



wesley
family services

WHY AM I STUCK AT HOME?

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MUSIC BY: GEORGE WINSTON



**When I am sick,
I stay home and
away from my
friends until I am
feeling better.**

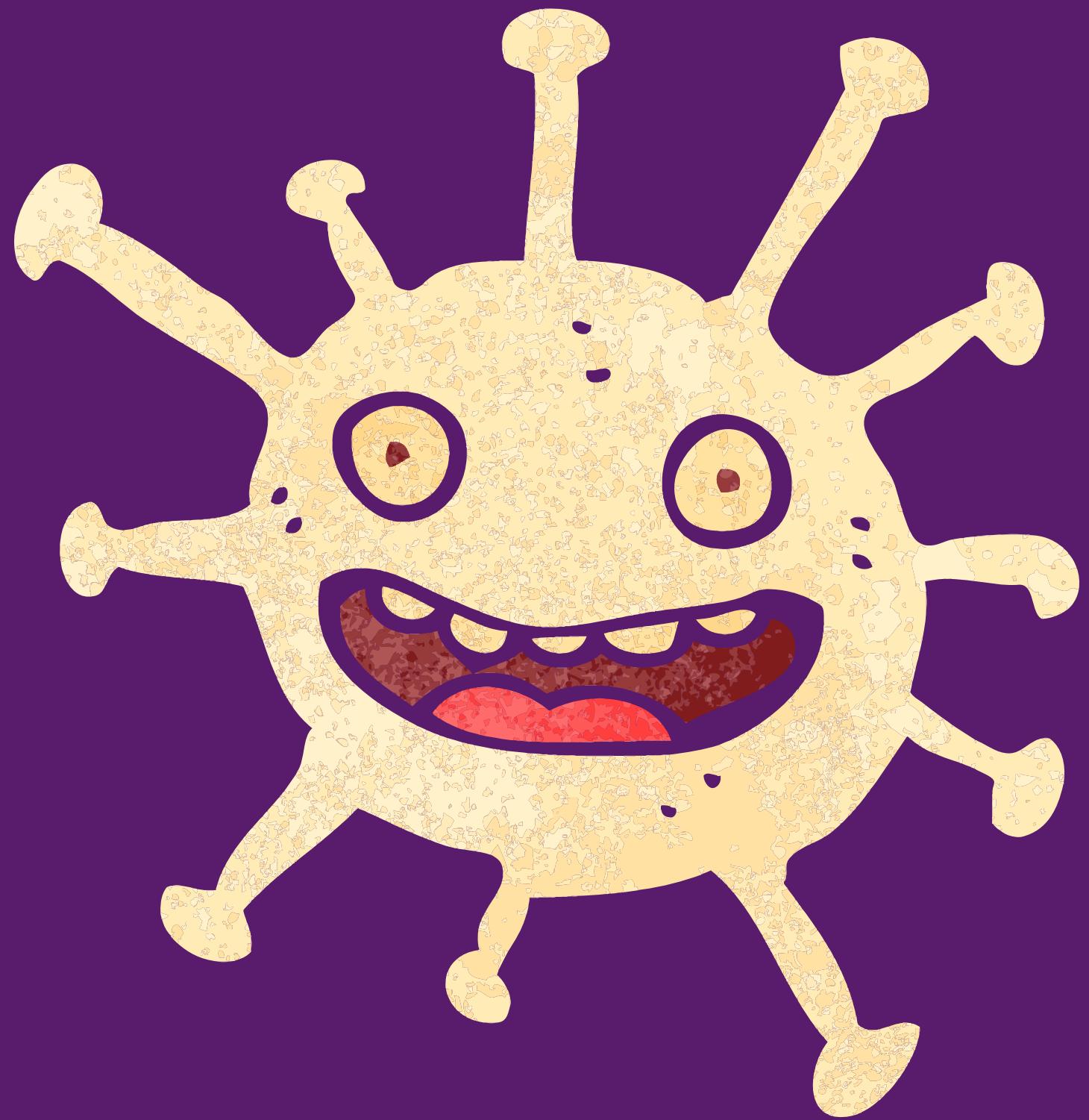


I want my friends
to be healthy and I
do not want to get
anyone else sick.



**But, I am NOT sick
so why can't I go
anywhere and why
can't I see my
friends?**





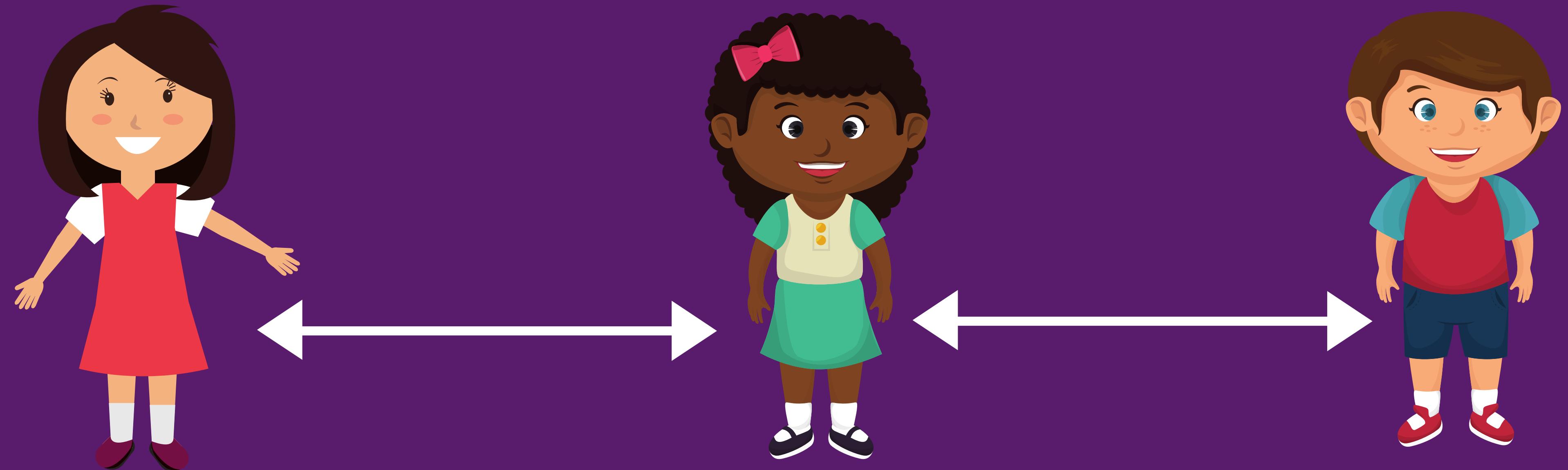
I heard there is a
new sickness
called the
Coronavirus or
CoVid 19 that is
making a lot of
people sick.

To stay healthy
and safe, I was
told that we should
stay at home.

It's called social
distancing!



Social distancing means I should NOT be close to other people!



This is why my school and other fun places I like to go are closed!



This is why my Mom might be working from home.



This is why my Dad might be working from home.

This is why I am talking to people,
including my teachers and therapists
on the computer.





**Social distancing
might make me
feel sad because
I can't see my
friends and I can't
go to different
places.**

When I am feeling sad, I have a lot of people I can talk to.



My mom!

My dad!

A friend!

A therapist!



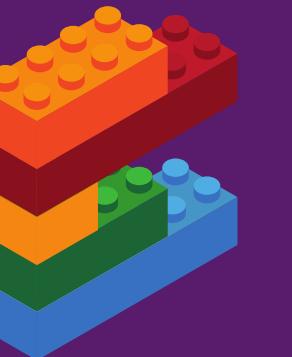
Read a book



Listen to music



Computer



Toys



Games



Puzzles



Take a walk

I can do so many fun things at home.



Bike



Art



Video Chat



Homework



TV or Movie



Color



Cook

I can do therapies using the computer, tablet (ipad) or phone.



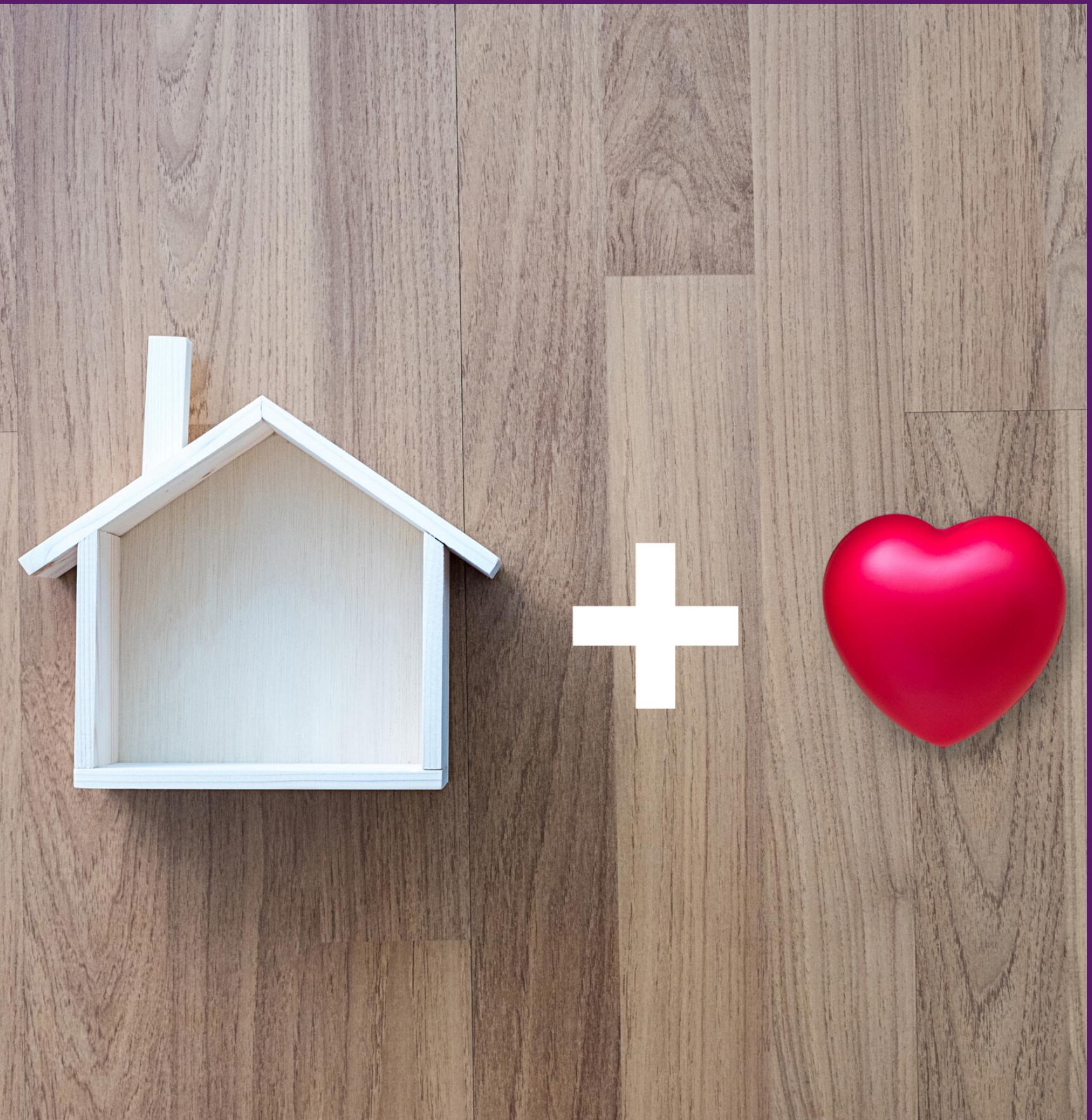
What other fun things can you do?



**Social distancing
will help me and
my family to stay
healthy and safe.**



**So really, I am not
stuck at home,
I AM SAFE AT
HOME.**



THE END



[HTTPS://WFSPA.ORG/](https://wfspa.org/)

Contact us at 412.342.2270 to learn about telehealth opportunities
that can help you and your family to continue with essential services.

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