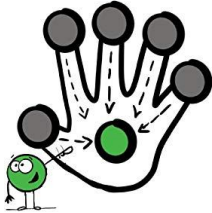

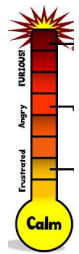



A Weekly Calendar for Mindfulness and Coping Activities

Engaging in these activities can help us to feel better when we are stressed or worried. This week we are focusing on identifying our feelings and creating positive coping strategies for them.

	Monday (Worry)	Tuesday (Calm)	Wednesday (Sad)	Thursday (Angry)	Friday (Happy)
Activity 1	<p>The Anxiety Spot Watch or read the book The Anxiety Spot by Diane Alber. Practice her trick using your hand to shrink your anxiety spot.</p> 	<p>Stop, Breathe, Think Wherever we are, we have the superpower to feel calm! Use this video to learn how to use our breath to feel calm.</p> <p>Parents, you can also find the app for phone, tablet, or amazon's alexa here: https://www.stopbreathethink.com/kids/</p>	<p>Name the feeling When we feel sad, it helps to talk, draw, or write about it. Take 5 minutes and draw or write what is making us sad. Then, find a happy activity to help feel better.</p> <p>Positive Poster Decorate a poster with a positive message. Post it in a window, outside a door, or somewhere where the world can see it.</p>	<p>Superhero Anger Plan Read or watch Even Superheroes Have Bad Days by Shelly Becker.</p> <p>As you watch, make a list of things Superheroes CAN do and Superheroes CAN'T do when they are upset.</p> <p>At your house, what are things you CAN do when you are upset? What are things you CAN'T do? Write or draw what you can do, and put your list in a place you'll see it at home, and choose an option if you feel upset.</p>	<p>To feel happy and healthy, try doing animal walks at your house.</p> <p>Pick an animal and walk like them for 1 minute. Try to make up your own animal if you finish the ones below!</p> <ul style="list-style-type: none"> • Frog jump • Crab walk • Bear crawl • Snake Slither • Donkey kick • Turtle crawl • Kangaroo Jump • Elephant walk
Activity 2	<p>Draw or paint a worry monster (see here for a fun activity!). List times when your worry monster might come out, and practice taking deep breaths to shrink them away.</p> 	<p>Create a Calm Space Have students create a special spot that they can use to help them feel calm. This could be as simple as a pillow in a corner or next to a bed, or as elaborate as a bed sheet fort. Have students pick a few items that help them feel calm (plush toy, favorite book or puzzle, soft blanket) and create their own space. When they need to feel calm, they can go to that space and use their tools to feel better.</p>	<p>Positive thinking game: Using a ball or other object, sit with another person or against a wall. Say out loud what you are sad about, then as you roll the ball (either against a wall or to another person) say "But I'm lucky that..." and name something positive.</p> <p>Click here for the video version.</p>	 <p>Anger Thermometer Create a visual anger thermometer. Label different levels of anger and what the student can do when they feel that way.</p> <p>Use this template, or a blank paper.</p> <p>Need help thinking of coping skills? Here's a list of ideas.</p>	<p>Feelings Plate Spinner Using two paper plates, have students create a feeling spinner. On the bottom plate, draw feeling faces on the outer edge. On the top plate, cut a small notch in the outside so it shows one feeling at a time. Here's an online tutorial. Use this spinner to have students identify what they are feeling each day.</p> 

Resource for Parents:

Self-Care in the Time of Coronavirus

 childmind.org/article/self-care-in-the-time-of-coronavirus

Rae Jacobson is a writer and content engagement specialist at the Child Mind Institute.

When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. It's essential. And during this difficult time, when children are home and stress is running high, it's more important than ever. Here are five tips from our clinicians that can help.

Make time for yourself

Right now, much of the personal time that was part of daily routines — commutes, time alone at home or at the store, social time with friends — is not available for folks with kids at home. Without it, we have to be intentional about creating space to recharge and decompress. This could look like taking a shower or bath, walking around the block alone (or with your dog), or designating time to read or simply zone out after the kids have gone to bed.

Prioritize healthy choices

The added stress and lack of structure we're all experiencing right now can make it easy to slip into habits that feel good in the moment but can be detrimental in the long term. "Make sure you're eating properly, try to get enough sleep (but not too much!), and create a routine that includes physical activity," recommends Jill Emanuele, PhD, a clinical psychologist at the Child Mind Institute. This doesn't mean pressuring yourself to get into tip-top shape, or not eating ice cream or binging your favorite shows. It does mean being thoughtful and intentional about how you're treating yourself and your body.

Be realistic

"Perfectionism and the coronavirus don't mix," says David Anderson, PhD, a clinical psychologist at the Child Mind Institute. "It's time to be exceedingly realistic, both at work and as a parent." Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them. "Practice forgiveness and self-compassion," says Dr. Anderson. Parents should remind themselves that these are

unprecedented times. “There’s no playbook for this. Remember you’re doing your best during a very difficult time. Cut yourself some slack.”

Set boundaries

Anxiety is rampant right now. With so much worry and uncertainty floating around it can be easy to absorb other people’s fears and concerns without even realizing it. If you have a friend or family member who’s in the habit of sending worst-case-scenario news or is prone to sending anxiety-provoking text messages, practice a little emotional distancing. Let them know you sympathize but that you’re taking a break from worrying news, or simply hit the Do Not Disturb button. You can always reconnect when things are calmer.

Reconnect with things you enjoy

Think proactively of things you can do with this enforced time at home. Get back in touch with hobbies or activities you enjoy but rarely have time for, or make the choice to learn a new skill. Maybe there’s a knitting project you’ve always wanted to try, but you’ve been too busy. Or you’ve been meaning to learn how to needlepoint. Maybe you love jigsaw puzzles but with rushing between work and home and caring for kids, it’s been years since you had the time to do one. If young children make solo activities unrealistic, seek out activities you can enjoy together, like baking bread, or making art.

Finally, remember, being kind to yourself will not only help you stay calm during this difficult time, it will help ensure that you have the bandwidth you need to take good care of your family. When you’re running on fumes, caring for others can tax your already depleted resources to breaking point. But when you prioritize your needs, you’re filling the tank, emotionally and physically, and that means you’ll be in a position to offer comfort and care to others when they need it most.

****Resources from Child Mind Institute**

Sign up to receive daily tips in your inbox about how to support kids during the COVID-19 crisis. Child Mind Institute Clinicians will share advice about structuring the day when kids are stuck at home, managing behavior, balancing work and child care, practicing mindfulness, and much more.

<https://signup.e2ma.net/signup/1917784/1800565/>



Meditate for 3 minutes



Listen to my favorite song



Dance



Practice yoga



Write in my diary



Color a coloring page



Rip paper into pieces



I follow my sleeping schedule



Play in the swing set



Ask for help




Play with my pet




Clean my space



Go out for a run



Take deep breaths



Think about things I love



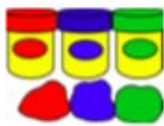
Drink water



Slowly count to 10



Talk with an adult



Play with playdough



Play an instrument



Go out for a walk



Surround myself with nature



Take a break



Play a sport



Read a book



Cook or bake



Stretch my body



Blow bubbles



Ask for a time out



Write a list of things I like



_____ 's Feeling Thermometer

I feel

I Need



_____ 's termómetro de emoción

Siento que necesito

