



Talking to Kids about a Pandemic



QUESTIONS TO ASK:

Tell me about coronavirus...what do you know?

How are you feeling?

What makes you afraid?

How are your friends feeling about the coronavirus?

What's on your heart?

Do you remember when (remind them of a time they felt fear or concern). How did we overcome that? (POINT THEM TO TRUTH).



POSITIVE RESPONSES:

I am praying for you – let's pray together.

I understand your frustration and concern.

It's ok to feel sad.

I hear you.

You are not alone.

I see that you feel afraid, let me help you.

Do you need a hug?

You are so loved.

Your feelings matter.

That's a great question.

I am really glad I get to be your mom/dad.

I will always be here for you.

It will be okay soon.

I am here with you. I will help you stay safe.

Take a deep breath with me.

We can trust God no matter what.

God is bigger than this situation and our fear.