

SHOW ME CREATIVITY



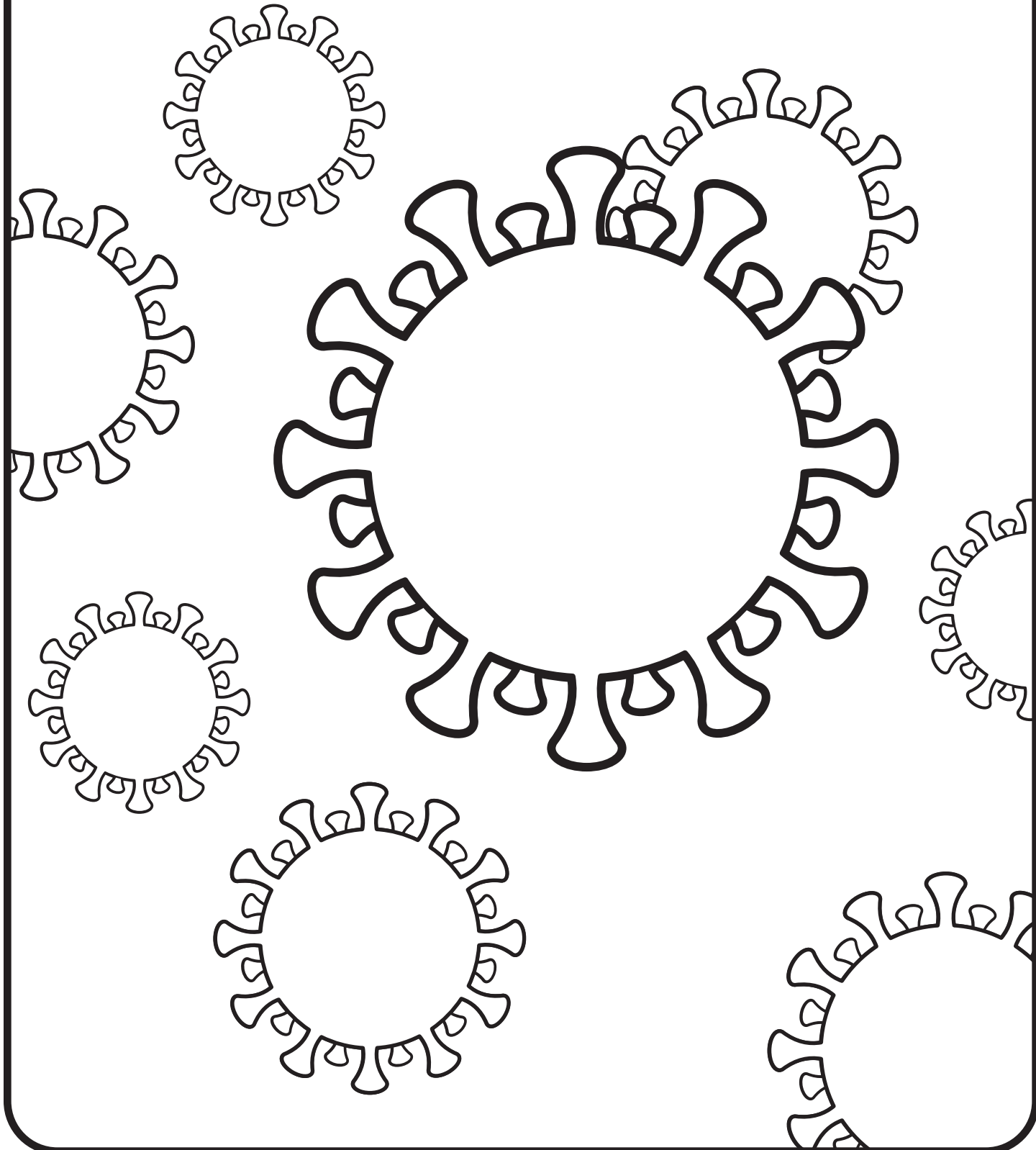
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

SHOW-ME
HOPE
MISSOURI



Show Me Hope is Missouri's crisis counseling program (CCP) in response to a disaster or critical event. Counselors are based in the local community to teach coping and stress management skills to anyone dealing with the anxiety and uncertainty caused by the event. The CCP helps individuals and communities recover from natural and human-caused disasters through community outreach and access to resources including mental health services.

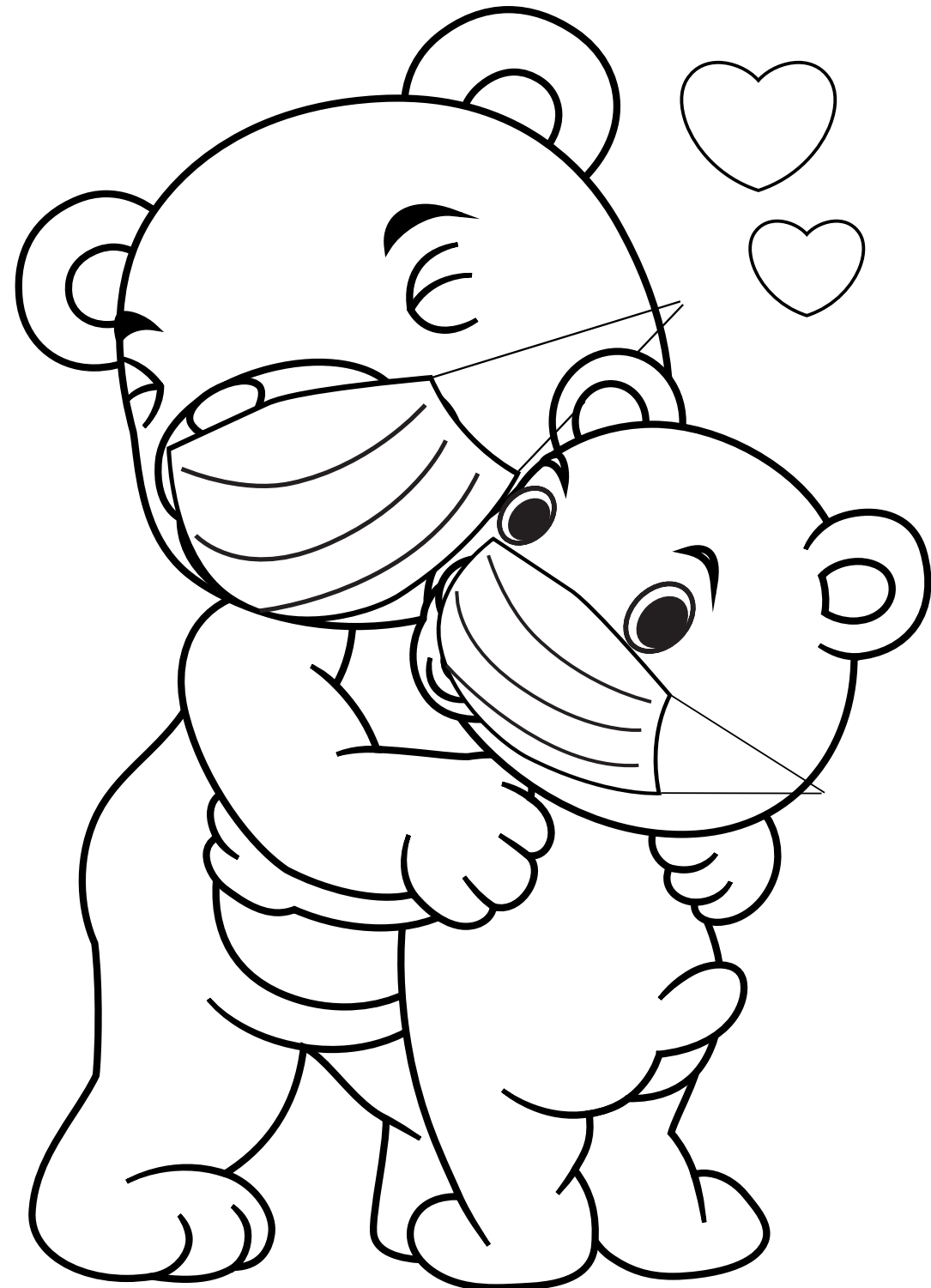
COVID-19 means “coronavirus disease 2019.” It is a disease caused by a new virus. This virus looks round with small points all around – like a crown. That’s why it’s called “coronavirus,” from the Latin word that means crown.



COVID-19 viruses spread from person to person when sick people sneeze, spit or cough. If you breathe in those viruses, they can make you sick. If you touch something with COVID-19 viruses on it and then touch your eyes, mouth, or nose, you could get sick.



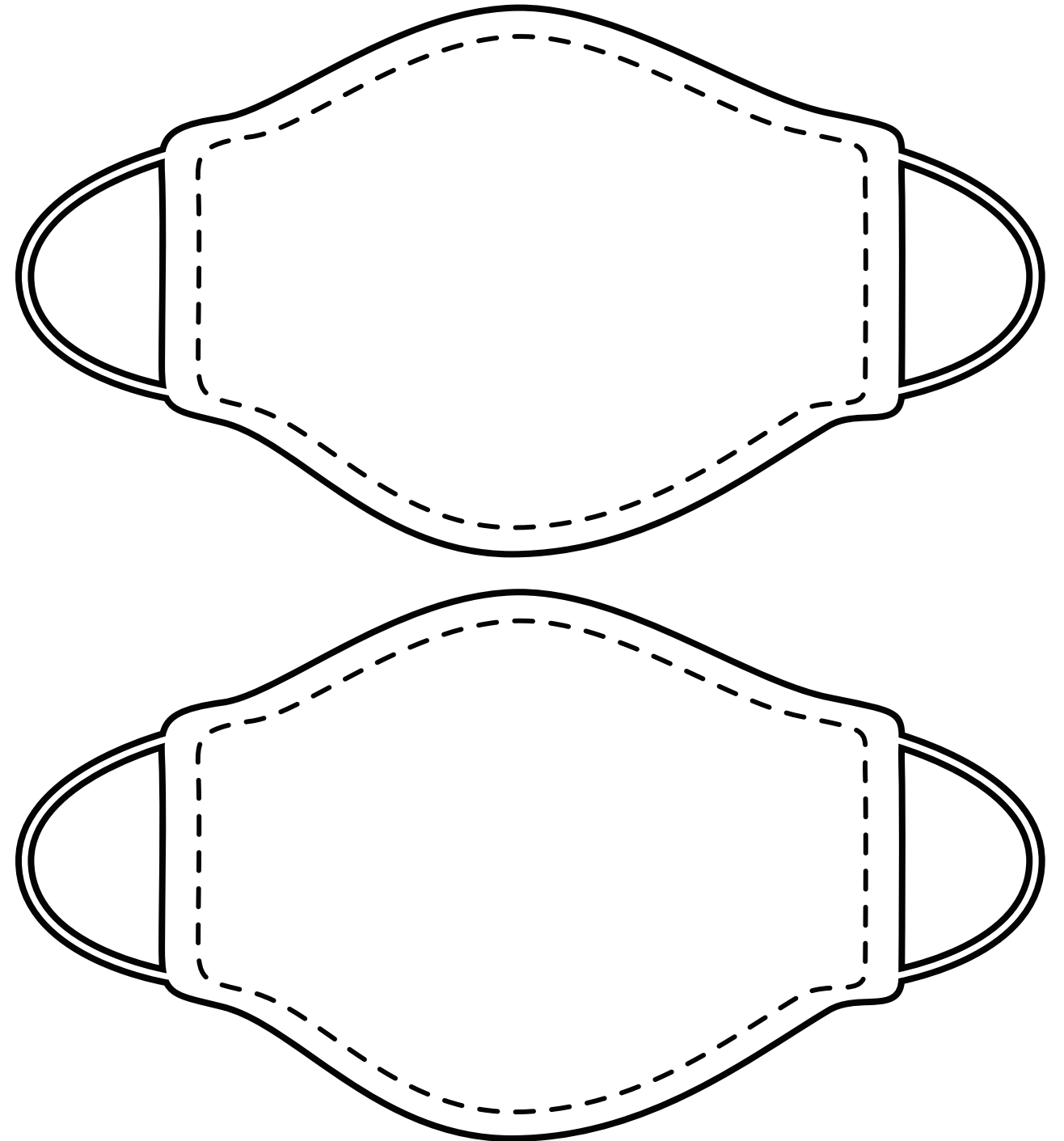
**MASKS HELP
KEEP US SAFE**



DESIGN YOUR MASK

Some people who get COVID-19 might not feel sick. And they may get people around them sick without knowing. Wearing a mask is a way we can help protect others!

Be creative! Color in your own mask... or a couple of them!



Everyone can get sick with COVID-19, especially older people. That is why the kids are waving at their grandmother from the window instead of giving her hugs. We can help protect the people we love by keeping our distance.



TELL YOUR PARENTS IF YOU FEEL SICK



WASH YOUR HANDS



To protect yourself and others, wash your hands with soap and water for at least 20 seconds. Sing “Happy Birthday” twice as you wash.

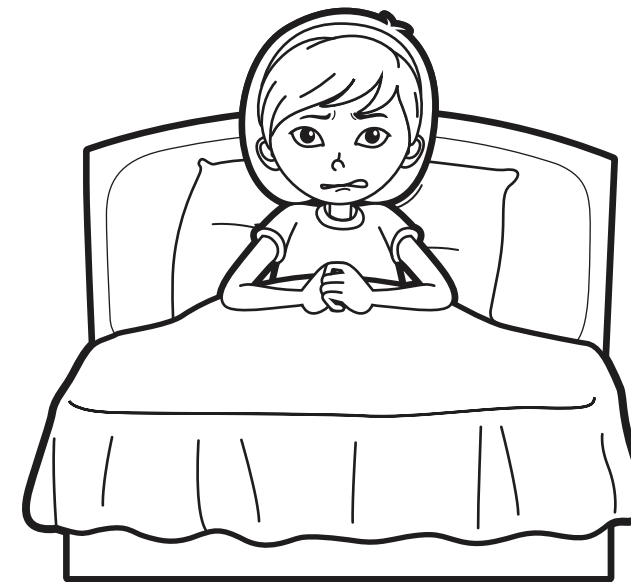
Follow these five steps—wet, make bubbles, rub together, rinse, and dry.



You can be a helper too! You can help your family by taking care of the dog, picking up your toys, or being extra kind to the people at home. If your brother or sister is sad or upset, tell a grown up.



You may feel different since COVID-19 started, compared to how you felt before. Tell a grown-up if you:



Have nightmares or are afraid.



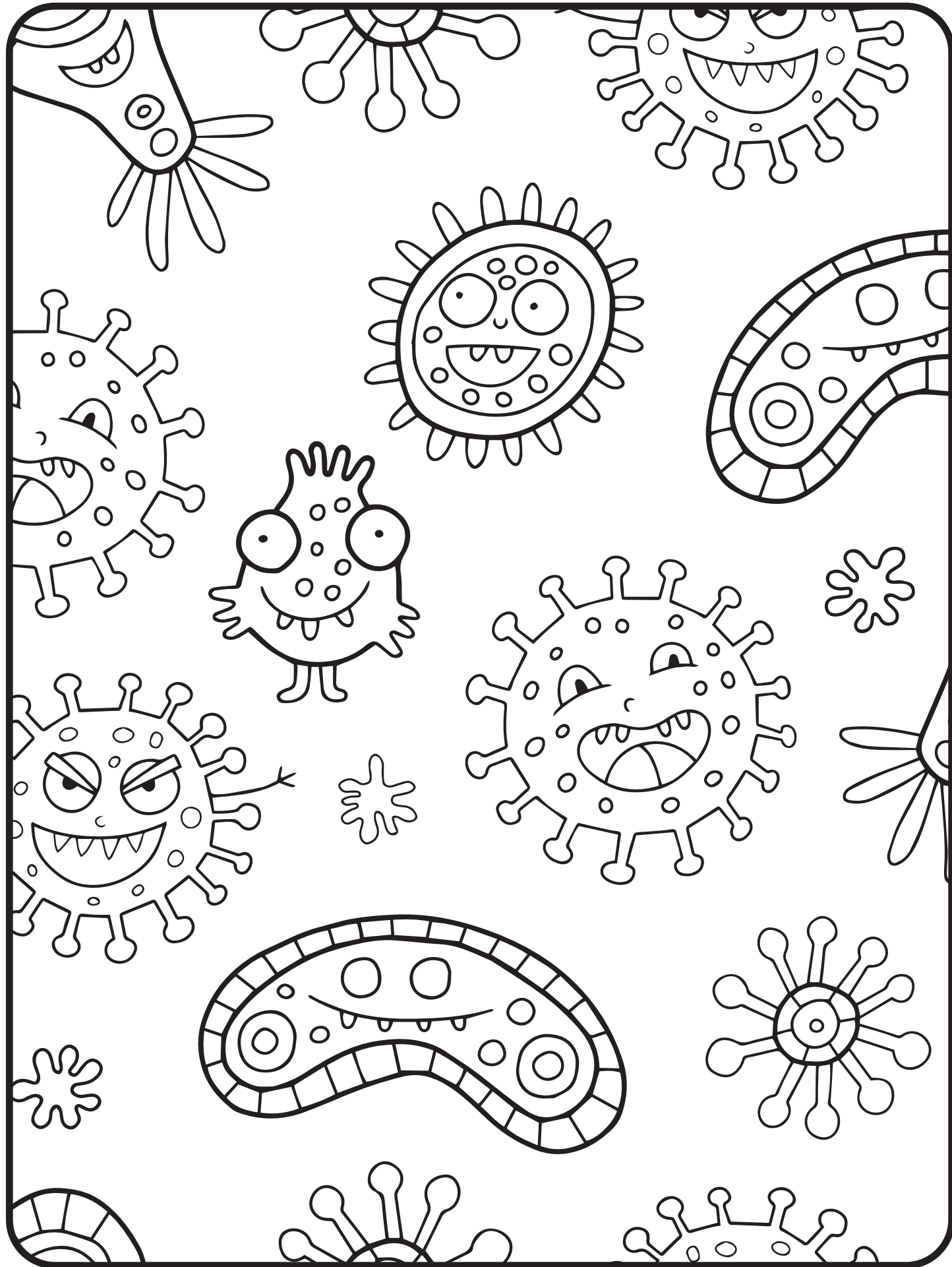
Are sad or angry.



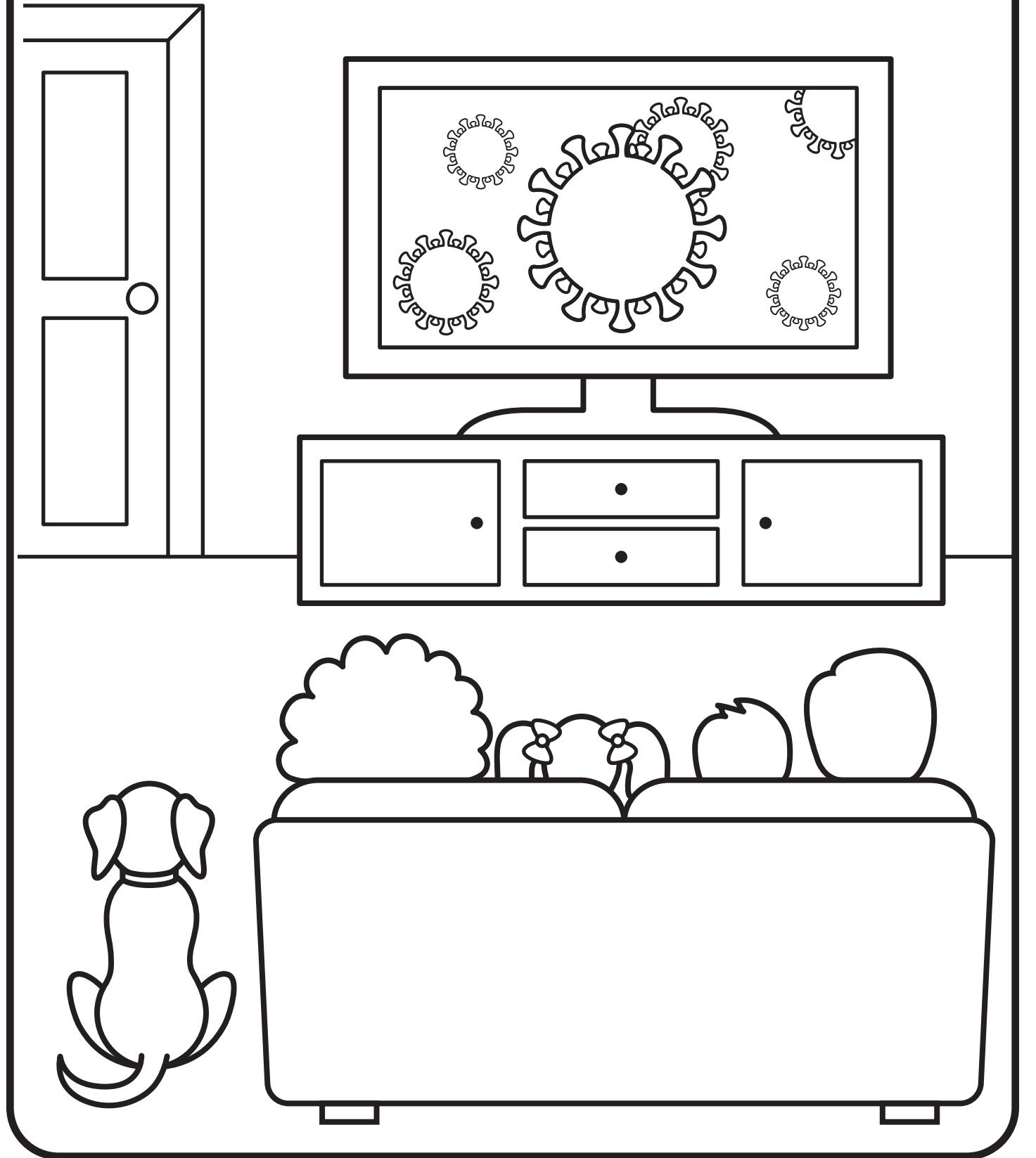
Don't feel like playing with your friends.



Have aches or pains that you don't usually feel.



Hearing a lot about COVID-19 can be upsetting.
Remember to take breaks from watching, reading, or
listening to news on COVID-19.



Diseases like COVID-19 can be scary for kids and grown-ups. It's okay to feel upset and ask questions.

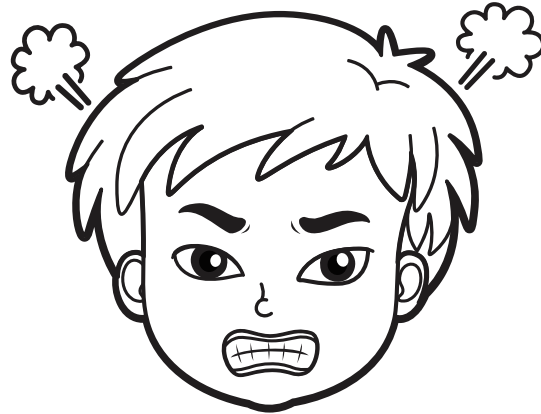
How do you feel today? Circle one of these feelings or draw your own in the space below.



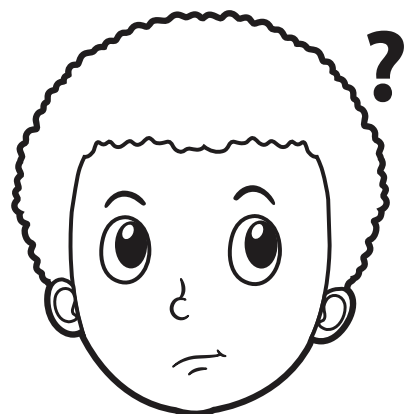
HAPPY



SAD



MAD



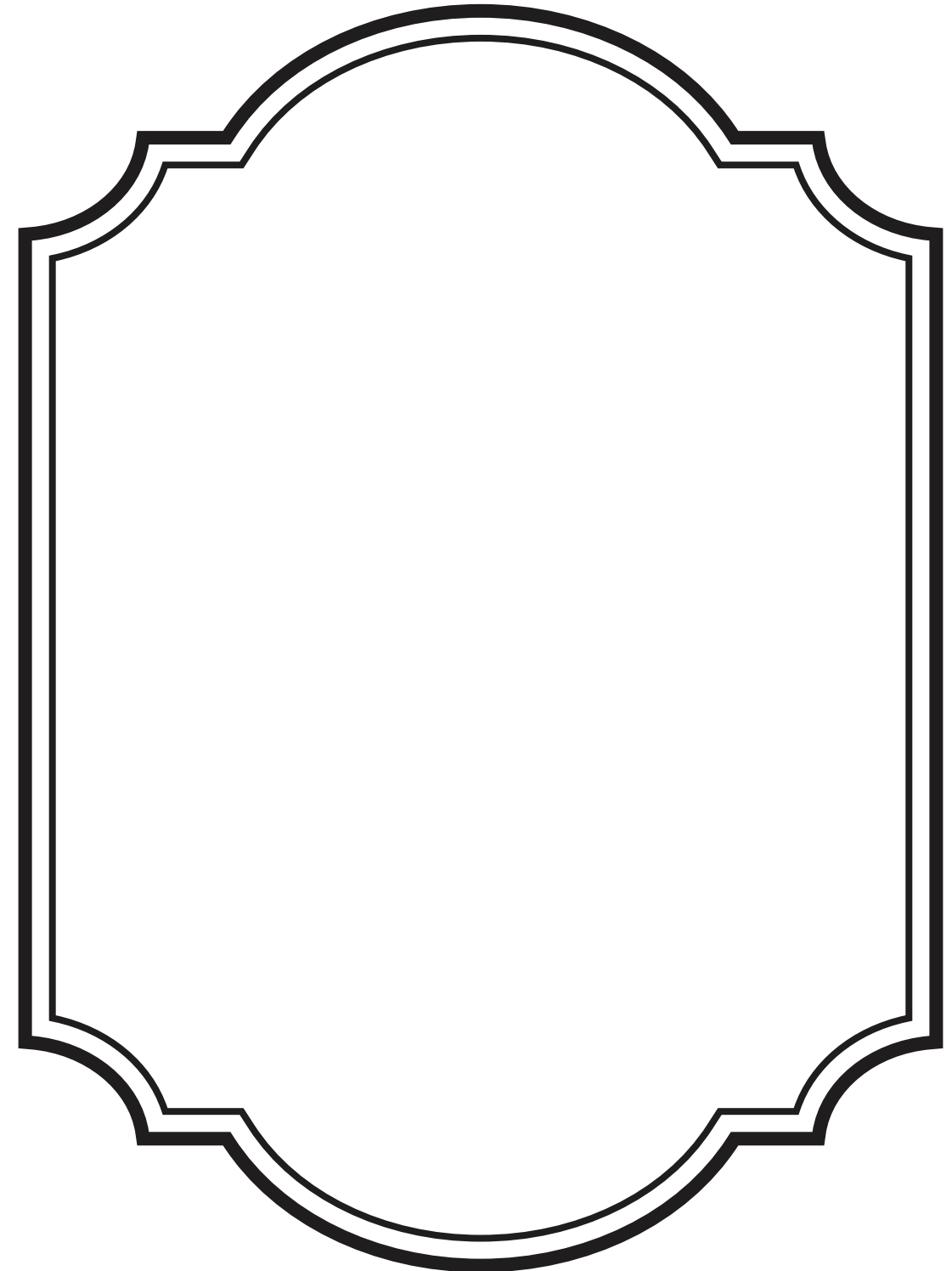
CONFUSED



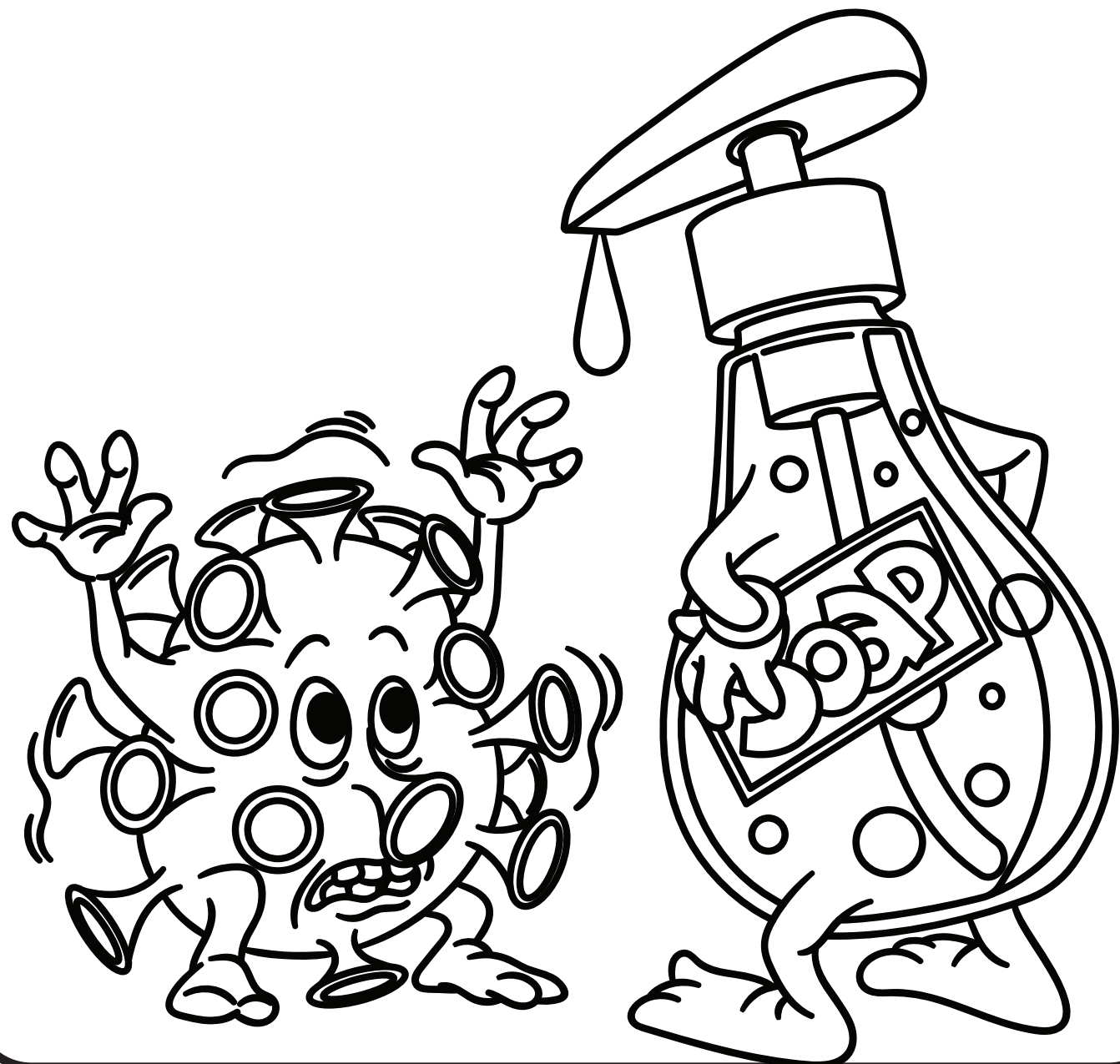
SCARED

There are people all around you who can help! You will not be alone.

Draw a picture of someone you can talk to when you need help.



SOAP IS COVID-19'S WORST ENEMY!



BE A HANDWASHING HERO!

Help your friends and family learn about how they can prevent COVID-19.

Color in the picture and become your family's Handwashing Hero.



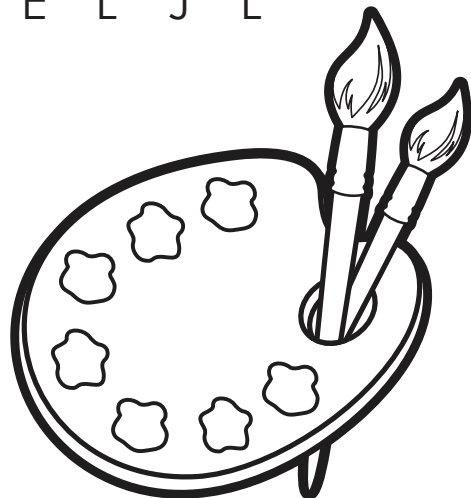
WORD SEARCH

It's good to do something you like to do. Some kids like to read, draw, dance, or color. What do you like to do?

Help find all of the fun activity words below. The words can be across, down, or even diagonal.

A W R Q S E L D P G O N B
E J Z E Y S I N G N Q B E
Y I M Q A G J G J G Q U X
K A Y Q Z D S K I P X B H
G E W I T B C X S R T V X
Y A T M Y O C O D S J Q J
C Y A A H E Y N L Y R U N
D O L L W D E S P O R T S
A P A I N T A V A N R H C
R M C U E S R N M O F G Z
D H Z R E K Z R C K U U W
S D P X F D J B L E L J L

COLOR	PLAY	SING
DANCE	PRETEND	SKIP
GAMES	READ	SPORTS
PAINT	RUN	TOYS



Cut Here

GREAT JOB!

(Your Name)

learned so much about COVID-19!

Remember to:

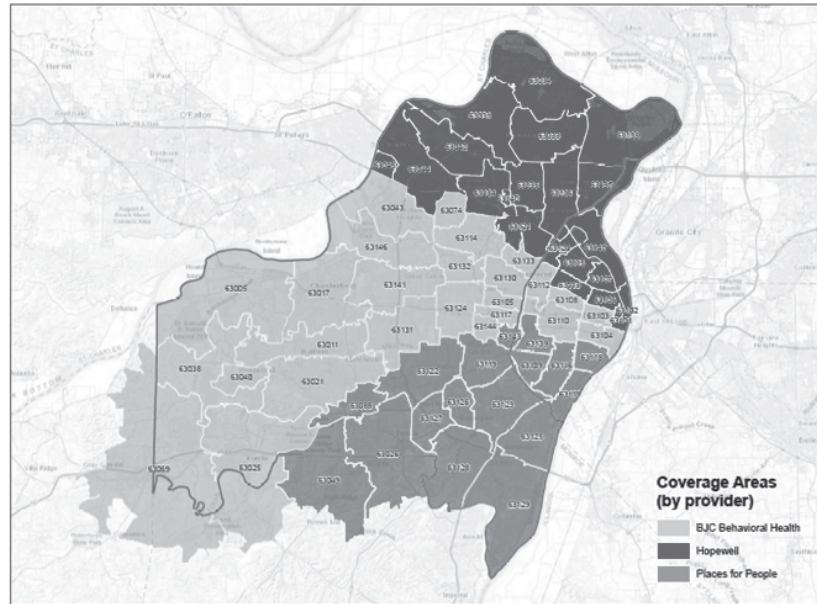
- Wash your hands with soap and water!
- Wear your mask when you go out.
- Stay 6 feet away from people who don't live with you.

Things I learned about COVID-19:

1 _____
2 _____
3 _____



SHOW ME HOPE ST. LOUIS



Show Me Hope in the St. Louis Region utilizes the expertise of partner provider organizations to connect to special populations and allow for a coordinated regional response. Three Community Mental Health Centers have prioritized specific areas of the region and work with additional Extender Agencies to engage

more people throughout St. Louis City and St. Louis County. Below is information to contact a Counselor through the Show Me Hope Crisis Counseling Program:

Behavioral Health Network (BHN) –

www.bhnstl.org
(314) 449-6713

Places for People –

www.placesforpeople.org/show-me-hope
(314) 615-9105 ext. 397

BJC Behavioral Health –

www.bjcbehavioralhealth.org
(314) 747-7492

ALM Hopewell –

www.hopewellcenter.com
(314) 531-1770

BHN Bridges to Care and Recovery –

www.bhnstl.org/bridges-to-care-and-recovery

Safe Connections –

www.safeconnections.org
(314) 531-2003

Mental Health America (MHA) –

www.mha-em.org
(314) 773-1399

Casa De Salud –

www.casadesalud.org
(314) 977-1250

Alive and Well –

www.awcommunities.org
(314) 898-4049

VOYCE –

www.voycestl.org
(314) 919-2411

FIND 10 DIFFERENCES IN THE IMAGES BELOW



SHOW-ME

H  **PE**

MISSOURI

SCAN HERE
FOR MORE
ACTIVITIES

