Stay Home
Stegosaurus

Created by: Alexander Rodriguez
"Let me out, let me out!" I shout, racing to the door.
I've been trapped inside, my brain is fried, this day is such a snore.
I miss my friends, when will this end, I just want to go to school.
I remember playing together used to be so cool.
But I do, I miss it! I even miss Mrs. Greer.
Everyday she'd stop and say, "Oh good morning dear!"
When I feel sad, or scared, or mad, I try to think of why?
Then all of a sudden, out of my control, I begin to cry.
I cry, and I cry, and I cry, and I cry, and then I cry some more.
And sometime when it is all too much, I let out a ROAR!

ROAR!

ROAR!

ROAR!
That's when mommy comes, and gives me a big hug.
She says, "Don't you cry, I'll tell you why my little lady bug."
"Missing school is sad and **tough**, but at least we are together."
And when Mommy gives her special hugs I feel as **light** as a feather.
Mom and I will be alright, we play together day and night.
Mom plays guitar and sings, while I dance around like a king.
In your house you can be whatever you want. **Sail** the seas, cast a spell, or go on a hunt.
Just don't forget that when you are **upset**, it is ok to cry.
But when it comes to playing in the house, you should at least give it a try.
To have more fun with some Dino - friends and learn more about the COVID-19 virus and how it is changing our lives check out this site!

ATHOMEPLAY.ORG

To keep the learning going, keep scrolling down!
Words To Know:

**trapped** – you can not escape or get out

**sudden** – happens very quickly

**tough** – hard to deal with or hard to solve

**light** – does not weight a lot; not very heavy

**sail** – to travel on a boat

**upset** – to feel sad or angry; feeling not happy
Talk To Your Child About:

How they feel about having to stay home for so long.

What activities or games they would like to play at home.

If there is opportunities to play outside or explore.
Talk to your child about emotions, what they look like and how they feel. For example, sometimes when I feel sad, I frown with my mouth. My lips press down and bend. Our faces look different when we feel different motions. Pick an emotion and then change your face and act the emotion out.
<table>
<thead>
<tr>
<th>Emotion</th>
<th>Icon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>🌟</td>
</tr>
<tr>
<td>Tired</td>
<td>😴</td>
</tr>
<tr>
<td>Sad</td>
<td>😞</td>
</tr>
<tr>
<td>Sick</td>
<td>🤒</td>
</tr>
<tr>
<td>Silly</td>
<td>😁</td>
</tr>
<tr>
<td>Angry</td>
<td>😈</td>
</tr>
<tr>
<td>Anxious</td>
<td>😨</td>
</tr>
<tr>
<td>Excited</td>
<td>😍</td>
</tr>
<tr>
<td>Hungry</td>
<td>😋</td>
</tr>
</tbody>
</table>