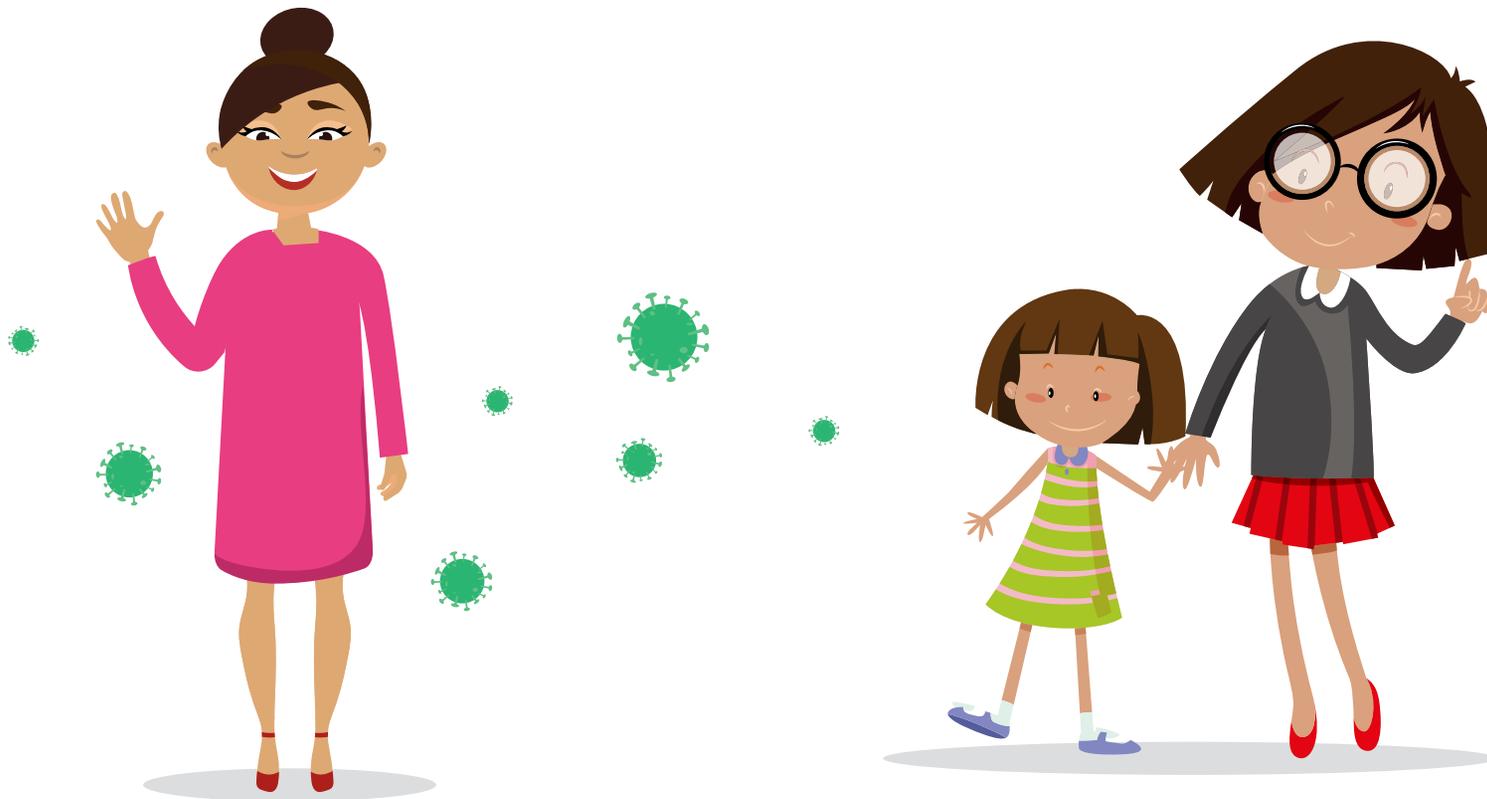
**There is a virus going  
around that can make some  
people very sick.**



**Other people  
get the virus  
and don't have  
any symptoms.**



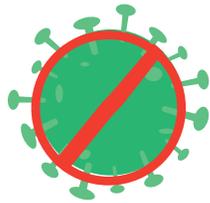
**This means that even if  
someone feels fine, they can  
give the virus to others.**



# Senior citizens are at risk for getting very sick.



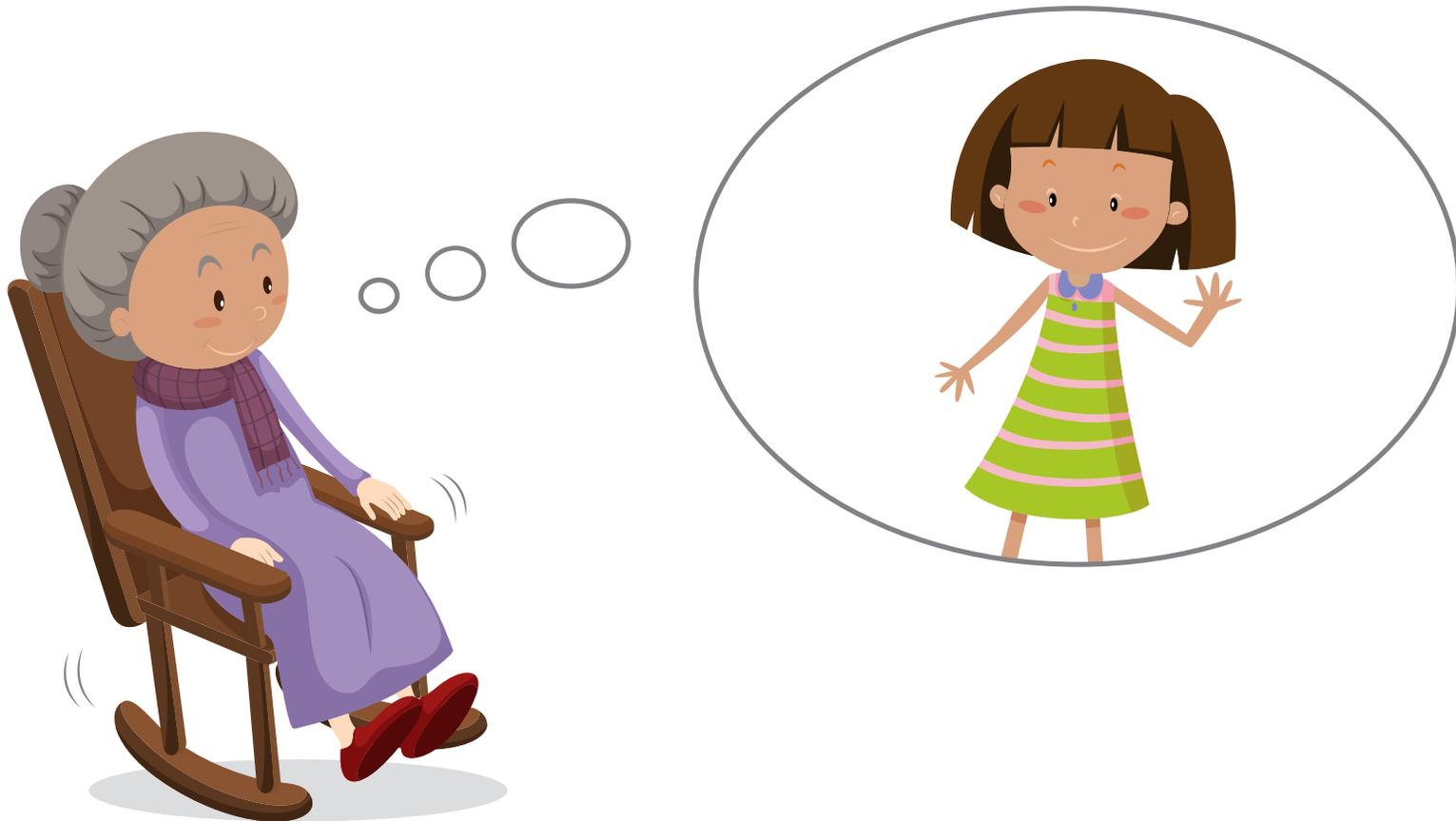
**My friends and family want to protect me from the virus, and I want to help protect them.**

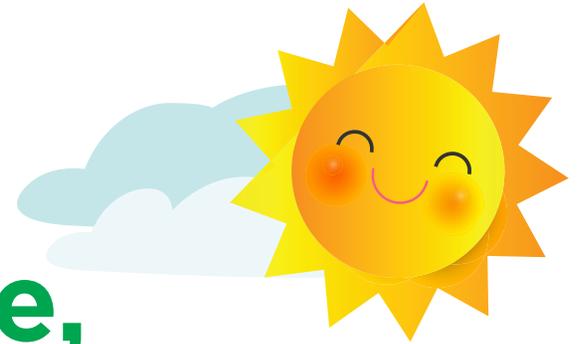


**It's hard to be  
separated from  
my loved ones.**



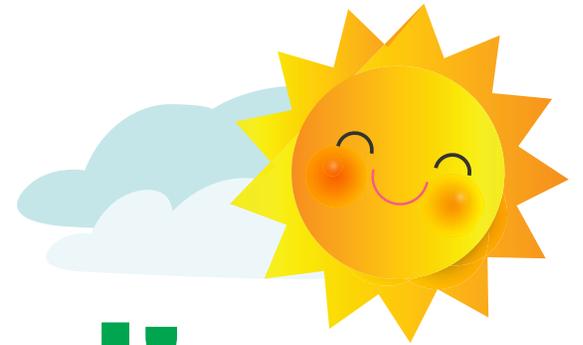
**It's hard for them to be  
separated from me, too.**





**When it is safe,  
we can all be together.**





# I am so loved!

