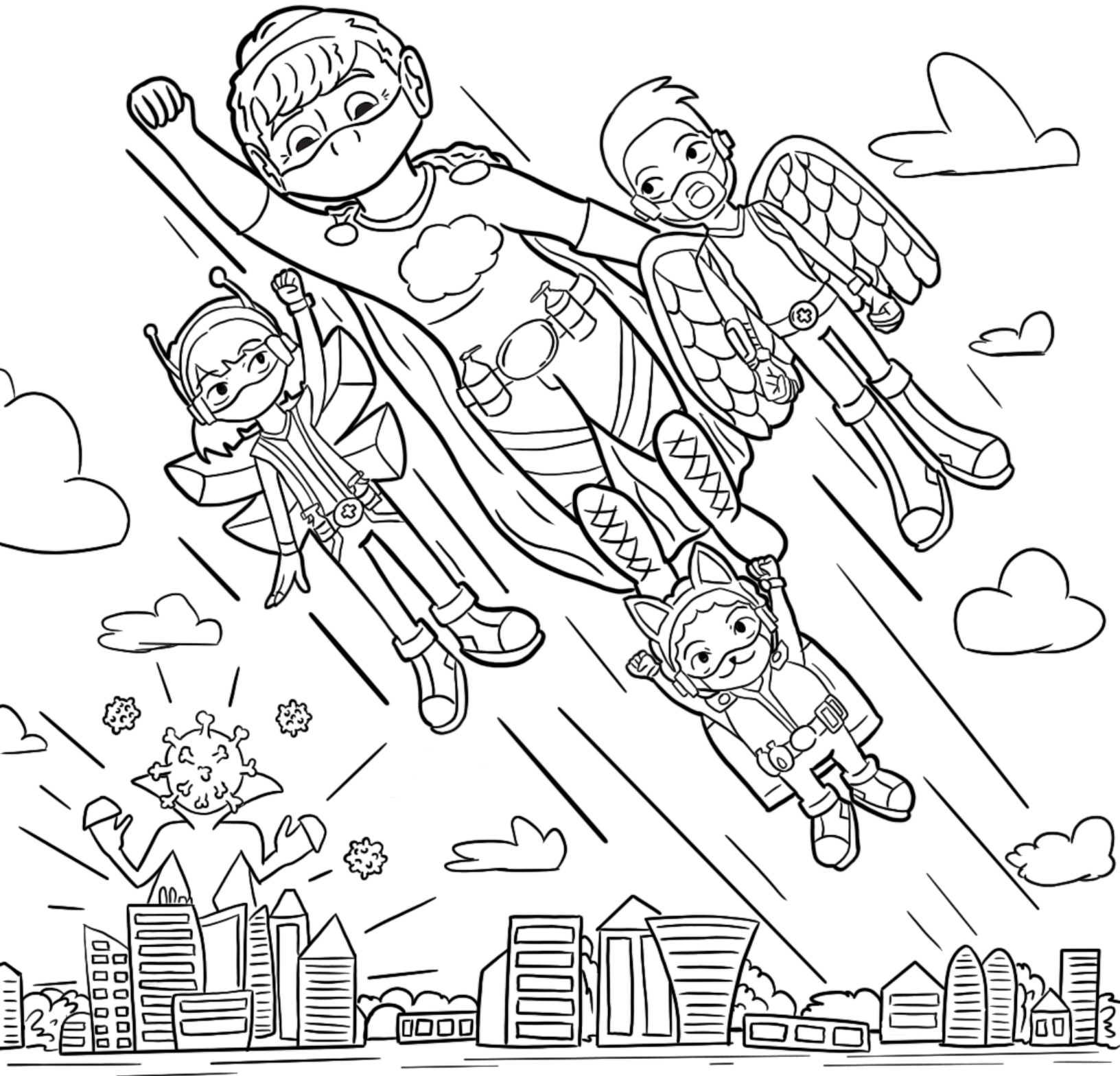


KIDS VS COVID-19

A CONVERSATIONAL COLORING BOOK ON COVID-19



Welcome!

Thank you for joining the movement to color a brighter future! We're thrilled you're exploring new ways to introduce important topics of conversation to the special tiny humans in your life. Together as parents, caregivers, and educators, we can unite for the common good of our children, igniting our inner and collective power to bring forth positive change. Teaching our children to make their own ripples of love and compassion will carry forth momentum —making waves that inspire the best of humanity.

As your little one colors his/her new narrative coloring book and you both embark on this exciting journey of meaningful conversation, we encourage you to keep in mind that our books are a work of love and creativity. Each edition is designed by a team of passionate creatives supporting our mission through their own unique gifts. While we do periodically consult with advisors in the professions of academia, child behavioral therapy, and youth development, these books on their own are not meant to completely resolve any issues you or your child may be experiencing related to the content. It is our desire for our narrative coloring books to serve as one of many helpful tools in addressing the extensive and on-going work.

Our children may be tiny in size for a brief moment in history, but it's important we empower them to fervently believe that no action they take is too small, no decision to advance kindness is inconsequential, and no single step forward is insignificant. They matter. What they *do*, matters!

Thank you for your tireless engagement, diligence, and dedication to creating a better future. Raising kind humans is hard work, and we appreciate all your efforts. Your children, and their futures, will too.

Color Brightly. Speak Boldly.

A handwritten signature in black ink, appearing to read 'Brittany', with a stylized, flowing script.

Brittany, Founder + The Cures of Colors Team

WHILE WE WERE LEAVING THE GROCERY STORE THE OTHER DAY, MY MOM LOOKED AT US AND SAID "LET'S BE SUPERHEROES TODAY, OK?" BUT I WAS CONFUSED, SO I ASKED "HOW SO? I JUST DON'T UNDERSTAND. HOW CAN I BE A SUPERHERO?"





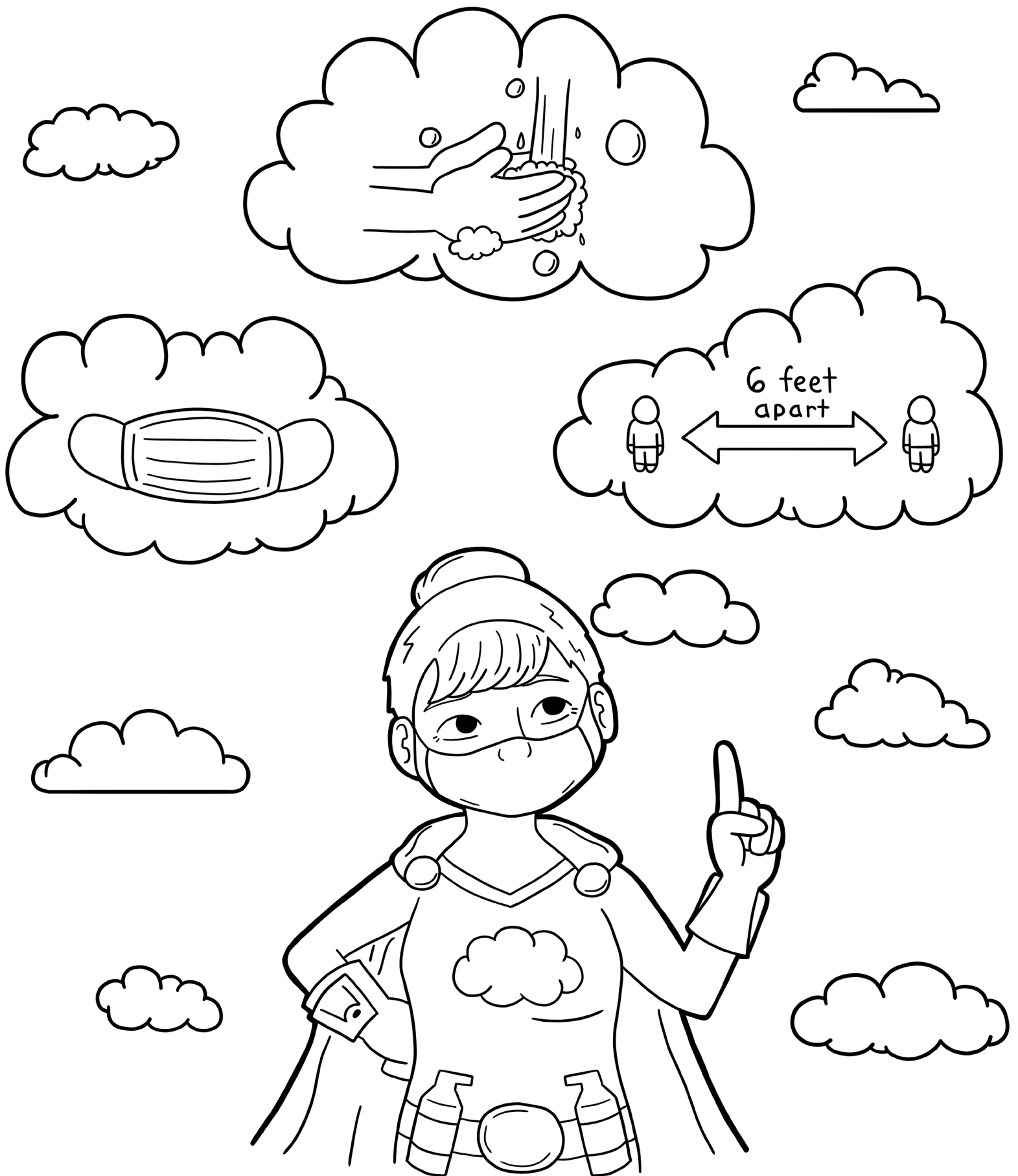
SHE SAID TO US, "NO NEED TO FUSS,
BUT EVEN IF IT DOESN'T MAKE A SOUND,
THE COVID-19 VIRUS IS STILL ALL AROUND!"
I SCRATCHED MY CHIN, AND ASKED WITH A GRIN,"
SO HOW WILL WE DEFEAT COVID-19 THEN?"



**"WEARING YOUR MASK!" SHE SAID AT LAST,
"IT'S SUCH AN IMPORTANT AND ESSENTIAL TASK!"
"IT MAY SEEM LIKE JUST A MASK, BUT IT'S SO MUCH MORE
THAN THAT. WHEN YOU WEAR IT, YOU ARE ACTUALLY SAVING
LIVES." SHE SAID WITH A SPARKLE IN HER EYE.**



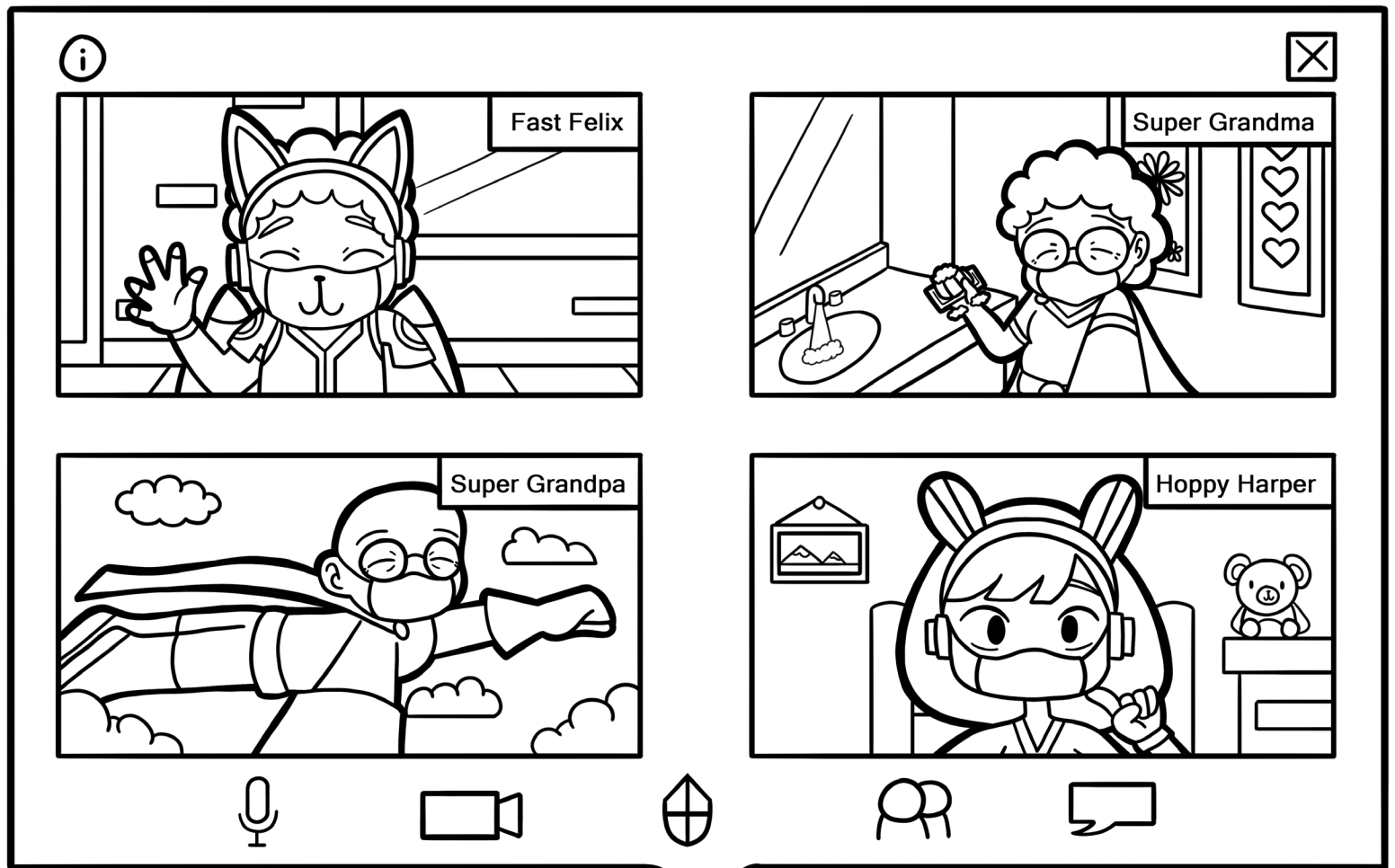
"WE ALL KNOW THAT CORONAVIRUS CAN SPREAD THROUGH THE AIR, SO TO STOP IT FROM SPREADING, AND SHOW OTHERS YOU CARE, IT'S A MASK YOU NEED TO WEAR!"



**"THERE ARE EVEN MORE SUPERPOWERS TO BE HAD,
FOR EXAMPLE, WASH YOUR HANDS AND YOU WILL BE GLAD!
PROTECT YOURSELF AND THE ONES YOU LOVE,
BY DOING ALL THESE THINGS I HAVE LISTED ABOVE."**



"YOU SHOULD STAY AWAY FROM MOVIE THEATERS, ARCADES, AND MALLS ALIKE, AS THOSE ARE THE PLACES THE VIRUS MAY BE LINGERING, WAITING TO STRIKE. ANYWHERE THERE MAY BE CROWDS AND LOTS OF PEOPLE NEAR, KEEP YOUR DISTANCE AND WE WILL HAVE NOTHING TO FEAR."



"I KNOW YOU CAN'T SEE GRANDMA, GRANDPA, OR EVEN YOUR FRIENDS, BUT KNOW THAT EVERYONE IS JUST BEING SAFE IN THE END. YOU CAN STILL CALL THEM, AND MAKE SURE THAT THEY ARE OK, AND WE WILL ALL BE ABLE TO HANG OUT IN-PERSON AGAIN SOMEDAY."

"YES, THE VIRUS MAY SEEM
LIKE A SCARY FOE, HE CAN'T
BE SEEN, AND SEEMS TO ONLY
GROW!"





"BUT IF WE ALL WORK TOGETHER WE CAN MAKE HIM GO!
USE YOUR SUPERPOWERS TO MAKE IT SO!"

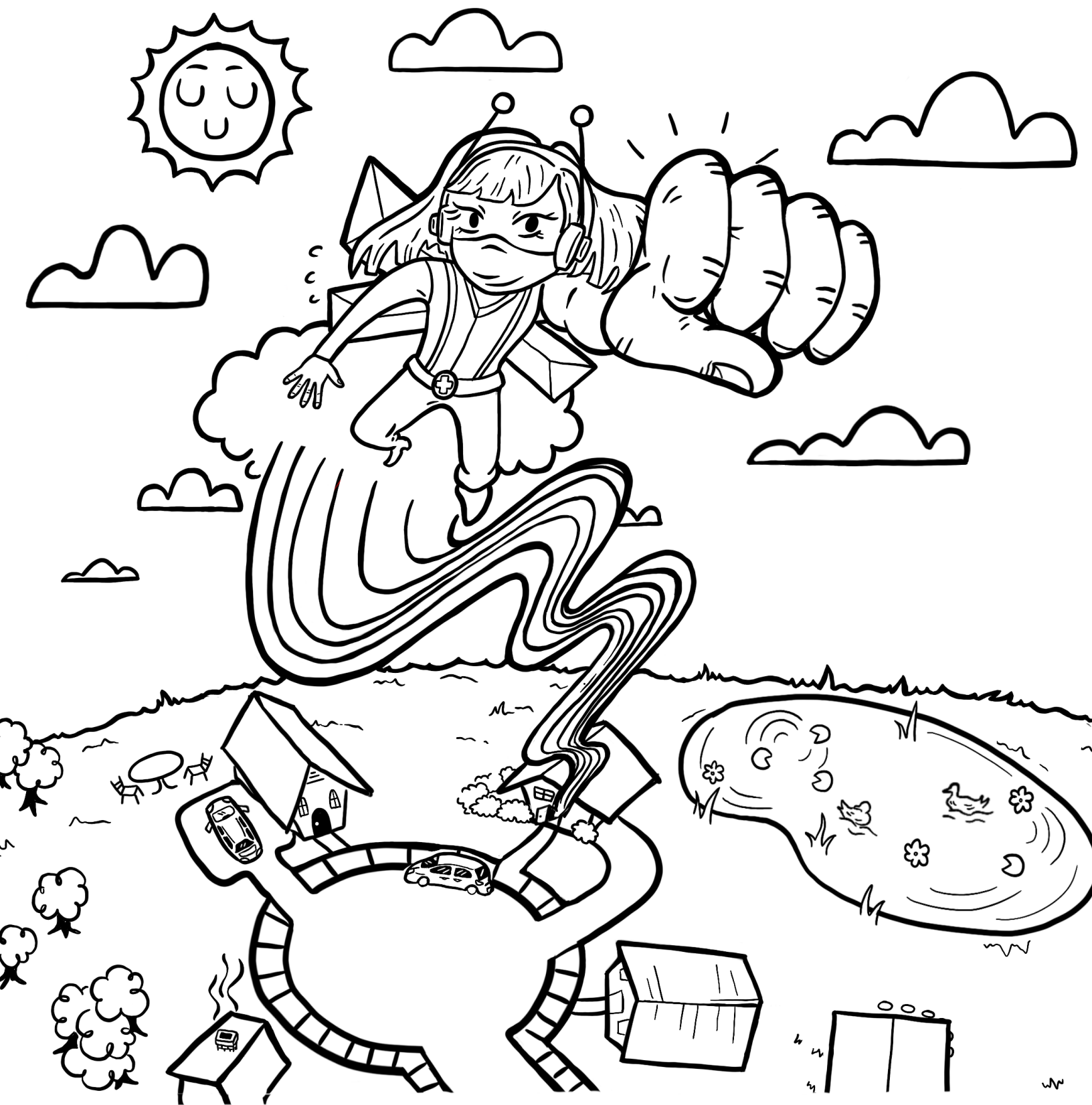


"EVERYONE IN OUR CITY MUST BE KEPT SAFE, NO MATTER WHERE THEY ARE." SHE SAID AS WE FLEW THROUGH THE NIGHT SKY AND PASSED A SHOOTING STAR.

"JUST REMEMBER HOW IMPORTANT MASKS AND SOCIAL DISTANCING ARE, AND WE COULD SAVE THE LIVES OF MANY PEOPLE, BOTH NEAR AND FAR."



"TIMES ARE TOUGH RIGHT NOW THERE IS NO DOUBT. THERE'S A LOT THAT YOU MAY BE THINKING ABOUT. BUT IF YOU GET SCARED OR STRESSED, JUST GIVE ME A SHOUT, AND TOGETHER WE CAN SURELY FIGURE IT OUT."



NOW YOU KNOW JUST WHAT TO DO,
SO YOU NOW CAN BE A COVID SUPERHERO TOO!
ALL YOU HAVE TO DO IS TRY,
AND WE WILL DEFEAT COVID-19,
AND GO FLY HIGH IN THE SKY!

HOW SHOULD WE WASH OUR HANDS? PUT A NUMBER IN EACH BOX TO SHOW THE CORRECT ORDER!



TURN ON
WATER



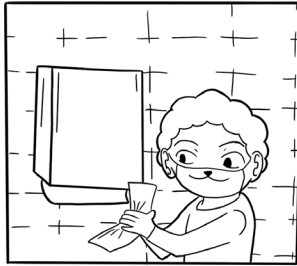
GET YOUR
HANDS WET



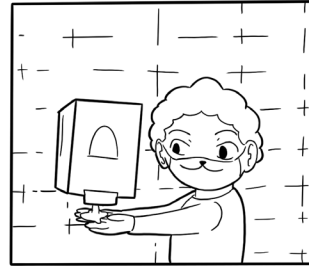
RINSE YOUR
HANDS WELL



SCRUB FOR
20 SECONDS



DRY YOUR
HANDS

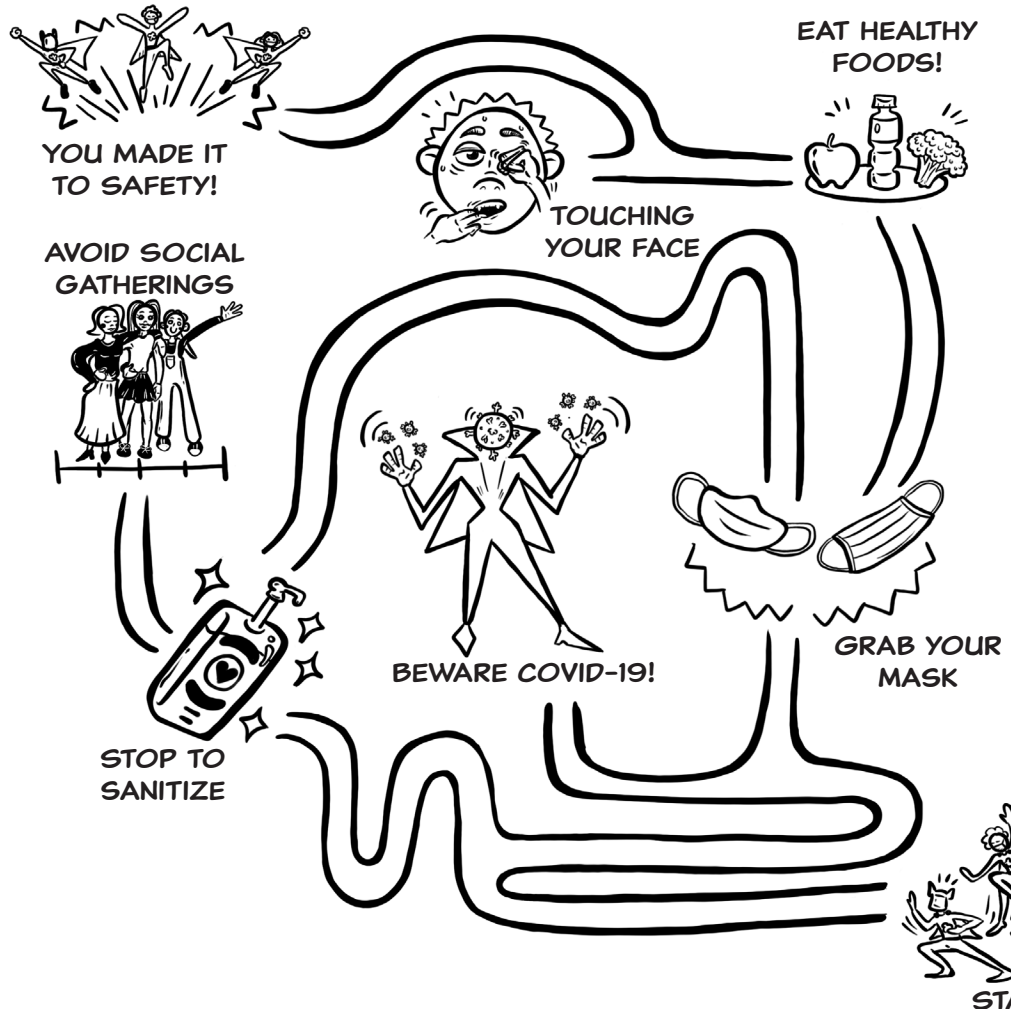


PUT ON
SOAP

CAN YOU HELP
OUR HEROES GET
THROUGH THE
MAZE?

MAKE SURE THEY
HAVE THEIR MASK,
SANITIZE THEIR
HANDS AND EAT
HEALTHY FOOD TO
MAKE IT TO SAFETY!

BUT AVOID
COVID-19,
SOCIAL
GATHERINGS AND
TOUCHING YOUR
FACE!

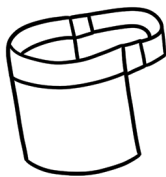
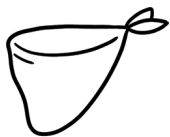
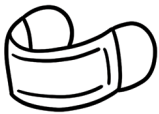


DESIGN YOUR HERO

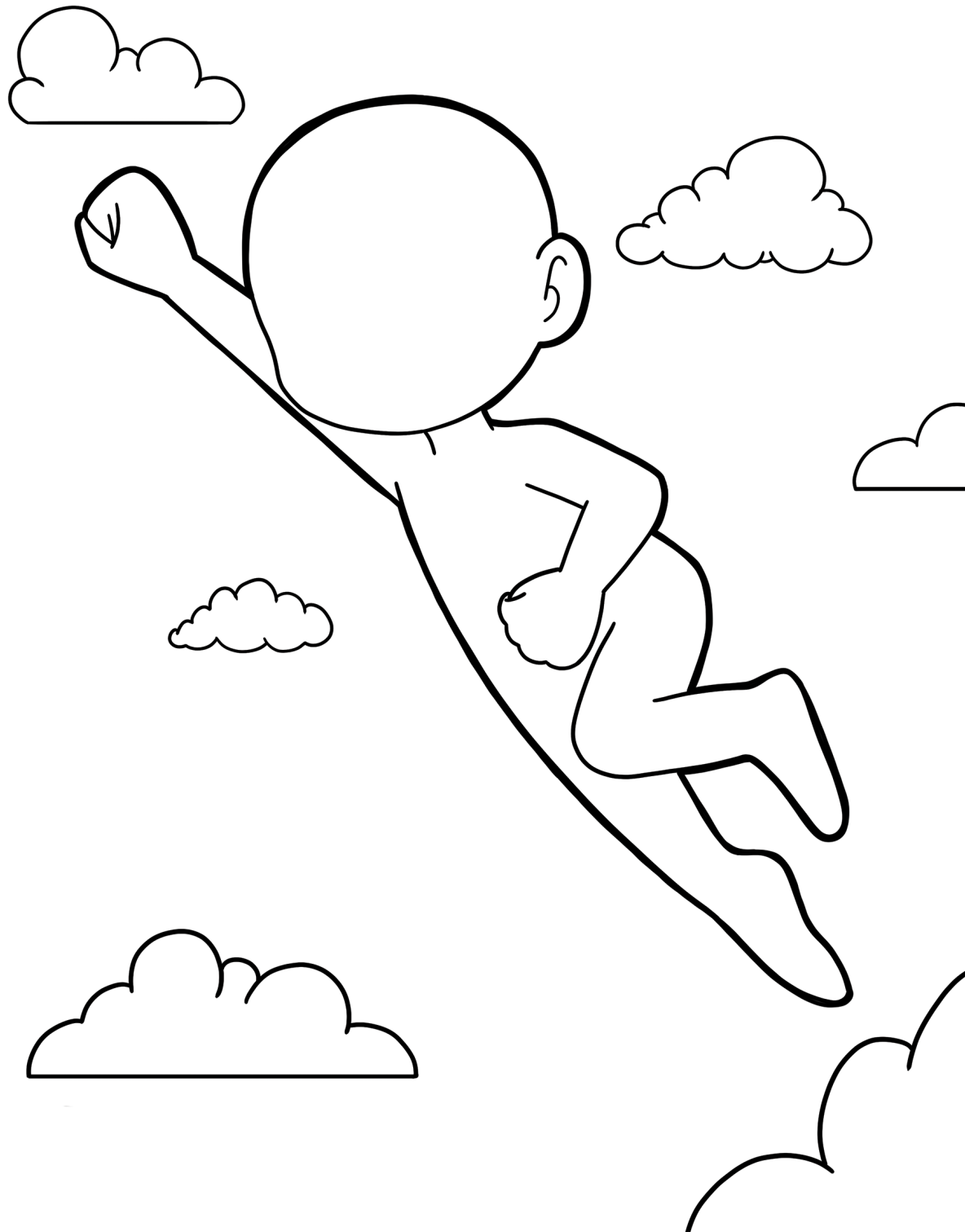
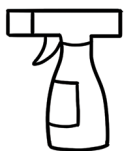
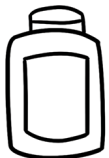
DRAW YOUR OWN COVID-19 SUPERHERO

HERO NAME _____

MASKS



CLEANING TOOLS



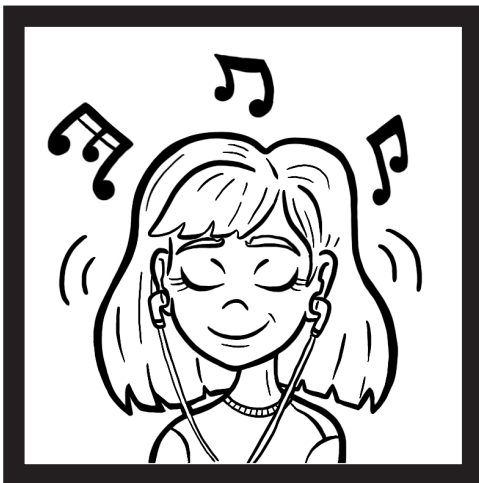
WHEN YOU FEEL STRESSED OR WORRIED, TRY ONE OF THESE ACTIVITIES TO HELP YOU FEEL BETTER!



COLOR OR DRAW



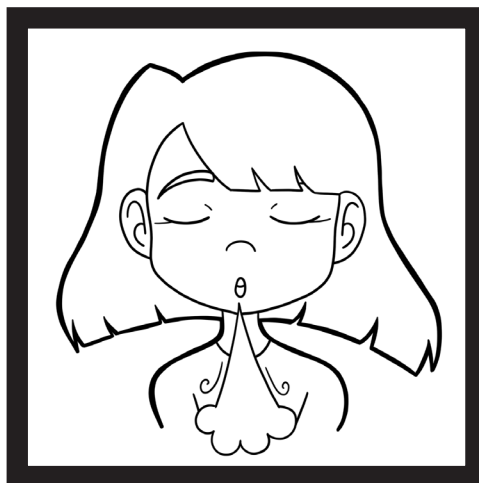
GO FOR A WALK



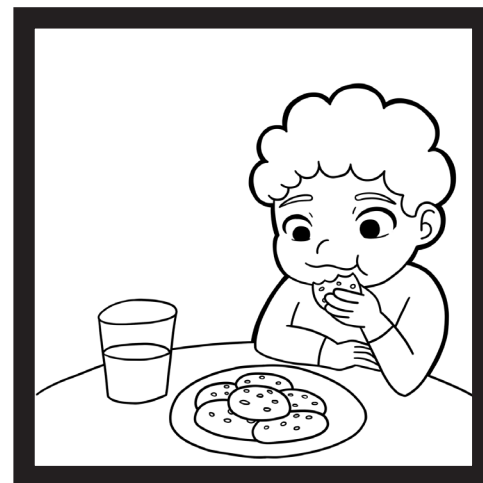
LISTEN TO MUSIC



READ A BOOK



TAKE A DEEP BREATH



HAVE A SNACK

COVID RESOURCES FOR PARENTS

The following are online resources to help provide guidance in the ongoing conversations parents want to have about kids regarding Covid 19

CDC (Center for Disease Control and Prevention)

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

John Hopkins

<https://www.hopkinsmedicine.org/johns-hopkins-childrens-center/covid-19/COVID-19-resources-for-kids.html>

PBS Kids

<https://www.pbs.org/parents/coronavirus-resources-for-parents>

AACAP (American Academy of Child & Adolescent Psychiatry)

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx

Child Mind Institute

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Child Trends

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

THANK YOU FOR DOWNLOADING OUR BOOK AND FOR SUPPORTING US!

WE HOPE YOU ENJOY IT WITH THE WHOLE FAMILY!

Given that our organization is still in its early stages, we are in the process of creating a company video to promote ourselves and our message! Should you be interested, we'd love for you to share your experiences with your children coloring and engaging with our book.

To be a part of the video, please follow the instructions below.

VIDEO INSTRUCTIONS

Receive permission from child to record them

1. Encourage them to sit/work in a comfortable environment. Ensure there is good lighting!
2. Begin recording (If filming with phone, please film horizontally, NOT vertically), capturing them coloring and engaging with book at their own pace

After recording them for a few minutes, begin to ask your child some questions below:

- Are you enjoying your coloring book? Are you having fun?
- What have you learned from it? What do you think is most important?
- What is your favorite activity? What is your favorite page you've colored or worked on?
- Encourage them to show off some of the work they've done

Once the recording is finished, email your photo and video contents to yourfriends@curesofcolors.org

We'd like to thank you again for your participation!

-Cures of Colors Team

THIS BOOK WAS MADE SPECIAL BY:



**SCOTT
WRITER**



**MEGHAN
ILLUSTRATOR**



**RACHEL
ILLUSTRATOR**



**ALLYSON
ILLUSTRATOR**



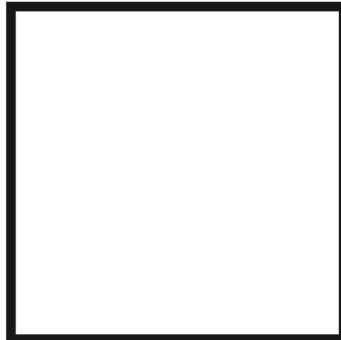
**JACKIE
CREATIVE ADVISOR**



**BRITTANY
FOUNDER OF CURES OF
COLORS**



**KATHERINE
CREATIVE ADVISOR**



**AND YOU!
(DRAW YOUR PICTURE HERE)**