

The logo features a central white circle with the text "LOOK FOR THE GOOD® PROJECT.ORG" inside. Radiating from the circle are numerous colorful, rectangular bars in shades of red, orange, yellow, green, and purple, resembling a stylized sun or a fan.

**LOOK FOR  
THE GOOD®  
PROJECT.ORG**

**CONNECT WITH YOURSELF & FAMILY**

Three yellow geometric shapes are scattered in the upper right quadrant: a horizontal bar, a downward-pointing triangle, and an upward-pointing triangle.

# FAMILY CALMING STRATEGIES

FREE MENTAL HEALTH SUPPORT FOR  
THE 2020 CORONAVIRUS QUARANTINE

[WWW.LOOKFORTHEGOODPROJECT.ORG](http://WWW.LOOKFORTHEGOODPROJECT.ORG)

# HOW ARE YOU FEELING?

PRINT THIS AND PUT IT ON YOUR FRIDGE



TIRED



SAD



ANGRY



EMBARRASSED



ANNOYED



LONELY



SCARED



DISAPPOINTED



OVERWHELMED



HAPPY



GRATEFUL



ANXIOUS



WORRIED



CONFUSED



TRIGGERED



SICK

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# STOP & PAUSE



**S**

## **STOP!**

Pause for a moment to think about the situation.

**T**

## **Take a breath.**

Notice your breathing to center yourself.

**O**

## **Observe.**

What are your thoughts?  
What sensations? Be an emotion scientist. Observe without judging yourself. YOU are not your emotion. You are simply feeling an emotion, which will pass.

**P**

## **Perspective.**

What is the bigger picture?  
How important will it be in six months? Is this situation a fact or an opinion?

Adapted from the STOPP Method, Vivyan, 2015

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# HOW BIG IS MY PROBLEM?

PRINT THIS AND PUT IT ON YOUR FRIDGE



## LEVEL 1: GLITCH

Losing a Game, Not Getting Something You Want

Potential Emotions: Okay, Content, Fine, Calm

## LEVEL 2: LITTLE PROBLEM

Forgetting Homework, Lost Supplies, Don't Know What To Do

Potential Emotions: Unhappy, Disappointed, Annoyed, Embarrassed

## LEVEL 3: MEDIUM PROBLEM

Minor Accident, Being Disrespected, Feeling Sick

Potential Emotions: Worried, Frustrated, Exhausted, Hurt

## LEVEL 4: BIG PROBLEM

Fighting, Getting Lost, Someone Gets Hurt

Potential Emotions: Upset, Scared, Mad, Anxious

## LEVEL 5: EMERGENCY

Tornado, Fire, Danger, Serious Injury

Potential Emotions: Enraged, Terrified, Hysterical, Angry

WHAT'S THE WORST THAT COULD HAPPEN &  
HOW IS MY PROBLEM BETTER THAN THAT?

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# ARE YOU GETTING EVERYTHING YOU NEED?

If you're running on empty, you are probably not getting a basic need met. Ask yourself these questions to determine what you need.



## Need for Hope

- What motivates me and brings me hope? What is my purpose in life?
- If I feel hopeless, am I watching too much bad news right now?
- How can I serve the world? How can I serve my family and community?
- What can I do right now to bring a little more hope and kindness into the world?
- How can I pivot my job and life to align more with my values?

## Self-Esteem Needs

- Where do I get my self-esteem from? What can I do right now to validate myself and recognize my own challenges and achievements?
- What are my strengths and weaknesses? Can I accept these things?
- Do I realize that I am a worthy person, regardless of my mood, my accomplishments, my failures, relationship status, or bank account?

## Social Needs

- Am I feeling lonely? When was the last time I had a hug and had a face-to-face conversation?
- Who can I call right now to connect and feel a sense of friendship? Is there someone who might appreciate a check-in?
- What online group can I join to support myself during this quarantine?

## Safety Needs

- Do I feel safe and financially secure? How can I improve my safety and security right now? What can I do right now to ensure I have enough food, money, protective equipment, and supplies?
- What resources can I reach out to if I need help?

## Physiological Needs

- Am I tired? Am I hungry? Do I need to go to the bathroom?
- Have I gotten enough exercise?
- How much water have I had over the past 24 hours?
- Did I get some fresh air and sunshine today?
- What can I do right now to meet some of these needs?

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# A QUICK LIST OF CALMING STRATEGIES

Stress can affect all different areas of our lives. Sometimes we may feel tired, or hyper. Sometimes we might get headaches, or our stomachs might hurt. Anger and anxiety come out in all different ways and we each have different ways of dealing with them. Below are a few different ways to handle stress. Try them next time you're feeling nervous or anxious and circle whether or not they helped you:

STRATEGY	DID IT HELP?	
Get some exercise.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Watch a sad movie and cry it out.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Make a plan to meet more of your needs.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Color a picture.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Cook something special for yourself.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Play music, sing, or dance.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Write down everything you are feeling.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Talk to someone you trust.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Play outside or take a walk.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Take 10 deep breaths.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Snuggle a pet.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Watch a movie or read a book.	<input type="checkbox"/> Y	<input type="checkbox"/> N
Do some yoga.	<input type="checkbox"/> Y	<input type="checkbox"/> N

Credit: Kate Vivino, Lenox & Lincoln Elementary Schools

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# FOR ANGER & FRUSTRATION

Anger is a normal emotion. Befriend it. It will help you see where your boundaries are and what you need to change.



## STRATEGY

Stop and take a breath.

Talk it out! Talk to somebody you trust.

Think before you speak. Stop. Think. Act.

Try deep breathing or muscle relaxation.

Walk or exercise.

Pause & step away from the situation.

Write down everything you are feeling.

Identify possible solutions.

Reframe your thinking.

Take 10 deep breaths.

Count all the red things in the room.

Watch a movie or read a book.

Do some yoga.

## DID IT HELP?

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

**I KNOW I'M ANGRY WHEN I FEEL THE FOLLOWING SENSATIONS:**

---





# FOR GRIEF & SADNESS

Sadness is a normal emotion. Befriend it. Grief is just love with no place to go. It helps you identify what you love.



## STRATEGY

Let it out. Identify & express the emotions.

Talk it out! Talk to somebody you trust.

Go for a walk. Let yourself cry.

Try deep breathing.

Walk or exercise.

Watch a sad movie and let yourself cry.

Take a long shower.

Cuddle your pet or ask for a hug.

Make yourself a nice meal.

Watch a comedy skit.

Count all the blue things in the room.

Learn about it. Google "stages of grief."

Do some yoga.

## DID IT HELP?

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

## I KNOW I'M SAD WHEN I DO THE FOLLOWING:

---

---





# FOR FEAR & ANXIETY

Fear and anxiety are normal. They help me recognize when I am feeling unsafe so that I can do something about it.



## STRATEGY

Take deep, long breaths.

Untwist your thinking. Reframe.

Write it all down to get it off your chest.

Talk it out with someone you trust.

Squeeze a stress ball.

Blow bubbles.

Take a long shower.

Cuddle your pet or ask for a hug.

Make yourself a nice meal.

Watch a comedy skit.

Clean your room.

Get noise canceling headphones.

Do some yoga.

## DID IT HELP?

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

I KNOW I'M ANXIOUS WHEN I DO THE FOLLOWING:

---

---



# FOR LONELINESS

Loneliness is normal. Everyone feels lonely sometimes, especially during the quarantine. It's proof you are human.



## STRATEGY

Call a friend and check in on them.

Start a new hobby.

Make masks for healthcare workers.

Cuddle your pet or ask someone for a hug.

Chalk your walk with happy messages.

Create a Gratitude Wall (see our website).

Watch a funny movie.

Write in your journal.

Write a letter to a friend.

Go for a walk. Enjoy nature.

Listen to music. Have a solo dance party.

Write positive affirmations to yourself.

Help a neighbor.

## DID IT HELP?

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

Y

N

I KNOW I'M LONELY WHEN I DO THE FOLLOWING:

---

---



# MY PLAN FOR TOUGH EMOTIONS

The Coronavirus Pandemic is making family life pretty challenging. Here's my plan to handle the stress, so I am better prepared for bad days.



I love my family and want to be a good team player. I also want to model good behavior for my children. When I am angry or am really anxious, this is what I will say to remove myself from the situation:

---

---

Then, I will go to this room to calm down:

---

When I get to my private space, I will try these calming strategies :

- 1) 

---
- 2) 

---

I will return to my family when:

---

I will prepare my family for this by telling them about my new plan. This is what I will tell them:

---

---



# FAMILY PLAN FOR HANDLING CONFLICT

The Coronavirus Pandemic is making family life pretty challenging. Here's our plan to handle conflict.



When there is a conflict, here's the safe word that we will use to stop the drama immediately:

---

Then, we will all take 10 minutes to cool down and reset. Once we are done with that time, we will hold a family meeting to talk about it. Here are our rules for this meeting, so that everyone feels heard, valued, and loved:

---

---

---

---

In this family, we want to feel (positive feelings):

---

---

Which is why we are following these rules.

We, the \_\_\_\_\_ Family, agree to these rules.

# FEELINGS CARDS

Is your child struggling to identify his/her feelings? Develop their emotional vocabulary. Talk about each emotion & write favorite Calming Strategies on the back.



CONFUSED



DISAPPOINTED



SCARED



OVERWHELMED



TRIGGERED



WORRIED

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LONELY



ANGRY



SAD



TIRED



EMBARRASSED



ANXIOUS



HAPPY



GRATEFUL



SICK

**WHEN HAVE YOU  
FELT SCARED?**

**WHAT DO YOU DO  
WHEN YOU FEEL  
CONFUSED?**

**HOW DO YOU CALM  
DOWN WHEN YOU  
ARE FEELING  
ANGRY?**

**WHAT DOES IT FEEL  
LIKE WHEN YOU'RE  
MAD? WHAT'S ONE  
THING YOU DO TO  
CALM YOURSELF  
DOWN?**

**WHAT DOES IT FEEL  
LIKE WHEN YOU'RE  
SAD? HOW DO YOU  
MAKE YOURSELF  
FEEL BETTER?**

**WOULD YOU  
RATHER BE LONELY  
OR EMBARRASSED?**

**WHAT'S ONE THING  
YOU ARE GRATEFUL  
FOR?**

**HOW DO YOU DEAL  
WITH  
DISAPPOINTMENT?**

**WHAT'S ONE GOOD  
THING ABOUT OUR  
QUARANTINE THAT  
MAKES YOU HAPPY?**



The logo features a white circle containing the text "LOOK FOR THE GOOD® PROJECT.ORG". This circle is surrounded by a fan-like arrangement of colorful rectangular bars in shades of yellow, orange, red, pink, purple, blue, and green. The background of the entire image is composed of large, overlapping geometric shapes in vibrant colors like magenta, purple, blue, and yellow.

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# LOOK FOR THE GOOD GAME

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**SURPRISE!**  
**YOU JUST FOUND A LITTLE**



## **DIRECTIONS**

**Print this out and tape it to your floor to inspire your family to look for the good. When you step on it, share one thing that makes you grateful. :-)**

# GOOD CARDS

Cut out these cards and leave them around the house and neighborhood for people to find a little good. To play the "Look for the Good Game", simply hide these around your home and then ask players to search for them and share something they're thankful for each time they find a card. Make your own too! Coat them with tape if you want to hide them outside.

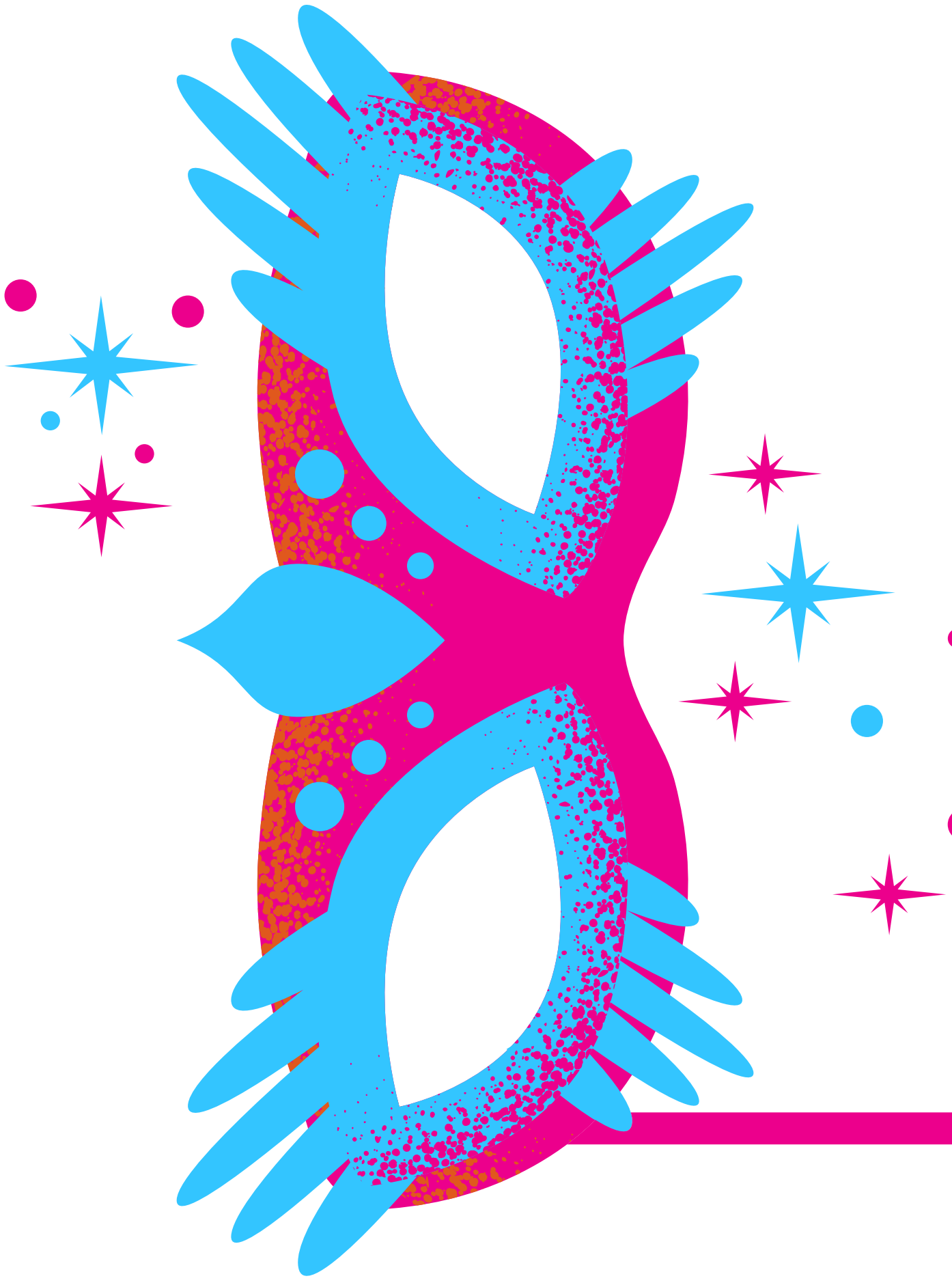


Share YOUR gratitude by emailing a selfie with one of these cards to [lookforthegood@submit.media](mailto:lookforthegood@submit.media). Follow us on Facebook and Instagram to see your photo!

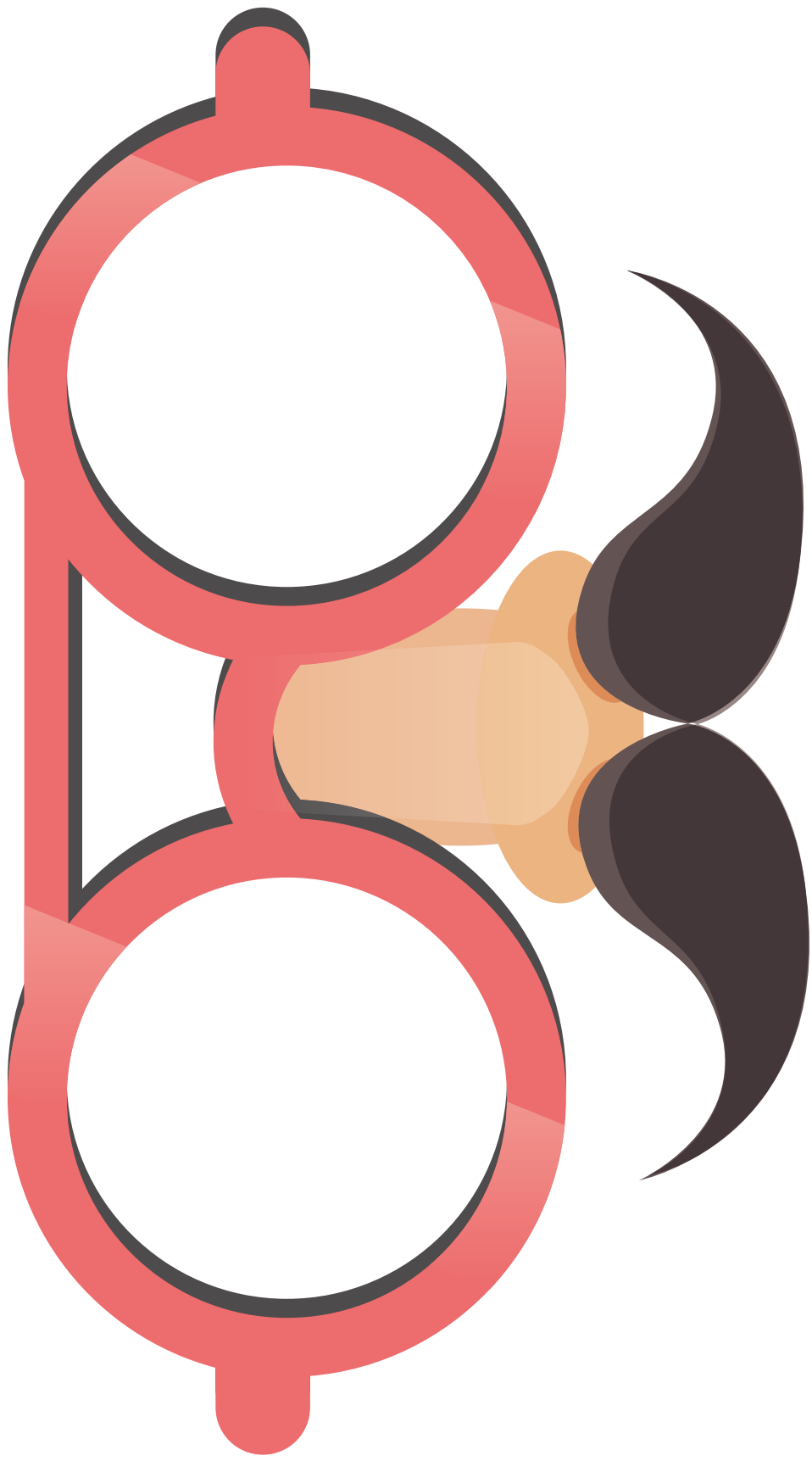
[WWW.LOOKFORTHEGOODPROJECT.ORG](http://WWW.LOOKFORTHEGOODPROJECT.ORG)



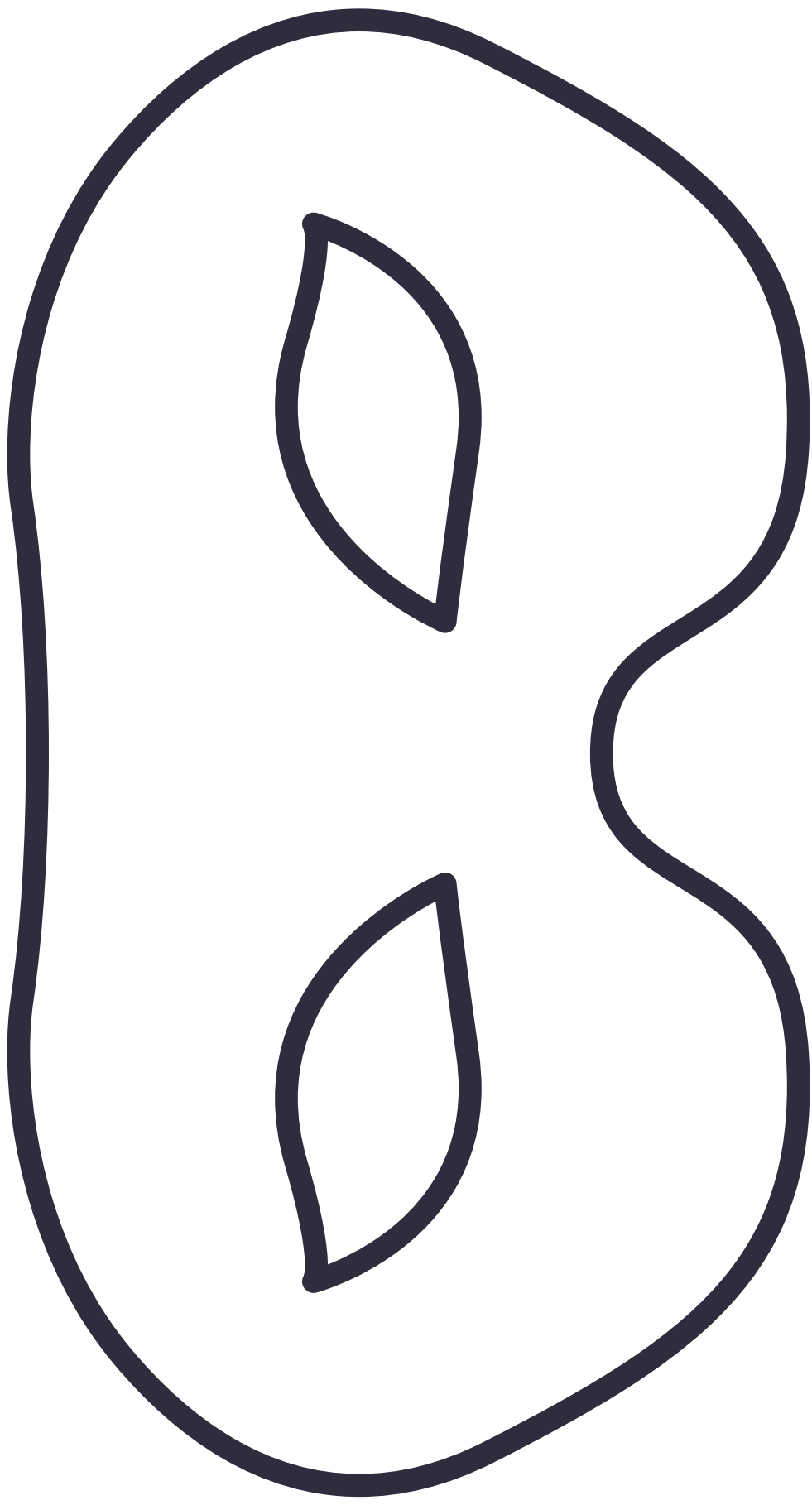
# MAGIC GOOD GOOGLES



# MAGIC GOOD GOGGLES



# MAGIC GOOD GOOGLES





The logo features a white circle containing the text "LOOK FOR THE GOOD® PROJECT.ORG". Radiating from the bottom of the circle are several colorful, rectangular bars in shades of purple, blue, green, yellow, and orange.

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The background is a vibrant, abstract composition of overlapping geometric shapes. Large triangles in shades of blue, purple, and magenta create a dynamic, layered effect. Scattered throughout are smaller yellow geometric elements, including horizontal bars and triangles, adding to the modern, energetic feel.

**SHARE  
YOUR  
PHOTOS &  
VIDEOS TO  
CONNECT!**

EMAIL PHOTOS & VIDEO TO:  
[LOOKFORTHEGOOD@SUBMIT.MEDIA](mailto:LOOKFORTHEGOOD@SUBMIT.MEDIA)