

Staying at home survival pack!



Making sense of yourself, in a world that makes no sense!

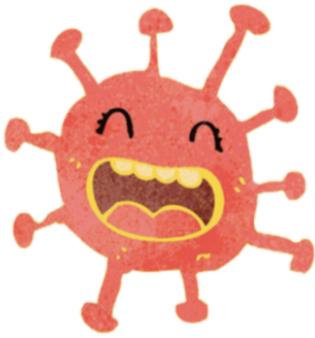
Life has changed. (just for a little
while, not forever!)

It is difficult not to worry and stress
about what it all means for your life,
your family and your friends.

There is a lot of worry,
uncertainty and
stress around.

Expressing and learning to
manage your feelings will help
this time to be one of resilience
and hope rather than fear.

Please know you are not alone
and that people care and
are here to help.



My questions about the

Coronavirus

(try not to read too much on
social media – there is a lot of
panic and incorrect information
around.

Share your questions with
someone who can help you find out
the correct answers.)

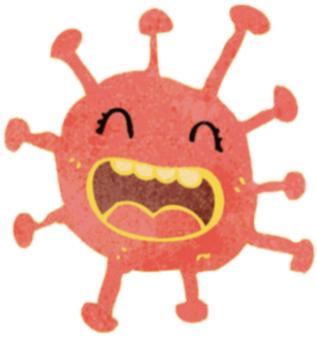
1.

2.

3.

4.

5.



Ways in which MY
life has changed.

Write down all the ways you can think of
that your life has changed.

Label your feelings

Identifying feelings helps us manage them better.

 Happy	 Anxious	 Excited	 Angry
 Confused	 Chilled	 Frustrated	 Shocked
 Scared	 Guilty	 Hurt	 Lonely
 Amused	 Worried	 Loved	 Stressed
 Tired	 Sick	 Sad	 Bored

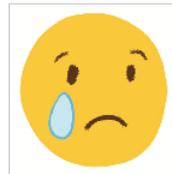
Emoji Emotions

The word *emoji* combines two Japanese words:
e (picture) and *moji* (character).

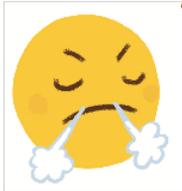
Emojis are commonly used to add expression and emotion to electronic communications.
Look at the emojis below. In the space provided, write the emotion that you see and describe a time when you have felt this emotion.



Emotion: _____



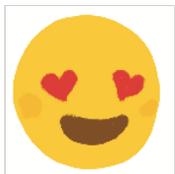
Emotion: _____



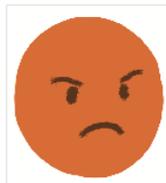
Emotion: _____



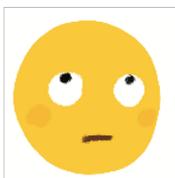
Emotion: _____



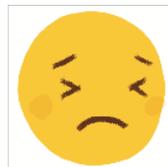
Emotion: _____



Emotion: _____



Emotion: _____



Emotion: _____

Ideas of things I can do to feel better.



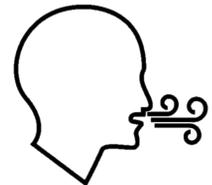
Shower/Bath



Write Down
Your Feelings



Meditate



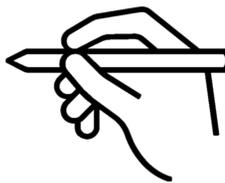
Breathing



Turn off phone for a
while



Colour In



Draw



Music



Ask for
Hug



Help
Someone



Ring / Text a
Friend



Video Chat



Go for
Daily Walk



Eat
Something



Make a
Cuppa



Gratitude
List



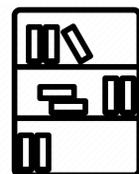
Pamper



Film



Exercise



Tidy Room

One of **THE BEST** things you can do to feel calm and settled is to take a couple of minutes out to do some deep breathing.

You might feel daft at first, but, give it a go.

With practice, you will be an expert in being able to feel better wherever you are and whatever you're doing.

6 Steps to Deep Breathing



1. Sit or lie down comfortably.



2. Close your eyes. Place one hand on your chest and the other on your stomach.



3. Breathe in deeply and slowly through your nose. Count to five.



4. Feel your stomach rise against your hand.



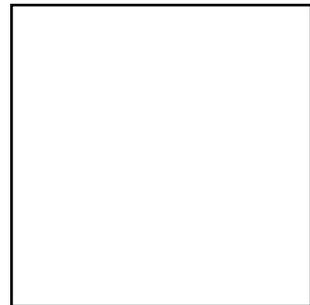
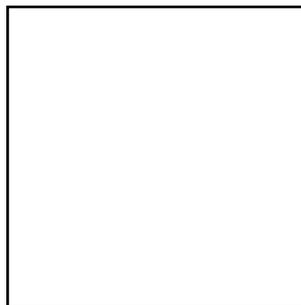
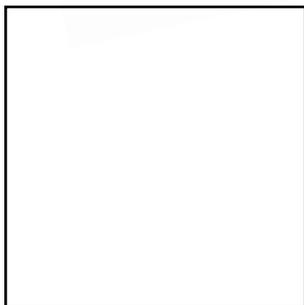
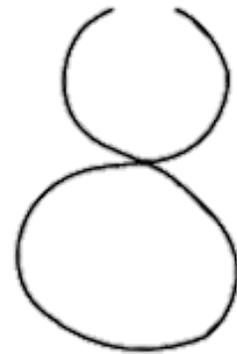
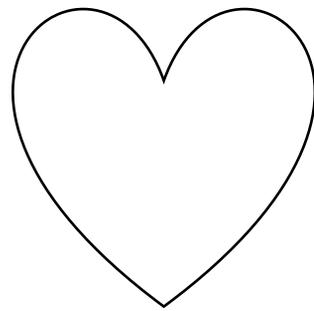
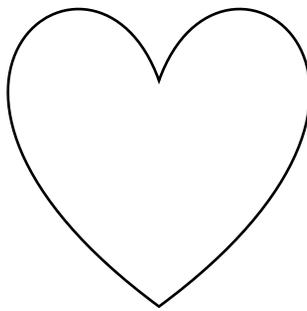
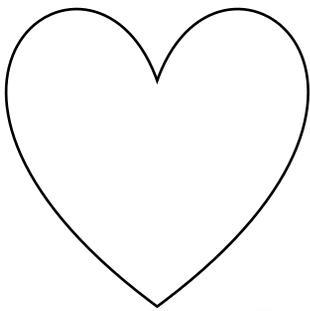
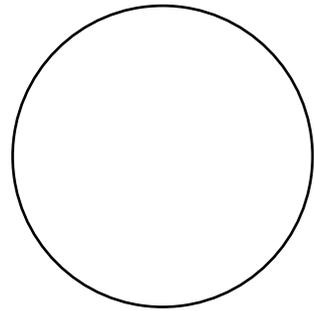
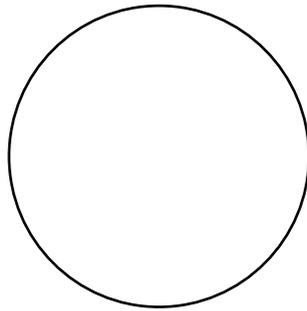
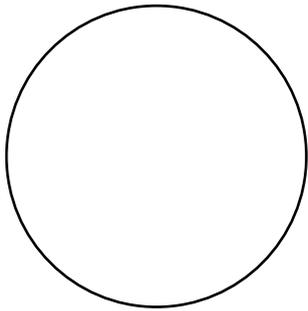
5. Breathe out slowly through your mouth.



6. Repeat Steps 1-5, complete five times.

Mindful Doodle Page

Make these shapes come to life



Highlight the positives about yourself.
Give someone else a highlighter and ask
them to highlight your positives.

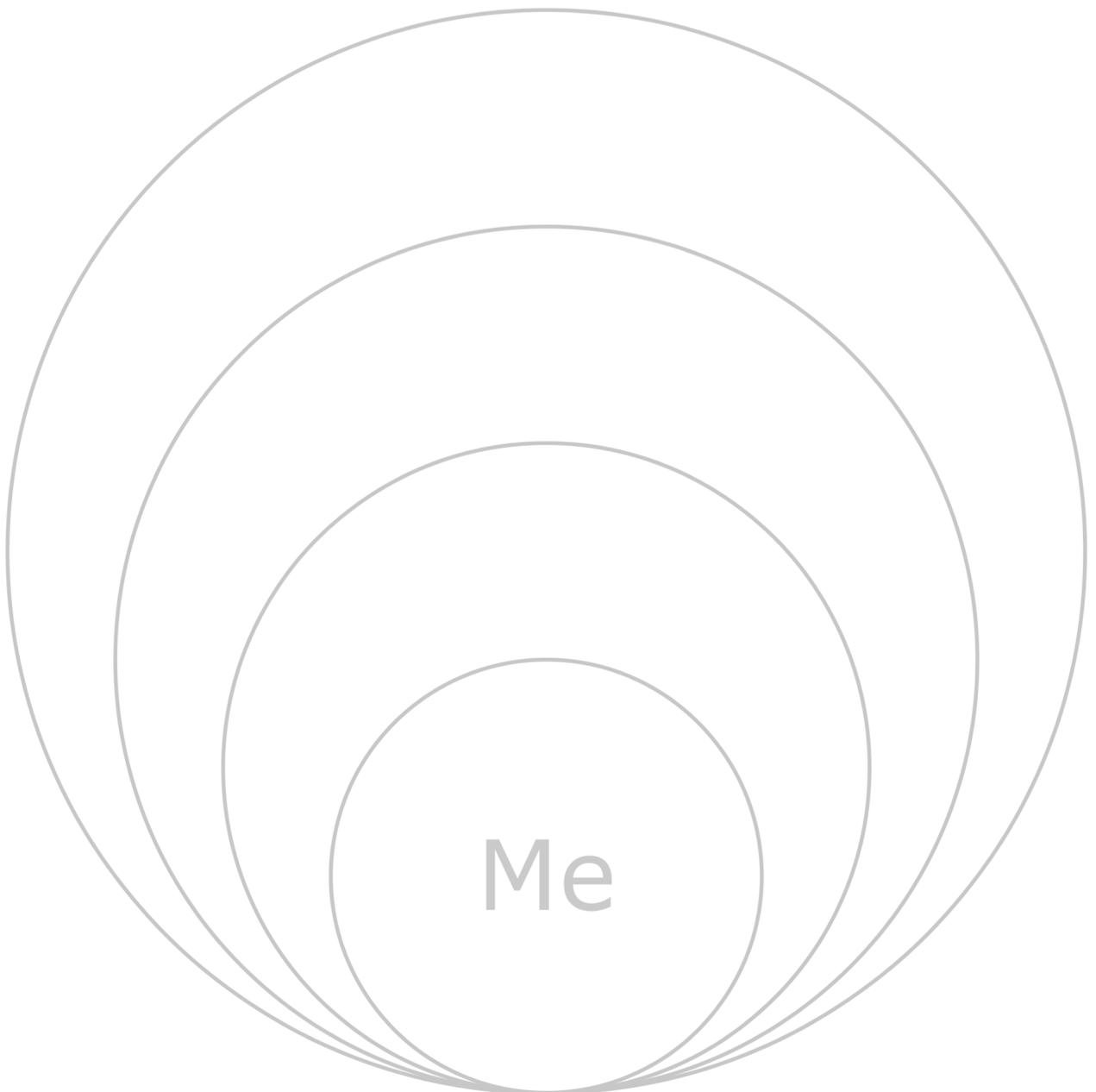
Active	Creative	Happy
Admirable	Curious	Hardworking
Adventurous	Dedicated	Helpful
Agreeable	Innocent	Honest
Amusing	Intelligent	Hopeful
Appreciative	Inventive	Optimistic
Athletic	Joyful	Organised
Authentic	Kind	Passionate
Brave	Lively	Patient
Bright	Laidback	Peaceful
Brilliant	Loving	Playful
Calm	Loyal	Polite
Capable	Nice	Reliable
Caring	Enthusiastic	Respectful
Charming	Ethical	Responsible
Cheerful	Exciting	Self-disciplined
Clean	Extraordinary	Selfless
Clear-headed	Fair	Sincere
Clever	Focused	Skilful
Compassionate	Forgiving	Strong
Confident	Friendly	Sweet
Considerate	Generous	Thoughtful
Cooperative	Gentle	Trustworthy
Courageous	Good-natured	Understanding
Courteous	Grateful	Unselfish
		Wise

Do you agree?

My Circle of Support

You might feel lonely being stuck inside.

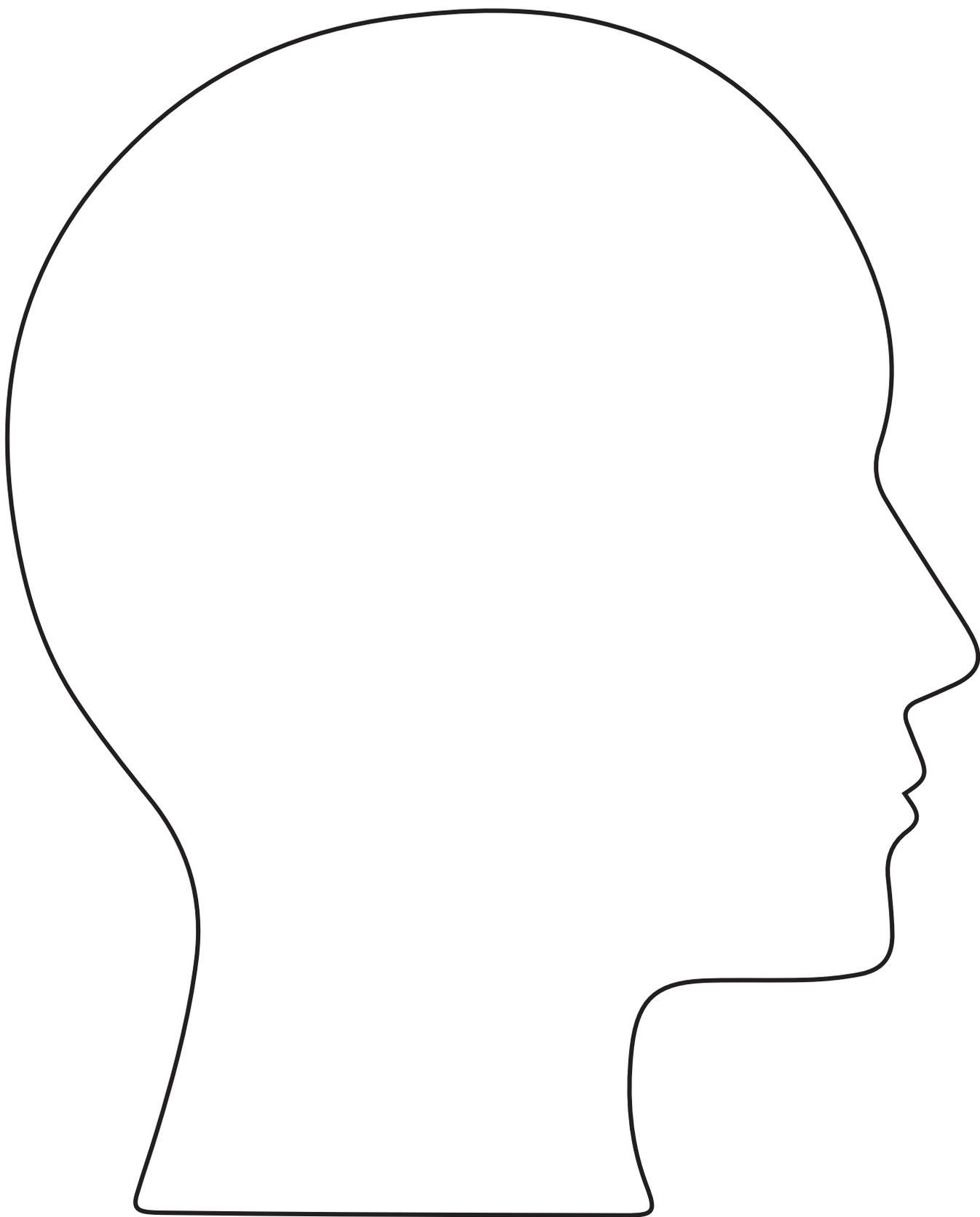
Think about who is in your circle – friends, family and other people that care about you.



Write down every little thing on your mind.

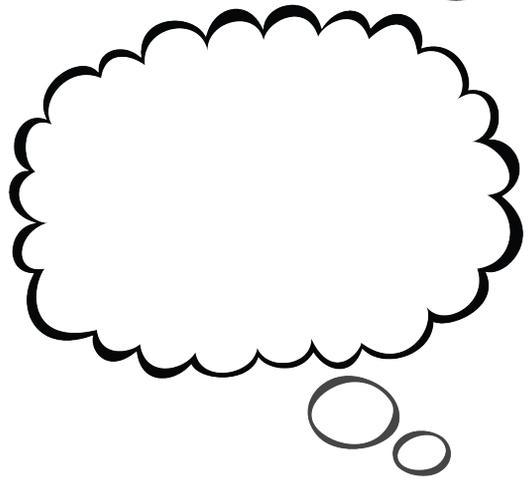
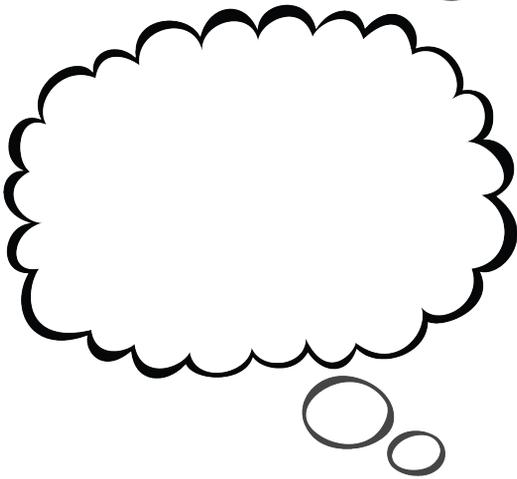
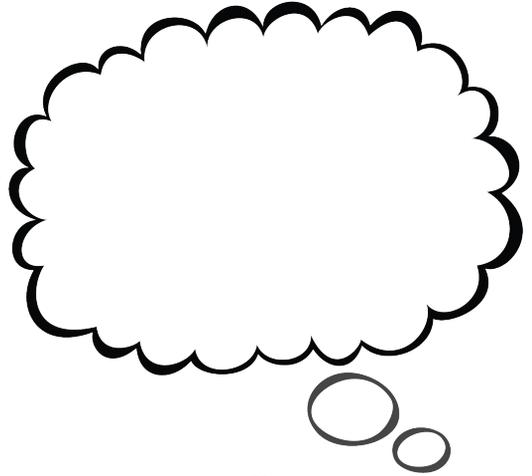
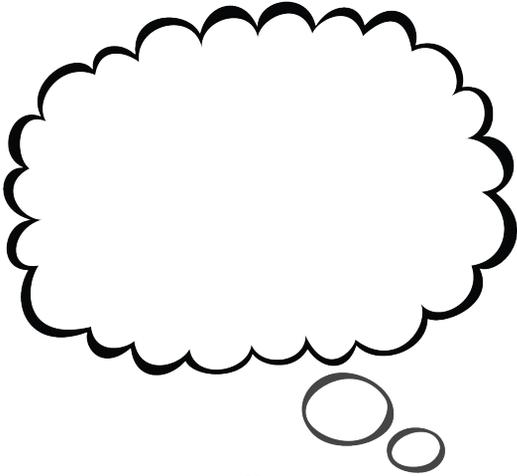
Circle the positive thoughts.

Cross Out the things you can't control.



Thought Processor!

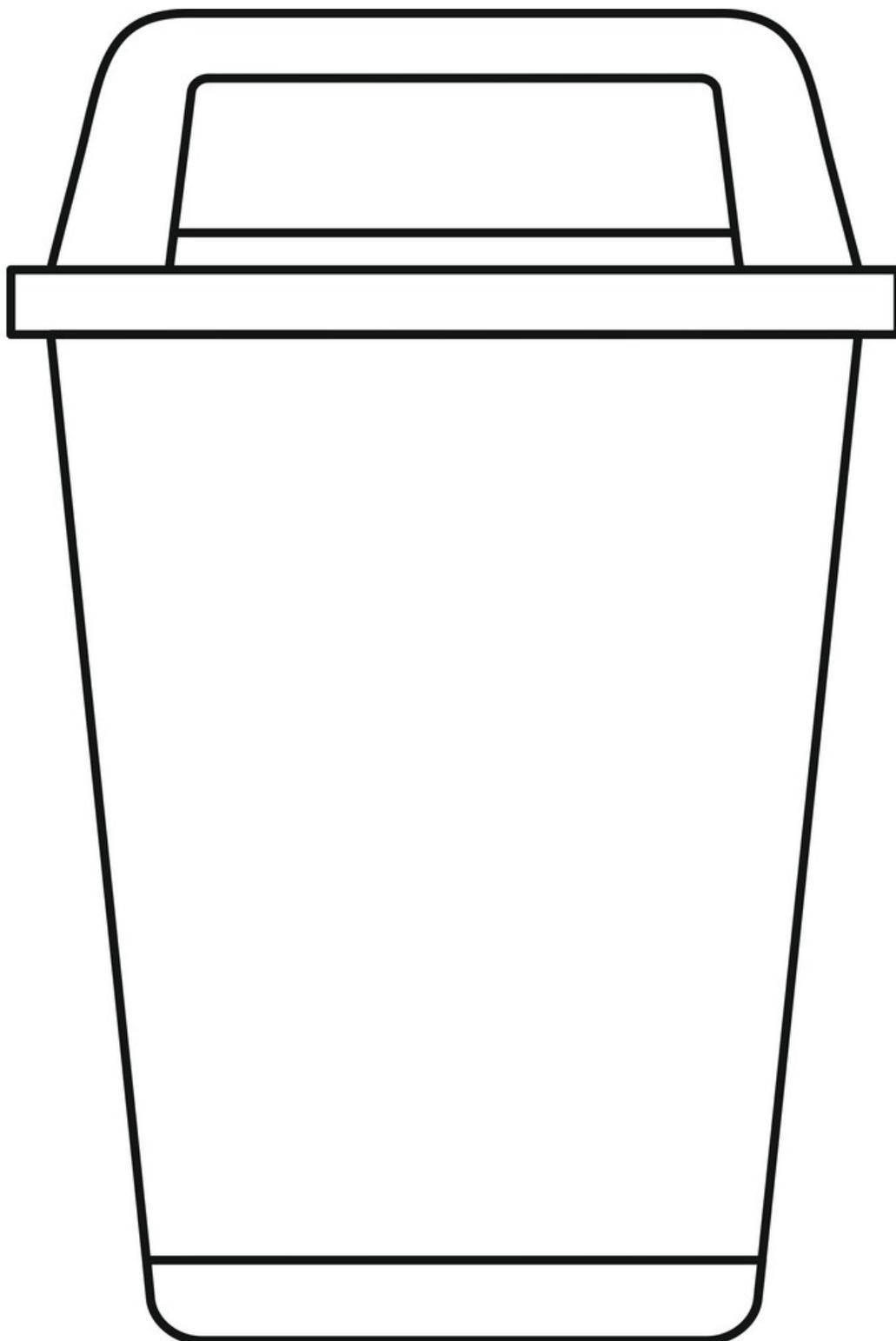
Thoughts are constantly popping up in our heads. Just because we think something, doesn't make it true. Write your thoughts down and rate how much you think it is true.



Dump your unhelpful thoughts!

Fill the bin with the thoughts you'd like to get rid of.

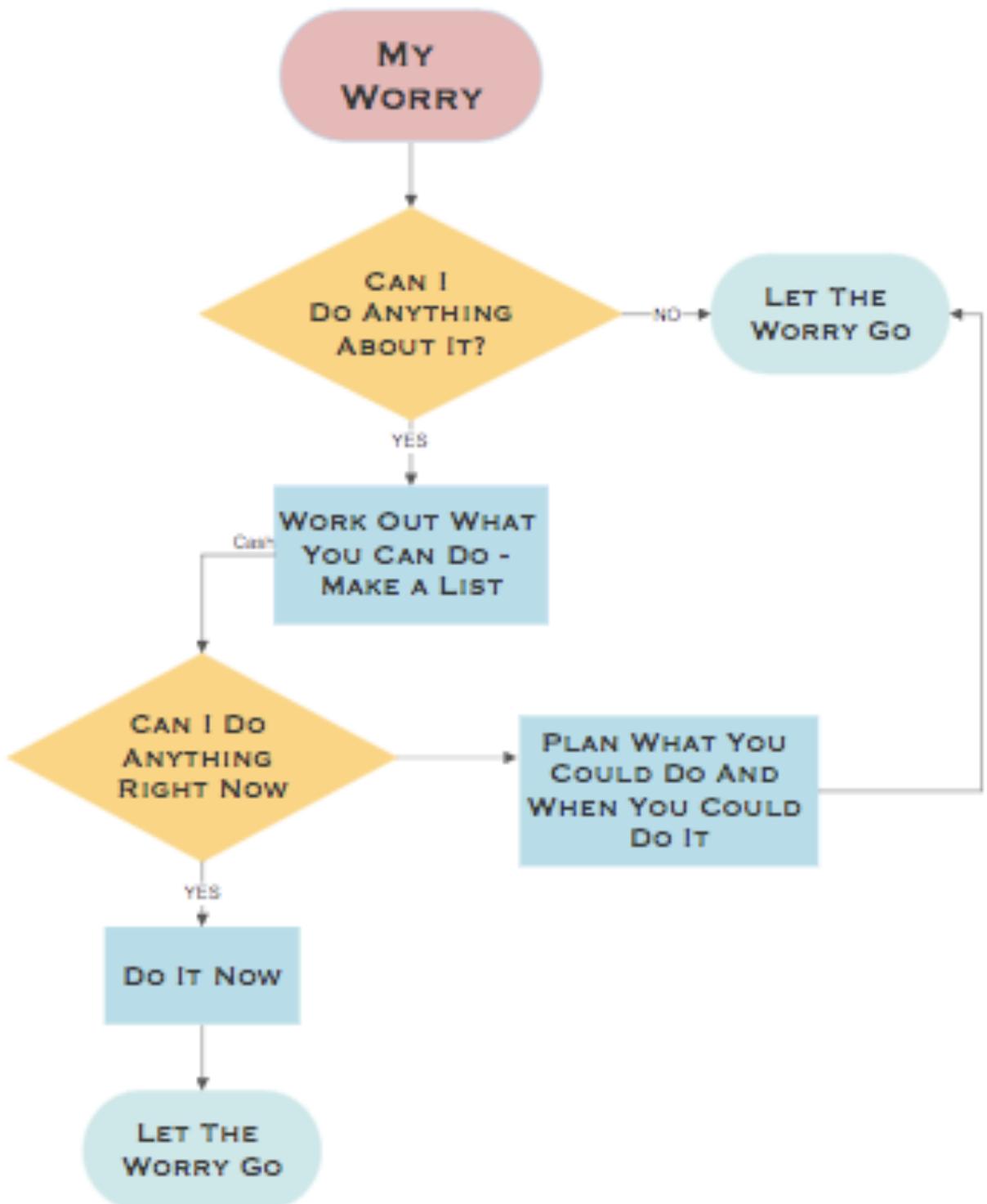
When they are all out – rip it up, scrumple it,
stamp on it and throw them away!



Worry Manager!

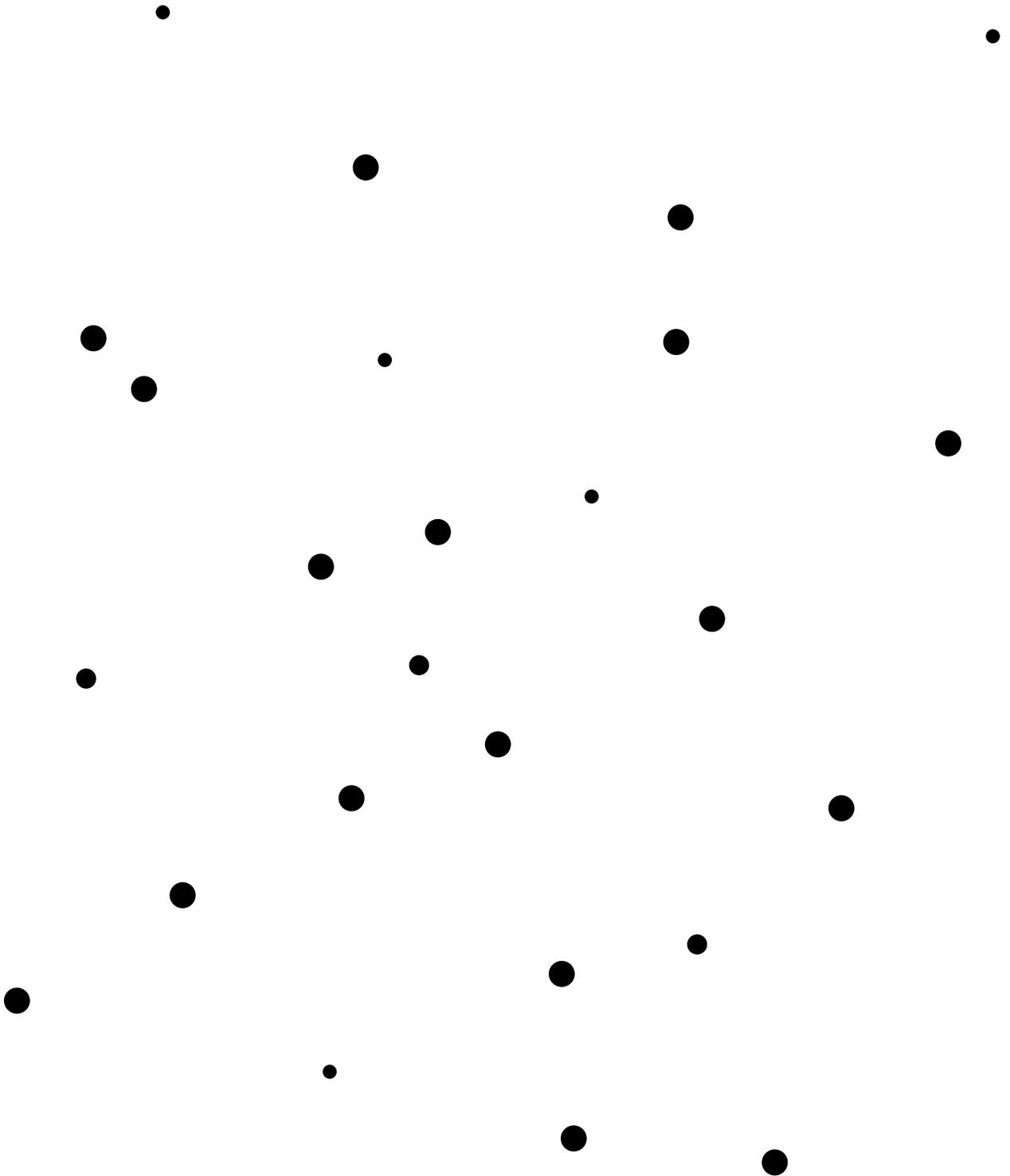
It is very normal to worry – but when we worry too much or worry a lot about things that we can't do anything about it can make us feel really bad.

Manage your worries below.

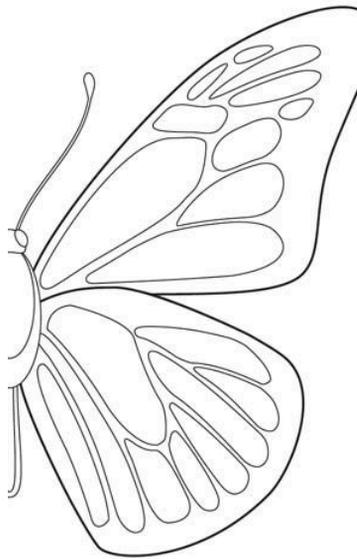
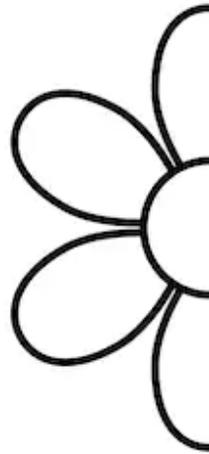


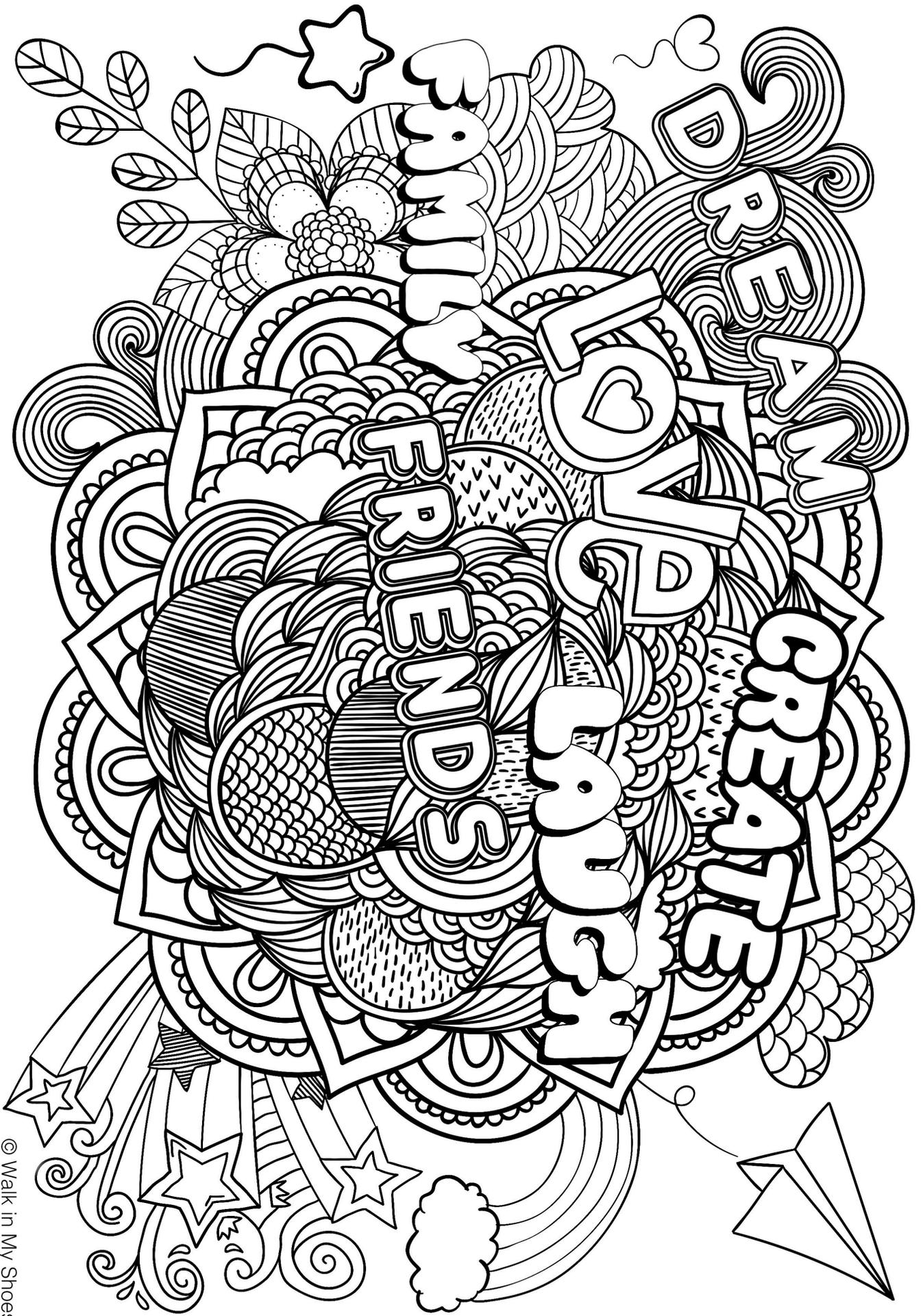
Connect the Dots!

In any order, see if you can create something you recognise.



Finish the Drawing!







Write your name with the pen in your mouth.

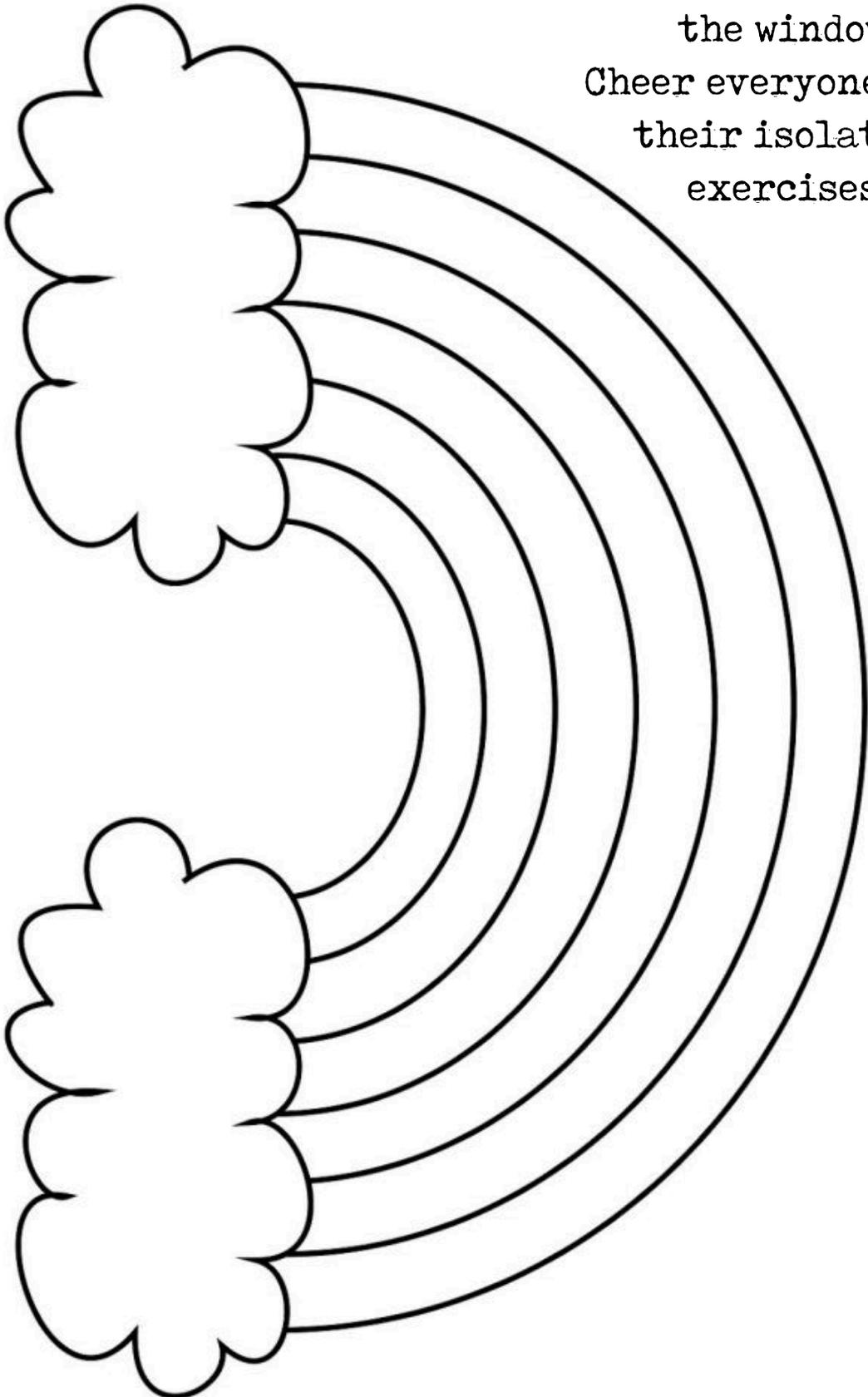
Write your name with your other hand.

Write your name with your foot.

Write your name upside down.

Not just for little ones!
Colour in the rainbow,
cut it out and put it in
the window.

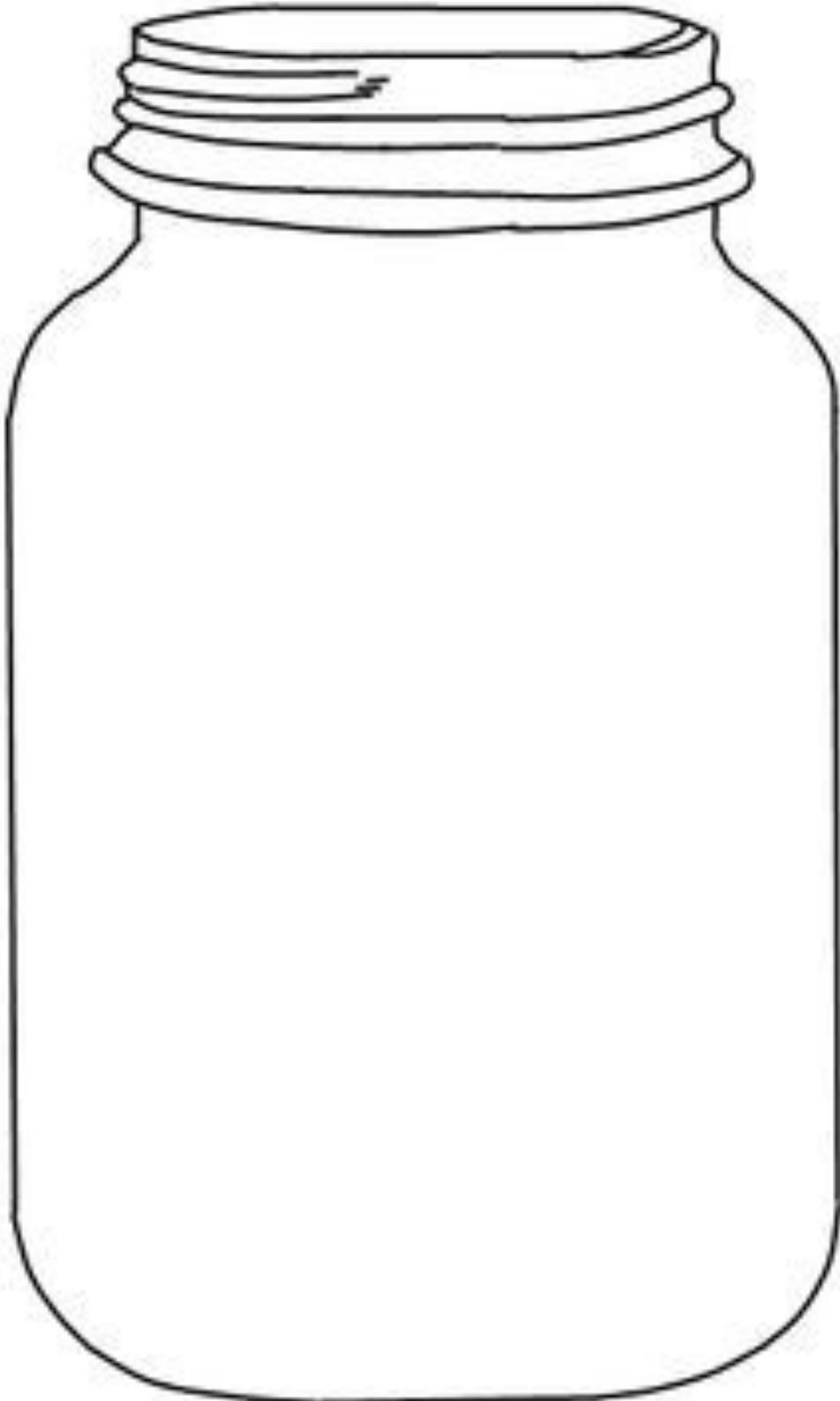
Cheer everyone up on
their isolation
exercises!



Gratitude Jar

Every day write down something that
you are grateful for.

Fill it up!



Learn to be present!

Being present means to pay
attention to the moment.

Forgetting the past and the future.

Sit quietly and pay attention to
what is going on right now.

1. Right now I see ...

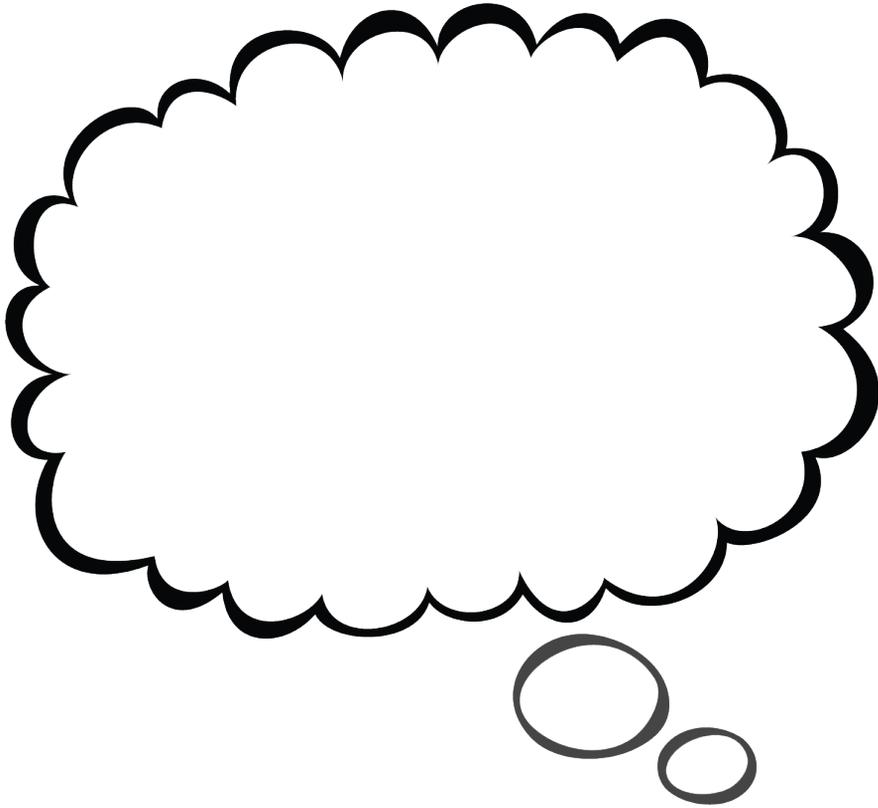
2. Right now I am touching ...

3. Right now I hear ...

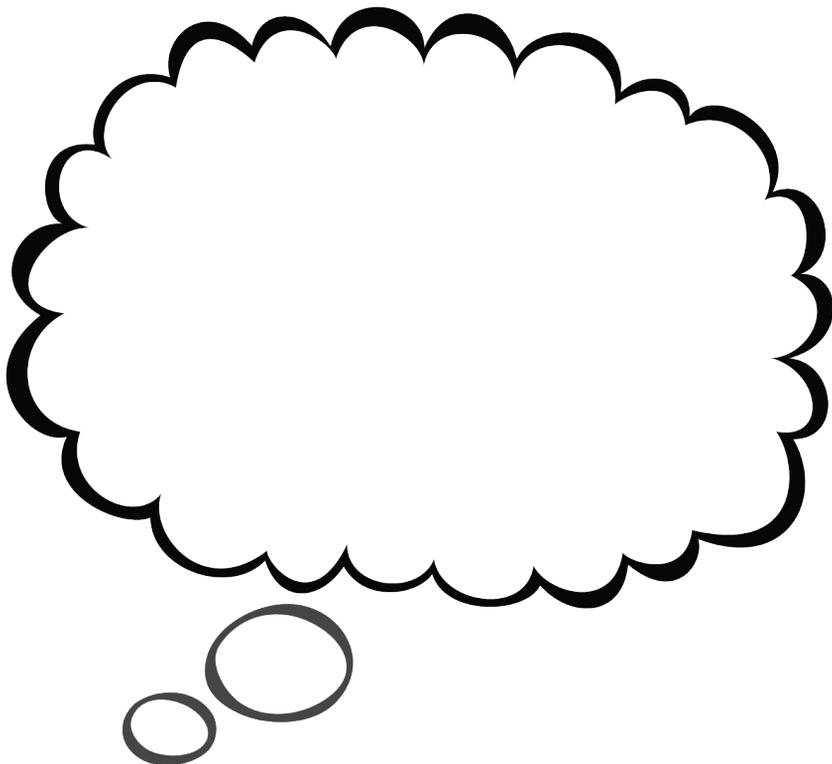
4. Right now I smell....

5. Right now I feel...

What I love about being at home.



What I miss about being at school.



Status Update

Listening to:

Watching:

Thinking about:

Wish I was with:

Dreaming about:

Wearing:

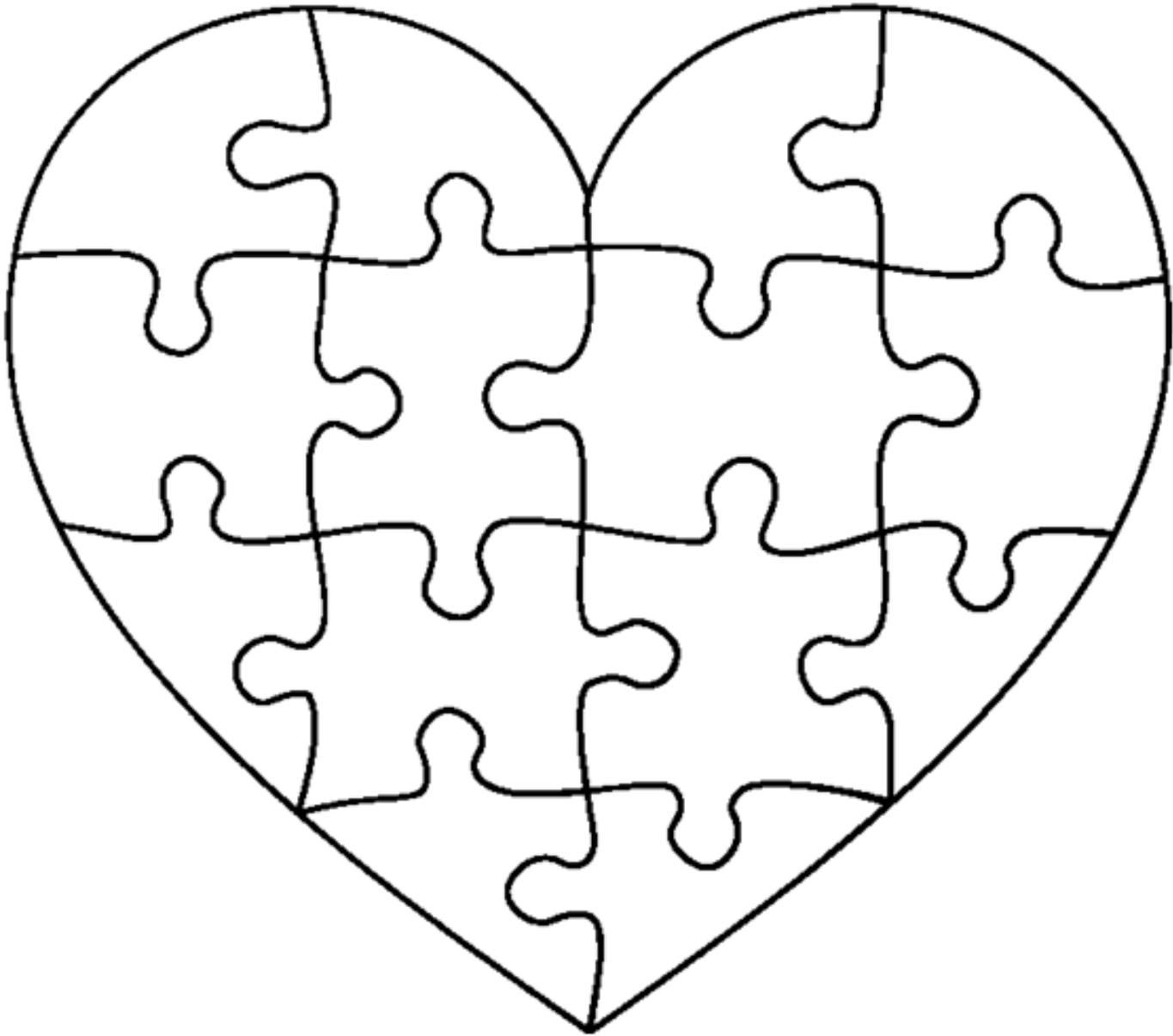
Feeling:

Eating:

Drinking:

Location:

My heart is made of...



Things I will not take for granted when I can do them again!

Write down all of the things you are looking forward to doing again!

Things that make me anxious.

0	1	2	3	4	5	6	7	8	9	10
CALM		A LITTLE ANXIOUS			ANXIOUS			EXTREMELY ANXIOUS!		

READ EACH OF THE ITEMS AND RANK FROM 1-10 HOW ANXIOUS EACH TRIGGER MAKES YOU!

_____ Conflict or drama in my family, friendships, or relationships

_____ Being in a large crowd of people

_____ Meeting someone new or going to someplace I haven't been before

_____ Having to confront or approach someone

_____ Trying to make other people happy

_____ Having too much to get done

_____ Making plans with other people

_____ Being away from my parent/guardian or family members

_____ Performing or presenting in front of others

_____ Any kind of sudden change

_____ Having too much time to think

_____ Not knowing what will happen in the future

_____ Grades or stress from schoolwork

_____ Being away from home/family/loved ones

_____ When I or my loved ones travel

_____ Going anywhere or doing certain things by myself

_____ Loud noises or raised voices

_____ Being around certain people

_____ Being in tight spaces or being in wide open spaces

_____ Negative thinking

_____ Getting criticized for something I did wrong

_____ Having conversations

_____ Being unprepared



**WHAT ARE SOME
OTHER THINGS
THAT MIGHT
TRIGGER YOUR
ANXIETY?**



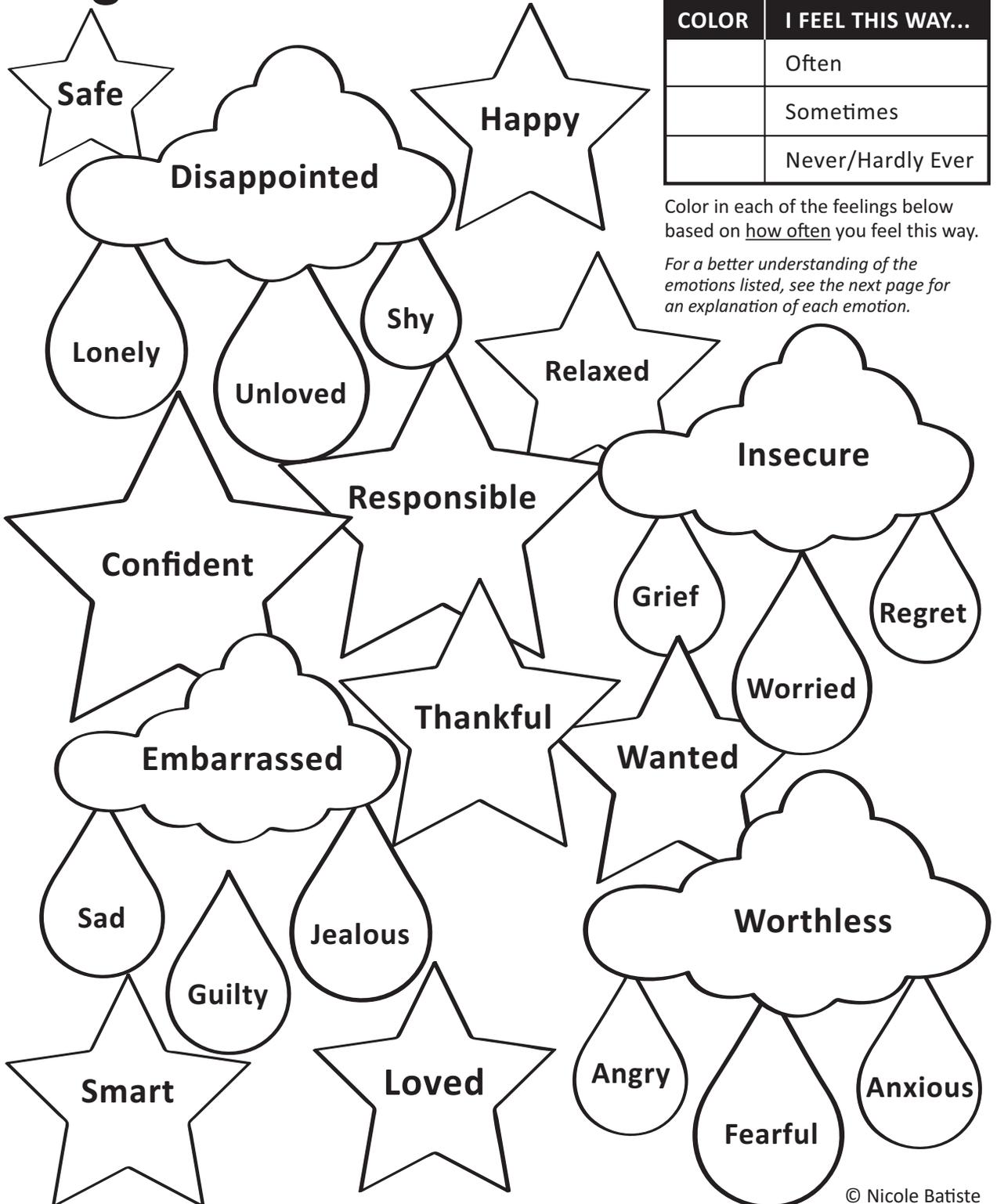
My FEELINGS

Choose 3 colors to represent: **Often**, **Sometimes**, and **Never/Hardly Ever** and color in the key below.

COLOR	I FEEL THIS WAY...
	Often
	Sometimes
	Never/Hardly Ever

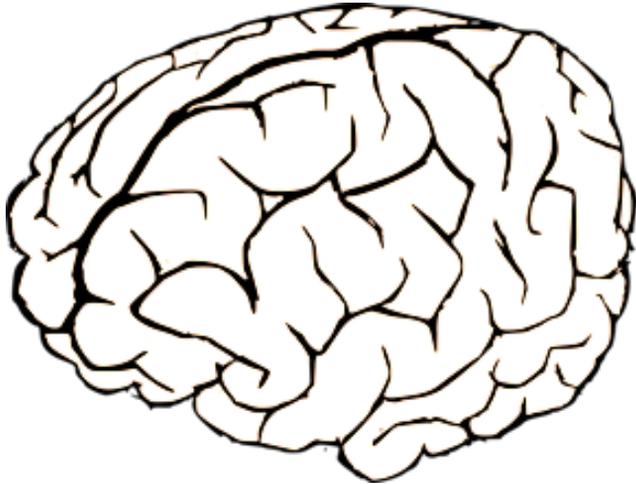
Color in each of the feelings below based on how often you feel this way.

For a better understanding of the emotions listed, see the next page for an explanation of each emotion.



Are your thoughts helping or hurting you?

What's on your mind?

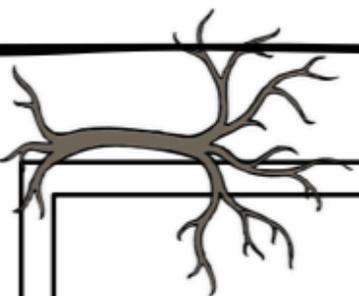
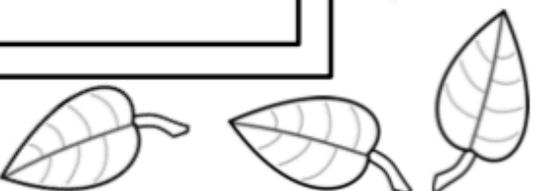


HELPING

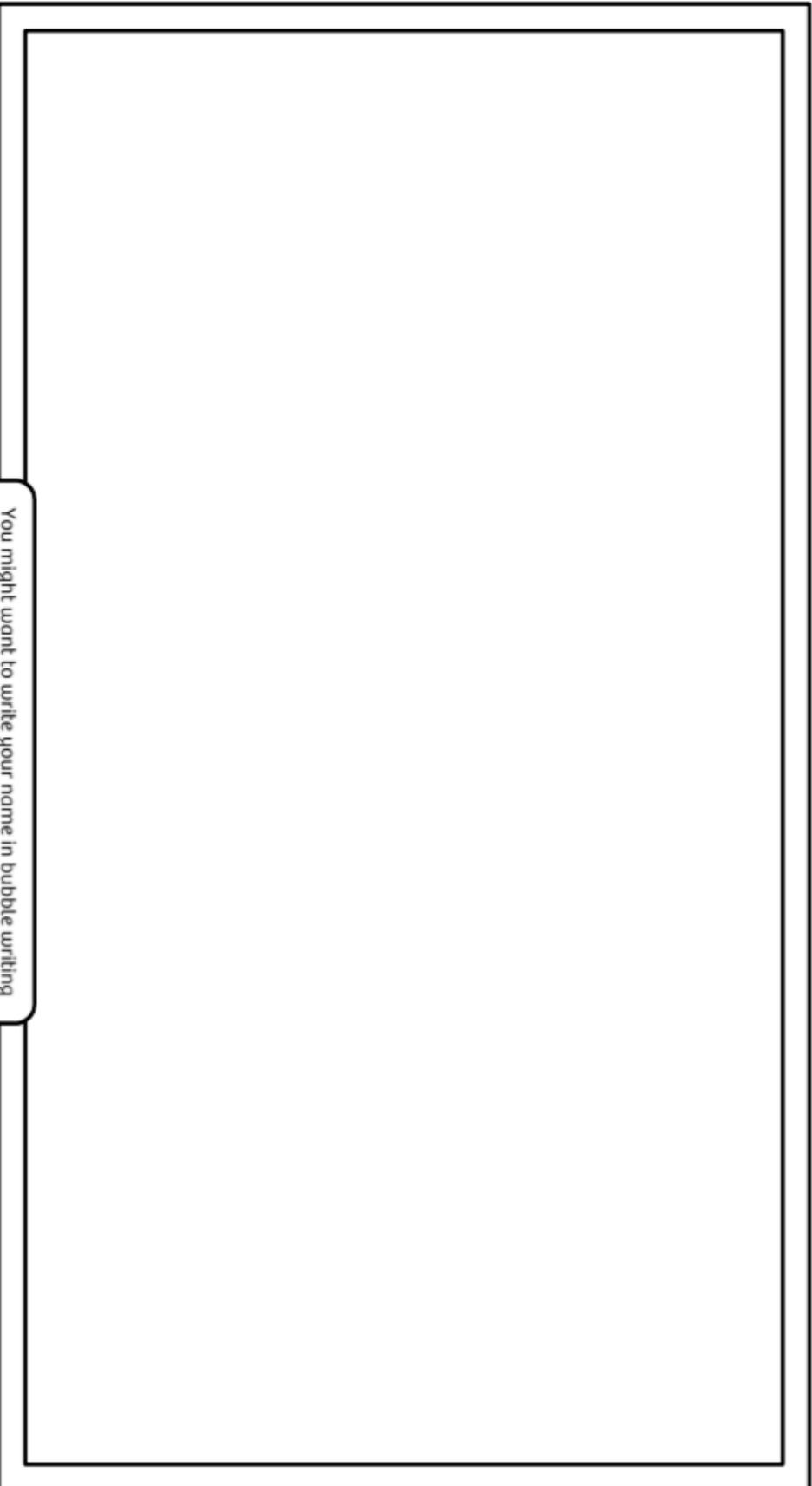
HURTING



15. Draw your family tree. Write or draw a picture of each person on a leaf.

A large empty rectangular box with a double-line border, occupying most of the page. It is intended for drawing a family tree.

20. Create a picture using only the letters from your name.



You might want to write your name in bubble writing and decorate it or you might want to create a picture with the letters from your name.

Write a handwritten letter to someone
you know that is isolated at home.

Post it (if possible)

Or take a photo and send it to them.

10,000 step challenge.

Using a step tracker or mobile phone.
See how active you can be without going out.

Can you clock up 10,000 steps in a day?

Make Breakfast for Everyone

Start the day off with a positive.

Make Breakfast!

Bonus points for serving Breakfast in Bed!

Set up a virtual party

Using Zoom, Facebook Messenger, Instagram or Whatsapp
Send invitations for the date and place and get your
friends/family together.



This
too
shall
pass

*...but will never be forgotten! You are part of History.
Now....go and wash your hands!!!*

Credits

www.hubforhelpers.com

www.mylemarks.com

www.education.com

www.elsa-support.co.uk

www.annafreud.org

Rebecca Hills

www.stephensonmemorial.co.uk