

CORONA VIRUS STRESS ACTIVITIES

K-2



Dear parents,

During this uncertain time, your child may feel stressed and anxious. Remember, most children are likely feeling this even if they are unable to identify or verbalize their feelings. Stress presents differently in each individual. I encourage you to start a conversation with your child about how they are feeling and any fears or stressors they may be experiencing.

Below are the contents of this PDF as well as some additional resources you may find helpful.

Please feel free to email me if you need any additional suggestions or resources during this time.

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- Pg 3-4: Stress Buster Cards (Discuss which strategies will work for your child.)
- Pg 5-7: Mindfulness Guided Meditation (Read the script aloud to practice mindfulness.)
- Pg 8-9: Sea Creature Breathing (Have students trace the pictures with their finger as they practice breathing.)

Children's author, Julia Cook, recorded a video to explain the Corona Virus to younger children. [Click here to watch it.](#)



PROUD

DISGUSTED



SAD



CONFUSED



EXCITED



INTERESTED

TIRED



SHY

HOW ARE YOU FEELING?



GRUMPY



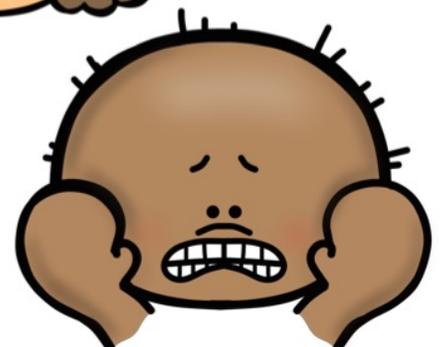
HAPPY

EMBARRASSED



HURT

SHOCKED

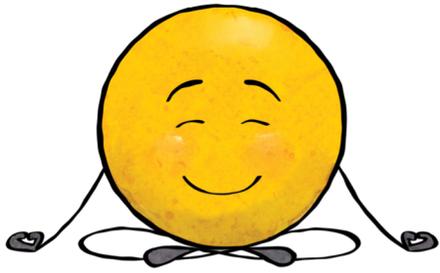


SCARED



ANGRY

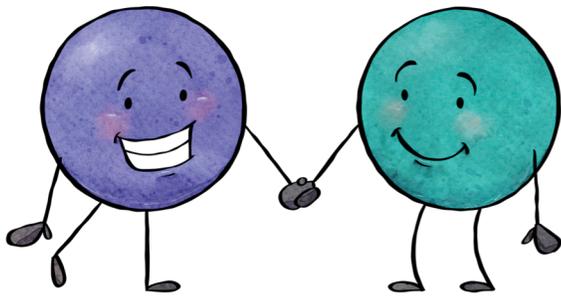
PRACTICE MINDFULNESS



WRITE IN A JOURNAL



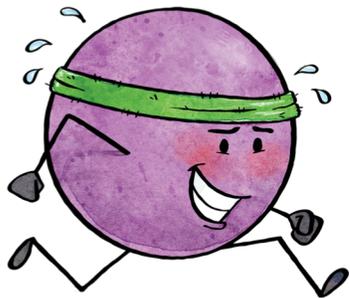
TALK TO A FRIEND OR ADULT



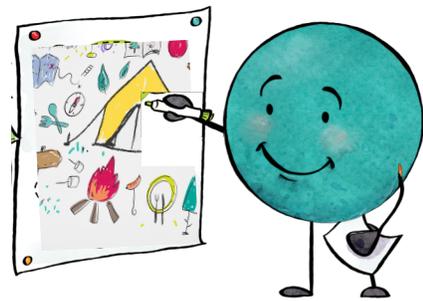
LISTEN TO MUSIC



GO ON A WALK OR RUN



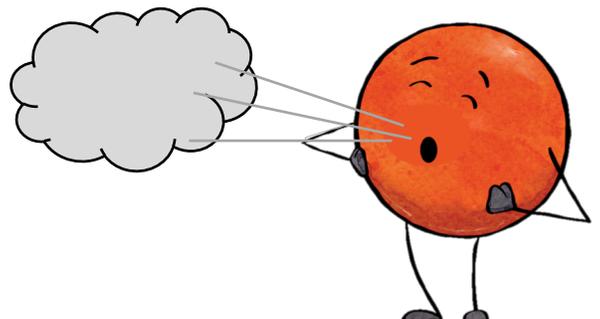
DRAW A PICTURE



WRITE 10
THINGS YOU
ARE GRATEFUL
FOR



TAKE DEEP BREATHS



WRITE YOUR OWN STRESS BUSTER

WHAT IS MINDFULNESS?

Mindfulness is paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

One way you can practice mindfulness is by sitting still, closing your eyes, and observing your breath.

When you count your breaths and focus on breathing in and out, your other thoughts drift away.

Sometimes while practicing mindfulness we may get distracted. This is okay. Notice that your mind is wandering and bring your focus and thoughts back to your breath.

Mindfulness helps lower your stress, improve your attention, and relax your body. It is part of keeping your body and brain healthy!

BELLY BREATHING GUIDED MEDITATION

Relax and settle in to your seat. You can be sitting on the floor with your legs crossed or sitting in a chair with your feet firmly planted to the ground.

Close your eyes, soften your face muscles, and take a deep breath in through your nose and out through your mouth.

Focus only on your breathing. Leave behind any other thoughts you are having. You can pick them back up when we are finished.

As you breathe notice how your belly rises and falls.
As you breathe in feel your belly fill up with air and as you breathe out notice your belly fall back towards your body.

Take a few more deep breaths like this.

Now as you breathe in count up to 3 and as you breathe out count down from 3.

1, 2, 3... 3, 2, 1...

Have your thoughts drifted away from your breath? Watch them float away and come back to your breath.

Continue breathing 1, 2, 3... breathe in 3, 2, 1... breathe out

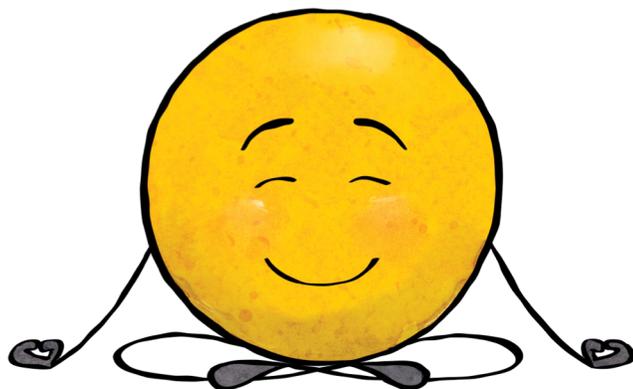
Continue to focus on your breath, in through your nose and out through your mouth.

Remember you can go to this relaxed place anytime throughout your day with just a few simple breaths.

Slowly wiggle your fingers and toes and bring some movement back into your body. When you are ready, open your eyes.

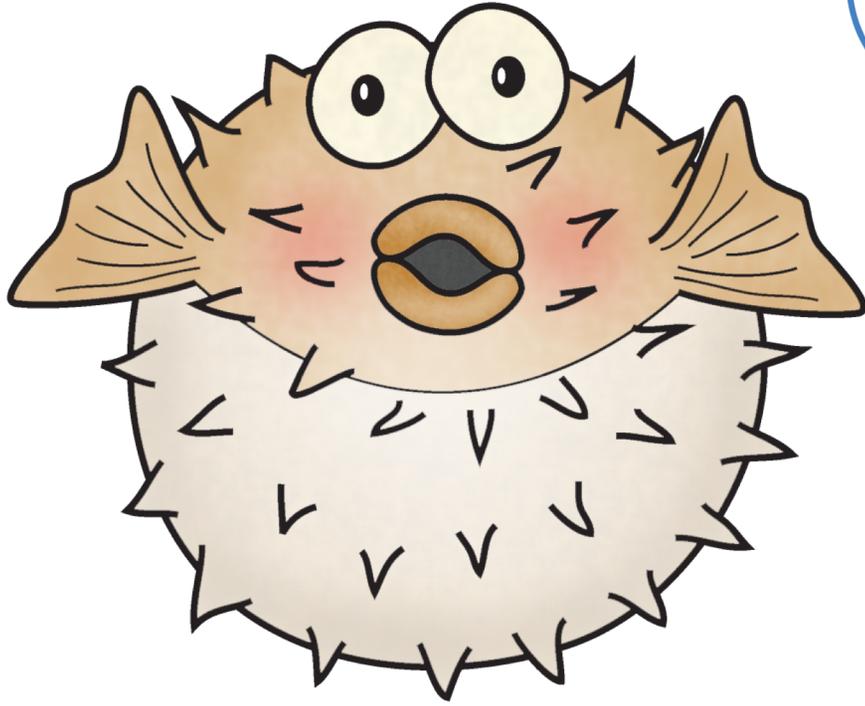
MINDFULNESS DEBRIEFING QUESTIONS

1. How did you feel before the mindfulness activity?
2. How did you feel during the mindfulness activity?
3. How do you feel differently now than before?
4. Was it difficult to stay focused?
5. What did you like the most?
6. What did you like the least?
7. Would you like to listen to a mindfulness activity again?



PUFFERFISH BREATHING

INHALE: Breathe in through your nose like you are sniffing a flower.



EXHALE: Blow out through your mouth like you are blowing bubbles.

Count to 4 slowly as you breathe in and out (1.2.3.4....4.3.2.1)

If you love this activity,
get the entire group
here.



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Photos:

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Stephanie - Blair Creative Co. <https://www.instagram.com/blaircreativeco/>

THANK YOU!

Rachel Davis (Bright Futures Counseling)

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