Staying In Your Space
Right now, doctors say it is a good idea to stay in your own space.
Staying in your space helps keep you and other people healthy.
When you leave your home, doctors say you need even more space. They say put space in between you and me!
Some people leave their home to go to the grocery store, the doctor's office or even the playground.
You might have heard them say 6 feet. You might have seen a sign that says 6 feet apart. 6 feet is like your entire bed or couch!
Standing far apart helps keep us safe and healthy.
Some places show you where to sit or stand. Some places have objects that help too.
In this park, each person has their own circle. They have their own space. They might sit in the circle or even dance. Check out the space in between the circles too!
In this classroom, there are squares around each desk. Each student has their own space. Students remember to stay in their own square.
This is a clear glass. The teacher is on one side. The student is on the other side. This helps keep them in their own space.
These adults are using hula hoops to make sure they have enough space.
These kids are making airplane arms. There is space in between them.
These cones help the people remember where their space ends.
Sometimes, we might need to be closer together, like at the doctor’s office. The doctor might need to check your ears or even your eyes. Wearing a mask will help keep you and the doctor healthy and safe.
Even though we all need more space right now, you can still be part of the same group!
Look at these students. They are in their own space AND they get to be together in the same group!
These kids are at their own desks. There is space in between them. They are part of the same group,
Even though we need more space right now, we can still say hi to our friends. Here are ways you can say hi AND stay in your own space:

- Say Hi
- Wave
- Air high five or fist bump
- Air hug
Even though we need more space right now, you can still play games together. Here are some games you might play together:

- Freeze Dance
- Charades: Guess the Movement
- Rock, Paper, Scissors
- Simon Says or You Do What I Do
- Singing
- Dancing
Even though we need more space right now, you can still talk to your friends from farther away. You might call them, video chat, or see them from farther away outside.
Parents, family members, teachers or other adults might ask you to stay in your own space. They might keep reminding you. That might feel frustrating. Remember, they are trying to keep you healthy and safe.
It might feel weird, ZOOPY, hard or annoying to stay farther apart in your own space. At first, it might even feel like a big deal. It might make you have some big feelings because it is different.
The more times you practice staying in your own space, the easier it will get. It might even start to feel like a little deal. You might feel strong and proud of yourself for staying in your own space and for wearing a mask too!
Remember, you can:

- Talk to a parent, family member, teacher or therapist.
- Draw a picture or write about how you are feeling.
- Take deep breaths.
- Use a body tool.
Stay in your own space to help keep everyone safe!