



my pal, luke



## A Virtual Comfort Dog for the COVID-19 Era






### INTRODUCTION

**About My Pal, Luke:** [My Pal, Luke](#) is designed for young children, especially those impacted by COVID-19 (school closures, social isolation, etc.). It seeks to address many social emotional elements through Luke’s words and questions. Luke also reads his favorite books and educates kids on how to make sense of current events and the COVID-19 pandemic. It can be easily embedded in distance learning efforts or used with in- person programming.

The episodes can be viewed independently by children, but we recommend that caregivers (parents, educators, youth program workers, etc.) watch alongside and use the episodes as prompts for questions and discussions. There are also books and other materials that are embedded in the episodes and that can be downloaded for free on the internet.

### MY PAL, LUKE EPISODE SUMMARIES AND TIPS FOR CAREGIVERS

EPISODE COVER SLIDE	EPISODE SUMMARY	TIPS FOR CAREGIVERS
	<p>This 30- second promotional video introduces you to your new pal, Luke.</p>	
	<p>In episode 1, Luke introduces himself and reads to his friends, "Why We Stay Home," a lovely book written by two Doctors that better explains the COVID-19 pandemic and why kids are stuck at home these days.</p>	<p>The “Why We Stay Home,” book is an excellent introduction to COVID-19 restrictions. It is available as a hard copy and can be downloaded for free in several languages at the link below. <a href="https://www.millieandsuzie.com/">https://www.millieandsuzie.com/</a></p>

EPISODE COVER SLIDE	EPISODE SUMMARY	TIPS FOR CAREGIVERS
	<p>In episode 2, Luke shares some background about himself. Luke also talks about the importance of being able to identify your own feelings and introduces a “feelings chart” to help with this. He also invites his friend, Oscar the cat, to read a book entitled, “If Only the Flu Could Fly”.</p>	<p>Identifying feelings is a very important skill for children to learn. The “feelings chart” that Luke introduces can be downloaded and cut into individual sorting cards which youth can select to describe their feelings, at the link below.  <a href="https://www.teacherspayteachers.com/Product/Feelings-Sorting-Cards-752739">https://www.teacherspayteachers.com/Product/Feelings-Sorting-Cards-752739</a>  The original book “If Only the Flu Could Fly,” would be appropriate for children who are home sick and to promote empathy for those who became sick during the COVID pandemic.</p>
	<p>In episode 3, Luke checks-in with his pals to see how they are feeling. He emphasizes that everyone is good at something and invites his friend, Beans the cat, to share what she and her other animal friends are good at. Luke shares what he is good at and asks viewers to think of and celebrate what they are good at.</p>	<p>Identifying what you are feeling takes practice, which is why that this is repeated in future episodes. It is also important that everyone can identify what they and others are good at. This builds self-esteem and appreciation.</p>
	<p>In episode 4, Luke asks his pals what are things they like, shares things that his animal friends like and shows off his love of stuffed animals. He asks viewers to identify things they enjoy and encourages them to share with others.</p>	<p>Identifying what you are feeling takes practice, which is why that this is repeated in future episodes. It is also important that everyone can identify what they and others enjoy. This builds self-awareness and awareness of others.</p>
	<p>In episode 5, Luke introduces a new “feelings chart,” and focuses on the importance of kindness. He introduces several images of how his animal friends express kindness to others. His friend, Dino the dog, reads “Kindness is My Superpower.”</p>	<p>Identifying what you are feeling takes practice, and Luke introduces a new “feelings chart” that children can use. The issue of kindness is an important thing to discuss and for children to practice which is why Luke introduces a “<a href="#">Kindness Scavenger Hunt Game</a>”. The book, “Kindness is My Superpower,” can be purchased at the link below.  <a href="https://www.goodreads.com/en/book/show/54751332-kindness-is-my-superpower">https://www.goodreads.com/en/book/show/54751332-kindness-is-my-superpower</a></p>
	<p>In episode 6 Luke talks about the importance of wearing masks during the COVID pandemic and how masks can make it hard to tell how people are feeling. His friend, Beans the cat, returns to read “Wearing A Mask” by Tara Tichel.</p>	<p>It is important as young people to learn to identify their feelings and to know they can have more than one feeling at a time. It is also important that young people learn the “why” of mask wearing. You can download the “Wearing A Mask” coloring book for free at the link below.  <a href="http://bit.ly/maskcoloringbook">http://bit.ly/maskcoloringbook</a></p>