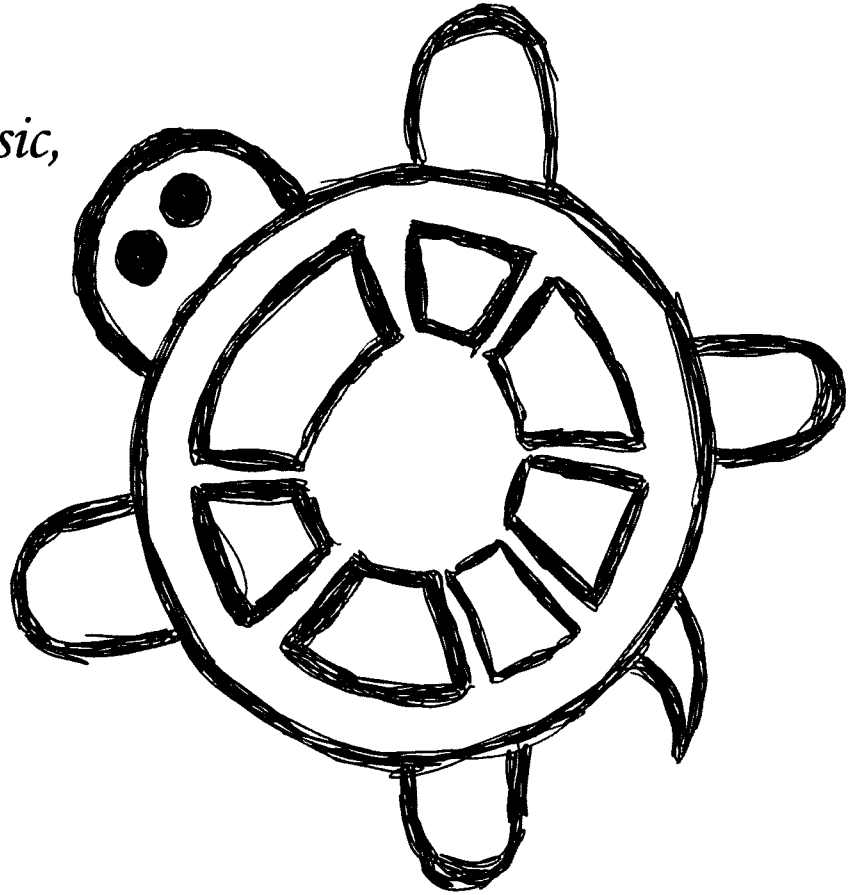


*And if those don't work,
I can do other activities like.....*



Coping Tips

- 1. Take deep breaths,*
- 2. Blow bubbles,*
- 3. Listen to calming music,*
- 4. Color,*
- 5. Read books,*
- 6. Complete a puzzle,*
- 7. Dance to music,*
- 8. Do yoga,*
- 9. Take a bubble bath,*
- 10. Give myself a hug,*
- 11. Squeeze all my muscles up and then let them relax to release tension,*
- 12. Pretend I'm a turtle going into my shell and then popping out once I'm not scared anymore,*
- 13. Count backwards from 100.*



Calming down and talking to myself is an important strategy too. I can tell myself, "I'm safe." and "I'm healthy." which will help me remember why I'm staying home with my parents during this time.

I'm Safe!

I'm Healthy!

I can do my part by staying home and listening to my parents. I know this is scary, but I know that my parents and my country are doing everything they can to keep me and everyone else safe.

*Draw a Picture of You and Your
Favorite Things to Do At Home*

With a Parent, Create a Weekday Schedule to Follow:

Morning

1. _____
2. _____
3. _____
4. _____
5. _____

Afternoon

1. _____
2. _____
3. _____
4. _____
5. _____

*Color Detective Caroline Below &
Then Take Her on a Household Scavenger Hunt:*



Try to find the following items in your house to make a coping kit:

- *Something that is soft*
- *Something that you can play with*
- *Something that makes you laugh*
- *Something that makes you smile*
- *Something that reminds you of your friends*
- *Something that you can squeeze*
- *Something that makes you happy*
- *Something you can build with*
- *Something you can draw with*
- *Something you can sing with*

*If you have all the tools that help you cope in one place, they're easier to get to when needed.
After you make your coping kit, find a time to use it.*