INTRODUCTION
Covid-19 is a virus that has affected every country in the world. The virus is spread very easily which means that people are staying at home and many schools and businesses are closed. Many people you may know are getting sick and a lot of people are struggling with money or even losing jobs. This puts a lot of stress on adults and kids because of the uncertainty about what will happen in the future.

For many kids, not being able to see friends and be in school increase stress and anxiety and even in the best of families being around each other 24 hours a day can be frustrating and cause stress. Anxiety and sadness are feelings that most kids are feeling these days in one way or another. Some days may be better than others but most kids are feeling some of these feelings. Sometimes they are big and sometimes they are small but many times it is hard to deal with them when they are present all the time.

This workbook was created to help kids, just like you, understand and manage these big feelings as well as give you a bit of a roadmap to understand Covid-19 and why this feelings might be happening. You will find information about the virus as well as different strategies to help you manage some of the big feelings that might happen because of all the things related to the Coronavirus. This workbook is a tool for you to use whenever you feel you need it.
Basics of Covid-19
• What is IT?
• What are some of the ways you can help prevent getting or spreading Coronavirus?

COVID-19 Feelings
• How Might Covid-19 affect us?
• Is this normal?
  Normalizing big emotions during this time
• Tools to use for managing big emotions
  Grounding strategies
  My control sphere
  Breathing box
  Guided visualizations
  journaling with routines and goals
  Calming Jar
  Mandalas and Coloring
  Energizing Strategies
  Self-Talk
  Gratitude Garden
  Covid-19 Buried Treasure

• Staying Connected
  Connecting with others during distancing
  Peer support - - how people support each other at a distance
  Ways to connect virtually
Basics of Covid-19

What is it?

COVID-19 is a short name for “Coronavirus disease.” It has 19 at the end since it was discovered in 2019. It is called Coronavirus because this family of viruses have crown-like thorns on their surface and the Latin word for crown is corona.

The virus has made a lot of people sick so it is now called a pandemic but there are many doctors and scientists working day and night to learn more and more about it so they can help people that are sick. There is now a vaccine to help people not catch the virus.

Some people get very sick and have to go to the hospital for help but most people that get the Coronavirus will stay home and feel like they have the flu until they get better. Usually, children do not get so sick that they have to go to the hospital. They just feel like they have a bad flu or cold and need to stay home and in bed until they feel better.

What are the symptoms of COVID-19?

People that have this virus can have different symptoms of some of them can include:

Fever
Sore throat
Cough
Difficulty breathing
Nausea and vomiting
Diarrhea
Not able to taste or smell

COVID-19 (also called “Coronavirus 2019”) is a virus that is passed from one person to another:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets (drops that come out of your nose or mouth) that happen when someone that has the virus coughs or sneezes or even is just speaking.
- These droplets can land in the mouths or noses of people who are nearby or possibly get into the lungs.

The virus is invisible and some people carrying the virus may not show symptoms. It is important that we protect each other since we do not know who may have the virus.

What are some of the ways you can help prevent getting or spreading Coronavirus?
1. Wear a mask that covers your nose and mouth when you are with other people outside your family. Color and cut out the just punch a hole on each side and tie a string to use it with your fabric masks. You can be a superhero when you wear a ma.
2. Wash your hands with warm water and soap for at least 20 seconds (sing the Alphabet Song- start rinsing when you get to T). Draw a picture of each of these times you should wash your hands:

- Before, during and after you cook or eat
- After playing with, taking care of or petting animals
- When you get in from the outside
- After Using the Bathroom
- When you are helping other people
- Anytime you see your hands have dirt on them or feel dirty or sticky
3. When you can’t wash your hands right away use a few sprays or squirts of hand sanitizer but wash your hands as soon as you are able. Color and make your own label on this bottle of hand sanitizer.
4. Maintain a distance of at least (6ft) between yourself and anyone who is coughing or sneezing. Cut out this tape measure and tape each piece together to make your own 6ft measuring tape. Use it to see how far away you are from others. Make a guess before you measure to see if you were right.

6 Feet Away
Will Help Us Stay Healthy and Strong
And Keep The Virus Away
So Please Keep Your Distance
And We I Will Too
Because You Respect Me
And I Respect You
5. Sneeze or cough into your elbow or tissue and throw the tissue into a closed trash can right away. Color this poster and put it up in your home to remind you!
6. Try to keep your hands away from your face (eyes, nose and mouth) and wash them before if you have to touch your face. Use this experiment to see why it is important to keep your hands away from your face and how germs are so easily spread.

Why do you see pictures of people working in hospitals dressed like astronauts?

Doctors, nurses and other people that work with people that are known have the virus wear special gear called Personal Protective Equipment (PPE). This gear help them stay safe by stopping the spread of the germs from the people that are sick. This allows the doctors and nurses to keep helping people so they don’t get sick too. Some of the things you might see them wear are:

**Face shield or goggles**
- These help protect them from any germs that might be traveling through the air. It stops the germs from getting onto their face or in their eyes.

**Mask**
- They wear these to make sure they keep their own germs to themselves. When they talk, cough, or sneeze it helps catch the germs so they don’t spread to others.

**Gloves**
- Gloves keep their hands clean and they wash their hands each time they put them on and take them off to make sure not to spread any viruses by the things they touch.

**Isolation Gown or Scrubs**
- They wear scrubs and isolations gowns to try to keep the germs away from each patient. They take the isolation gown off in-between patients so they don’t spread germs to each of the different patients. This way they don’t have to change their clothes each time.

There are many different ways you can help to stop the corona virus from spreading. You will find 6 ways with different ways on the next few pages.
Glitter Germ Experiment

What you will need:
Water
glitter
hand soap
a bowl or tray
paper towels

1. Get your hands wet and sprinkle a tiny bit of glitter on your hand over the bowl.
Glitter are the GERMS that you pick up when touching things around you.

2. Take a Paper towel and try to wipe off the glitter over the bowl.
How hard is it to get off with just the paper towel?

3. Now rinse your hands under the sink with just water?
Did the glitter germs come off yet?

4. Now put a little soap on your hands, scrubland wash under the sink with water while singing your ABC song (20 seconds)
What about now?

Which method was most effective? Imagine if you touched your face before you got the glitter off? How hard would it be to get the glitter germs off your face and do you think they might spread to other places?
How Might Covid-19 Affect Us?

STRESS is a natural response to uncertainty and changes in our world, and so in this time when our entire way of life is disrupted, everyone everywhere is feeling some degree of stress.

We each experience stress in our own unique ways. As we grow up, we learn how to respond to challenges by watching people around us to understand how to manage it. In addition, our bodies have natural ways of signaling when we might be in danger so we can react to keep ourselves safe. Think about what happens when you startle a dog or cat. Their first reaction is to get into a defensive posture and hiss or bark. In an instant, they’re ready to protect themselves. Humans are much the same way.

We all have an internal alarm that alerts us to danger. Some of us have had that alarmed triggered a lot because we may have danger around us in our homes or neighborhoods. When this “Chronic stress” happens it starts to ear out the alarm and we might react to a lot of different things with either too much or too little of a reaction. When the alarm goes off, we go into a FIGHT, FLIGHT, or FREEZE mode.

While some of us respond to our internal alarm by going into a “fight” stance, others of us may respond in the opposite way, “freezing” or “checking out.” This is known as dissociating and is an automatic biological response. In the same way a deer freezes in the middle of the road in fear when a car approaches, we too may go into a freeze mode. This can lead to brain fog, make it hard to speak clearly, feeling like you are unable to move, or spacing out.

Imagine you’re walking down the street. When you turn the corner, you see a lion staring at you. Right away, your body starts pumping out chemicals that will allow you to do what’s needed to survive. And that’s really good when there’s a lion. But not so good when we’re worried about things going on around us, like COVID-19. Our brains have the same reaction to any kind of “danger,” though, and this can make our body react with things like:
Is this normal?

Mental and emotional health is just as important as our physical health. Just like you build your immune system stronger and strengthen the muscles in your body you can also strength your emotional muscles by building resilience for times that are hard. Resilience is being able to cope with things when they go wrong.

There are many different feelings that can happen during a time like this. Sometimes it is hard to figure out what you are feeling but the most important thing to know is that ALL feelings are ok and when you are able to name and express them it helps to build your resilient muscle. Naming and accepting your feelings is an important step in building resilience. It’s okay to feel uncomfortable. Even if the feeling is uncomfortable, by naming it you take. Step toward accepting it then can choose a tool to help manage it.

Although no feeling is a bad feeling some feelings as they grow make it hard for us to manage them. Think of your feelings as a rainbow. As you move up and down the colors of the rainbow you can thing of them as high energy and low energy feelings. The GREEN part is the balanced place on the rainbow. The place that you feel most calm and comfortable. As you move up the rainbow your feelings have higher and more energy. Yellow is anxious or worried, orange is frustrated or scared, and red is mad or out of control.

On the other side are Blue and Purple which have lower energy levels. Blue is sad or tired and purple is what you can think of as the thinking body color. Some people call it “Psychosomatic”. That basically means that you have something that feels like you are sick but it is really another feeling that is causing it. For example. Have you ever been so mad that you get a headache? Or so nervous that you feel like you are going to throw up? When sometimes our body gives us a signal that we are having a feeling but covers it up with a physical symptom. When this happens you are in purple and it is a good time to stop and think about what feeling might be under the problem with your body if you know you are not really sick.
Use the worksheet on the next page to think about some feelings that you have had since the pandemic began. We all have small and big feelings and some or comfortable and some are uncomfortable but none of them are bad or good. Every feeling helps us learn something about ourselves and what is happening around us. Sometimes we need to have the uncomfortable feelings in order to understand how to recognize the comfortable feelings. These uncomfortable feelings can also help teach us things about ourselves and how we handle things in our lives.

Remember...no feelings are bad and discomfort is OK!

Think about when have you felt these feelings and how much did it impact you?

Use the Scale below to help you figure it out:

- **1** Not at all
  - This feeling didn’t effect me or anything I was doing

- **2** A little bit
  - This feeling made me a little uncomfortable but I was able to manage it and feel better easily

- **3** Quite a bit
  - This feeling made me pretty uncomfortable but I was able to control it and get back to feeling better after awhile

- **4** A lot
  - This feeling really made me feel upset and it took me a longer time than usual to feel better

- **5** Very Much
  - This feeling was really hard for me to manage and I needed help from someone else to feel better
Feelings Check-In Worksheet

I time I felt Worried/Anxious was: ______________________________

1 2 3 4 5

I would rate it as:

What helped me was: ______________________________

I time I felt Afraid was: _________________________________________

1 2 3 4 5

I would rate it as:

What helped me was: ______________________________

I time I felt Helpless was: _________________________________________

1 2 3 4 5

I would rate it as:

What helped me was: ______________________________

I time I felt Lonely was: _________________________________________

1 2 3 4 5

I would rate it as:

What helped me was: ______________________________
I time I felt Frustrated was: _____________________________________

I would rate it as: ____________________________

What helped me was: _______________________________________

I time I felt Angry/Mad was: ___________________________________

I would rate it as: ____________________________

What helped me was: _______________________________________

I time I felt Sad was: _______________________________________

I would rate it as: ____________________________

What helped me was: _______________________________________

I time I felt Guilty was: _______________________________________

I would rate it as: ____________________________

What helped me was: _______________________________________

I time I felt like I didn’t care (Apathetic) was: __________________

I would rate it as: ____________________________

What helped me was: _______________________________________

I time I felt overwhelmed was: ________________________________
I would rate it as:

What helped me was: _____________________________________________

I time I felt safe was: _____________________________________________

I felt this way because: __________________________________________

I time I felt Grateful was: _________________________________________

I would rate it as:

I felt this way because: __________________________________________

I time I felt Happy was: ___________________________________________

I would rate it as:

I felt this way because: __________________________________________

I time I felt Relieved was: _________________________________________

I would rate it as:

I felt this way because: __________________________________________
Now take all the things you wrote down on the previous worksheet about things that helped you for each feeling and think about how those things support you when your feelings feel big and overwhelming.

Think of your top 7 and add them to your Tree of Support by writing them in each spot on your tree below.
Tools to use for managing big emotions

Recognizing and naming feelings is an important first step. Once you have done that you can explore some different strategies for handling big feelings. On the net few pages you will find some different ways to experiment with managing feelings. Try them out and make a note about which ones helped so when you are in need of a tool you will have some to pull for your tool belt in the future.

In this section you will find these strategies to try:

• Grounding strategies
• My control sphere
• Breathing box and 5 finger breathing
• Guided visualizations
• Journaling with routines and goals
• Calming Jar
• Mandalas and Coloring
• Energizing Strategies
• Self-Talk
• Gratitude Garden
  - blooms in a garden of things I am grateful for
• Covid-19 Buried Treasure
  - The hidden gems that I found during my stay at home time
Grounding strategies
When you are experiencing a big feeling that is hard to control, take a minute to ground yourself and SLOW YOUR ROLL!
Use your senses and pay attention to what is around you.
Take a deep breath in and your focus will shift too!

1 Thing
You can
Smell

2 Things
You can
Touch

3 Things
You Hear

4 Things
You See
MY CONTROL SPHERE
We all have things we wish we could change. Some of these things are in our control and some are not. Sometimes it helps to just check in with ourselves to help us see the difference between these two. Make a list of things that you wish you could change in your life right now and then take a minute to think about how they are in or out of your control. Place them in that circle and below. When you are feeling overwhelmed by something that you cannot change because it is out of your control. Take a moment to look at the things that are in your control and see how you can focus on those instead in that moment.
DEEP BREATHING
Deep Breathing is a great tool to use if it is used the right way. Normally, we breath shallow breaths which is fine when we are in a calm state of mind but when you start to have big feelings or feel stressed your breathing may become short, fast, and shallow which signals your body that you should be worried or panicked. When this happens you go into the fight-flight freeze mode we read about before. Deep breathing and physically calm your body down because it sends signals to your brain that everything is ok which then signals the “rest and relax response” part of your body to take over.

Breathing box
Box breathing is a way to help remember the breathing instructions when you are doing deep breathing. You can draw the box in the air to help you follow along. Draw the first line of the box and breath in slowly for 2. Stop at the corner for 4 and draw the next line while exhaling for 4. Draw the third line of the box and breath in slowly for 4. Stop at the corner for 4 and draw the next line while exhaling for 6. Repeat as needed.

5 finger breathing
Hold your hand out in front of you with all fingers spread apart. Start with your index finger (of the other hand) at the bottom of your thumb and move it up one side of each finger as you breathe in and down the side of the finger as you breathe out. Do this for each finger until you have reached the pinky.
GUIDED VISUALIZATIONS

Guided Visualizations are great ways to use meditation techniques without feeling like you are doing “meditation”. Ask someone to read you the chosen story or read it into a recording device and listen back to it whenever you like. You can also find many like this on YouTube through GoZen and Cosmic Kids.

Rainbow Treasure

Sit or lay quietly and slowly close your eyes. Let’s do 3 big belly breaths together (model) Now as you keep breathing in and out I want you to imagine you are playing in a big grassy field. You can feel the breeze and hear the birds chirping.

The sun is warm on your skin and the grass is so soft on your feet. You can feel the soft grass in your toes as you run and play. You see fluffy clouds in the sky and notice that there is a rainbow forming from one of them. Can you see it? The colors are beautiful and brilliant. As you walk closer the colors get brighter and brighter. You start to come near it and the colors start to fill in all around you. As you walk into the rainbow you look around and you can see each color around you like a beautiful circle of colors. It is a calm, peaceful, happy place to be.

Just then you hear a small bell chime. You look over to where you heard it and see a bright light. It looks like a treasure chest. You walk closer and notice that it is shiny and glowing bright. Is it silver? Gold? Bronze? What color is your treasure chest?

There is a key inside the lock so you turn it slowly and to your surprise, it opens! You slowly open the top and a bright beautiful white light shoots out the top then calms to fill the chest. You look inside and you see something JUST for you. It is something that you love....what is it? This is something that makes you so happy and makes you feel so loved. You sit with it for a moment and take in the feeling of happiness and love. As you get ready to close the chest remember that this special treasure is JUST for you. It is something that you have with you all the time. No matter where you go, this treasure is inside you and you can always feel the feeling you have right now.

You slowly close the chest and turn the lock then take one last look around at the beautiful colors surrounding you. You walk through the colors and outside to the grass again. You sit down and watch the clouds start to float away, feeling safe, peaceful and happy.

Take one more deep breath and when you are ready give yourself a big stretch and open your eyes to return back to the room.

The Cape of Confidence
Close your eyes now and do 3 belly breaths. In and out (model 3 times with verbal guidance). Now as you keep breathing, imagine you are sitting in a beautiful field of grass outside. As you sit and listen to the birds and feel the warm sun on your face, you look up and notice something on the ground, so you walk over to it.

As you get closer you notice that it looks like a piece of clothing. What color is it? You see it is kind of shiny. As you pick it up what does it feel like? Is it soft, thick, smooth?

As you open it up you realize it is a cape. As you look closer on the back, you see there is a special letter on it....it is the letter of your first name! Something brushes up against your arm. It is a small tag and as you look at it, you notice it says, “put me on and see what your power is”. You are a little scared but really excited so you decide to be brave and put it on. As you tie it around your shoulders, you feel something tingling inside of you and you start to realize that you now have a magical power. What is it? What magical power has the cape given to you? Whatever it is, you spend the next few minutes using your power.

What are you doing? How does it feel? No matter what it is, you start to notice that you feel powerful and brave. You feel like you can do anything! Then the tingling starts again, that same tingling that you felt before and then, the cape disappears. You sit back down on the ground feeling a bit disappointed but then you see a note by your feet. You pick it up and read the note. It says, “The feeling this magical power gave you is now a part of you. You will always have the power you felt in side you.”

So whenever you feel scared or worried, remember that this power is inside you and you can use it anytime you need to in order to be brave and confident.

You fold the note and put it in your pocket, as a reminder for when you need it. Take one more deep breath and when you are ready give yourself a big stretch and open your eyes to return back to the room.
Waves

Start with 3 belly breaths. No imagine you are at the beach. It is a warm day, not too hot, and you are laying on the sand near the water. You can feel the warm soft sand on your back and it is sifting between you toes. You feel the warm glow of the sun on your skin and a sweet cool breeze cooling it off. You can hear the birds and waves crashing around you.

As you lay on the sand the water starts to come closer to your toes. You are not in danger and the water will only stop at your feet. You can hear a wave crashing softly then water slowly moves up to your feet and tickles them with a small wave. As you feel each wave come up and cover your feet with cool water, you begin to think of some things that make you upset. With each thing that you think of that makes you angry, sad, or worried, the water comes to wash it away into the ocean.

Think of something now and imagine it. The wave crashes gently, then the water covers your feet taking that negative thought and pulling it out into the ocean. The ocean will take it and was it away.

Imagine it again, The wave crashes gently, then the water covers your feet taking that negative thought and pulling it out into the ocean. The ocean will take it and was it away. No sit in peace feeling the soft sand, warm sun and cool breeze.

Take one last deep breath and when you are ready, open your eyes and return to the room.
Journaling with Intention and Goals

Journaling is a great way to help get thoughts and feelings out of your head and onto something else. It gives you a way to express and release thoughts but also helps you see them a bit more clearly when you read them back again. In addition, when you set an intention and follow it up with goals and routines you have a much better chance of achieving your goals.

Journaling Prompts
Use the journal prompts below to jumpstart your journaling. You can use regular paper or get a small notebook to keep it going.

- What is one thing about today that surprised you?
- What is one mistake you made today and what did you learn from it?
- What’s one goal or challenge you have for yourself this week? How will you accomplish it?
- Think about your favorite hobby or activity. Why do you love it?
- What's one thing that always makes you laugh?
- Close your eyes and listen to the world around you. What sounds do you hear? Write them down.
- Write about one accomplishment you’ve reached that you’re proud of.
- What is one interesting fact that you learned today?
- Think about one of your friends or a family member. What do you admire about them?
- What do you think would be the coolest job to have? Why?
- Think
- What do you want your life to be like when you’re grown up?

Daily Intention Setting
Each morning find a quiet place and set aside 5-10 minutes to sit and think about your intention for the day. Start with an easy stretch then sit with your eyes closed focusing on your breath for 5 deep breathes.

When you have finished the 5th breath turn your attention toward one thing you want to focus on and achieve that week. Once you have thought about it say it out loud then open your eyes and write it on your goal tracker sheet. You can always have more than one intention.

Weekly Goal Tracker (One Month)
Set a goal for the week based on the intentions you have written down. At the end of each day take a moment to mark how you did at making progress toward your goal. If you didn’t meet the goal that day just reflect on what happened and try to use what you learn to meet it tomorrow. We all have good days and challenging days so give yourself breaks when you have a challenging day and know that each day you get to start again.
Mark your progress each day next to your goal using a

- [ ] When you don’t meet the goal that day
- [x] When you meet the goal that day

**My Intention:**

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MAKE YOUR OWN CALMING JAR

A calming jar is a great way to help you focus on something while you are breathing or taking a moment to reset when feeling overwhelmed. Shake the jar to get the glitter moving. While you are shaking it feel the big feeling and imagine it filling the jar. Your brain often feels as foggy and unclear when this being feeling is happening as the glitter in this jar.

Then set it down and breathe in and out slowly while you watch the glitter settle. With each breath your mind becomes clearer and your feelings settle down, just like that glitter in the jar. Do this as many times as needed to help refocus your energy and thoughts.

Calming Jar

You’ll need:

- A Jar or Plastic Container with a water-tight lid (we used a small plastic water bottle but at home I have used an old glass pasta jar)
- Warm Water
- Vegetable Glycerin (available on Amazon or at Sprouts)
- Dish Soap (just a drop or 2)
- Glitter

Other fun stuff? (i.e. plastic confetti, little plastic animals, charms, etc)

HOW TO

Fill the bottle/jar 3/4 of the way with water then add your glitter and goodies. Add the glycerin and a drop or 2 of dish soap (this keeps the glitter from clumping and staying at the top) then put the lid on and shake.

If you are fearful of it opening or leaking, I suggest using a hot glue gun or using some non-water-soluble glue around the rim before screwing the lid on and tightening it up.

Pro tip: the more glycerin you add, the longer its going to take the glitter to fall to the bottom
MANDALAS AND COLORING

Coloring is a wonderful way to reduce anxiety and stress. If you need some help finding the perfect coloring page to print and use check out these websites for free coloring pages. You can also use the pages here. Make as many copies as you want to use them whenever you need a moment of calm.

http://coloring-4kids.com
Dream

BElieve
In
Yourself
I AM...

Strong Smart Happy
Confident Calm Peaceful Proud

Breathe
Rainbow Self Talk

Positive Self Talk helps us keep a GROWTH MINDSET by flipping the negative thoughts with positive ones. Your positive thoughts create positive feelings so try these when negative thoughts start to creep in your thinking.

I am Enough
Today I am a leader
I forgive myself for mistakes
My challenges help me grow
I can make a difference
I have courage and confidence
I control my choices
I believe in myself
I am calm and relaxed
I am smart and strong
I can do hard things
Today I am going to shine
I believe in myself
It’s OK to not know
ENERGIZING STRATEGIES

When you are feeling sad, sick or tired, you fall into those blue and purple areas which we already talked about felt like you have low energy. When you have low energy you need to find tools that increase the energy so try one of these strategies to help kickstart you to move you into the green.

Chair or wall push ups
Chair push-ups: Hands are placed on the chair, holding the edge/sides of the chair by thighs. Slowly push bottoms up off the chair and count to three, then slowly return bottoms to the chair. Do this 3-5 times.

Wall push-ups: Stand with feet placed approximately one foot away from the wall and hands on the wall at shoulder height. SLOWLY press your shoulders toward the wall and pause when a cheek touches the wall and then slowly press the body back into the original position. Focus on trying to keep your straight back during the exercise.

Jumping Jacks
Stop and do 5-10 jumping jacks then take a moment to notice how you feel. Repeat it if you feel like you needed a bit more energy. When you are done stop and take deep breath then move to another activity.

Tell someone a joke
Spend some time at the library or online finding some good jokes and create your own joke book. Use it to share a joke with another person or just browse through them to make yourself laugh! Here are a few to get you started:

What did the big flower say to the little flower?
Hi, BUD!

Why are fish so smart?
Because they live in SCHOOLS!

What do you call a cheese that is not yours?
NACHO Cheese

What did one eye say to the other eye?
Between you and me something SMELLS!
Fill these blooms in your garden with things you are grateful for in your
COVID-19 BURIED TREASURE

During Covid-19 while we are staying at home so much it gets really hard to see the good things around us. There is so much that is hard that the positive things can get lost. If you look hard enough you might be able to uncover the little gems in your life that can make things feel good!

Some people say they are happy to be able to have more time with family, others say it is nice to be able to have more time to do what they want to because school travel time is less. It may be that you get to make your own lunch or even take a nap at lunchtime. Whatever they may be see if you can take a few minutes to think about what gems might be in your treasure chest that Covid-19 has buried and write them on each of the coins in the treasure chest below! Re-visit this when you start to feel down or negative about all the things Covid-19 has taken away from you.
Connecting with others during distancing

Friends and peers helping each other is a key way in making sure your mental health is supported. Friends and peers give each other support through listening, teaching and showing empathy. Doing it from a distance has challenges but it is possible.

Ways to connect virtually
Connecting with friends is always just a little harder virtually but if you think outside the box you can find some creative ways to keep connecting. If you can try to do something to connect with people at least 5 times per week you will find that it helps with loneliness and other big feelings. Here are some fun ways to stay connected:

- Use virtual meetings with Zoom or HouseParty to get friends together weekly to just share with each other or play games like connect4, uno, or battleship.
- Use sidewalk chalk to decorate your driveway or sidewalk with positive messages for friends and neighbors. Ask friends to do it too and share messages with each other or have a contest with each other.
- Create videos and teach each other a new skill. Teach them creative drawing, make your favorite recipe or science experiment or show how to build something! Have a showing party to each person is able to share their skill and practice with others.
- Play a guessing or trivia game via email or a chat. Use Trivial Pursuit or a guessing game like hangman.
- Create a shared play list and host a virtual dance party.
- Organize friends to create something to help those in need. Whether you’re collecting clothes for those in need, baking cookies for an elderly neighbor or crafting cards for nursing home residents, you can collect them from a group of friends or neighbors and send them off to those that need it.
- Go on a virtual field trip with friends. There are many online virtual field trips you can take with friends and then share your questions and experiences after in a group chat or virtual hangout.
Find a way to connect through mail by writing and sending letters to people. A pen pal is someone that you keep in touch with through mail. You can choose someone you know or even find someone new. Try to think outside the box about people that might want to also connect. Try reaching out to retirement homes or even adopt a military soldier to write to. Here are a few websites that will help you if you get stuck:


http://www.penpalworld.com/

If you want to send a letter to a soldier in the military that is deployed, letting them know how much you appreciate their service, send it to this address and Operation Military Matters will deliver it in one of their next care packages!

PO Box 8132
Seminole, FL 33775

If you don’t know of a local retirement home that you can write letters to then check out Letters of Love. This website lets you write letters and they will deliver them for you to elderly people or kids in need of some sunshine in the mail:

https://loveforourelders.org/letters

If you are not sure what to write about start by sharing a little about yourself and then ask questions about the other person to start to get to know them. Use this list of questions to keep the conversation going with each letter/postcard:

- Where would you most like to travel to, and why?
- What has been your most memorable birthday so far, and why?
- When you were a child, what job did you see yourself doing as an adult? Or if it is another kid, What do you want to do when you grow up?
- What is your favorite thing to eat or drink?
- Do you have a pet? What was your first pet?
- If you could do anything on the weekend what would it be?
- What’s your favorite place that you have traveled?
- If you could invite any one person to a dinner party, who would you invite and why?
- What 3 items would you take to a desert island?
- Who is your closest friend, and what do you love about them?
- What is your favorite thing about your home town?
- What is the best book you have ever read?
- What is your favorite thing about yourself?
- What music do you like?
- What is one fact about you that not many people know?