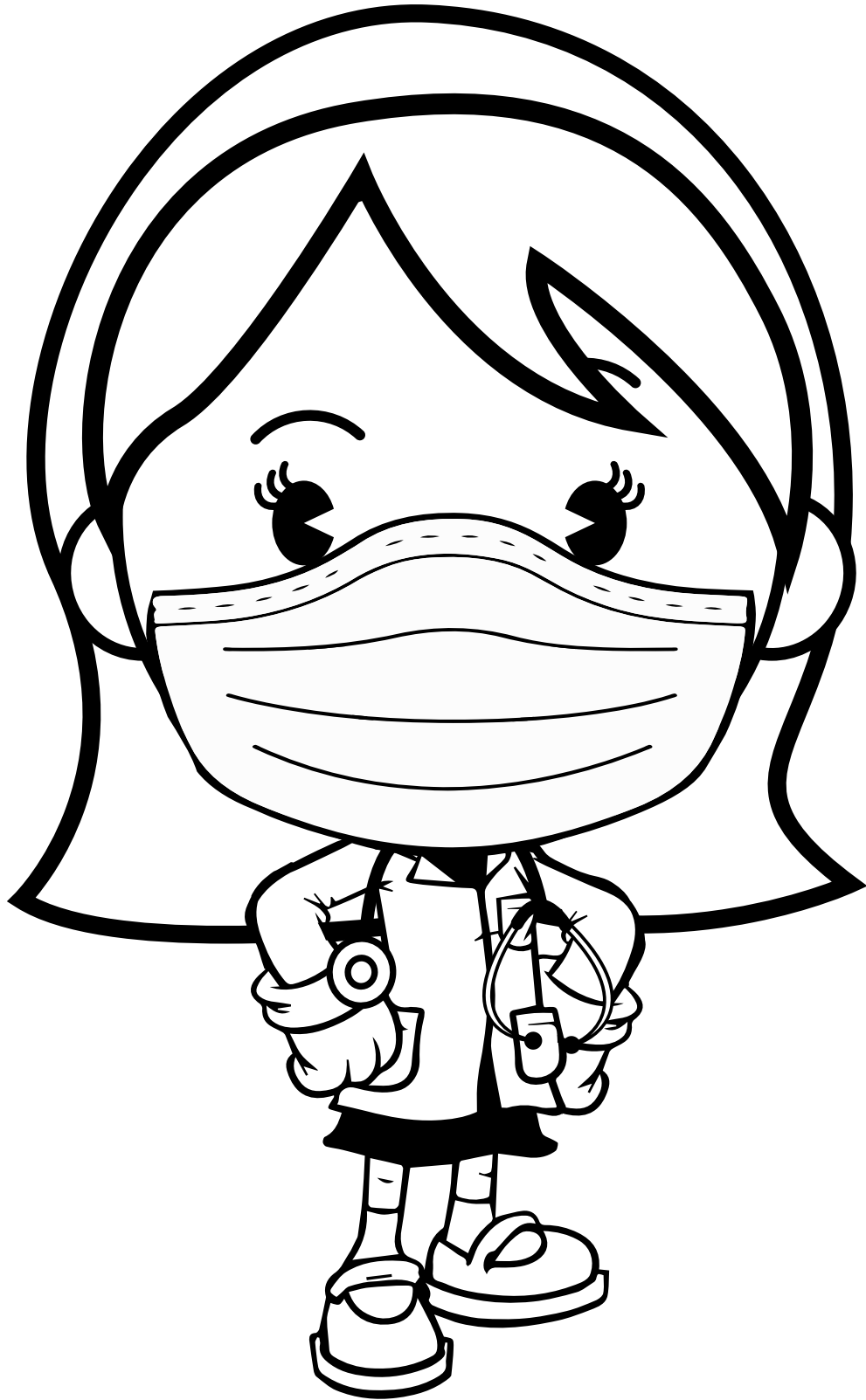


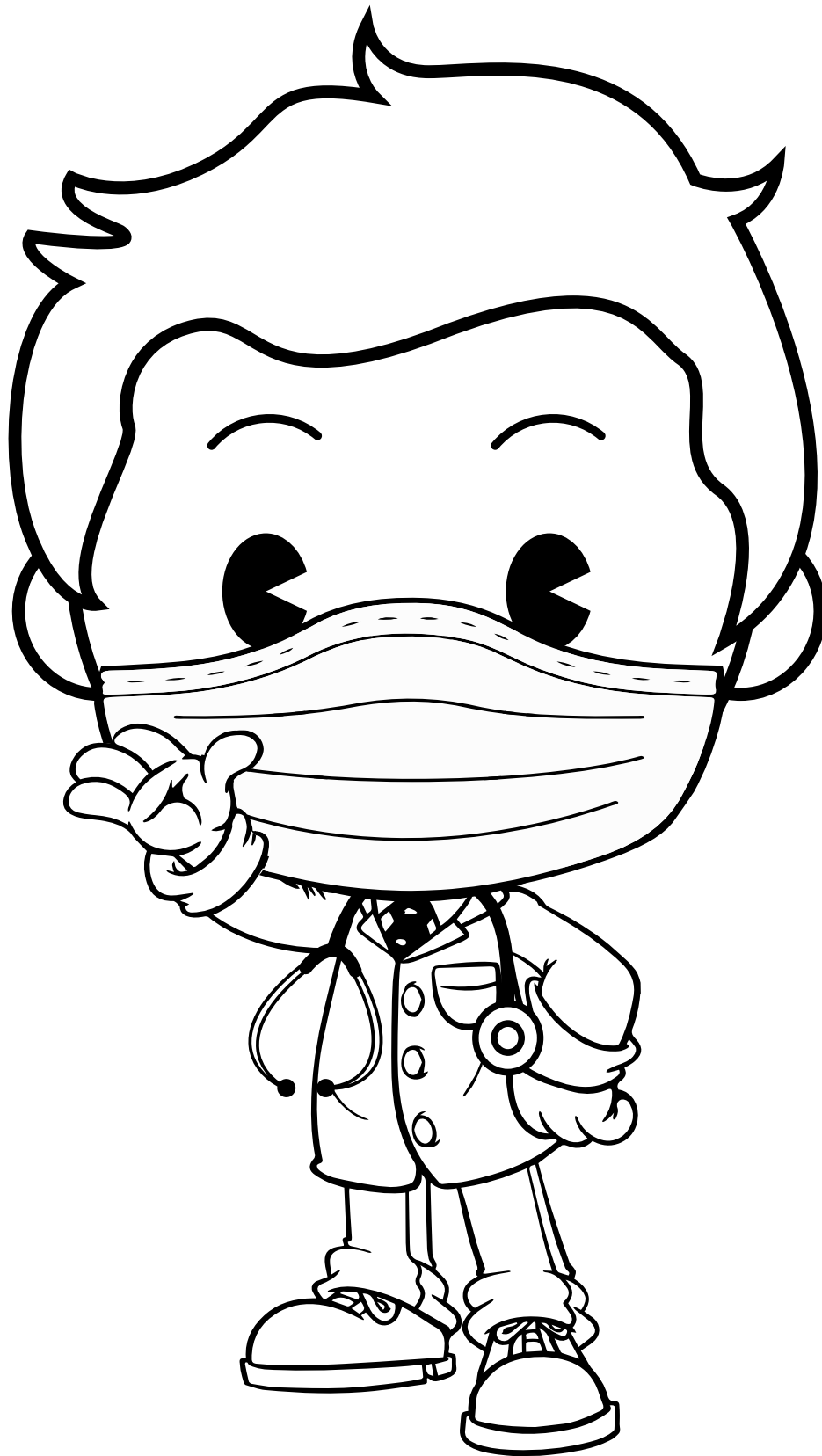
COVID-19 BILINGUAL EDUCATIONAL ACTIVITY BOOK





Doctor Sol is a scientist and medical doctor. She likes to ride her bicycle, play the guitar and spend time with her family.

La Doctora Sol es científica y médica. A ella le gusta andar en bicicleta, tocar la guitarra y pasar tiempo con su familia.



Doctor Calor-ado is a medical doctor. He likes to cook, sing and spend time with his dogs, cats, horses, and family.

El Doctor Calor-ado es médico. Le gusta cocinar, cantar y pasar tiempo con sus perros, gatos, caballos y familia.



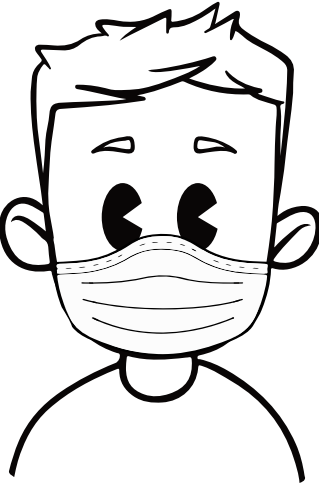
The TTUHSC El Paso faculty and students created this COVID-19 Children's Activity book to help educate children on how to keep themselves and others safe during the pandemic.

La facultad y los estudiantes de TTUHSC El Paso crearon este libro de actividades para niños COVID-19 para ayudar a educar a los niños sobre cómo mantenerse a sí mismos y a los demás seguros durante la pandemia. Recuerde siempre:

ALWAYS REMEMBER THE 3 W's:



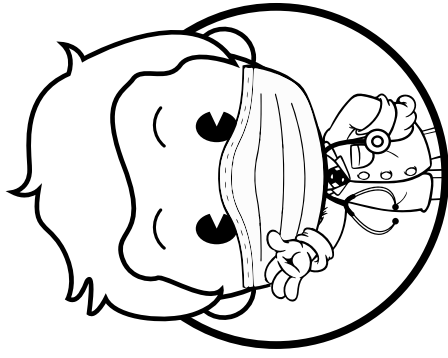
1. WASH YOUR HANDS
1. Lávate las manos



2. WEAR YOUR MASK
2. Use su mascara

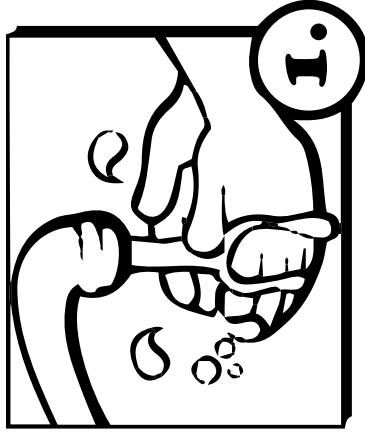


3. WATCH YOUR DISTANCE (STAY 6 FEET APART)
3. Cuide su distancia (manténgase a 6 pies de distancia)



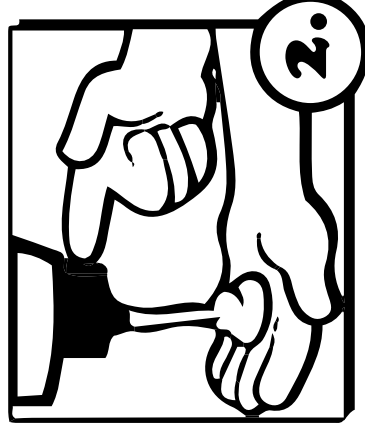
Wash your hands

Lávetete las manos



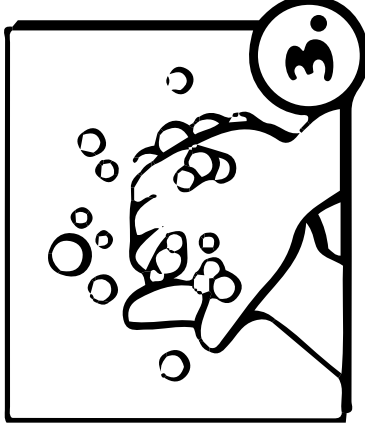
1. Wet your hands with water

1. Moja tus manos con agua



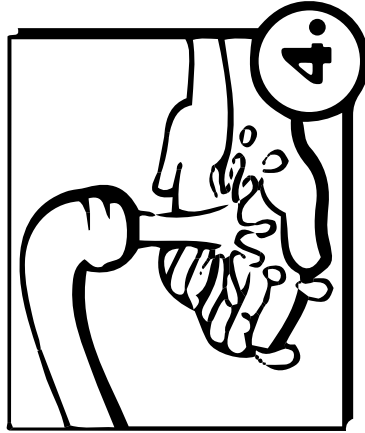
2. Add soap to hands

2. Agregue jabón a las manos



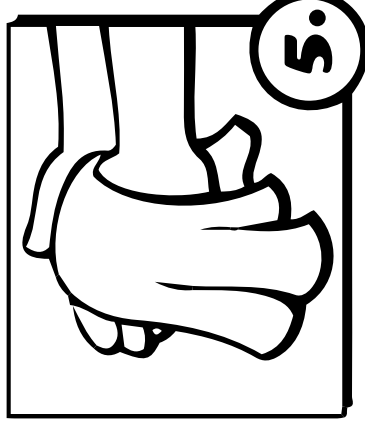
3. Lather and scrub hands for 20 seconds, wash under fingernails and all over hands

3. Enjabonar y frotar las manos durante 20 segundos, lavar debajo de la uña y en todas las manos



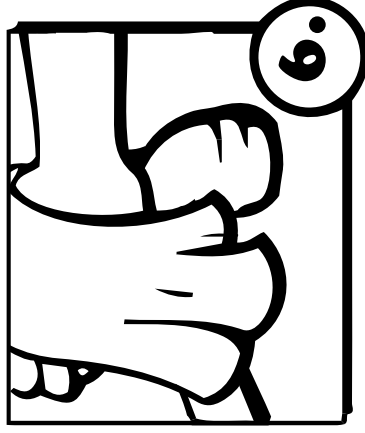
4. Rinse for 10 seconds

4. Enjuague por 10 segundos



5. Dry your hands

5. Seca tus manos



6. Turn off water using a clean towel

6. Cierre el agua con una toalla limpia

WASH YOUR



HANDS!

**My favorite song to sing while
washing my hands is**

_____.

¡LÁVESE LAS



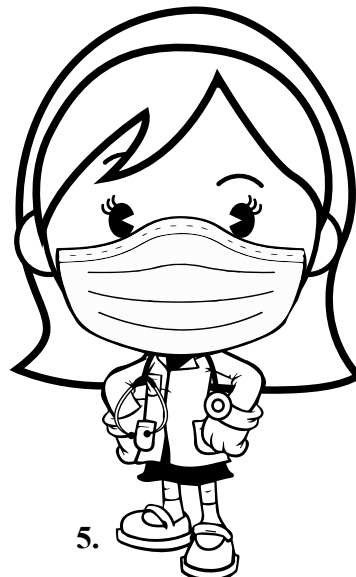
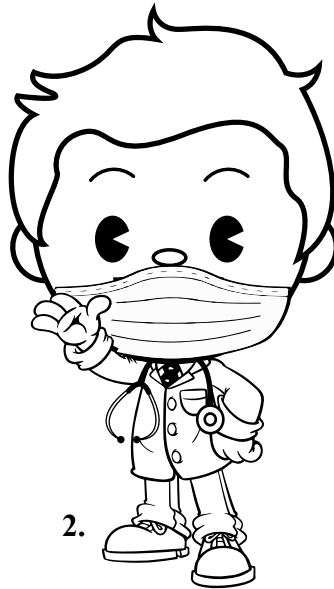
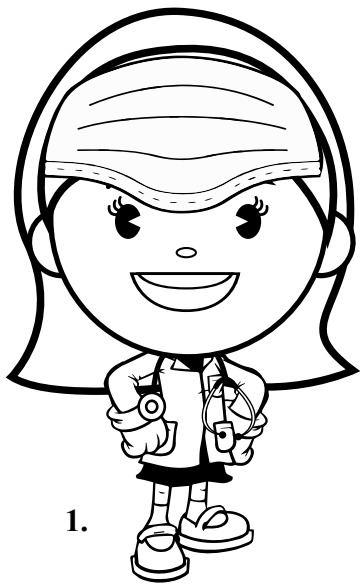
MANOS!

**Mi canción favorita para cantar
mientras me lavo las manos es**

_____•

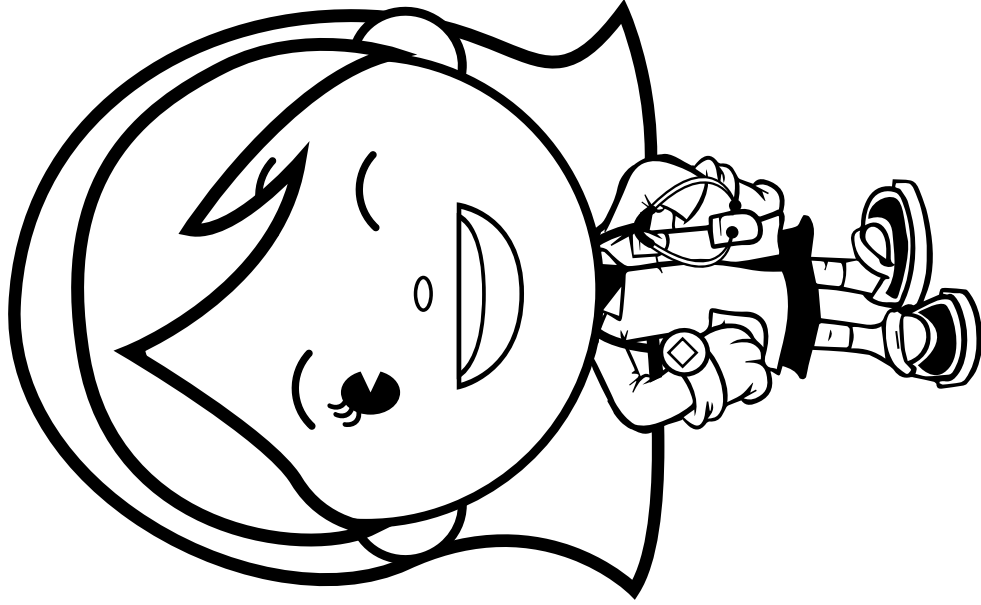
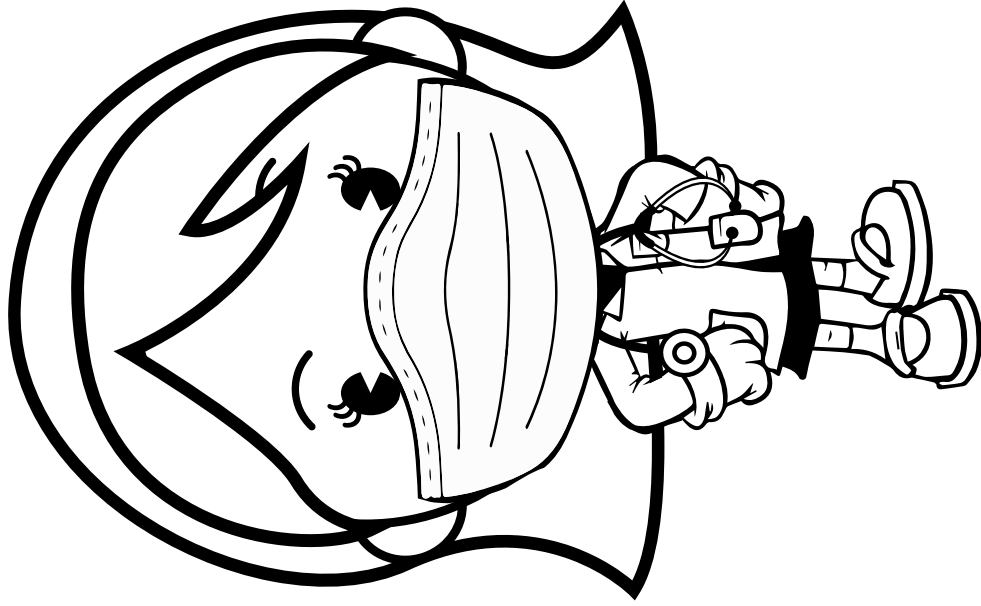
Circle the correct way to wear a mask.

Encierra en un círculo la forma correcta de usar tu máscara.



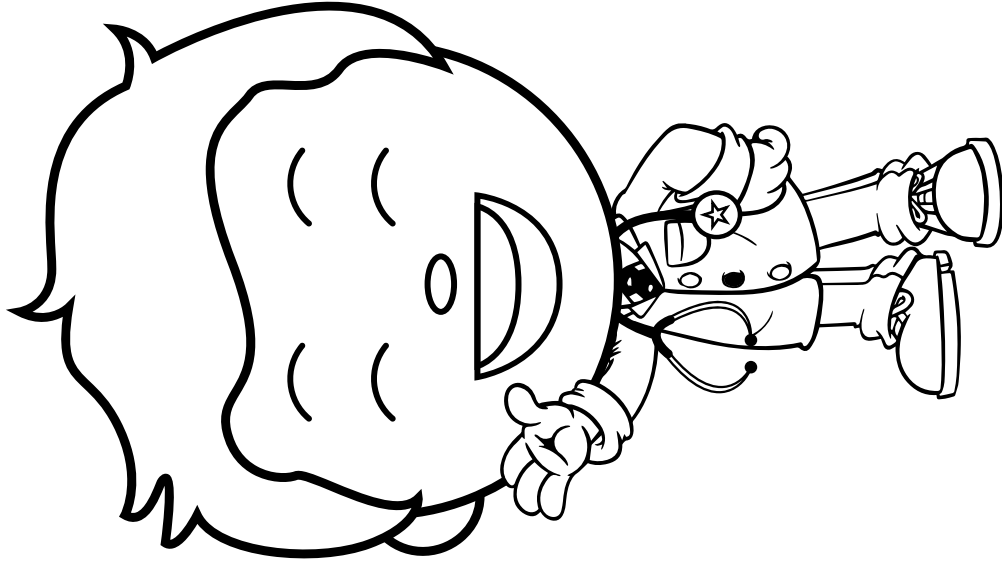
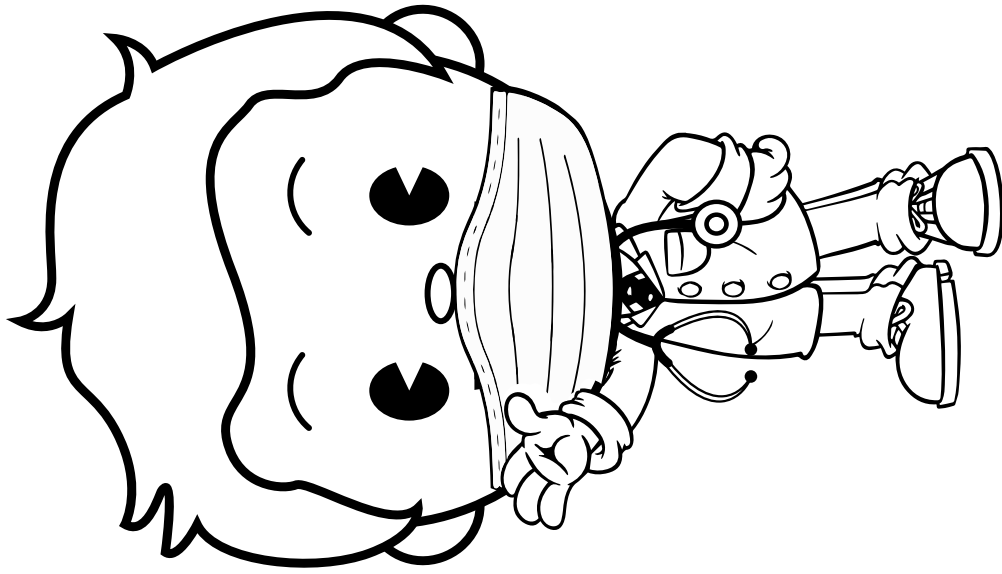
Spot the difference.

Encuentra la diferencia



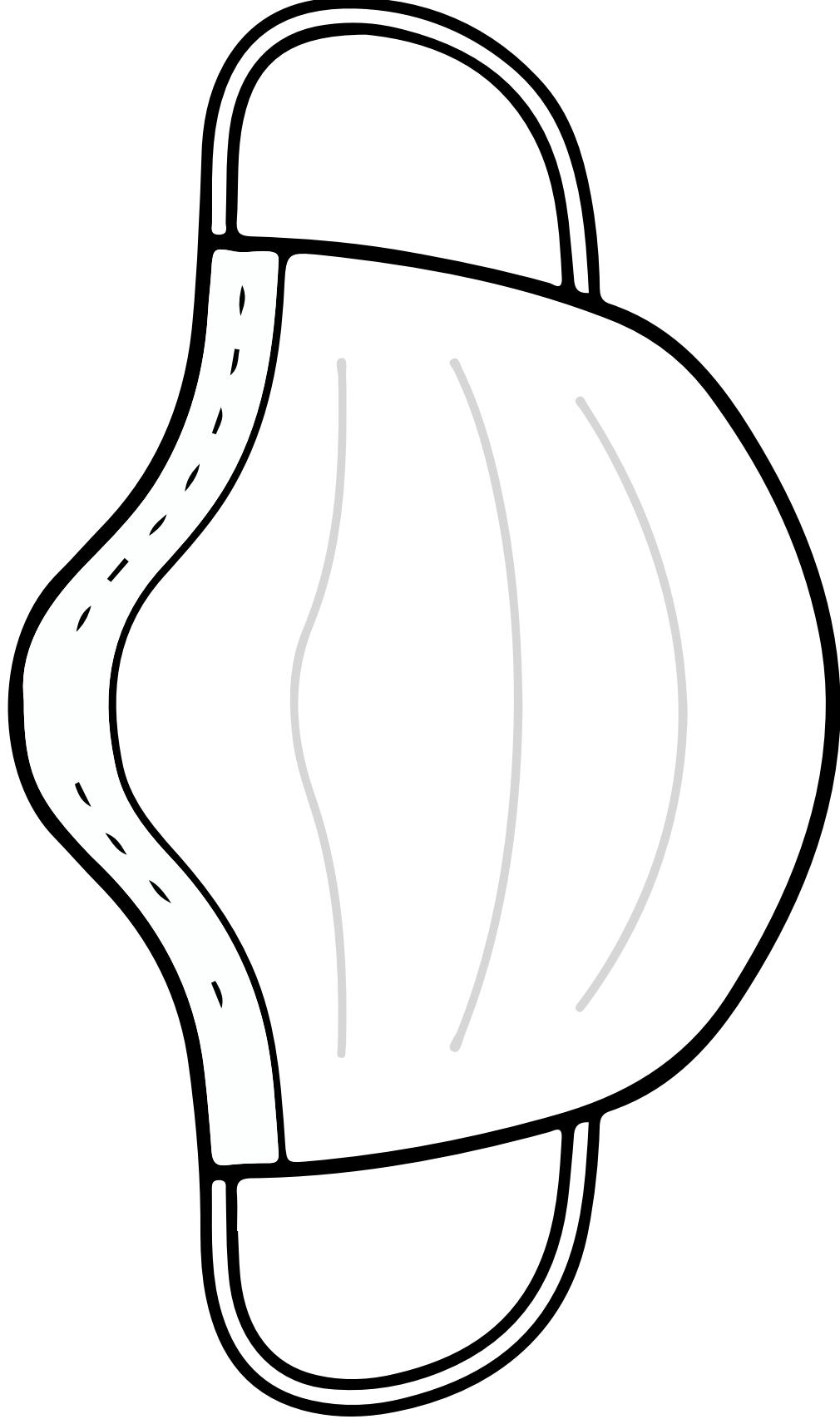
Spot the difference.

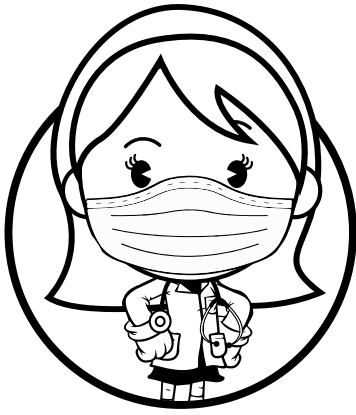
Encuentra la diferencia



Color your mask

Colerea tu mascara

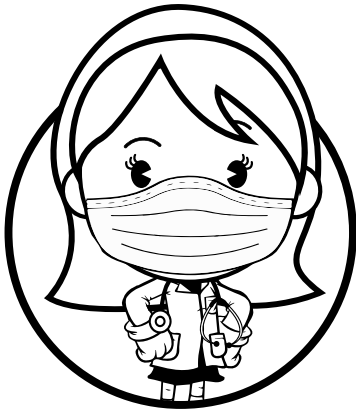




How to take care of ourselves during the pandemic Word Find

H	E	R	E	H	C	O	S	W	L	C	H	M	S
A	K	E	N	M	C	I	O	N	S	O	A	P	I
N	E	E	X	L	S	E	C	C	O	S	L	S	L
D	N	S	C	T	L	A	I	O	M	M	T	S	C
S	I	E	I	H	E	T	A	M	T	C	H	D	M
A	I	I	A	L	E	H	L	M	I	T	D	N	E
N	E	P	E	I	P	E	D	U	E	E	N	A	D
I	T	U	L	S	N	A	I	N	C	X	I	H	I
T	I	T	H	T	N	L	S	I	N	E	A	H	T
I	M	T	C	E	M	T	T	C	E	R	E	S	A
Z	E	A	T	N	E	H	A	A	I	C	N	A	T
E	I	A	S	W	L	Y	N	T	T	I	S	W	E
R	N	I	S	K	E	H	C	E	A	S	E	S	T
I	T	M	E	A	R	A	E	A	P	E	D	H	S

LISTEN
 SOAP
 PATIENCE
 COMMUNICATE
 MASK
 SOCIALDISTANCE
 HANDSANITIZER
 EXERCISE
 SLEEP
 EATHEALTHY
 MEDITATE
 WASHHANDS



Cómo cuidarnos durante la pandemia

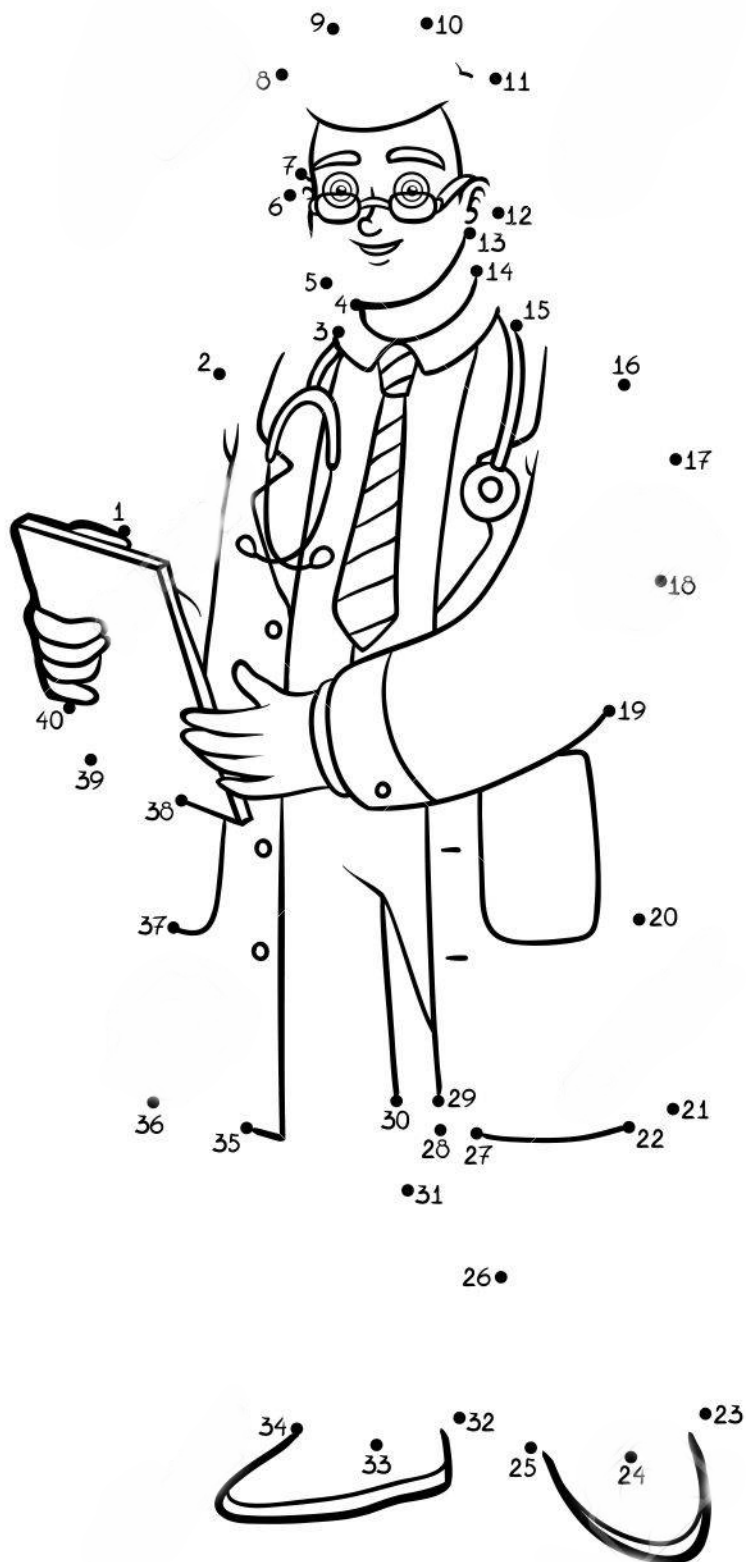
Búsqueda de Palabras

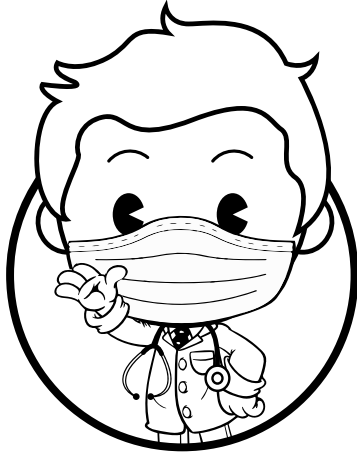
E	D	A	M	E	I	O	M	M	A	E	M	A	I
R	I	O	A	N	A	E	H	E	D	B	E	C	A
C	E	N	R	C	A	A	E	E	E	N	D	J	A
R	O	D	R	M	O	A	B	C	S	J	I	C	T
P	A	R	P	R	I	S	B	B	I	M	T	S	O
N	T	M	A	E	J	R	A	I	N	N	A	I	I
O	N	C	C	S	A	I	A	C	F	C	C	C	A
B	A	O	I	C	O	S	E	N	E	I	M	B	C
A	S	M	E	U	E	E	J	N	C	C	A	E	A
J	C	E	N	C	C	I	O	R	T	N	S	D	E
A	N	S	C	H	C	C	E	U	A	I	C	S	U
D	C	A	I	E	T	J	I	C	R	H	A	O	C
A	P	N	A	A	E	I	R	A	O	A	R	I	C
O	M	O	C	A	D	A	A	C	A	N	A	S	R

JABON
DESINFECTAR
EJERCICIO
COMESANO
MASCARA
ESCUCHE
DORMIR
MEDITA
PACIENCIA

Who helps sick people feel better?

“¿Quién ayuda a los enfermos a sentir a las personas?”





Count the objects in each box and circle the correct answer.

Cuente los objetos en cada casilla y encierre en un círculo la respuesta correcta

3 5 4 6

6 4 3 5

8 2 4 3

2 10 5 8

5 9 2 7

3 6 7 9



What can I do when I'm stressed?

“¿Qué puedo hacer cuando estoy estresada(o)?”

Deep breathing exercise

Ejercicio de respiración profunda



1. Breathe in through your nose for 5 seconds.

SMELL THE FLOWERS

1. Respire por la nariz durante 5 segundos.

HUELE LAS FLORES

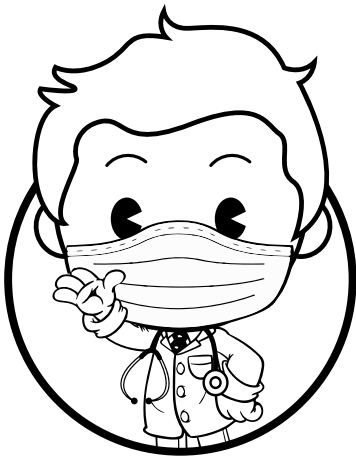


2. Breathe out through your mouth for 5 seconds.

BLOW OUT THE CANDLES

2. Exhale por la nariz durante 5 segundos.

SOPLAR LAS VELAS



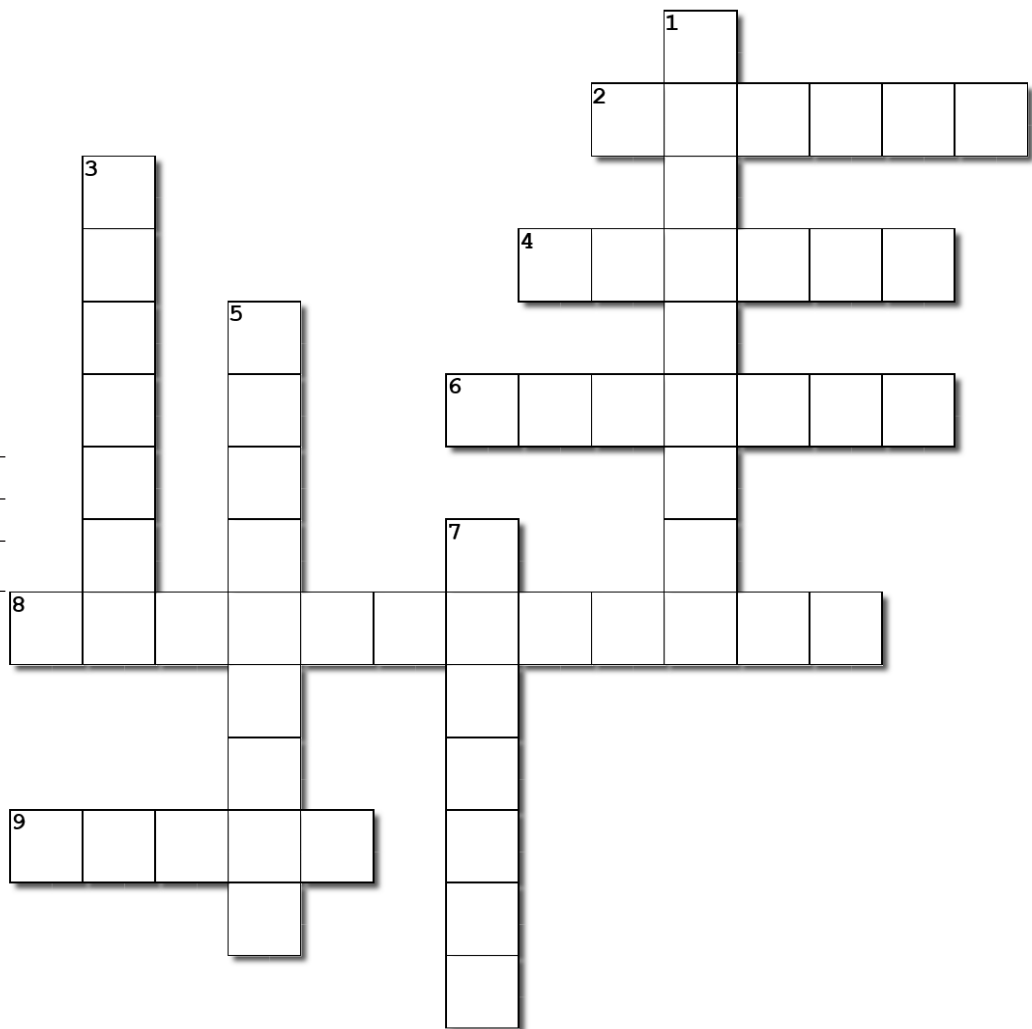
People who help me. Crossword Puzzle

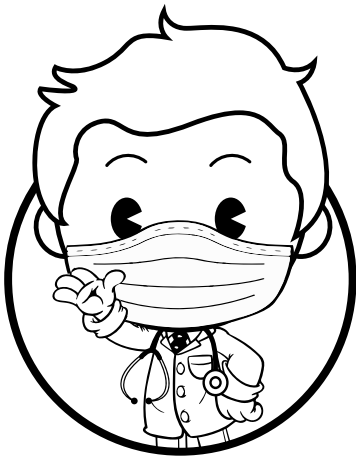
Across

- 2. D _____
- 4. F _____
- 6. F _____
- 8. G _____
- 9. N _____

Down

- 1. P _____
- 3. T _____
- 5. S _____
- 7. P _____





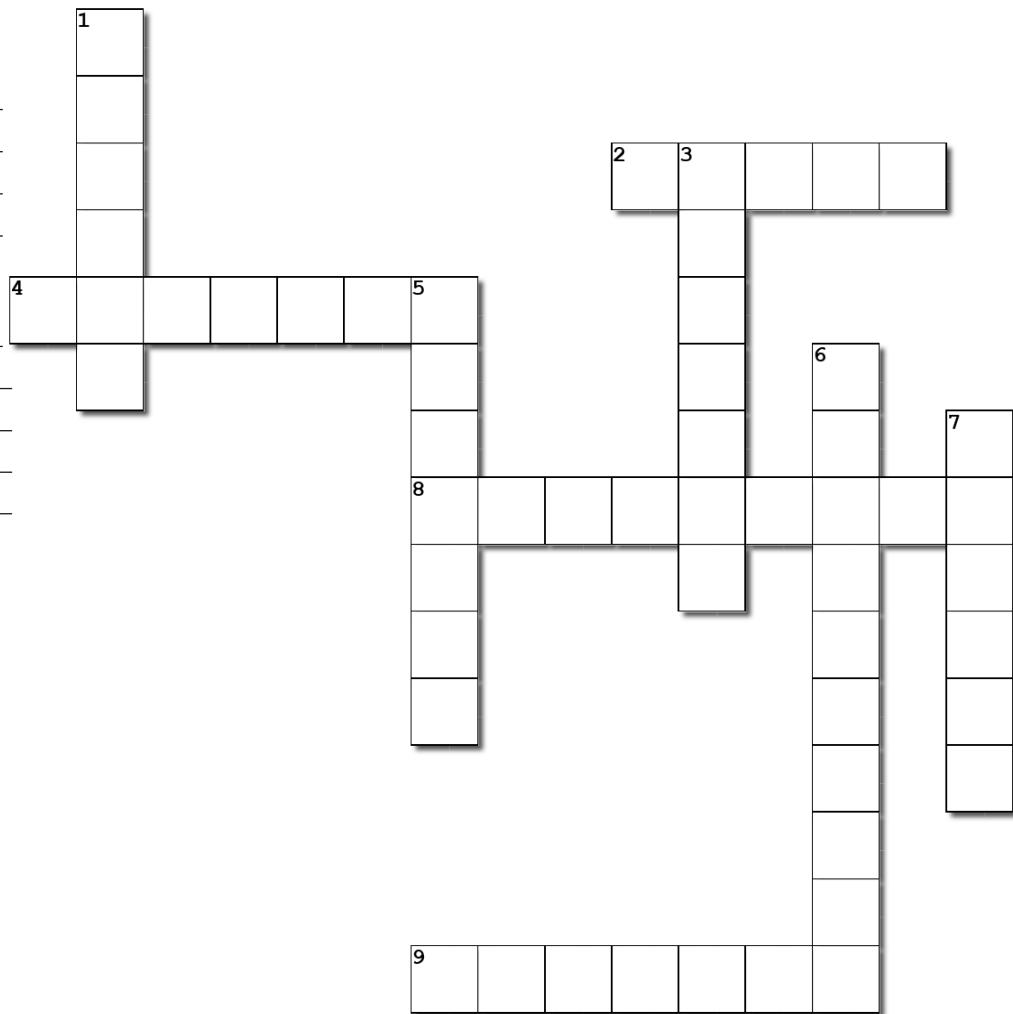
Gente que me ayuda. Rompecabezas de la Palabra Cruzada

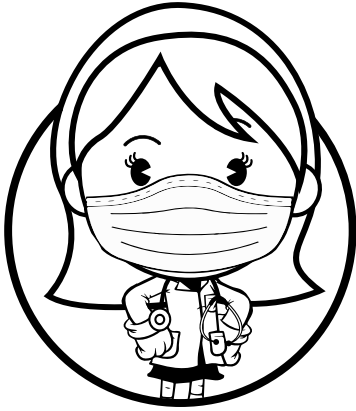
A TRAVÉS DE

- 2. A _____
- 4. P _____
- 8. E _____
- 9. B _____

ABAJO

- 1. D _____
- 3. M _____
- 5. A _____
- 6. C _____
- 7. P _____





**WHEN I FEEL SCARED
I DO THE FOLLOWING
THINGS TO CHEER ME UP**

Draw the following things!

TURN OFF THE TV

READ A BOOK

TALK TO MY FRIENDS

TALK WITH MY FAMILY

GO FOR A WALK

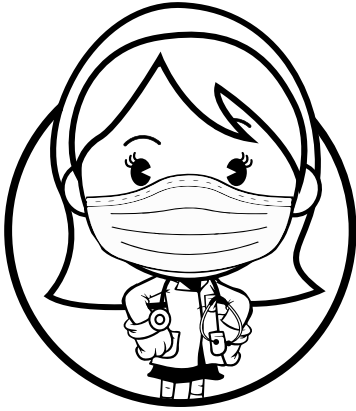
EXERCISE

WRITE IN A DIARY

WRITE A LETTER

COOK

SPEND TIME WITH FAMILY



**Cuando me siento triste o asustado,
hago las siguientes cosas
para animarme.**

¡Dibuja las siguientes cosas!

APAGA LA TV

LEER UN LIBRO

HABLAR CON MIS AMIGOS

**HABLAR CON
MI FAMILIA**

SAL A CAMINAR

EJERCICIO

ESCRIBIR EN UN DIARIO

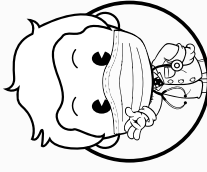
ESCRIBE UNA CARTA

COCINAR

PASE TIEMPO CON LA FAMILIA

**Write a letter or draw a picture for a loved one or friend.
Mail the letter or keep it in a safe place**

**Escriba una carta o haga un dibujo para un ser querido o amigo.
Envíe la carta por correo o guárdela en un lugar seguro.**



CONGRATULATIONS

**YOU HAVE COMPLETED YOUR COVID-19
EDUCATIONAL ACTIVITY BOOK!**

I PROMISE TO:

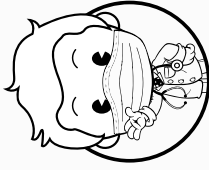
ASK FOR HELP WHEN I NEED IT.
DO MY VERY BEST IN SCHOOL AND COMPLETE MY WORK.
WEAR MY MASK, WASH MY HANDS AND WATCH MY DISTANCE.

Student Name

Date



**TEXAS TECH
PHYSICIANS™**
— OF EL PASO —



¡FELICIDADES!

¡HA COMPLETADO SU LIBRO DE ACTIVIDADES EDUCATIVAS COVID-19!

PROMETO A:

DAR LO MEJOR DE MIEN LA ESCUELA Y TERMINAR TODO MI TRABAJO.

PEDIR AYUDA CUANDO LA NECESITE.

USAR MI MÁSCARA, LAVAR MIS MANOS Y MANTENER UNA SANA DISTANCIA.



**TEXAS TECH
PHYSICIANS™**
— OF EL PASO —

NOMBRE DEL ESTUDIANTE _____

FECHA _____



TEXAS TECH
PHYSICIANS™
— OF EL PASO —