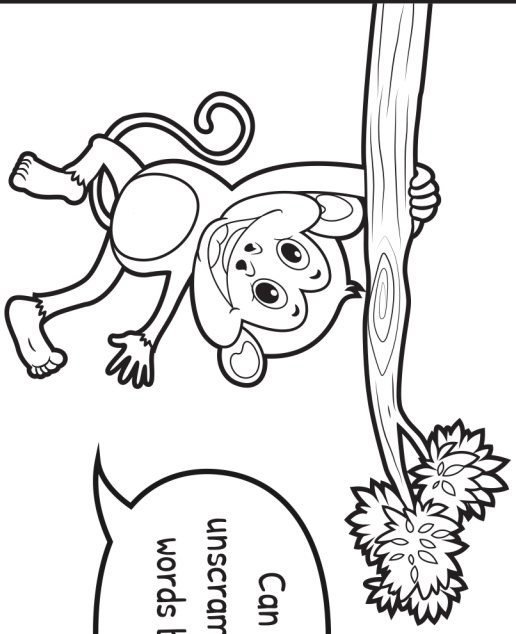


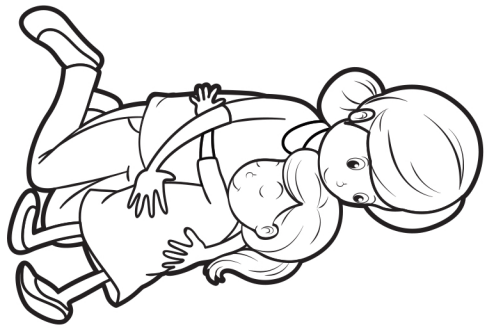
WORD SCRAMBLE

Use this workbook to help you feel better whenever you need it. Talk with your parents about how you feel. And always remember, what happened is not your fault!



Can you
unscramble the
words below?

- | | |
|----------------|-------------|
| EBHRTAE _____ | INSG _____ |
| OROLC _____ | LISME _____ |
| CDANE _____ | AKLT _____ |
| RADW _____ | |
| IFENLSEG _____ | |
| PLHE _____ | |
| SGHU _____ | |
| SLETIN _____ | |
| PYAL _____ | |
| EDAR _____ | |
| SERT _____ | |

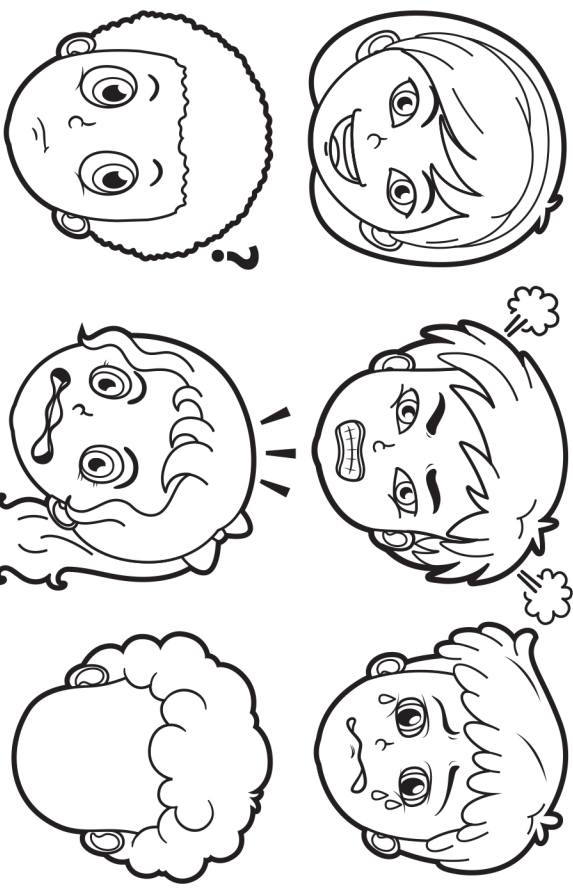


Answers: breathe, color, dance, draw, feelings, help, hugs, listen, play, read, rest, sing, smile, talk

Fold Here

HOW THE PANDEMIC MADE ME FEEL

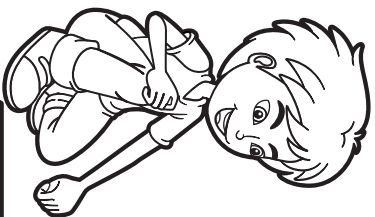
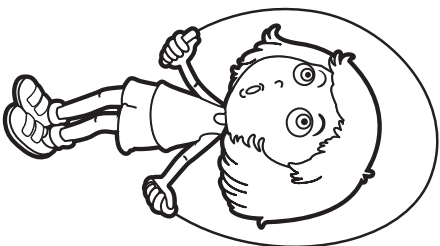
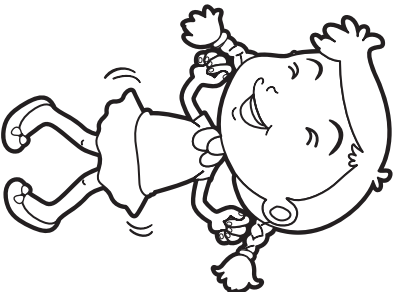
Sometimes bad things happen. It's okay if you feel sad, mad, or scared. Grown-ups sometimes feel this way, too.



How do you feel right now? Circle the face that matches how you're feeling. If none of those are right, fill in the blank face to show how you're feeling instead.



Do something fun to help you feel better. You can dance, listen to music, tell a story, play with toys, read, draw, or color! If it's safe and your parents say it's okay, you can even play outside with friends.



What do you like to do for fun? Color in your favorite activities. If your favorite fun activity is missing, draw it in!



Fold Here

CONNECT THE DOTS

If you still don't feel better, imagine you are blowing up a balloon. Breathe in slowly and then try to blow your balloon as big as it can be in one breath. Repeat two more times.

Connect the dots to reveal the picture!

