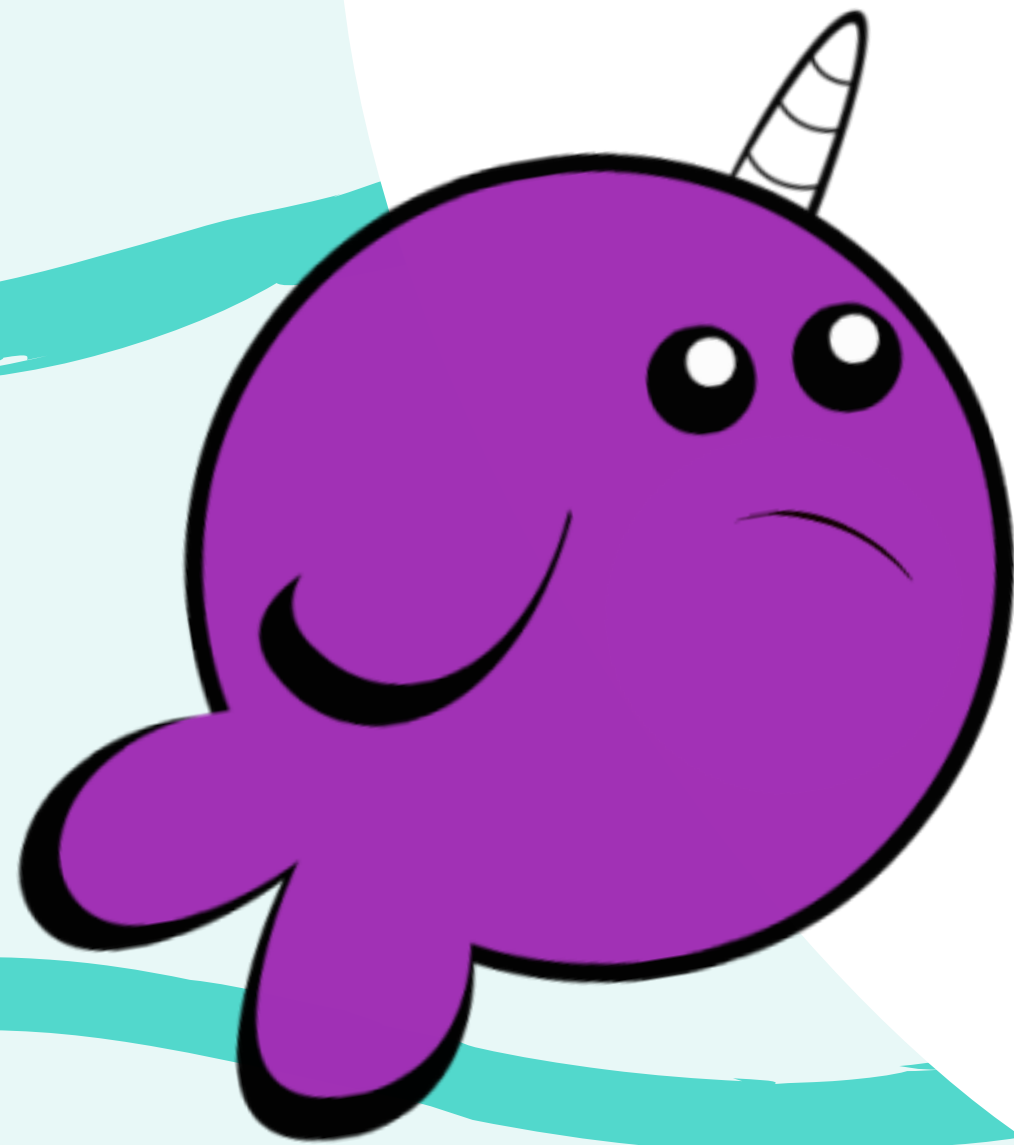
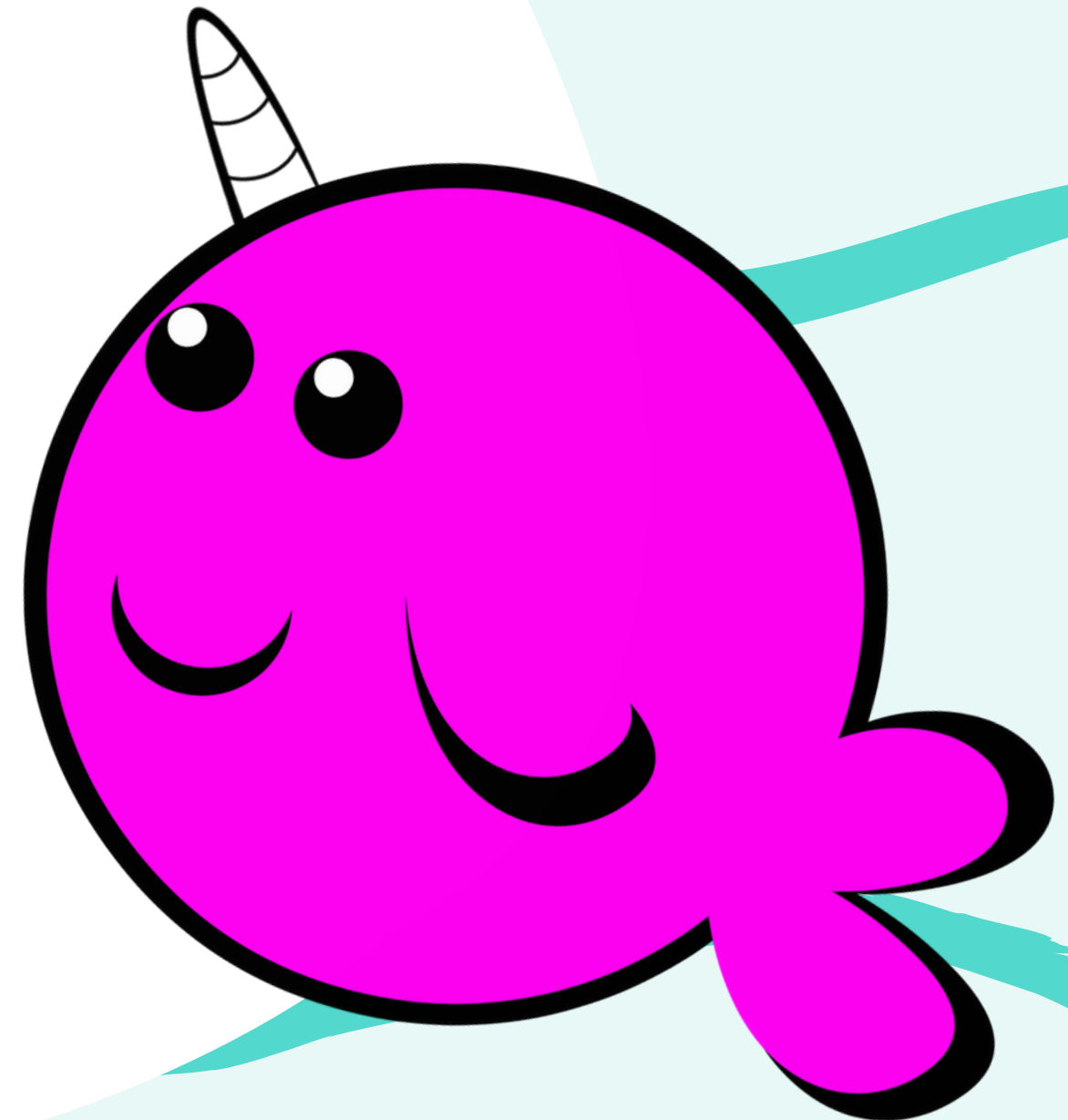


# Why is Everything so Weird?

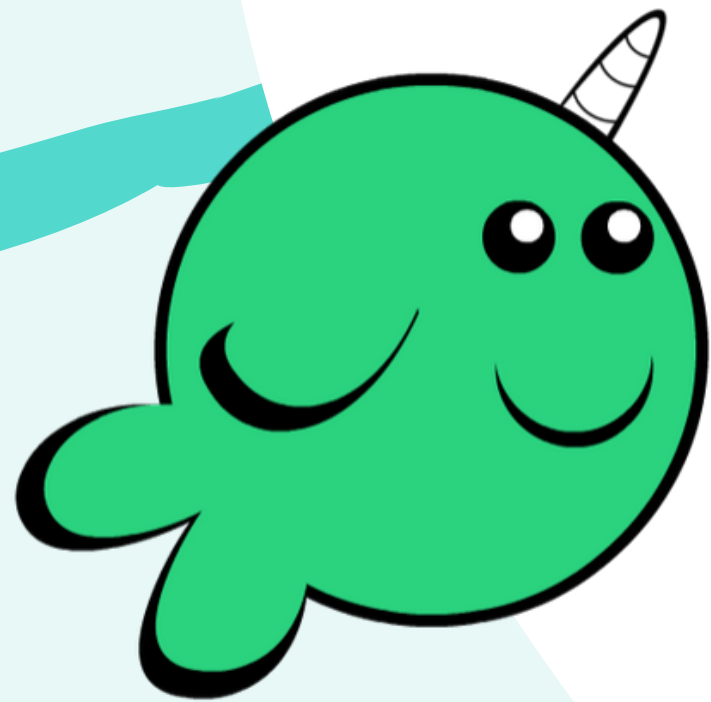
Trying to understand life & the coronavirus



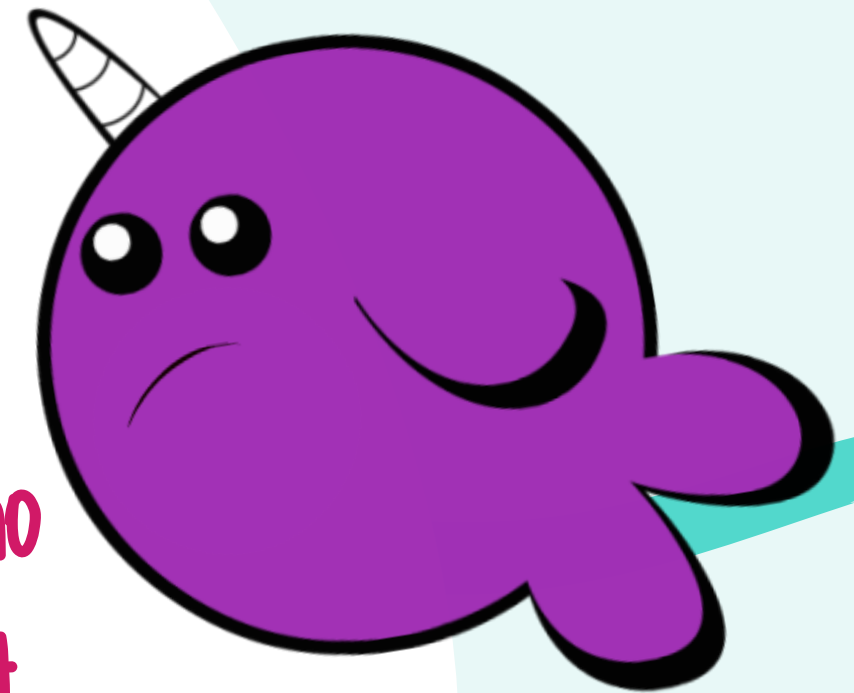
With the  
Neurodivergent  
Narwhals!

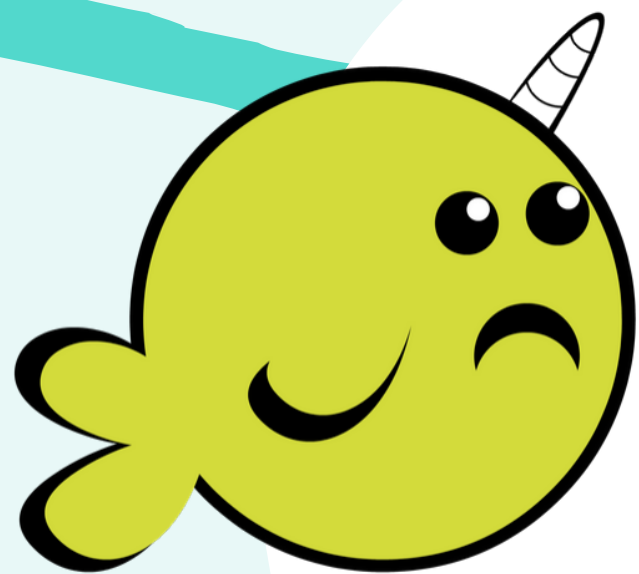


Right now might feel like a very confusing time. And sometimes it's hard for autistic people to explain how we are feeling in ways that others understand.



There is no right way to feel. There is no wrong way to feel. You can be sad that things are different. You can be scared that there are things you don't understand. These feelings are okay.





If you are feeling scared, confused or worried about coronavirus, it can be helpful to get facts, but try not to get so stressed out that it's all you can do or think about.

If you are feeling angry, it might help to think that the things we are missing are actually a way to help other people so they don't get sick.

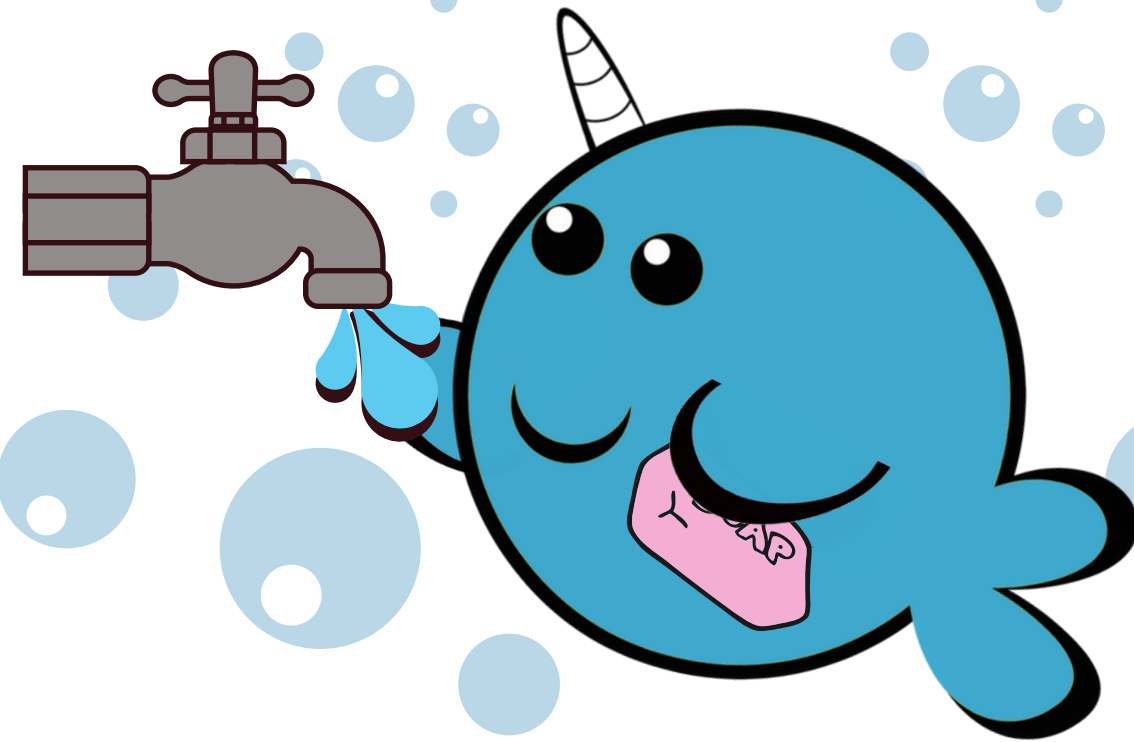


It's very hard for lots of people, not just autistic people to have to change their whole routine! We are taking care of each other right now!

It's good to remind myself that I'm not alone right now. We are all just trying to do our best to help each other through a tough time.



You probably have to think more than usual  
about things like washing your hands....

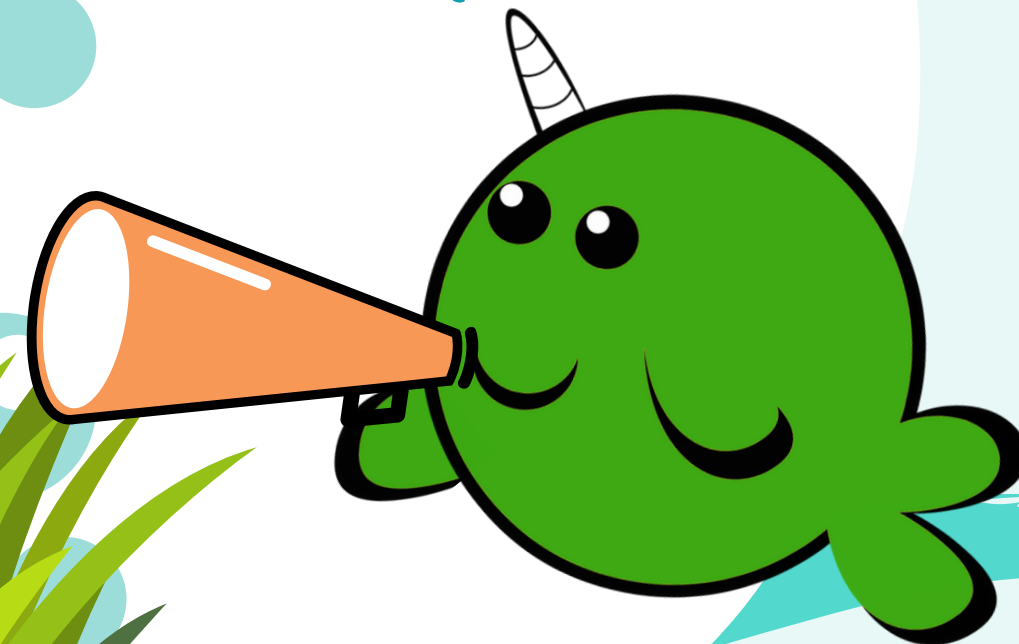
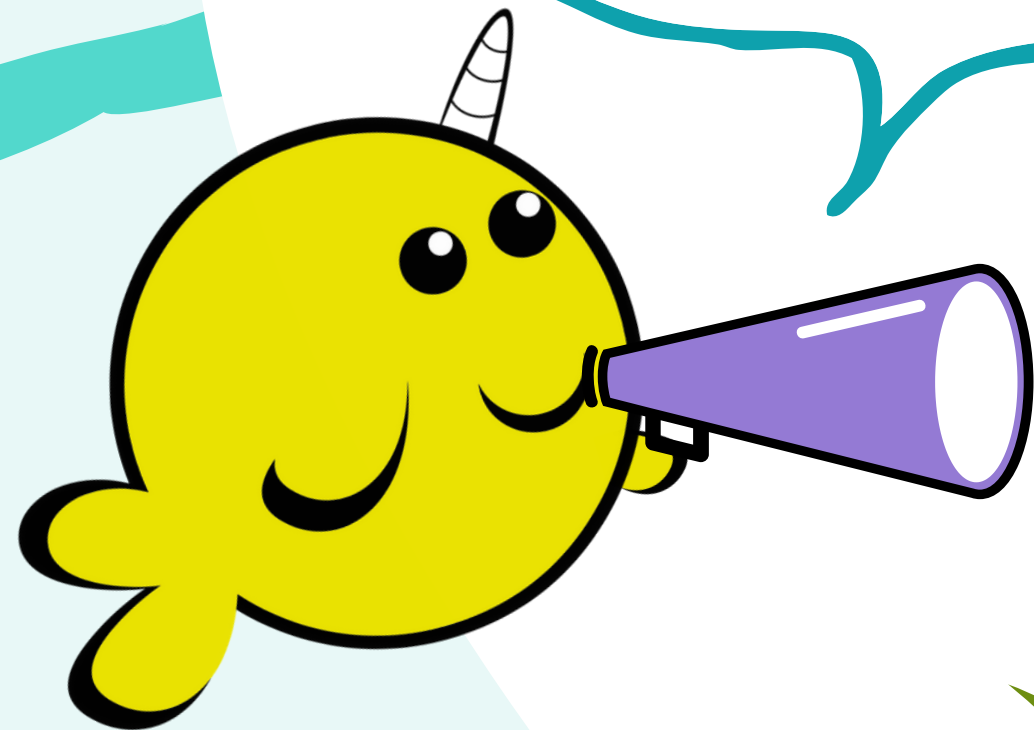


...and keeping things around you clean....

...and remembering to respect each other's personal space.

You are doing some excellent social distancing!

Thank you!  
You are doing great as well!





It might feel like so much is different and weird! But we can do so many things still!

Yay!  
I can still flap!

I really miss my students  
but I can still send them a  
video to say "hello!"

Leah the  
teacher narwhal

I can  
still  
learn!



## Remember:

- It's okay to feel however you feel right now.
- It's good to be informed, but don't let it overwhelm you.
- Wash your hands!
- Practice good social distancing!
- We are helping each other.
- This is not forever.

When we all do our part, we can get through this together!

