



A Special Book From Us To You

This Book Is For:

From your Social Worker:

A short story and activity book made especially for you by NTHSSA's Child and Family Services, Tlicho's HSSA and Hay River's HSSA with help from your Social Worker.





A Message To Caregivers:

This resource is intended to help youth (aged 12 & up) learn about and understand the current COVID-19 pandemic. This booklet will provide information on what is COVID-19, how to keep safe and prevent infection, how to stay connected with friends and family when in-person visits are not possible, and some strategies to cope with stressful emotions. We know this is a stressful time for everyone, and we hope that this resource will help you and the children in your care. Please do not hesitate to reach out to us or to others if you have questions or concerns.

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Hey,
It's me, your social worker!
Since I can't visit with you right now, I thought I
would make this information booklet for you.
Things are confusing and weird for everyone,
so hopefully this can help answer some of your
questions.
I can't wait to hear all about what you've been
up to these past few weeks!
Everything is starting to melt and Spring is
finally here! But everything feels very different
than last Spring.



WHAT'S DIFFERENT ABOUT THIS SPRING?

*Write what you think
below!*

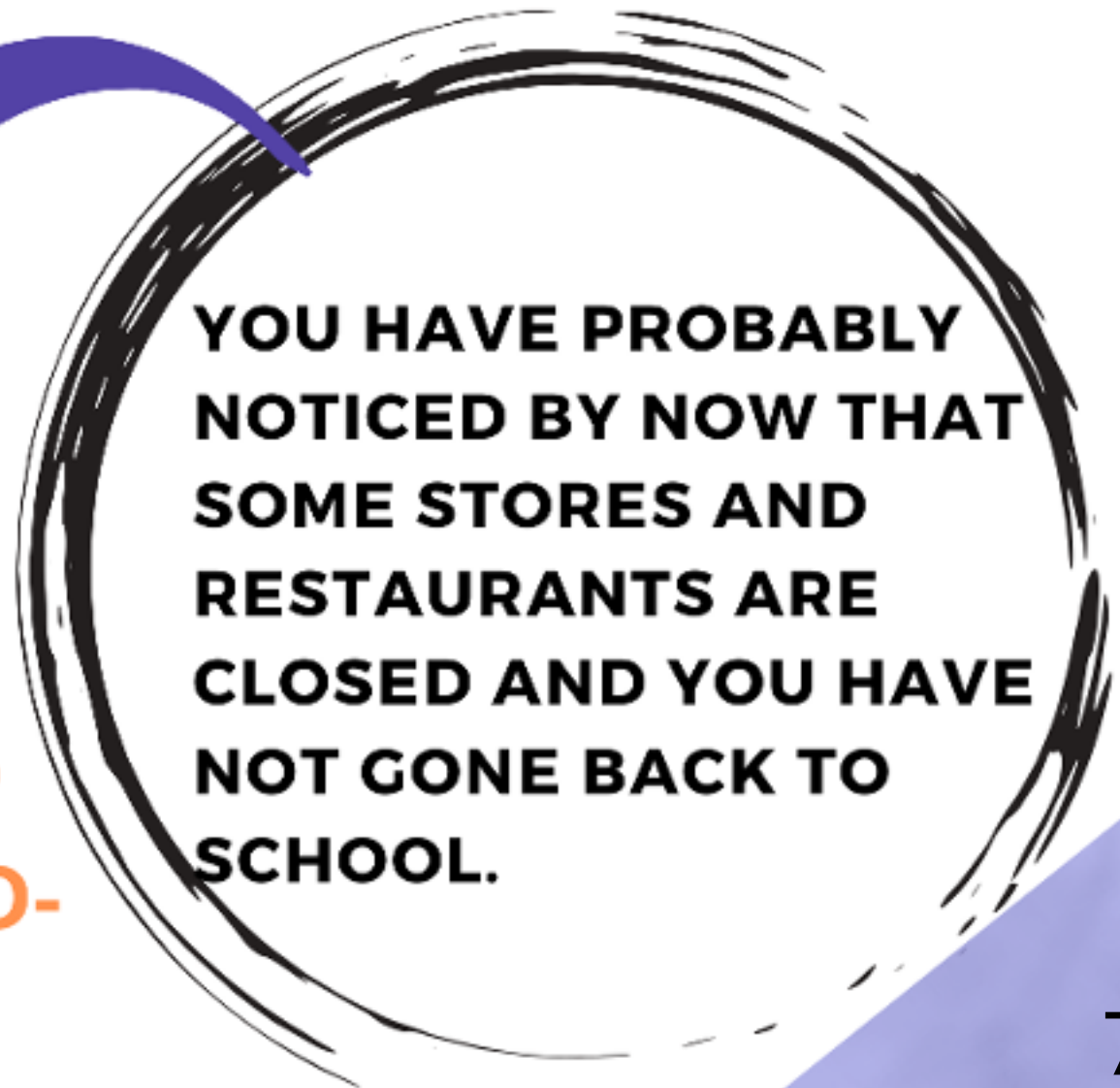


Have you heard of the Coronavirus disease?

It's also called **COVID-19**, which stands for the **CO** in **corona**, **VI** in **virus**, and **D** for **disease**. It was also first seen in 20**19**, which is where the **19** comes from.



**That's
because
of COVID-
19**



**YOU HAVE PROBABLY
NOTICED BY NOW THAT
SOME STORES AND
RESTAURANTS ARE
CLOSED AND YOU HAVE
NOT GONE BACK TO
SCHOOL.**

COVID-19 IS A PANDEMIC

A PANDEMIC IS A DISEASE OUTBREAK THAT IS
HAPPENING ALL OVER THE WORLD.



THE OUTBREAK WAS FIRST IDENTIFIED IN WUHAN,
CHINA IN DECEMBER 2019. THE WORLD HEALTH
ORGANIZATION (WHO) DECLARED IT A PANDEMIC ON
MARCH 11, 2020. THE VIRUS SPREAD ACROSS THE
WORLD WHEN INFECTED INDIVIDUALS TRAVELLED TO
OTHER COUNTRIES.



COVID-19 IS A
TYPE OF

VIRUS

VIRUSES ARE MICROSCOPIC
(WHICH MEANS THAT YOU CAN ONLY SEE
THEM THROUGH A MICROSCOPE SINCE THEY
ARE SO SMALL)

**THEY CAN GET INSIDE YOUR
BODY AND MAKE LOTS OF
COPIES OF ITSELF.**

This can make you sick.



THE CORONAVIRUS CAN MAKE MOST
PEOPLE FEEL A LITTLE BIT SICK, AND A
FEW PEOPLE FEEL VERY SICK.

People may feel like they
have a cold or a flu.

**Our elders and individuals with
other health conditions are at
higher risk of becoming very sick.**



There are certain things
everyone can do to help
keep our community
healthy.

You might already know some of the things
you can do to help!

• HOW DO YOU GET THE CORONAVIRUS •

GERMS

When Someone

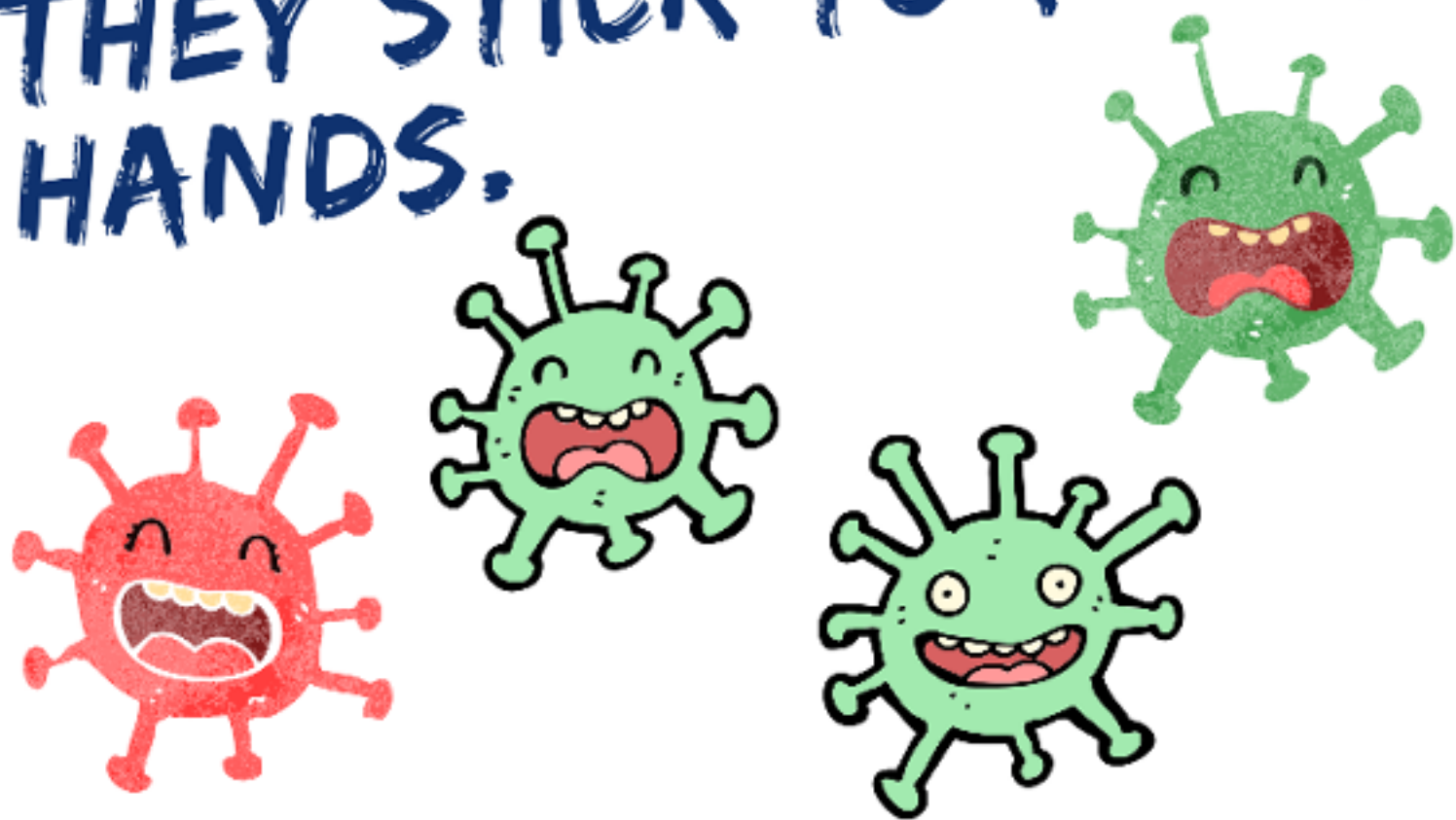
COUGHS OR SNEEZES

Little particles of snot and spit flies out of their mouths and noses which spreads germs everywhere! This is why it's so important to cover your face when you cough or sneeze with the inside of your elbow. This is also why a lot of people are wearing face masks.

.....
*Germ*s

ARE LITTLE PARTICLES THAT
CAN MAKE YOU SICK.
VIRUSES ARE ONE KIND OF
GERM.

WHEN YOU TOUCH
SOMETHING THAT
HAS VIRUSES ON IT,
THEY STICK TO YOUR
HANDS.



IF YOU TOUCH ANY PART OF YOUR FACE
WHEN A VIRUS IS ON YOUR HANDS, THE
VIRUS CAN GET INTO YOUR BODY
THROUGH YOUR EYES AND NOSE. THAT'S
WHERE THE FUN BEGINS... FOR THEM...
ONCE THEY ARE IN YOUR BODY THEY
START TO MULTIPLY LIKE CRAZY!



Because of the
germs, a lot of
people are using

PERSONAL PROTECTIVE EQUIPMENT (PPE)



PPE can include a face
mask, gloves, eye
protection and a gown.

**THESE HELP KEEP THE
GERMS OUT OF YOUR
BODY BY CREATING A
TYPE OF SHIELD
AGAINST THEM.**





Washing your hands is the best way to keep them Coronavirus free!

FOLLOW THESE STEPS:

- 1) Wet your hands with clean water
- 2) Add soap and rub your hands together to get it between your fingers, on the back of your hand, and under your fingernails.
- 3) Scrub your hands for at least 20 seconds. Sing the Happy Birthday song twice.
- 4) Rinse your hands with clean water to get rid of the soap.
- 5) Dry your hands using a clean towel.

WHEN SHOULD YOU WASH YOUR HANDS?

WRITE DOWN WHAT
YOU THINK BELOW!



A VACCINE IS
SOMETHING
THAT MAKES
OUR BODIES
STRONGER
AGAINST
INFECTIONS.



PHYSICAL DISTANCING

PHYSICAL DISTANCING IS ANOTHER WAY WE CAN KEEP EACH OTHER SAFE WHILE HEALTHCARE WORKERS WORK ON A VACCINE FOR COVID-19. RIGHT NOW WE NEED TO KEEP AT LEAST 6 FEET OF SPACE BETWEEN PEOPLE WHO DON'T LIVE IN THE SAME HOME. TRY TO KEEP THE DISTANCE OF AN ENTIRE BISON BETWEEN YOU AND OTHERS.






STAYING CONNECTED

Until Healthcare Workers tell us it's safe, we can't go visit our friends and family in their homes, and we have to respect the physical distancing rules.

Can you think of some ways that you can connect with friends, family, and the land during this time?

Write your ideas below!



HERE ARE SOME MORE IDEAS TO STAY CONNECTED!

PHONE CALLS



VIDEO CHATS



LETTERS & POSTCARDS



EMAIL



ONLINE

SAFETY



Know What's Safe to Share


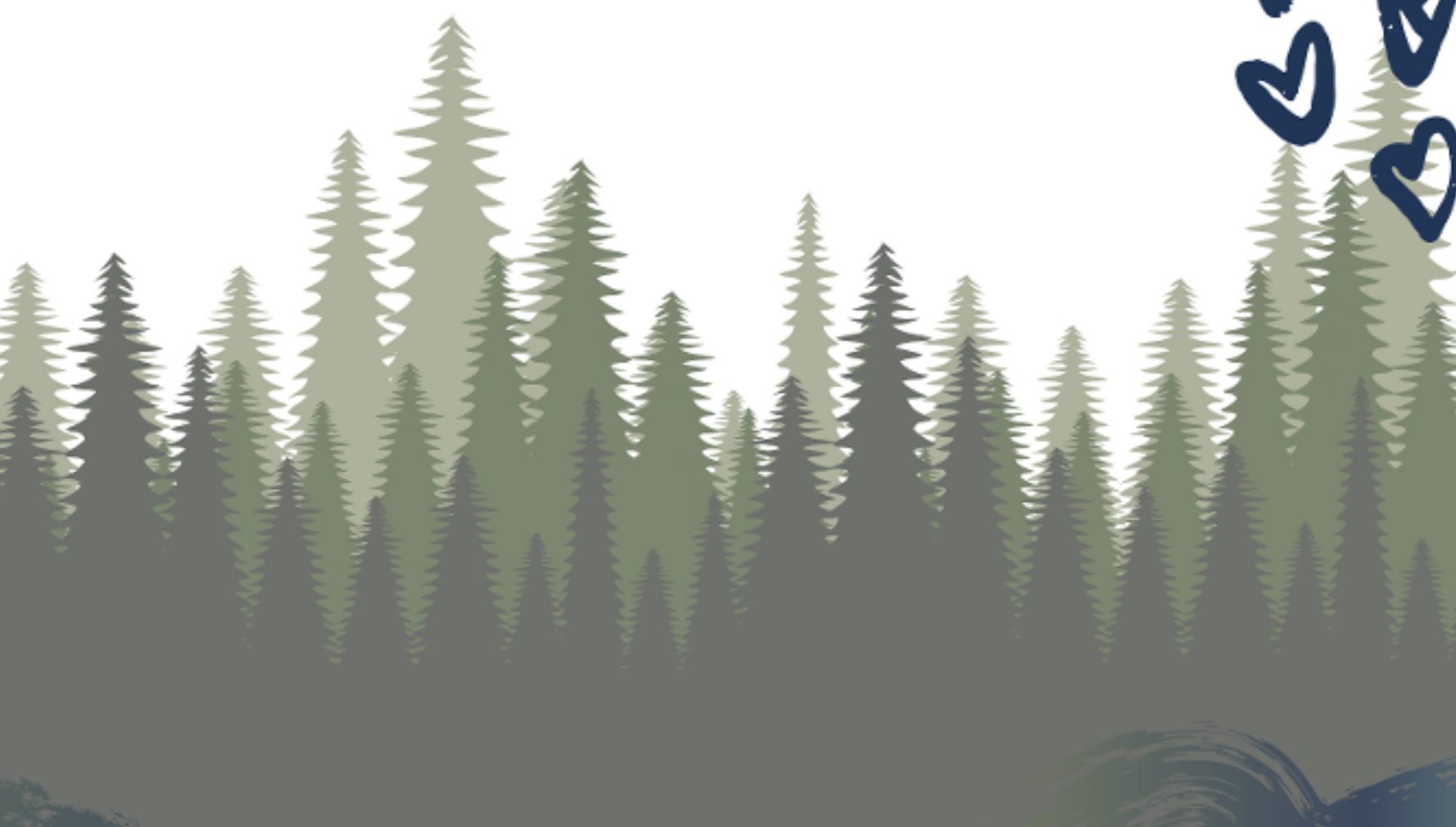
Sharing personal photos or intimate details online, even in private messages, don't always stay private. Never share your passwords, never share your location, and only post information you are happy for everyone to see- even 10 years from now!

Be Careful Who You Trust Online

It may be fun to check out new people online for friendship or romance, but be aware that while some people are nice, there are some adults who use the internet to harm teens. Flattering or supportive messages from strangers can sometimes be more about manipulation than real friendship or romance. If anyone makes you uncomfortable or if a stranger asks you to meet, turn off your screen and immediately talk to a caregiver or trusted adult.



Stressbusters



It can be really hard
not seeing the people
you are used to seeing
everyday and learning
new routines.

And that's
ok!

Stress



**IS WHAT YOU FEEL WHEN YOU
ARE WORRIED OR
UNCOMFORTABLE WITH
SOMETHING**



This worry in your mind can make your body feel bad. You may feel angry, frustrated, scared or afraid.

When you are stressed you may not feel like sleeping or eating, or you might sleep and eat too much. You may also feel cranky and have trouble paying attention and remembering things.





KIDS & ADULTS CAN FEEL STRESSED OUT.

.....

TALK WITH
YOUR
CAREGIVER
ABOUT THINGS
THAT CAN HELP
MAKE YOU FEEL
BETTER

COPING WITH STRESS

What does stress feel/look like?


- Fear or constant worry
- Anger/Irritability
- Difficulty Sleeping
- Difficulty Concentrating
- Consuming alcohol, cannabis, or other substances more than usual



What you can do to cope

- Stay Active and keep yourself busy with activities you enjoy
- Stay connected with friends and family
- Be kind to yourself
- Take care of your body
- Reach out for help!





-Go for a walk or ride a bike

-Exercise

-Eat healthy foods

-Sleep

-Brush your teeth

-Take a bath or a shower

-Give yourself compliments

-Read a book

-Listen to relaxing music

-Write in a journal

Body

Mind

Emotions

Spirit

-Tell others how you are feeling

-Hug, cry, laugh, or smile

-Be nice to yourself

-Connect with your friends and family (while physical distancing)

-Connect with the land

-Smudge

-Meditate, pray

-Learn from an elder

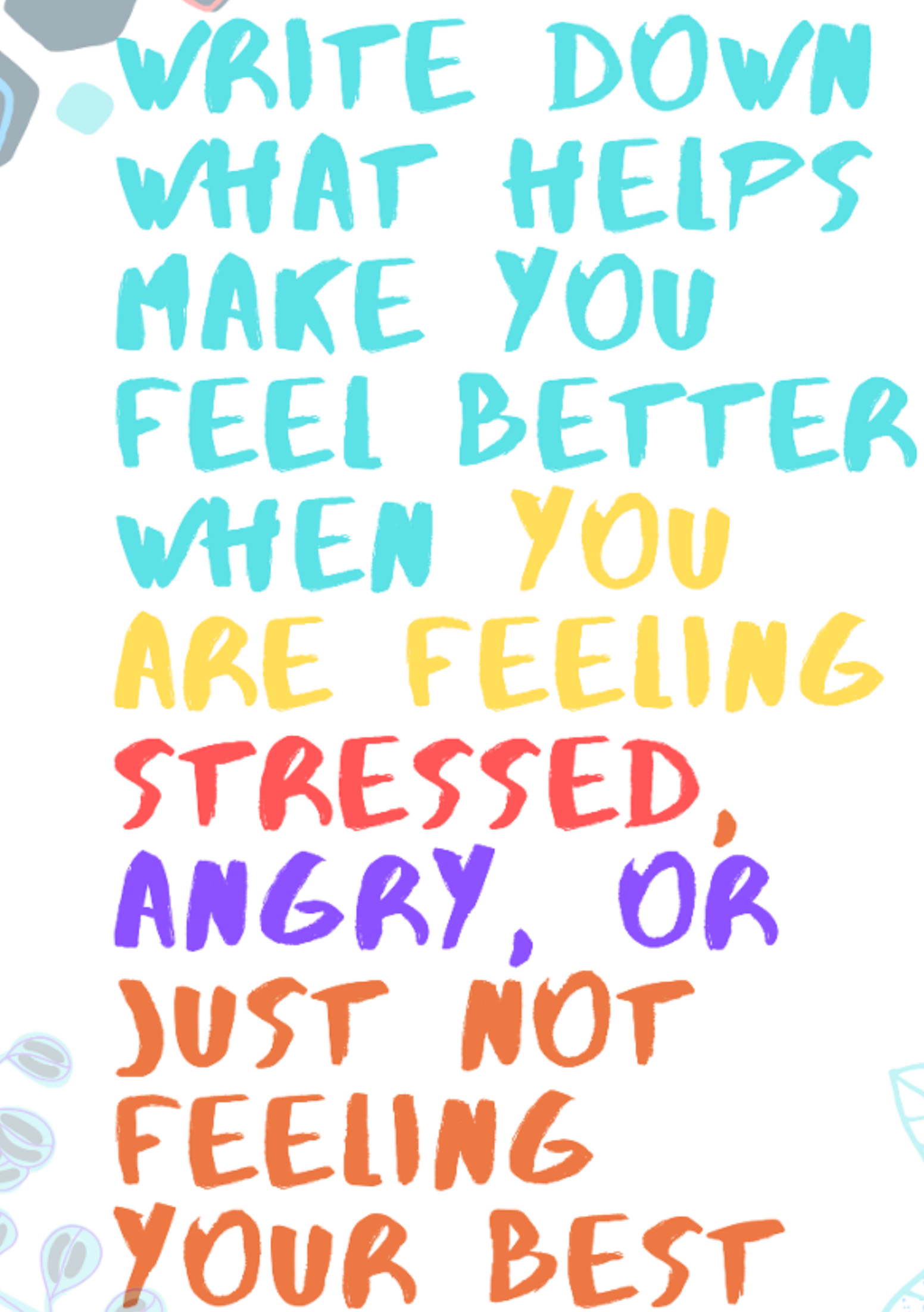
-Have some quiet time

-Forgive and love

SELF-CARE BINGO

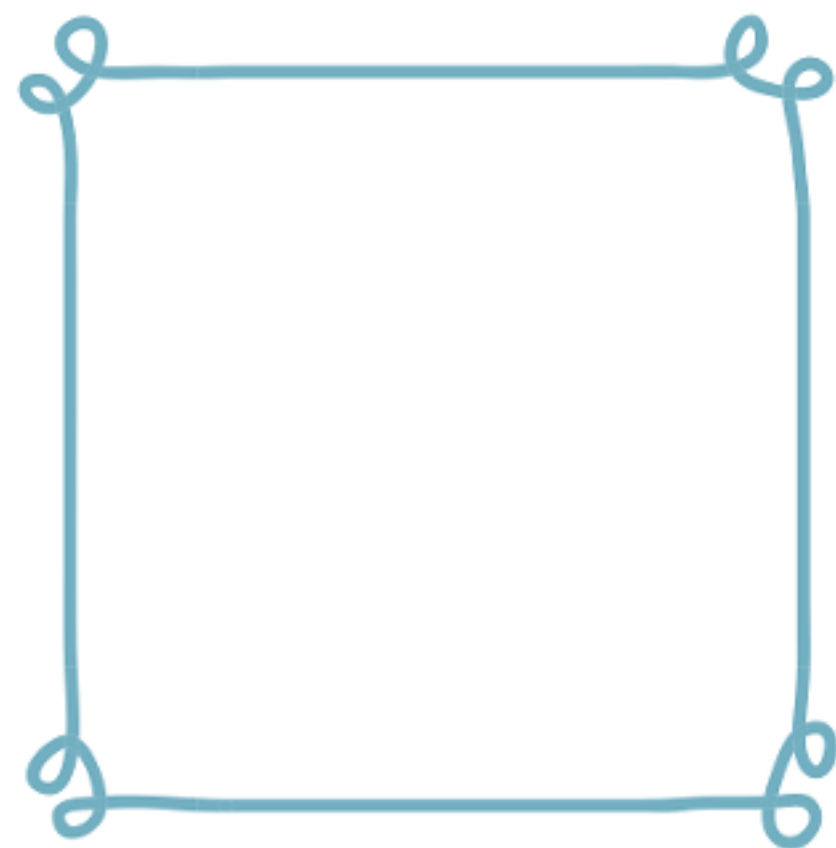
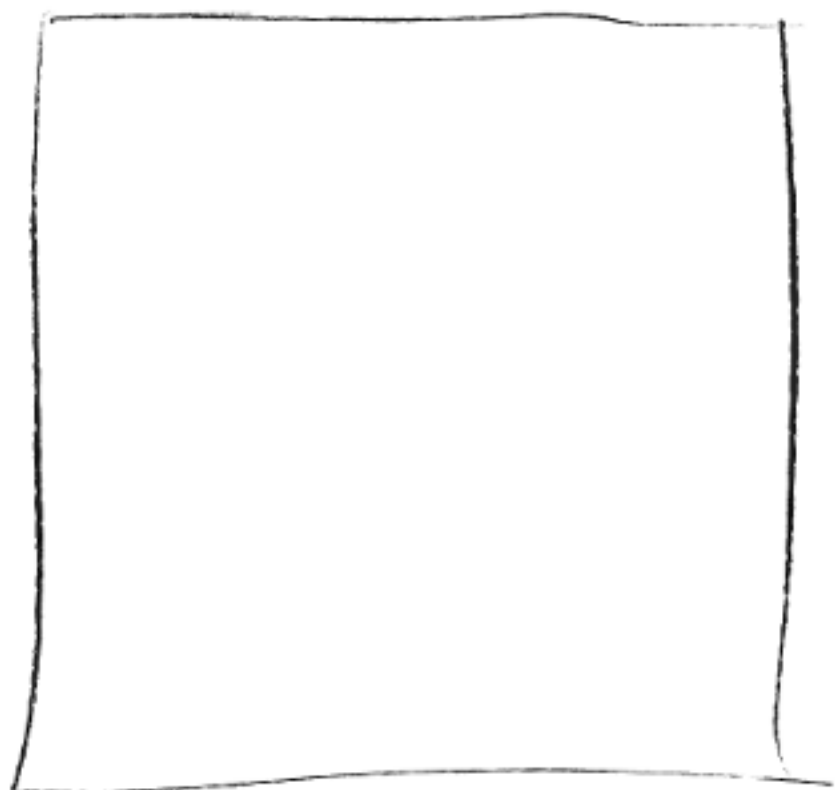
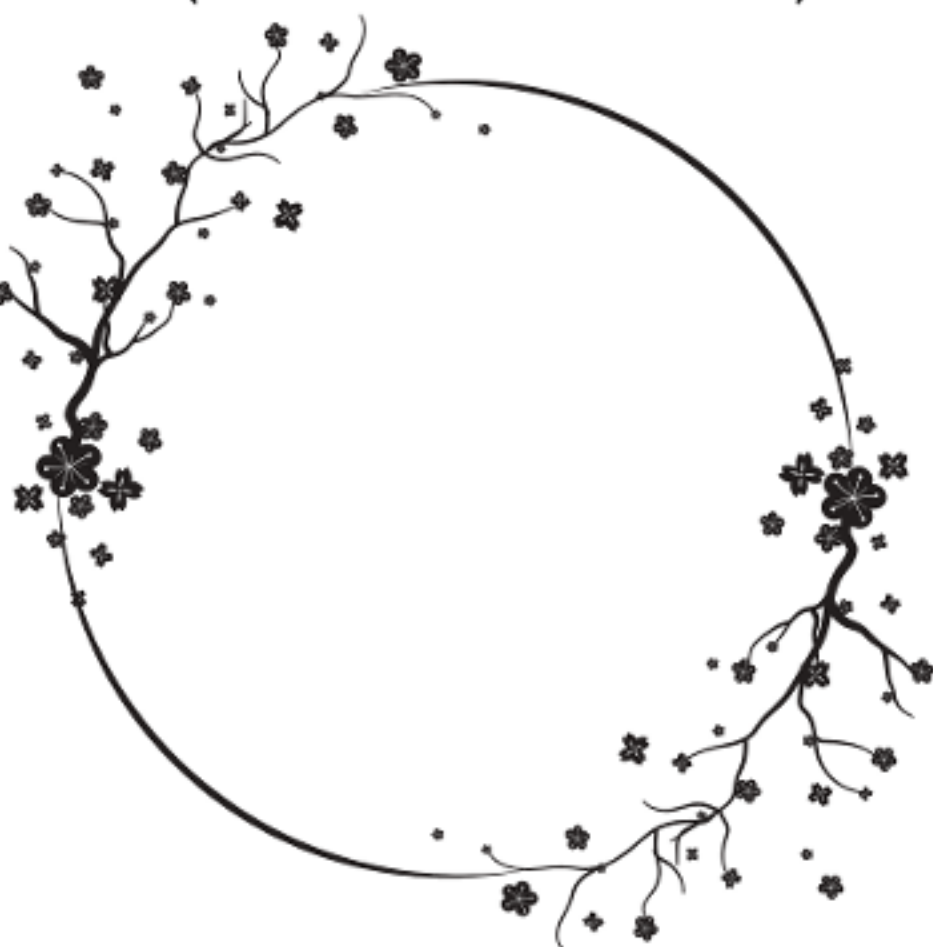


call a friend	stretch or do yoga	doodle, draw or color	ride a bike or skateboard	pop bubble wrap or balloons
cook or bake	squeeze ice cubes	sing	watch funny animal videos	be around other people
draw a tattoo on my body	let myself cry		break sticks	take a bubble bath
organize my closet	hug a pillow	go on a walk or run	paint my nails	text CONNECT to 741741
journal	rip up paper	snap a rubber band against my wrist	flatten aluminium cans to recycle	talk about my feelings with someone I trust



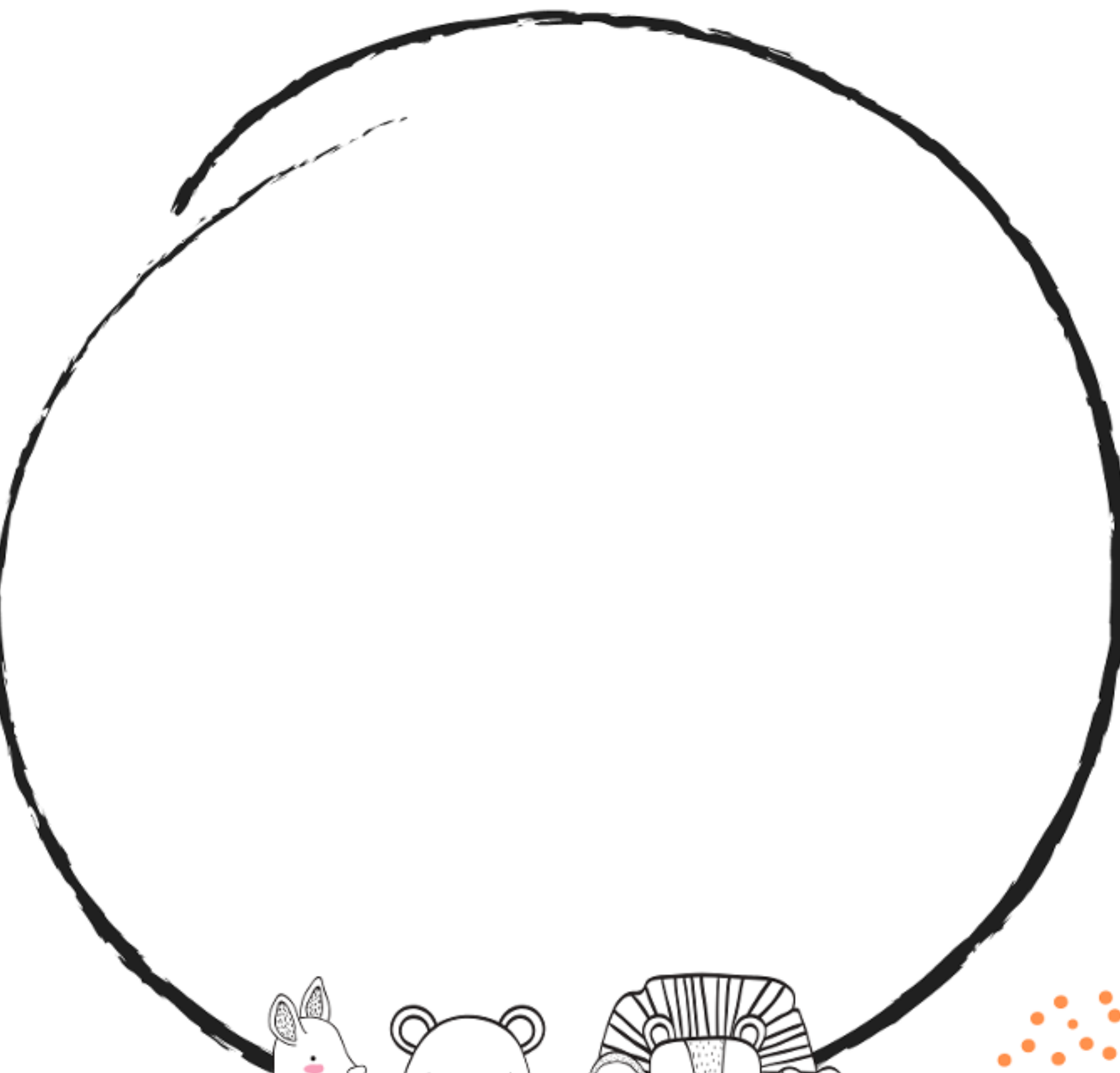
WRITE DOWN
WHAT HELPS
MAKE YOU
FEEL BETTER
WHEN YOU
ARE FEELING
STRESSED,
ANGRY, OR
JUST NOT
FEELING
YOUR BEST

WHEN I FEEL
STRESSED/ANGRY/UNWELL, I
LIKE/NEED/WANT...
(WRITE BELOW)



Who is your Circle of Support?

Write down in the circle below who you can talk to when you are feeling stressed out (e.g. teacher, caregiver, friends,...)





It's important to take care of your heart and your spirit.

Talking about your feelings and staying connected to your circle of support are a big part of this. You might also want to include culture and ceremony if that is something that feels comfortable to you. Here are some ideas:



1. Talk to your caregivers about any cultural activities that you like to do with your family- things like feast, dancing, drumming and singing, smudging, feeding the fire. You might not be able to do some of these activities right now, but it can be good to talk about them.

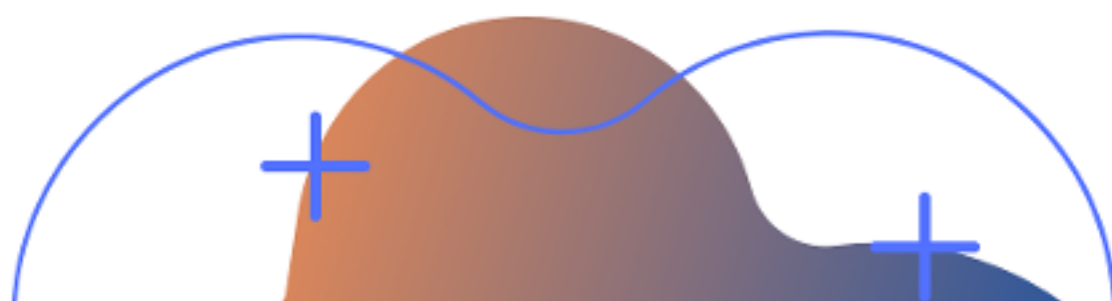


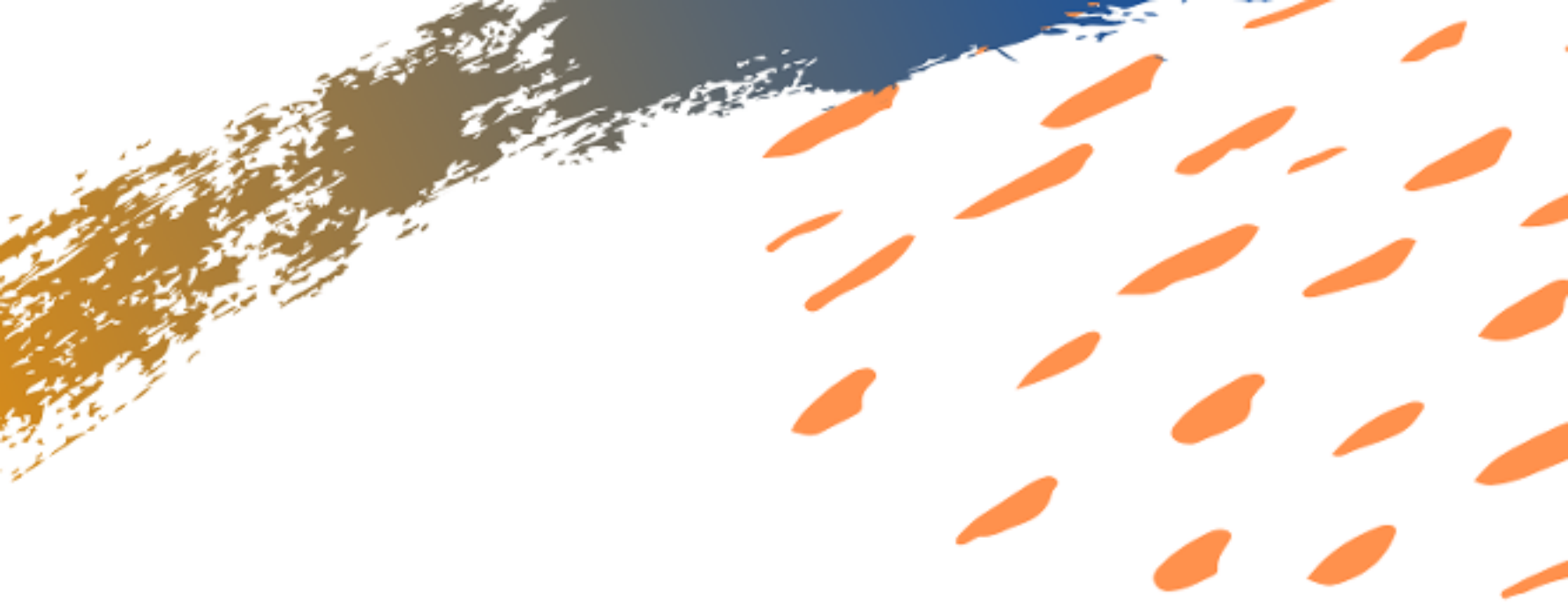


2. Talk about what you enjoy about these activities- maybe you can do some parts of them. If you enjoy feasts, it might be fun to make some of your favourite foods and have dinner on the floor with the people in your household.



3. Many Indigenous people start the day with songs- drum songs or love songs to say thank you for another day. What's a song that makes you feel happy? Try starting your day by singing it!





4. If your caregivers are able to make a fire, either outside or in a fireplace in the house, you can ask them to help you feed the fire. This is a way to stay connected to the land and the spirit world. You can offer what you have: lots of people use tobacco, tea, or sugar, but you can choose a favourite food or snack. When you offer something to the fire, you can also share your hopes or your worries- the fire will carry them for you.





5. The simplest thing you can do is think of the things you are thankful for or that you love in the world: the plants, animals, people, anything! You can share these with you caregivers or circle of support, or just think of them quietly anytime you like.



My Social Worker

Name:

We are all finding new ways of connecting and spending time with family and friends.

You can connect with me too!

If you want, you can send me an email and I will write back as soon as I can. It would be great to get an email from you telling me how you are doing!

My email is:

You can call the Office and ask to speak with me. If I'm not busy, I would love to speak with you too!

My phone number is:

If I am not at my phone, please leave me a message with your full name so I can return your call.

Whenever you need
to talk, we're open.
24/7/365

Kids Help Phone 

1-800-668-6868
KidsHelpPhone.ca



1-800-661-0844

NWT Help Line

24/7



The NWT Help Line offers confidential support to residents of the Northwest Territories, 24 hours a day, 7 days a week. It is 100% free and anonymous, and offers the option for follow-up calls.



A special thank you goes out to:

*Natasha Comeau from Nova Scotia Social
Services*

The Indigenous Health and Community
Wellness team at the Department of
Health and Social Services

The Foster Family Coalition of the NWT

**This booklet would not have
been possible without you.**