

# Mom is Hiding

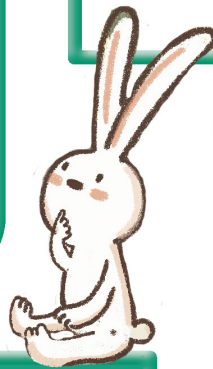


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Nina's father talks to his family through video calls. Have you made video calls to family and friends that you have not been able to visit? How did they make you feel?

When Nina's mother has to isolate, Nina says "I wasn't worried. I was angry." When is a time that the pandemic made you feel angry? Draw a picture that shows this.

What has been your favorite activity to do during the pandemic? What is something you've had to do that you don't like?



Nina and her mother sing together so Nina feels less afraid. When is a time the pandemic made you feel scared? What helped you feel better?

Make a plan to take action about something that is worrying you, like Nina does with Aunt Mary. Write the steps below.

Step 1:

Step 2:

Step 3: