



# Social Distancing at Home



Right now, a lot of people are staying at home to keep everyone safe and healthy. This means that I don't get to go visit people who don't live in my house and they don't get to visit me.



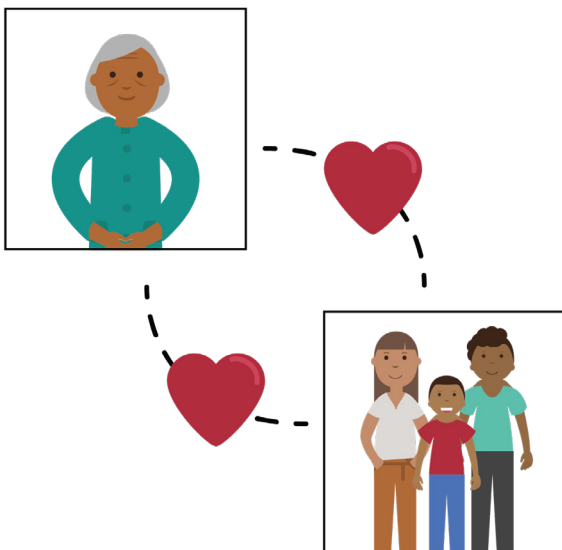
It's been a long time since I've been able to see friends and family who don't live with me.



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I might have different feelings about not seeing the people who I love. I might feel sad. I might feel angry. I might feel scared. It's okay to feel these emotions when I miss someone.



I love my family and have a great time when I get to visit with them. I also really like to hang out with all my friends. Staying away from my friends and family members who don't live in my house helps keep me safe, and it helps keep them safe, too!



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I can still talk with my loved ones and my friends using my tablet, phone, or computer. When I use Zoom or FaceTime to spend time with people who don't live in my house, it is fun and helps keep everyone safe. When I spend time with friends and family using the camera on the computer, tablet, or phone, it is called video chatting.



During video chats, it will be important to stay on the camera and do my best to keep the phone or tablet from shaking or moving around too much. This will help make the video chat more fun for all of us!



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When I video chat, I will try to remember to use good listening strategies. I will try to take turns speaking and listen to what the person I am talking to is saying. During the conversation, I will stay on topic.



When I video chat with my loved ones, we can talk about what the weather is like, what I have been spending my time doing, what they have been spending their time doing, our hobbies, or anything else we want to talk about.



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When I video chat with my friends, we can talk about school, tell jokes, and share about our favorite things. We can also do art projects together, play games, and even listen to music on our video chats.



Using video chats to spend time with friends and family who don't live with me is a lot of fun, and it helps keep us all safe!