



Story Hand: Soothe Children's Stress About COVID-19

Use this Story Hand ritual to comfort and connect with a child who is feeling scared or anxious about COVID-19.

A Story Hand is an I Love You Ritual by Dr. Becky Bailey. It offers children soothing comfort and connection during difficult times. The adult massages each finger from base to top, starting with the pinkie. As you massage each finger, state one positive thing that's happened recently.

When you get to the thumb, verbalize a concern the child feels scared or anxious about. Then fold the thumb into the center of the palm, wrap the fingers over it and offer calm reassurance. This Story Hand shows sample words you might use for a child concerned by COVID-19.

Slow down, connect, be present and enjoy this profoundly helpful activity with a child who is having a tough time.

