

	<p>COVID Guilt</p>			
<p><u>Characters:</u></p>		<p>Teddy Bear</p>	<p>Sawyer Habitat Bear</p>	<p><u>Setting:</u> Teddy's office</p>

Teddy is in his office when his phone beeps.

Teddy: Hello!

Sawyer: Hi, Teddy, how are you?

Teddy: I'm fine, but how are you feeling, Sawyer? You've had COVID for a few days now.

Sawyer: I'm feeling Ok now, but do you have a minute to help me with a problem?

Teddy: I always have time for my friend, Sawyer.

Sawyer: Ms. Rabbit got COVID from me. (*shouts*) It's all my fault she's sick.

Teddy: STOP! Wait a minute! How do you know she got COVID from you?

Sawyer: When Ms. Rabbit got COVID, she texted everyone she'd seen recently. We were at an in-person Habitat meeting together the week before I tested positive, so I'm sure I'm responsible.

Teddy: Let me ask you something, Sawyer. Did you deliberately try to infect Ms. Rabbit? Did you cough in her face?

Sawyer: No, no! I was very careful and wore a mask during the whole meeting. I always wear a mask when I leave my house.

Teddy: Then it seems highly unlikely that you are responsible for her getting the virus. But just to be sure, let's check out the exposure period at CDC. (*searches on his laptop*)

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.** You are **likely most infectious during these first 5 days.**

Sawyer: Well, I haven't been out of my house or seen anyone since the first symptoms and positive test two weeks ago. (*stops*) So I wasn't infectious when I went to the Habitat meeting three weeks ago.

Teddy: No, you were not! Which means that Ms. Rabbit got COVID from someone else. Maybe not at that meeting. Remember this variant spreads easily.

Sawyer: Wow! I feel so much better now! The load of guilt is off my back! I'm not guilty of being a COVID spreader! Hooray!

Teddy: I'm happy your problem is solved, Sawyer. You are free!

Sawyer: Yes, Teddy, thanks to you, I am guilt-free, problem free. I am free to work on my new habitat plan for birds now.



Do I ever feel guilty for something I am not responsible for? Do I ever try to hurt someone deliberately or is it a random effect?

Name _____

date _____

COVID Guilt

1. Who are the characters? _____
2. What is the setting? _____
3. How does Sawyer feel now? Why? _____

4. Why is the CDC information important for Sawyer? _____

5. When does Sawyer feel guilt-free? _____

6. How did Teddy help Sawyer? _____

7. Writing. Text-to-self. Have you had a similar experience?

8. Writing. Stop and Think! Do I ever feel guilty for something I am not responsible for? Do I ever try to hurt someone deliberately or is it a random effect?
