



Feeling Good About Staying Home



How to use this book



This reader has been made to help teenagers and adults with developmental disability to feel calm about the need to stay at home during the COVID-19 pandemic.

You can print this reader so that you can share it as a hardcopy book or you can view it together as a slide show on a computer or tablet.

It can be saved as a PDF and opened in iBooks on an iPad or iPhone.

If the person you support has an AAC system, please use it to model key language in the reader. You can also use their AAC system to model making comments about each page. Modelling in this way will help you to support their understanding of the book and help them to engage with the reader.

Remember to provide pause time so the person you support can also make comments, ask questions and process the information. If the person does not have an AAC system yet, you can download and print a free core vocabulary board from [Project Core here](#).



There have been lots of changes to our lives because we need to stop the coronavirus spreading.



Change can be difficult sometimes. It can help to think about the good things in our life.



There are lots of good things about staying at home.



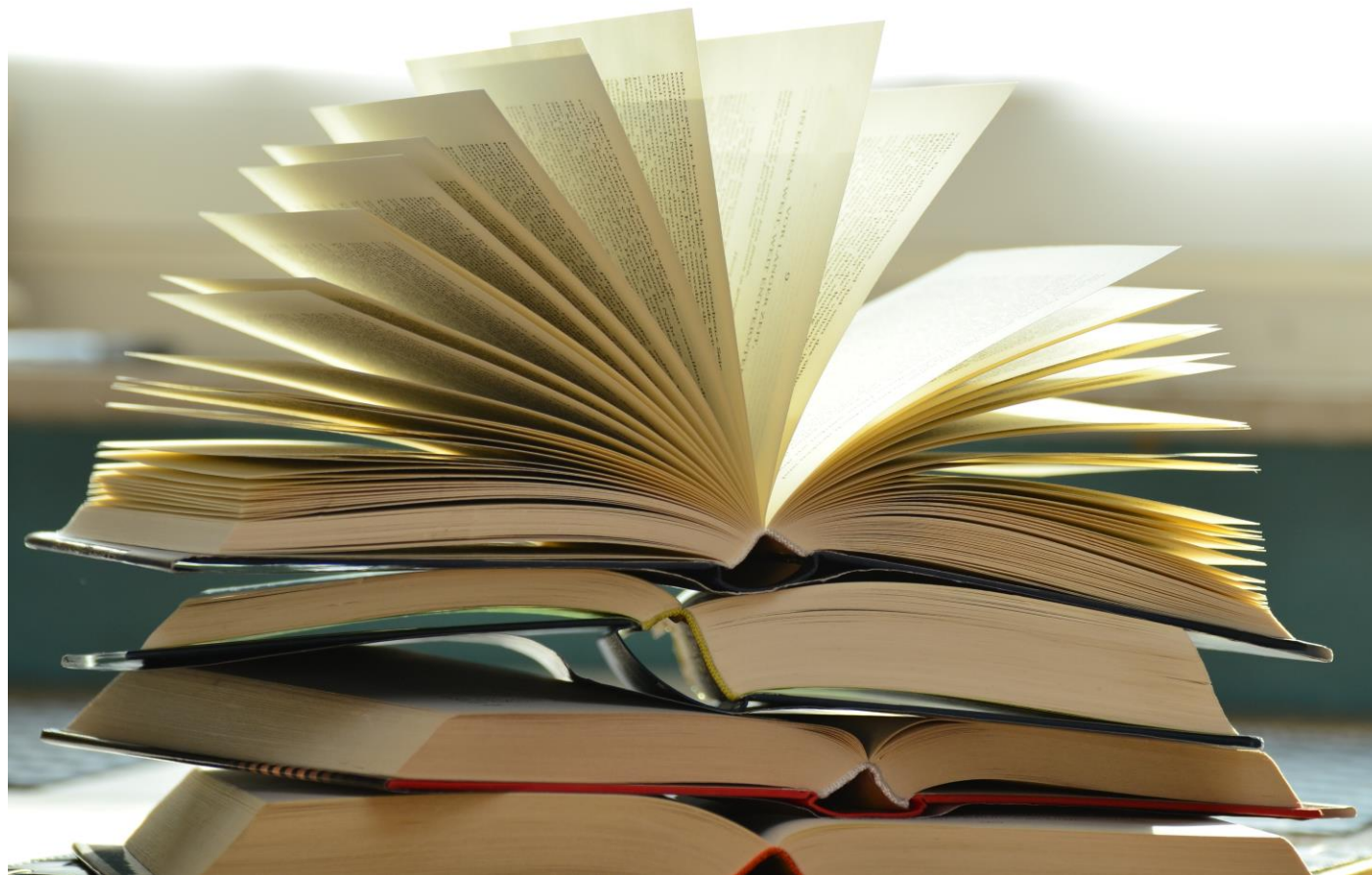
We can spend lots of time with the people we live with.



We can do more things together.



We can slow down, no need to rush.



We can read lots of books.



We can listen to people read to us.



We can watch Netflix.



We can watch TV.



We can look at magazines.



We can look at the newspaper.



We can listen to audiobooks, the radio or our favourite music.



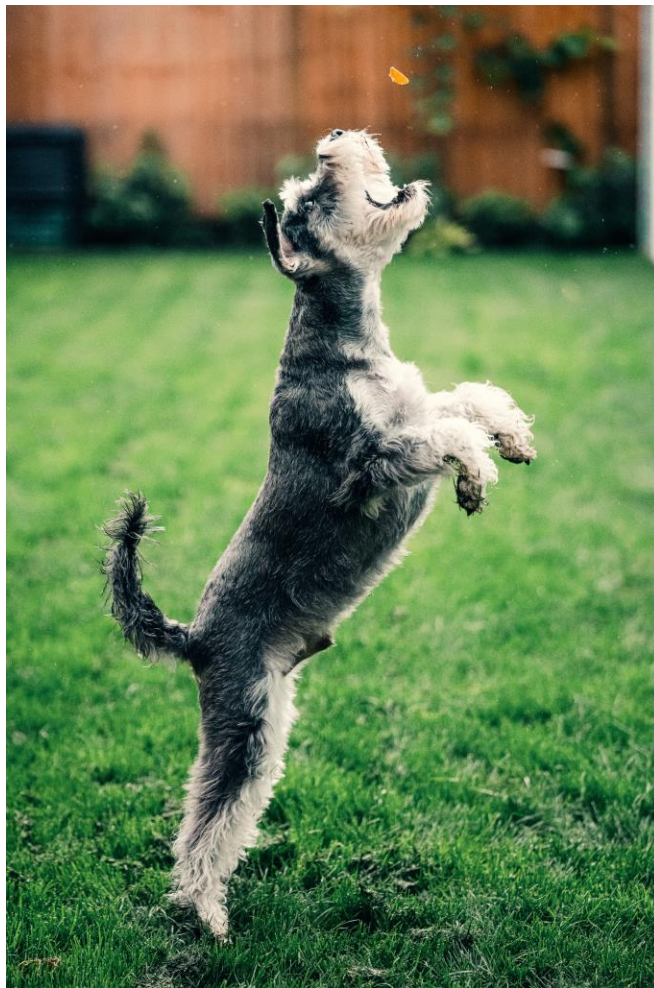
We can spend more time in our garden.



We can grow plants.



We can watch the birds.



We can spend more time with our pets.



We can get our bodies moving in the garden.



We can spot wildlife in our garden.



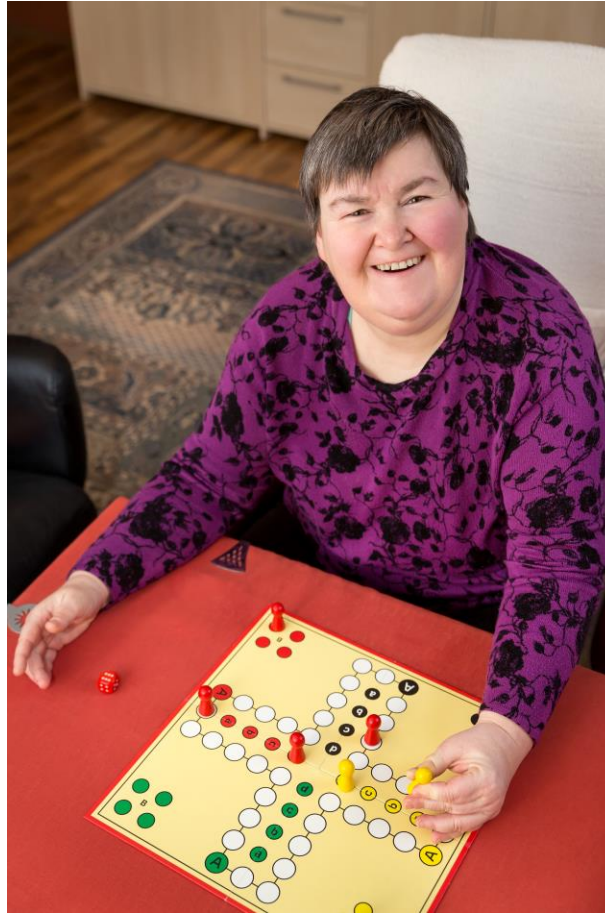
We can cook yummy food.



We can make up new smoothie recipes.



We can bake cakes.



We can play games with the people we live with.



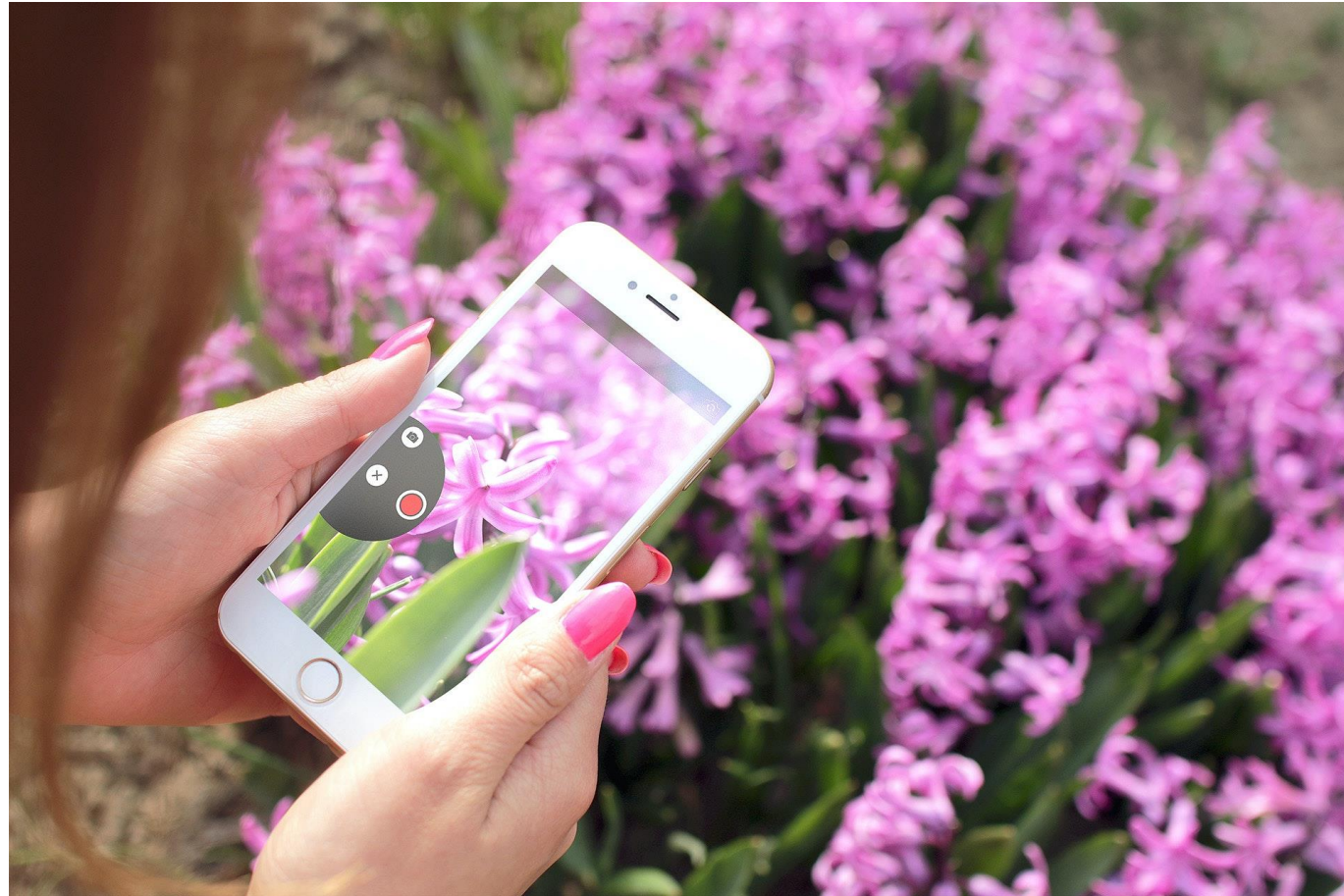
We can do puzzles.



We can paint.



We can draw.



We can take photos.



We can make music.



We can stretch.



We can write letters and emails to friends and family.



We can feel good about helping others to stay healthy and safe by staying home.



We can learn more about what we like and what we don't like.



We can feel thankful for the good things we have in our lives and in our homes.



Staying at home will not last forever but we can enjoy good things at home for now.



This reader was created by Laura Jones for Developmental Disability WA in association with Microboards Australia using purchased images from istock, and Shutterstock, free to download images from Pexels and iconfinder and photos created for other DDWA projects with DDWA members. Please feel free to adapt this reader to better meet the specific needs of different individuals with developmental disability.

April 2020