I Can Stay Healthy Going Back to Preschool
I’m so excited to go back to preschool. I can’t wait to see my teacher and my friends. My teacher and my friends might be wearing a mask to keep us safe. I might wear a mask too. My teacher and my friends are smiling at me behind their masks.
My teacher might ask to take my temperature by pointing a thermoscan at my forehead. I don’t mind because it doesn’t hurt. I really don’t feel it at all and it helps keep everyone safe.
Once I get into my classroom, it’s important that I wash my hands. This will make sure I wash away any germs that I might have picked up on my way to school. We don’t like germs because germs can make us sick.
I make sure to use soap and rub my hands together to get the soap on my fingers and on the back of my hands too. Then I rinse all of the soap off with water, dry my hands and turn off the faucet with a paper towel. Bye bye germs!
Even though I really missed my friends, I won’t hug or kiss my friends when I greet them. Instead I will give them an elbow bump or a foot bump.
or I can wave, give them an air hug, blow them a kiss or salute. Finding new ways to greet my friends without touching them is fun.
When we play in centers, I can play near my friends, but not too close. My friends and I stay safe when there is space between us.
When we play outside, I should keep some space between me and my friends too. I still have so much fun playing outside while keeping a safe space between my friends and me.
I never put the toys in my mouth. This might give me germs and make me feel sick. Tasting toys is not safe.
Touching my face is also not safe. I can put my mask on to help me remember not to touch my face. This will help me stay healthy and safe.
If I have to cough or sneeze, I cover my mouth with my elbow to keep my friends safe. Then I go and wash my hands again.
My teacher might also ask me to put sanitizer on my hands to keep me safe. I like how it smells and how it makes my hands feel safe and clean.
My teacher, my friends and I can stay healthy and safe. We are all so happy to be back together at school.