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PLEASE!
SOMEONE TELL ME!
Are we Going to be Okay?



I am Dominic and this is my story!





NOTE TO PARENTS

Age appropriate explanations will calm a child who doesn't understand all the changes taking place.

A "stress" ball (aka squishy toy) can relieve stress.

Additionally, counting encourages breathing and helps bring down the physiology of aggression and agitation.

An "aggression bag" filled with manipulatives to help a child work through their feelings can be helpful during stressful times.

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A Miss Annie Presentation
Designed by Susan Lynch

HERE'S WHAT MY MOM & DAD EXPLAINED TO ME:

1. The masks protect us and others from spreading germs.
2. Washing our hands also protects us from spreading germs.
3. Keeping surfaces clean to wipe away germs is really important.
4. Hand sanitizer is good to carry around when we can't wash in a sink.
5. The less time we spend around other people right now, the better we keep everyone safe.



What's going on?

Everything was happening so quickly. The news was making everybody nervous and nobody was telling me what was going on. All I wanted to know was, is everyone going to be, OK?

We were rushing around town to buy things for the bathroom—like wipes, han-itizer and toilet paper. And then, the next thing that happened was I did not have to go to preschool. I could be home.

YIPPEEEEE!

Did this mean that I could sleep in or play games all day or watch TV? Hmm, I wonder. What I really wanted to know, why was everyone acting so strangely?

I started to get really nervous. I went to my toy box and found Jeeky, my toy mouse. We cuddled! I told



Jeeky, "I'm really scared! Nobody is acting normal around here." I hugged Jeeky extra hard and assured her, **"Don't worry! We will be OK!"**

Mom stayed in her pajamas. I never saw her hair look like this before. Dad stopped shaving and was watching the news a lot. Doesn't anybody have to go to work or school anymore?
Everybody was acting so strange.



We went on a treasure hunt every day. I don't understand. This is very strange. I like the idea of a treasure hunt. But, Mom would say we have to hunt down wipes, han-itizer and toilet paper. Most days we returned home with no wipes, or han-itizer or toilet paper. I think someone was hiding stuff because now we were also trying to hunt down rice and beans.

Who is hiding all this stuff?



I kept asking questions, but I am the youngest so nobody would answer me. Then, it got even more strange. We had to hunt with masks covering our nose and mouth—like a robber—not a mask like a superhero. I wanted to wear a mask like a superhero.

I like it when I understand things.
It makes me feel safe.

That night, I brought Jecky to bed. I read stories. When Jecky was about to fall asleep, I whispered, **"See, I told you we are going to be OK!"**



Now that my whole family likes my squishy toy, I think I might have to hide the cheese and let them hunt for it like a treasure.

After talking with my family, I realized it wasn't just me who was worried. I found out that my brothers and sister (Daniel, James, Mikayla and my cousins Brooklyn, Elijah, Uriah, and Lola) have been having a hard time too.

If you are having a hard time, talk with your family. Connection is important. Maybe you could draw pictures and have them shared safely. We all need to feel safe—especially right now.

But remember, we are ALL going to be ok.

I just know it!

I'm sending you a hug!

We tossed it to each other and when we caught it, we would squeeze the cheese and count how long it would take for it to get in shape again. After we all had a turn, we had a few laughs.



Mom and Dad explained how things were going to be different for awhile; but, **we would be OK.**

That was the best news—hearing my family laugh again and telling me that we were going to be OK!

Mom and Dad suggested that we should go on the computer to “visit” Grandma and Grandpa.



(I explained to Jeeky that they would be at their house and not inside the computer. They wouldn't fit.)

We even mailed them their own game of ***Squeeze the Cheese.*** I know they will laugh too. It will be good to hear them laugh and I can't wait to see their faces again.

I kept asking are we going to be OK?

Now, I was getting really **REALLY** nervous. I tried to tell Jeeky that we were going to be OK!

But, I wasn't so sure.

Jeeky's favorite thing to do when we would get scared was to play with her squishy toy in the shape of **CHEESE**—of course! We loved playing squeeze the cheese! It made me feel less nervous. I would squeeze really **REALLY** hard and then let it go and watch it go back to the shape of cheese. It worked every time—squishy squishy squeeze squeeze—***squeeze the cheese!***



We woke up and did the same thing every day. Lots of pajama days. That was fun at first; but I started to miss my friends and we couldn't visit our grandma or grandpa. Maybe it is because they wouldn't recognize us wearing our masks. Nothing was making sense anymore.

I felt confused.

We used to go eat at a restaurant. Now we can't even do that. But we could take the food home from the restaurant. Once, while we were waiting in the line to take our food home, I told mom that I had to go to the bathroom. I felt sad because everybody yelled at me, except for Jeeky. We had to hurry home because we couldn't go inside to use the bathrooms.



When we got back home, I went to my room hugging Jeeky and pulled out our squishy cheese toy.

Then I had an idea!

I went back into the dining room where everyone was eating in silence. I asked once more, **"Are we going to be OK?"** Everyone ignored me. Dad was eating dinner while watching TV. Brother and sister were playing video games. Mom was finishing eating and not paying attention to me.



So, I asked again, "Are we going to be OK?" I felt invisible. Maybe I am invisible. So, I yelled out, **"ARE WE GOING TO BE OK?"** To my surprise, everyone looked at me.

I *wasn't* invisible.

Then I said, "I think we all need to play *Squeeze the Cheese*." They all stared at me for a minute and then started laughing. And all together they said, **"What?"**

Did I say what they think they heard me say? Yes, I did. And I was happy they heard me, because it made them laugh.



Then I explained that I did not know why everyone was acting so strange. I told them I was scared! I also said, "Maybe you are scared too. I want to help you like I helped Jeeky." I explained how to play *Squeeze the Cheese*.