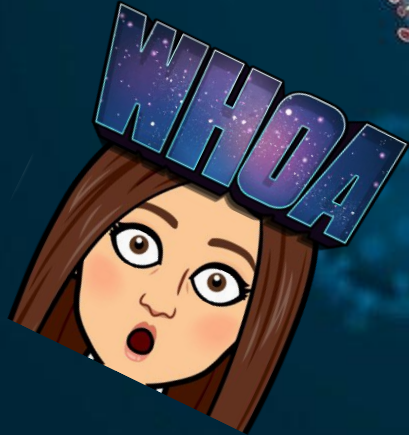


# COVID-19



**What we know, What we  
want to know**



# COVID-19

I'm sure you've heard a lot about COVID-19 on the news, from friends, over the internet, and even in conversations with your family. You might be wondering how much of this information is true, how this virus might affect you and your family, or if everyone is just overreacting.

I've wondered all of that too, and think it's important for our physical AND our mental health to do a little research and get to the bottom of these questions.

# COVID-19: Questions to Get Started

**Before we begin, consider the following questions.**

What are your thoughts and feelings about COVID-19?

How have your thoughts and feelings changed since you first heard about coronavirus?



# COVID-19: Questions to Get Started

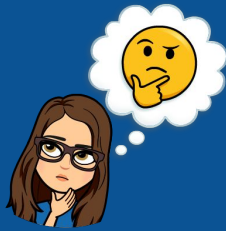


**Before we begin, consider the following questions.**

How has COVID-19 affected you personally?

What questions do you have about COVID-19?

# COVID-19: BrainPop Video



I'm sure that all of us have mixed feelings and questions about COVID-19 and its effects on our lives.

Let's watch this video together to learn more about the virus and to hopefully get our questions answered and reduce any anxiety that we may be feeling.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

# COVID-19: Reflection Questions

What did you learn from the video?

Since watching the video, how have your thoughts or feelings about COVID-19 changed?

What questions do you still have?

What reliable resources are available to you that might help you get answers to those questions?

REFLECTION

