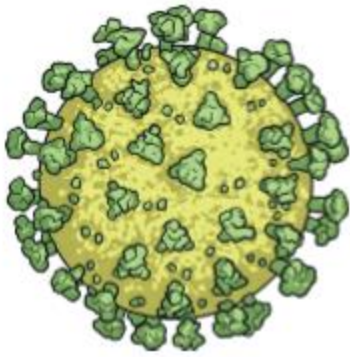


Feeling Bored when Self- Isolating with Coronavirus- A Social Story



When people have coronavirus, they need to stay at home for 10 days. This is called self-isolation.



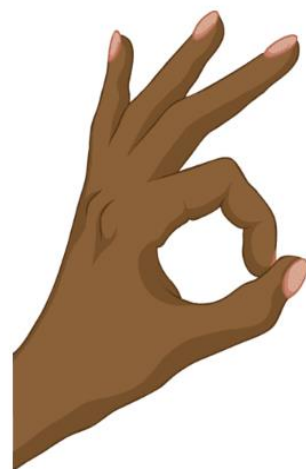
When the 10 days are over, as long as nobody else they live with has coronavirus, they can leave home again.



While I am self-isolating, I might feel bored, or unsure of what to do or play with.



It's OK to feel this way, but there are also lots of things I can do to feel less bored.



I could...



read a
book



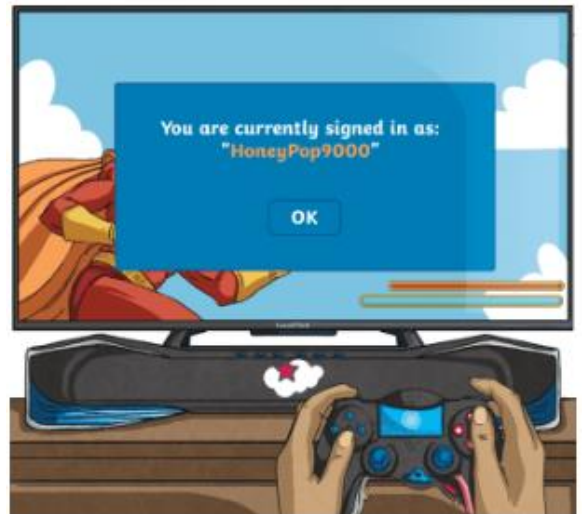
play with
toys



do a
puzzle



play a
board
game



play a
video game

I could...



draw



listen to
music



dance



watch TV

do arts and
crafts



I can also ask an adult I live with to help me find something to do when I am feeling bored.



There are lots of things I can do to help me to feel less bored when self-isolating at home.

