



# What changes have you noticed because of COVID-19?

Dear Families,

We will be starting a unit on how our lives have changed because of COVID-19, why these changes have happened, and how we can care for ourselves, our families, and our communities. Throughout our unit, we are using Family Tools to connect family knowledge and experiences with our learning at school. Each tool has two parts: Family Activity and Caregiver Information.

## Purpose of this activity:

The purpose of this activity is for your family to talk about how COVID-19 has impacted your lives. Our class is exploring families' experiences so that we can make connections between your family life and learning about this new coronavirus.

## Things you can do to support learning:

You may want to ask multiple family members about how their lives have changed, how they feel about these changes, and what decisions they have been making and why.

**Estimated Time for Activity:** 10-15 minutes\*

## Directions:

- **Caregiver Information:** Read the last page of this document before you complete the Family Activity. It will help you to make connections between your family experiences and the classroom unit.
- **Family Activity:** With your family, please think about how your lives have been impacted by COVID-19 and complete the activity.

\*The most important part of this tool is having a conversation with your family about these topics. There is not a right way to complete these Family Tools; you may read, talk, and record ideas in the ways that work best for your family. If you don't have a printer, that is OK! You can just record your thoughts on a piece of paper.

Name: \_\_\_\_\_ Our classroom conversation about this will happen on: \_\_\_\_\_



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## Family Activity

**Directions:** Please think about how your lives have been impacted by COVID-19 and respond to the questions below. You might draw, write, or take pictures to record your ideas.

What changes have you noticed in your family because of COVID-19?

How do you feel about these changes?

What decisions have you been making? (For example, what places are you going or not going? Who do you see? How often?)

Name: \_\_\_\_\_ Our classroom conversation about this will happen on: \_\_\_\_\_

## Caregiver Information

### How do your family experiences connect to the unit themes?

Four themes run throughout our explorations of how COVID-19 has impacted our lives. The boxes below will give you an idea of how the unit themes relate to the Family Activity you'll do in this tool.

#### Decision-making connections:

People make all kinds of decisions every day, like what to eat, where to go, to put our seat belts on when we get in a car, to hold on to a pull on the bus, when to sleep, and so many more. Many of our decisions become so routine or mundane that we may even forget we make them. Because of this new coronavirus, we may be making different decisions about what to do, like how often we go to the grocery store, when we go to the grocery store, or which grocery store we go to.

Think about what has changed in your life.

- What decisions have you been making differently because of COVID-19?
- What information has influenced your decisions?

#### Science connections:

This tool asks your family to notice things about the world around you, which is one of the ways scientists collect data to inform their investigations.

#### Social and emotional learning connections:

COVID-19 has impacted people in different ways, and we may be having a variety of feelings about it.

- How do you feel about how your life has changed?
- What decisions are you making now?
- How do you think others have been affected?
- What responsibilities do we have to help keep ourselves and others healthy and safe?

#### Equity and social justice connections:

We all experience situations differently. These differences may be due to many reasons, such as where we live, our age, our incomes, our race and ethnicity, who we live with, or what we like to do. Some of the differences we experience are chosen and some are because of systemic differences in our society.

- How are the changes in your life different from other members in your family or the people you live with?
- Are the changes similar or different from your friends? Your neighbors?
- Why are they similar or different?

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