



Is Summer Cancelled Too?

A Story About Susie's
COVID-19 Questions

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This is a story about a little girl named Susie.

Susie was excited about spring.

Spring meant warmer weather, rain puddles,
and mud pies.

But this year Susies' plans got changed.

First, school unexpectedly
got canceled before spring
break.

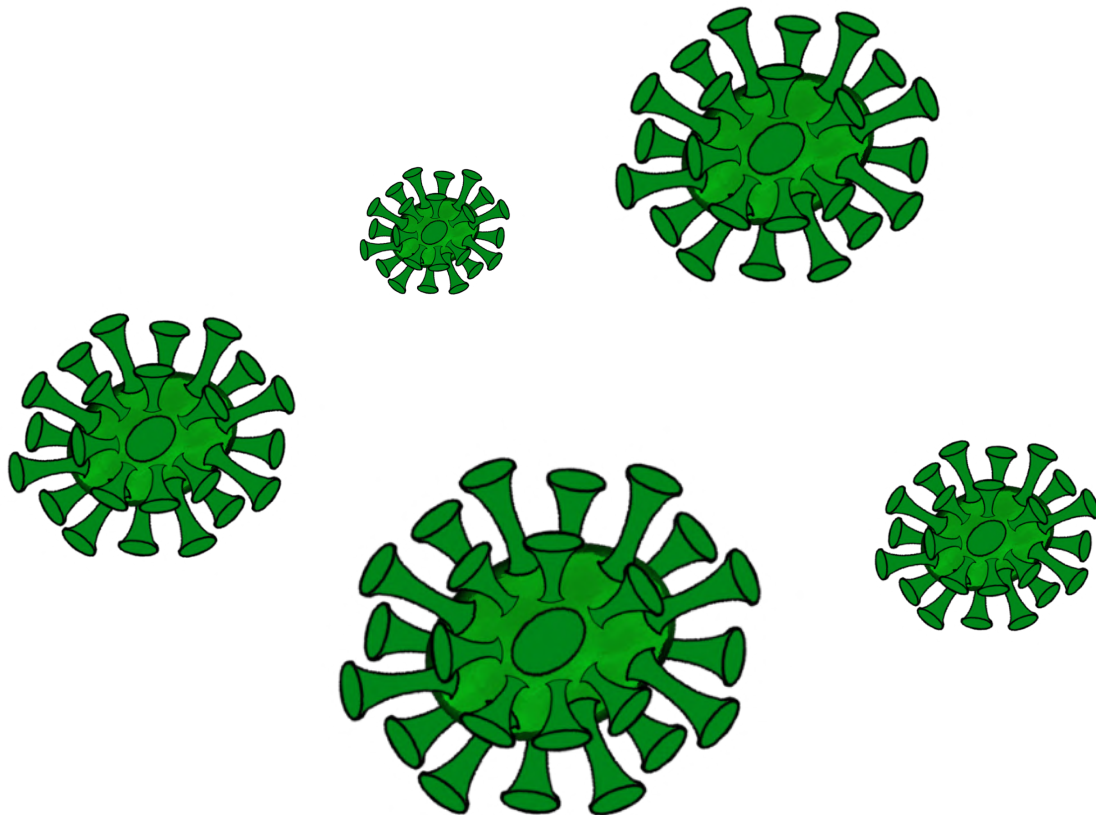


Then, spring break got
canceled too!

And then Susie learned the news that
no kids were going back to her school until after summer.

ALL her school learning would be at home for the rest of the
year!!!

Her parents said it was because of a virus called COVID-19
that made people really sick.



Some days felt full of fun but other days felt really hard.
Some days Susie didn't know what to feel.
Everything that was familiar to Susie had changed.



Mom and Dad were now at home when they used to go to work.
Special friends and babysitter who helped take care of Susie
don't come over anymore.

Church was on the computer, violin lessons were on the
computer, playdates and even her school work was now all
done on the computer.

It was kind of weird.

Susie wondered how an invisible virus could have so much control.

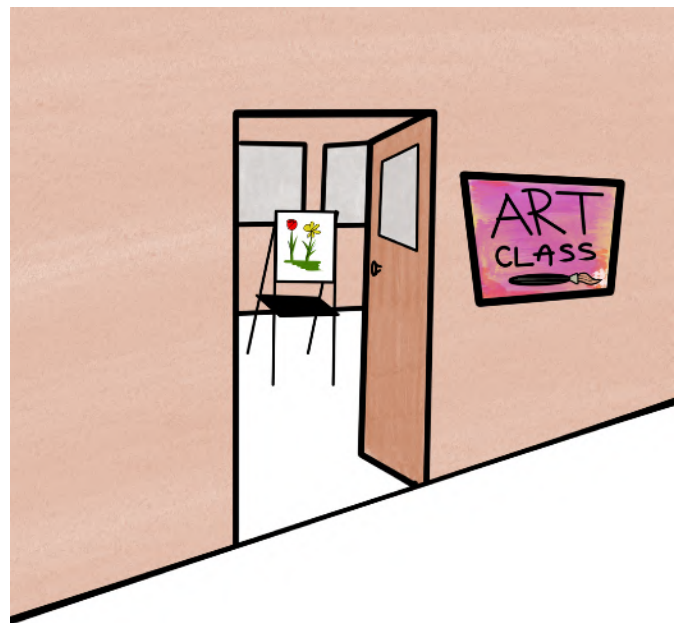


Then, something else happened, Susie's days started to feel a bit sad



Susie missed playing at the park with her friends.

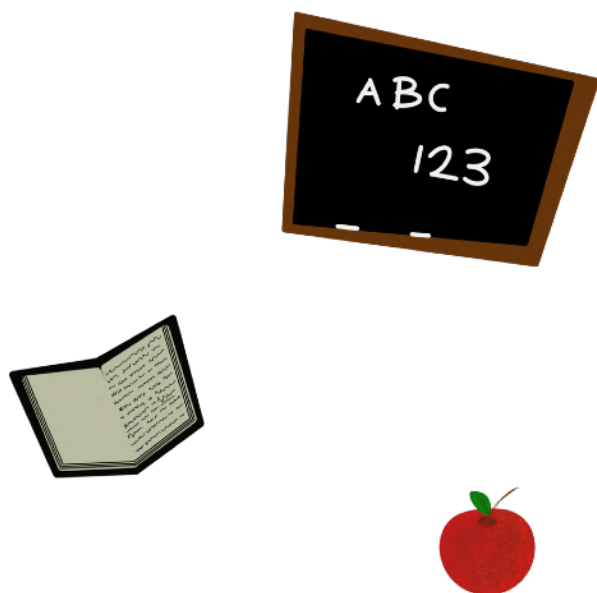
She missed her art class with Ms. Golden.



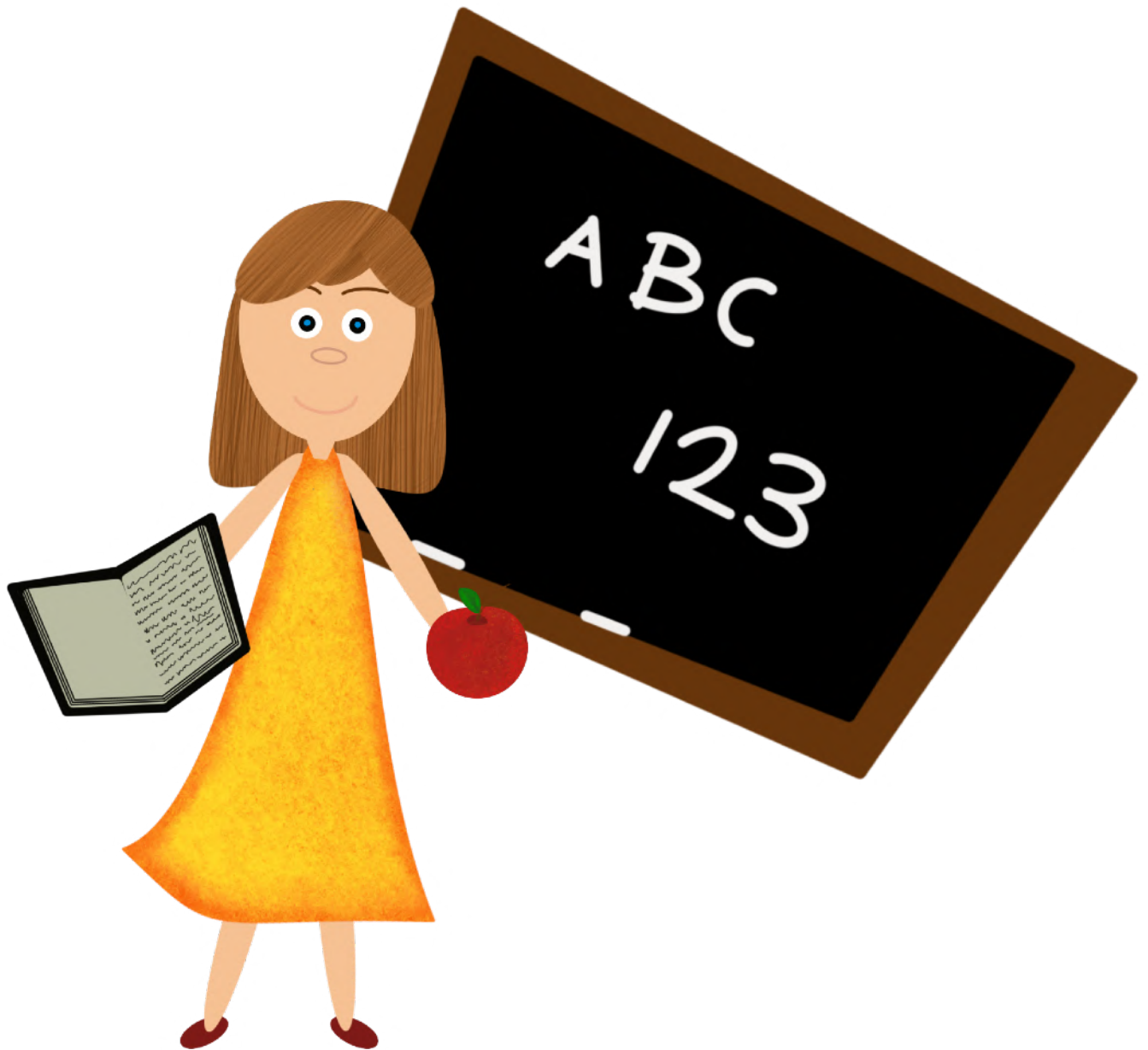
She missed going to church and especially singing there.



Susie missed walking to school
with her mom



Susie missed P.E., music, and
even Math class at school.



Now, Susie's Mom is like her teacher but also her mom.

It gets confusing sometimes.

And when her mom checks her school work, sometimes she is kind but other times she can get a little frustrated with Susie.

All of this makes Susie feel sad and empty somedays.

Her mom said it's ok to feel sad and empty, because she has lost so much so quickly.



Susie never had plans change this much before.

Susie has so many questions and nobody had any great answers.



Some of Susie's questions:

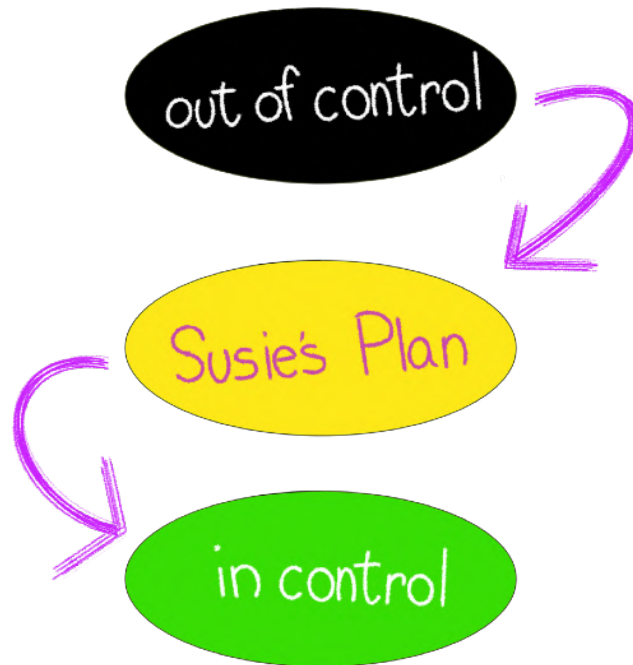
1. Will the virus last forever?
2. Will I get to go to 1st grade at my school?
3. Will my summer plans be canceled too?

Susie thought about it
and thought about it and soon
she had an idea.

Susie knew when little things
think they are in charge (like her
little sister and this virus) things
can get OUT OF CONTROL.



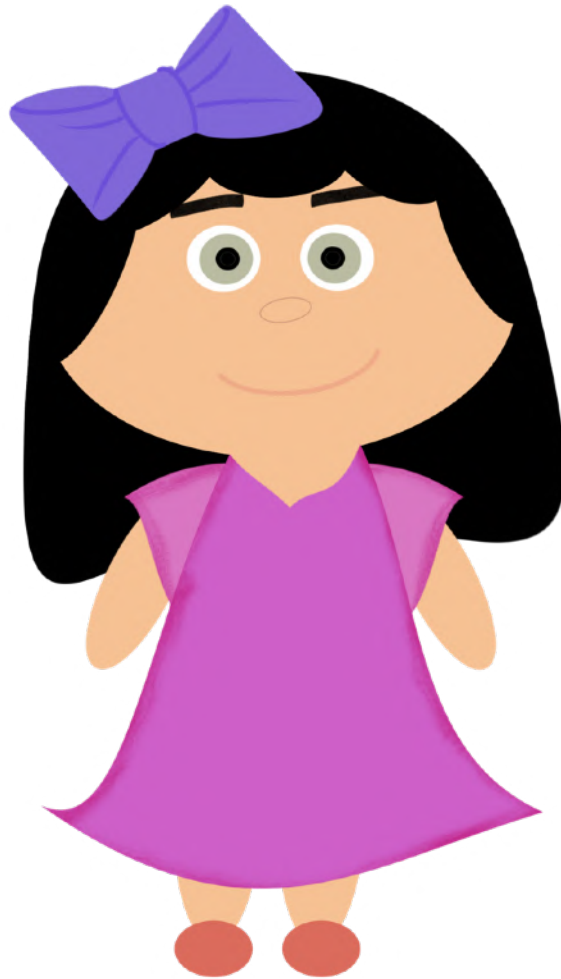
Susie decided the best plan for helping her
OUT OF CONTROL feelings would be to practice things she
COULD CONTROL,
even if all her questions couldn't be answered yet.



Susie's Plan

1. I will wash my hands A LOT so I won't get sick or get others sick.
2. I will practice deep breaths and wear my Wonder woman costume every day to give me courage. (This will stop the virus from making me feel afraid).
3. I will create a feelings choice book to help me learn ways to be O.K. with all different types of feelings.

Susie still doesn't know when the virus will end or if she will be able to go to first grade at school or home.



And, as for Susie's summer plans, they are beginning to look a little different than past summers.

But now, every day, Susie feels a little less sad and a little more in control because of her own plan.



Susie knows her plan is a good one and
she's sure summer will come.

She is positive!

Because, even when plans change -
season's don't!

Yay for summer!

Parent Resources:

Website Links to:

Teach Deep Breathing

Feeling Choice Menu Flip Book

Website Links to Kid Matters Parenting Blog:

Kid Matters Blog Page

3 Ways to Stay Sane as a New Home School Mom

3 Tips to Support your Child through Covid-19

Tools to Decrease Anxiety in Children

About the Book Creators

Susan Stutzman is a licensed clinical professional counselor, a registered play therapist supervisor, and an early childhood development educator. She is the co-founder of Play Therapy Toolbox, an online resource for web-based play therapy training for professionals. Susan also is the owner of Kid Matters Counseling in Hinsdale, IL where they have helped hundreds of kids and parents resolve emotional conflict, cultivate healing, and nurture hope. Susan regularly blogs for Parent Matters, a newsletter resource for parents provided by Kid Matters Counseling.

Susan was born and raised in Chicago, is a proud mom of three children. She has been married to her husband for over 15 years and they live in Hinsdale, IL.

Discover more at www.KidMattersCounseling.com and www.playtherapytoolbox.com

Fernando Gonzalez III is a licensed clinical social worker and foundation level certified Theraplay Practitioner. Fernando is a child therapist at Kid Matters Counseling in Hinsdale, IL and author of the children's book *Daniel Feels Purple*, a book that supports parents and children navigate anger and temper tantrums.

