

# \_\_\_\_\_ 's COPING Journal

• 20 SECOND  
HANDWASHING



## What do I need to know about the Coronavirus?

1. Coronavirus, also called COVID-19 is a virus that effects the lungs. (Lungs help you breathe)
2. COVID-19 is spread from one person who has the virus to another person. (Just like the flu)
3. People with COVID-19 may have a fever (high body temperature), cough, difficulty breathing, runny nose and chest pain.
4. You can protect yourself by: washing your hands, keeping hands out of nose, eyes and mouth, staying at home when sick, AND by coughing or sneezing in elbow.
5. Based on what we know, children are less likely to get sick than adults. While some children have gotten sick, most COVID-19 cases are adults.
6. Children with COVID-19 usually have milder symptoms. (This means the sickness usually isn't as bad for kids!)
7. You do not need a mask.
8. Staying at home keeps you safe!
9. Don't be worried, be safe!

## The **BEST PROTECTION** against COVID-19 is **HANDWASHING.**

Wash your hands with soap and warm water for at least 20 seconds - **ESPECIALLY...**

- **AFTER BATHROOM**
- **BEFORE EATING**
- **AFTER ANY COUGHING OR SNEEZING**

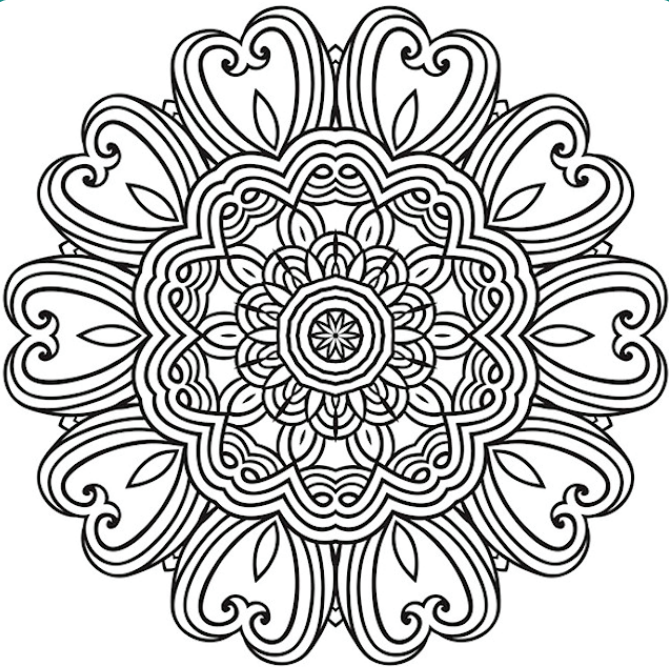
Sing **Old Town Road** while washing!

Can't nobody tell me nothing,  
you can't tell me nothing.

Can't nobody tell me nothing,  
can't tell me nothing.



I'm gonna take my horse to the old town road,  
I'm gonna ride til' I can't no more.  
I'm gonna take my horse to the old town road,  
I'm gonna ride til' I can't no more.



Today I'm feeling \_\_\_\_\_  
because of \_\_\_\_\_.  
\_\_\_\_\_ will help me feel better.



# Grounding

Stop and assess your surroundings...

## 3 Things You Can SEE



1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## 2 Things You Can TOUCH



1 \_\_\_\_\_

2 \_\_\_\_\_

## 1 Thing You Can SMELL



1 \_\_\_\_\_

## 1 Sound You Can HEAR



1 \_\_\_\_\_

# My Worries Chart

List 5 things that cause you to worry or you wish you could change. Then write an X if it something you can or can't control.

## Things I wish I could change...



I Can Control



I Can't Control



I Can Control



I Can't Control



I Can Control



I Can't Control



I Can Control



I Can't Control



I Can Control



I Can't Control

## I'm Thankful For...



Coloring

Draw

Exercise

Listening to music

Talking to a friend

Play video games

Deep breaths

Play a sport



20 SECOND HANDWASHING

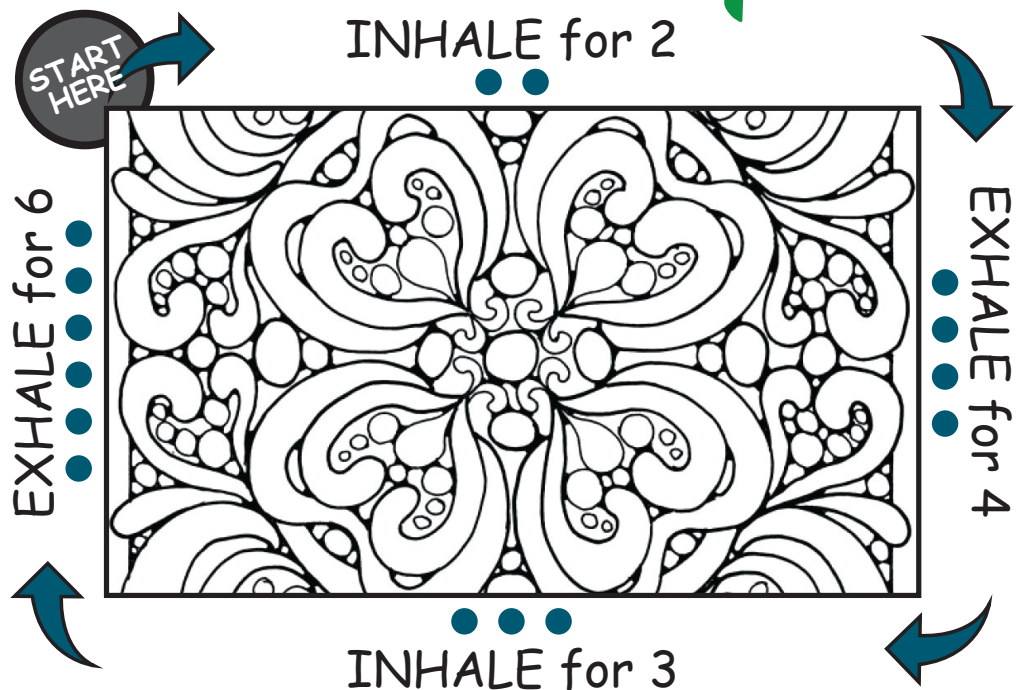


# MANAGING TRIGGERS

## Thankful 3's



Mark your mood on each day of the week.  
**For Example:**  
If you are happy on Monday, write **M** next to happy on the Mood Meter.



# Breathe In - Stretch Out

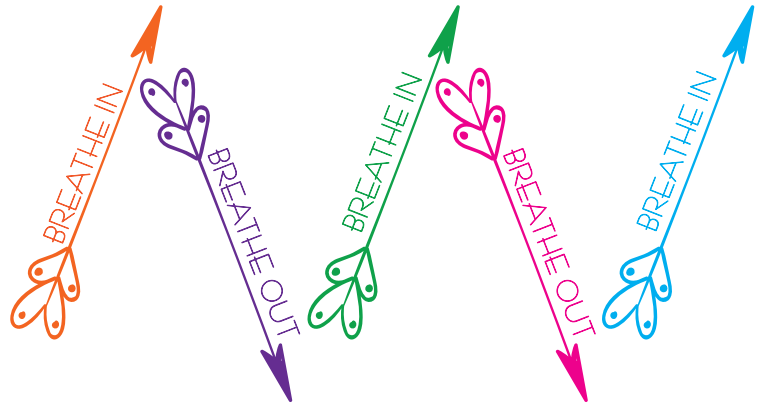
## MAKE A RAINBOW BREATHING

- Arms start at the side of your body.
- Arms go up as you breathe in and go down as you breathe out (arms make a rainbow).



## ZIG ZAG BREATHING

- Follow the zig zag line.
- Breathe in as you follow the line up and breathe out as you follow the line down.



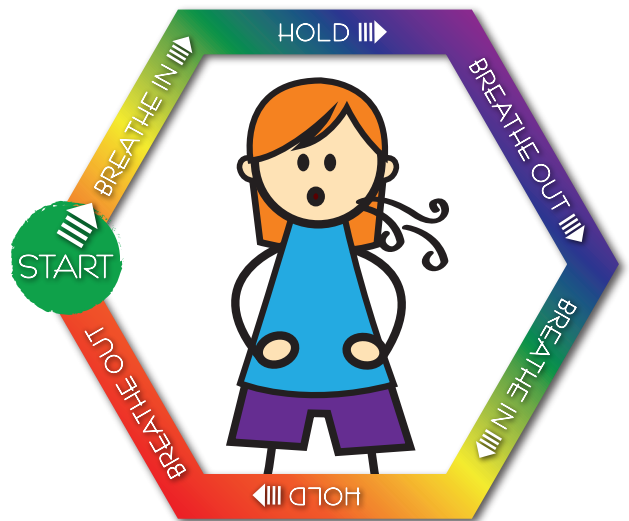
## VOLCANO BREATHS

- Pretend your hands and arms are like lava flowing from a volcano.
- Start with your hands in front of your heart, with palms touching.
- Keeping your hands together, reach straight up and breathe in.
- Separate your hands and move your arms down to your side and breathe out.



## 6-SIDED BREATHING

- Start at the left hand side of the hexagon.
- Trace your finger over the "breathe in" side as you take a deep breath in.
- Hold your breath as you trace the second side of the hexagon.
- Breathe out as you trace the third side of the hexagon.
- Then repeat for the bottom part of the hexagon.



20 SECOND HANDWASHING





# You Get to YOGA!

## Salutation Seal

### Instructor Says:

Inhale and sit down, crossing both of your legs. If you look down, it should look like a pretzel. Join both of your palms together as you inhale, pointing your fingers to the sky as if you were saying a prayer. Now, pretend there is a hook on your head. Imagine someone is pulling up on the hook, making you sit up straight. Your back should feel lengthened and flat. Close your eyes. Start to bring awareness to your breath while holding this posture. Begin to breathe normally.

### Kids Do:

Kids will cross their legs and bring hands together as if they were to say a prayer. Their backs should be straight, and their head should be up and facing forward with their eyes closed.



Should Look Like:

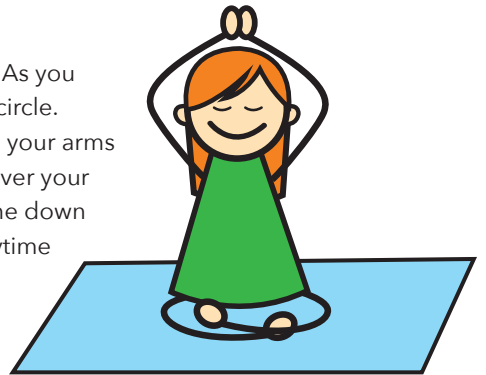
## Balloon Breaths

### Instructor Says:

Bring your hands beside you. Close your eyes. We are about to turn our bodies into balloons. As you breathe in, float your arms beside you, bringing them together over your head, making a big circle. That's your balloon. As you breathe out, you're going to let your balloon float away by floating your arms down beside you. Let's try it again. As you breathe in, float your arms up, making a big circle over your head, and then as you breathe out, let your balloon float away as you slowly let your arms come down onto the ground beside you. The special thing about yoga balloons is you can make them anytime you want, and if your balloon floats away, you can always make another one.

### Kids Do:

Kids continue to sit with their legs crossed. Kids will place their hands on the ground beside them, then slowly bring them up to make a circle above their head, and gently return them back to the floor upon instructor's directions. Kids will repeat this action.



Should Look Like:

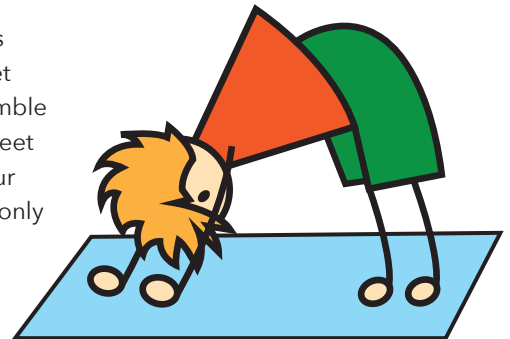
## Downward Facing Dog

### Instructor Says:

This next pose is called the downward facing dog. It stretches your upper body and provides you with energy. First, place your palms face down on the floor in front of you. Move your feet underneath you so that your knees are bent, your feet are close to your hands, and you resemble a frog pose. I want you to inhale, and as you exhale, you will straighten your legs. Walk your feet behind you so that your hands and feet are a few feet apart, your elbows aren't bent, and your bottom is facing upwards towards the sky. Bring the soles of your feet off of the floor so that only your toes are touching the ground. Breathe normally.

### Kids Do:

Kids will bring their hands in front of them and slowly bring their feet beneath their body. Their hands and feet should be close together with the legs bent. Kids will walk their feet back to resemble downward facing dog pose for 15 seconds.



Should Look Like:

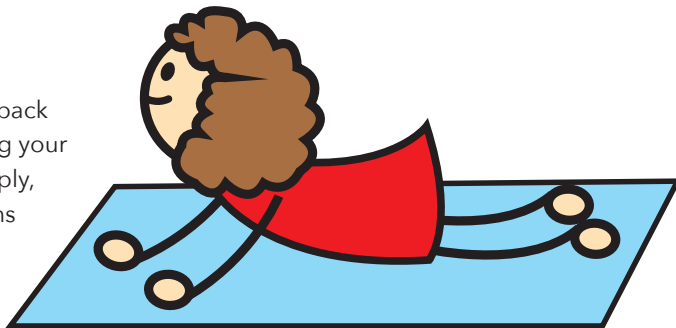


# More YOGA!

## Upward Facing Dog

### Instructor Says:

Now we will move into upward facing dog. This pose helps strengthen your back and open up your chest so that you may breathe more fluently. Begin walking your feet out behind your body looks like a flat board (plank position). Inhale deeply, and as you exhale, gently drop your hips to the floor, while keeping your arms straight and chest up. Slowly move your head back and look to the ceiling. Breathe normally.



Should Look Like:

### Kids Do:

Kids will move from downward facing dog to plank position by moving feet backward. Kids will then drop their hips to their floor resembling a seal. Kids arms will be straight and elbows will be locked as they look up towards the ceiling. Hold this position for 15 seconds.

## Dolphin Pose

### Instructor Says:

Now we will move back into the downward facing dog pose. While slowly bringing your head down, keep your arms straight and walk your feet to your hands until you are back at the downward facing dog pose. Remember, the soles of your feet should be lifted off of the ground. Next, slowly drop your elbows to the floor, one at a time. Once they are both on the ground, clasp your hands together. This is the dolphin pose. It stretches the hips and upper body, helps with mood, and provides you with energy.



Should Look Like:

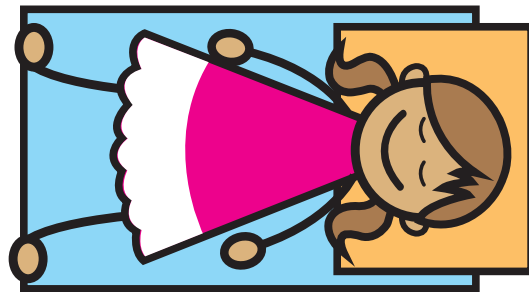
### Kids Do:

Kids will return to downward facing dog pose and drop elbow to the ground, clasping their hands together. Hold this position for 7-10 seconds.

## Micro Nap

### Instructor Says:

We will end our session with the micro nap. Lie down on your back, placing your arms by your side, with your palms flat on the floor. Let your legs relax in a comfortable position. Inhale for 5 seconds, hold your breath for 3 seconds, and exhale for 5 seconds. We will repeat this process for the next 3 minutes, letting yourself fall into deep relaxation.



Should Look Like:

### Kids Do:

Kids will lie on their back in a comfortable position, with their arms beside them. Kids will breathe deeply for 3 minutes and allow themselves to fall into a state of deep relaxation.



# ROLL A COPING SKILL



Roll the dice and look at all the coping skills in that row. Then color code each coping skill based on the colors you choose for the following options:

☐

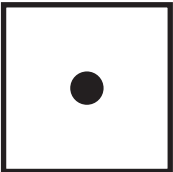
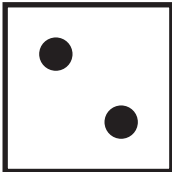
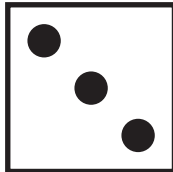
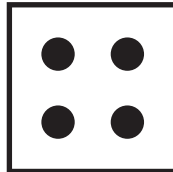
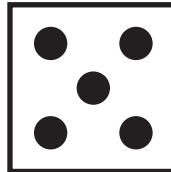
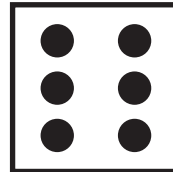
A coping skill I use

☐

A coping skill I'll try

☐

This probably won't help me

Breathe	Stretch	Knit or sew	Read	Play with a pet	Play sports
Count to 10	Cook or bake	Paint	Dance	Pray	Take a nap
Cry	Listen to music	Draw	Sing	Hug someone	Text a friend
Talk about it	Do a puzzle	Write	Color	Meditate	Accept your emotions
Ask for help	Exercise	Play a game	Watch a movie	Think about your favorite things	Think positively
					





# ROLL A COPING SKILL



Roll the dice and look at all the coping skills in that row. Then color code each coping skill based on the colors you choose for the following options:

☐

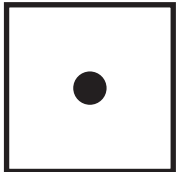
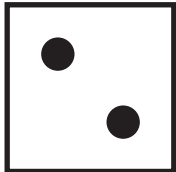
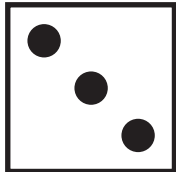
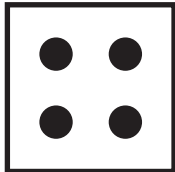
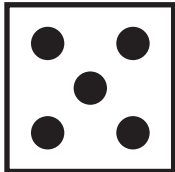
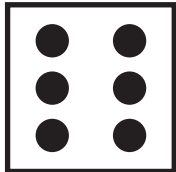
This coping skill gets me into trouble often

☐

Sometimes this coping is a problem for me

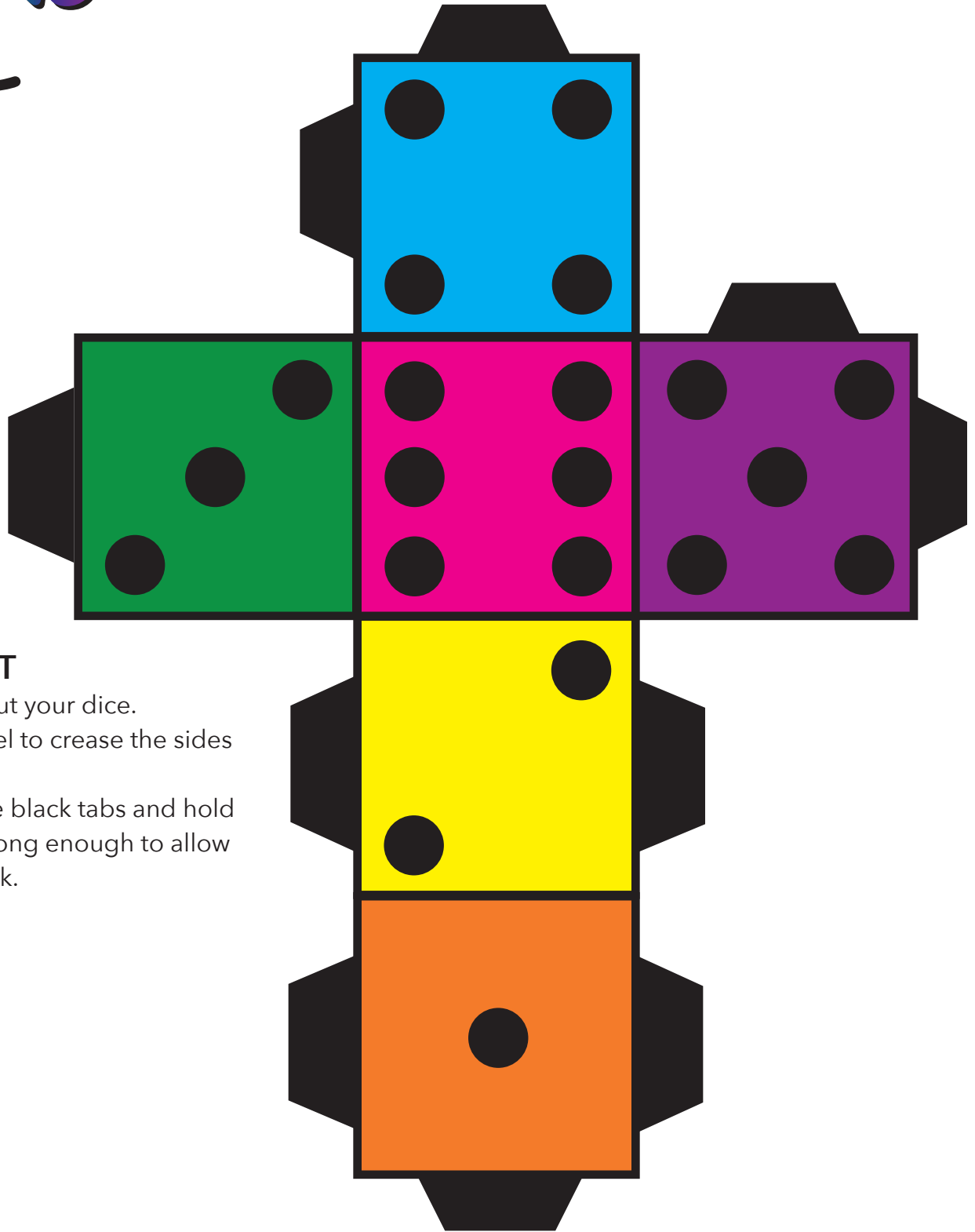
☐

I don't use this skill to cope

Sleep all day	Do drugs or alcohol	Hurt others	Blaming yourself	All or nothing thinking	Slamming doors
Not eat	Make bad choices	Destroy things	Not trying at all or quitting	Gossiping	Procrastination
Overeat	Throw things	Say mean things	Hurtful self talk	Lying	Shut down completely
Cursing	Refusing to talk to anyone	Threaten others	Bullying others	Catastrophizing	Bottle up emotions
Avoiding the problem	Hurt yourself	Yell and scream	Denying	Throwing a tantrum	Blaming others
					



# ROLL A COPING SKILL



## DICE CUTOUT

1. Carefully cut out your dice.
2. Fold each panel to crease the sides of the dice.
3. Put glue on the black tabs and hold box together long enough to allow the glue to stick.



# WEEKLY GOAL TRACKER

Use this chart to keep track daily of how often you ACHIEVE YOUR GOALS during the week.

Mark with an **X** if you were UNABLE TO REACH YOUR GOAL for the day...

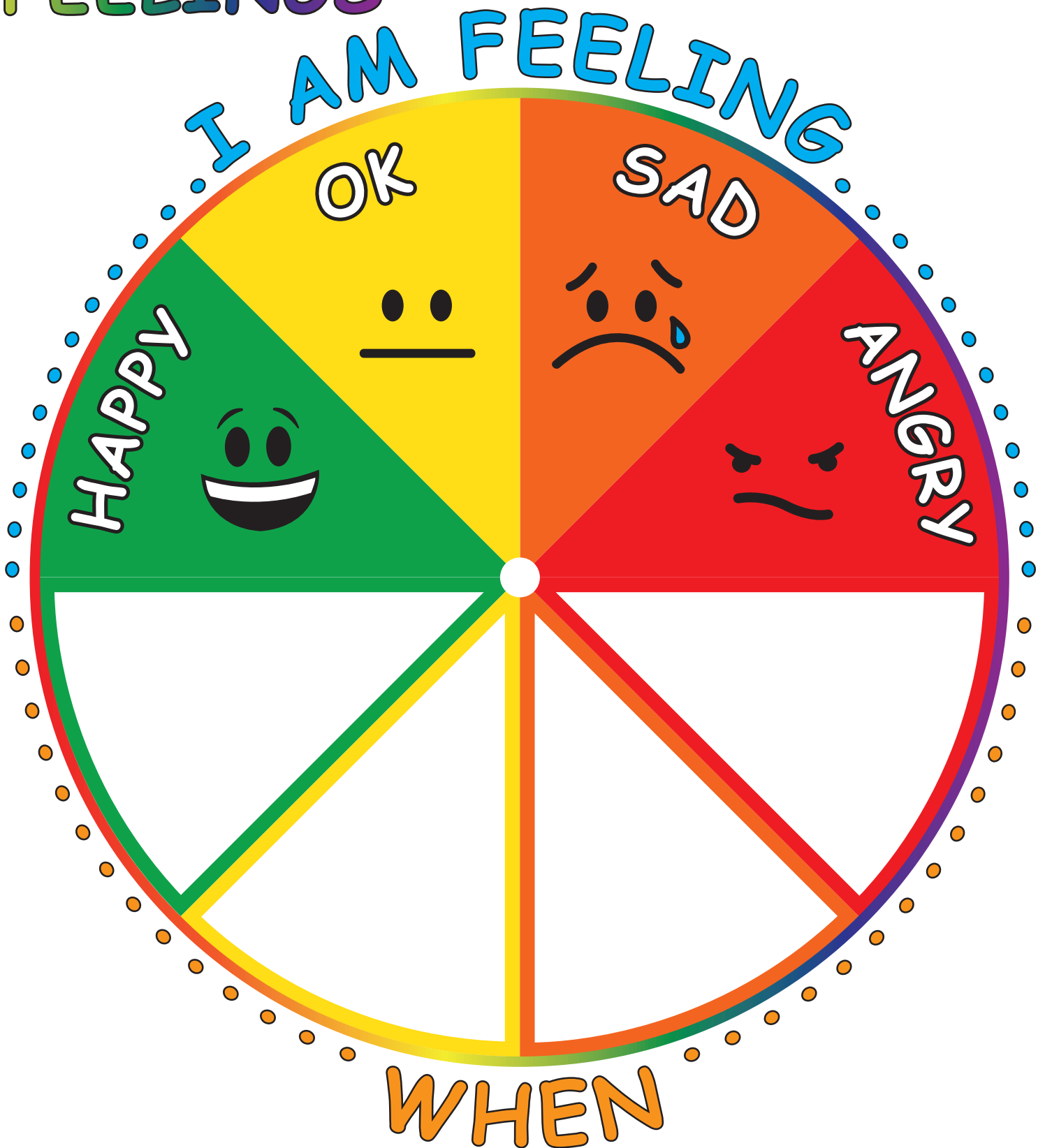
or mark with a **✓** if you ACHIEVED YOUR GOAL!

GOALS	Su	M	T	W	Th	F	Sa
<b>EXAMPLE</b> Complete ALL of my homework on time	—	✓	✓	X	✓	X	—

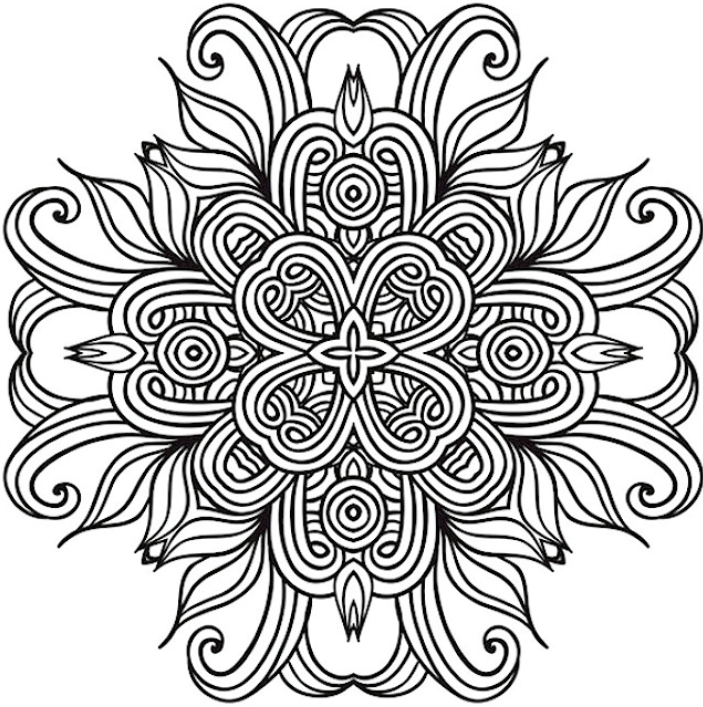


# SPIN MY FEELINGS

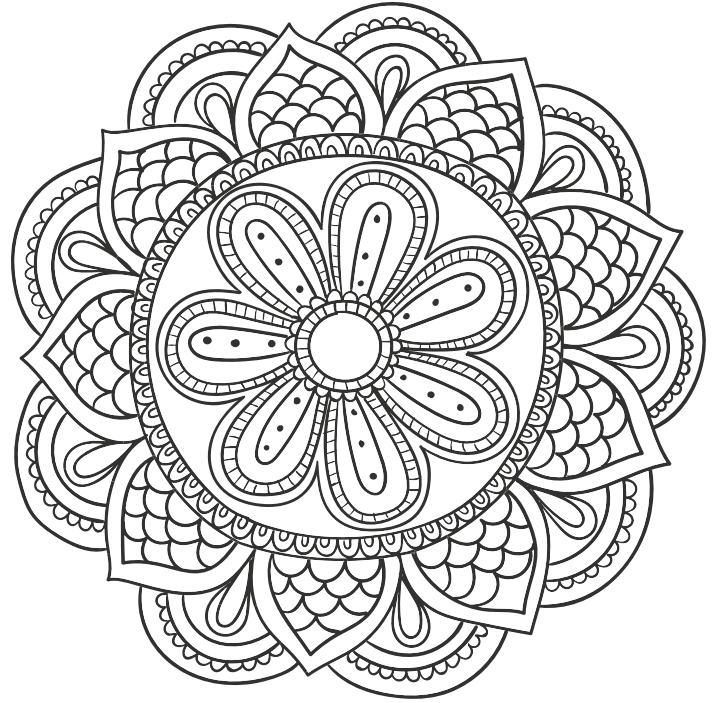
With a paper clip in the center of the spinner, hold it in place with the tip of a pencil. Spin the paper clip to see which emotion you land on. Fill in the corresponding blank "when" piece to describe a time **WHEN** you experienced that **FEELING**.



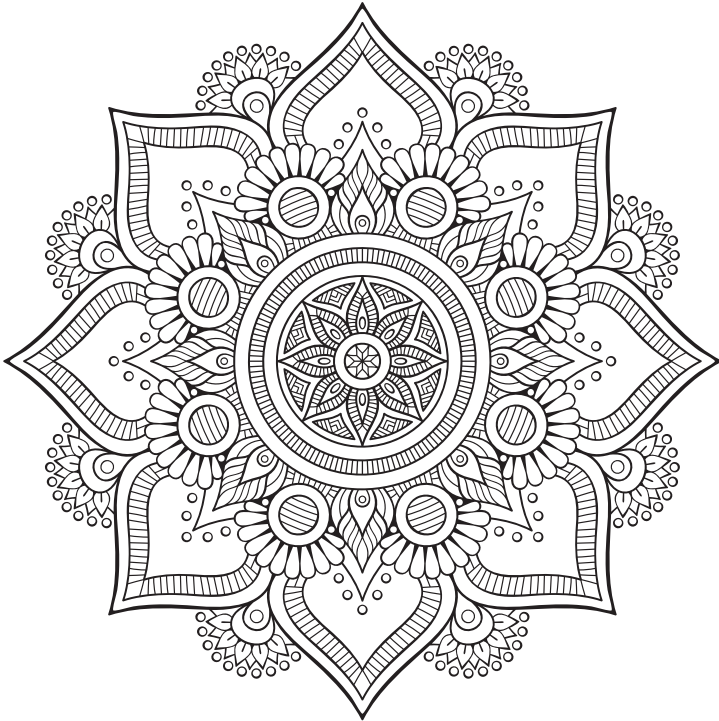
# Power Mandalas



My **PROBLEMS** have **SOLUTIONS**.



**EVERY DAY** is a **FRESH START**.



**I TRY** my **HARDEST**.



**I LIKE** myself the way **I AM**.

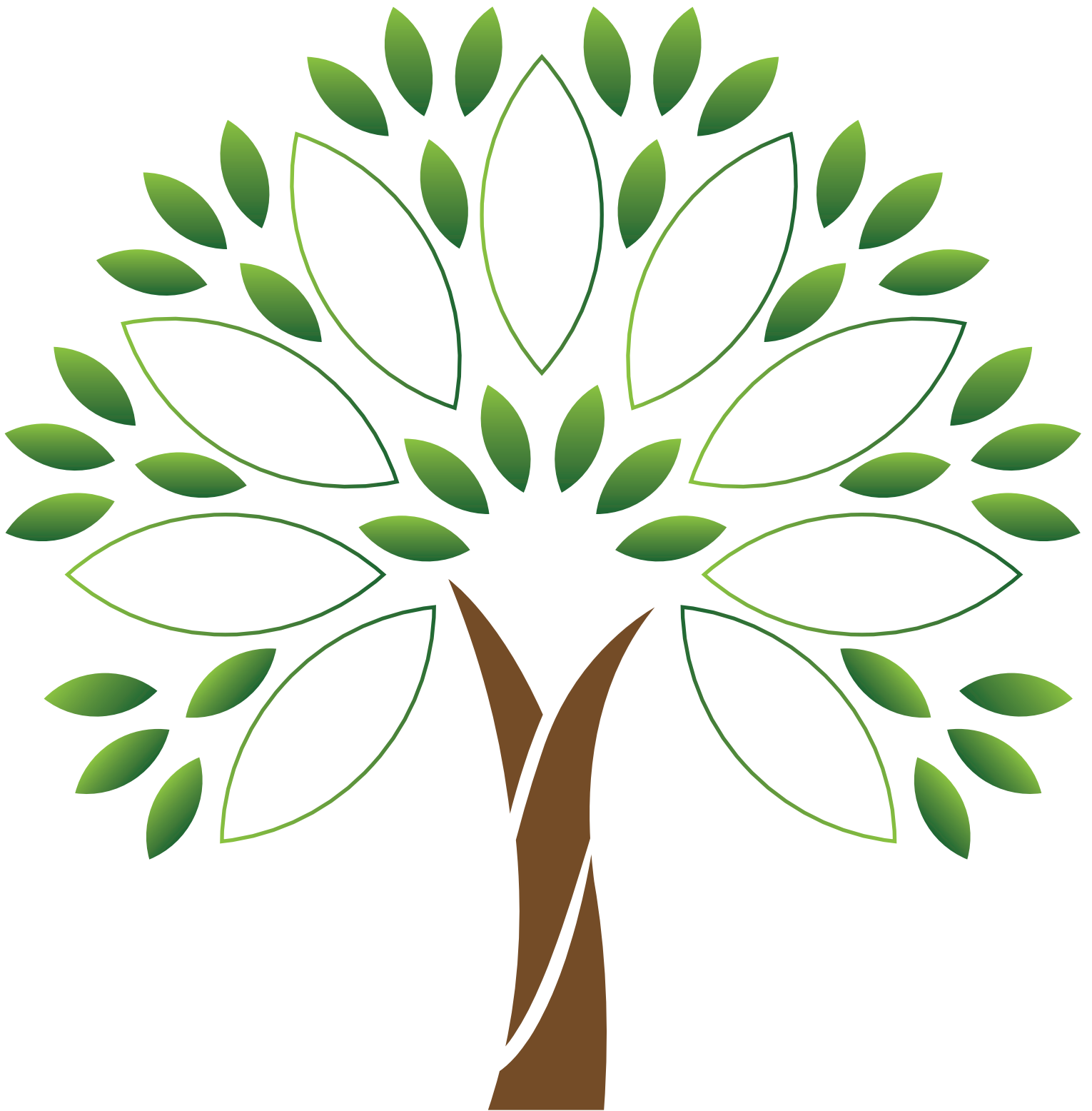


20 SECOND  
HANDWASHING



# My GRATITUDE Tree

Fill in the leaves with what you are grateful for in your life.





# MY COVID-19 MEMORIES

Draw pictures of what your time was like during the virus. What was fun? Scary? Boring? Use the 5 boxes to draw your most memorable days. You will look back on this and remember that even though this may have been scary, good things happened and you made it through!

The form consists of five rectangular boxes arranged in a grid-like fashion, each outlined with a different color of dotted line. The top-right box is outlined in red. The middle-left box is outlined in orange. The middle-right box is outlined in green. The bottom-left box is outlined in blue. The bottom-right box is outlined in purple. Each box is intended for a drawing representing a memorable day during the COVID-19 period.

