

Covid 19 and Feelings, worries and resources:



# Coronavirus – Staying Safe

People are talking about Coronavirus because it is a new type of flu



Just like with all other colds or flu it is important to be healthy



Children and adults are very good at fighting the flu



Just like all colds or flus it can be harder for older people to stay healthy from flu



I can stay healthy by



When preparing food



**FREQUENTLY WASH HANDS WITH SOAP**



After sneezing or blowing my nose



Before eating



After using the bathroom



if they are dirty

**IT'S NORMAL TO FEEL SAD,  
STRESSED, CONFUSED, SCARED  
OR ANGRY DURING A CRISIS.**



**TALK TO PEOPLE YOU TRUST, SUCH  
AS FRIENDS AND FAMILY OR YOUR  
FELLOW COMMUNITY MEMBERS.**





# My Feelings



I feel \_\_\_\_\_ because \_\_\_\_\_

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Mad

Sad

Uncomfortable

Angry

Depressed

Grouchy

Aggressive

Crabby

Excited

Upset

Tired

Bouncy

Happy

Sick

Silly

Distracted

Nervous

Worried

This is what I did:

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This is how it made the other person feel:

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These are things I could have done:

Take a break  
Tell a teacher

Deep breaths  
Ask for help

Work on the floor  
Get Headphones

# Understanding dysregulation: How to Support a Highly Emotional Child



Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.



When a child is dysregulated, it is harder to listen, comprehend, and cope.

## Remember the Three "R"s

### Regulate

focus on soothing your child. Make them feel calm, safe, and loved.



### Relate

Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.

### Reason



Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.

Until a child is regulated, they are unlikely to related to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.

<http://www.thinkkids.org/regulate-relate-reason/>

<https://jesicalangtherapy.com/blog/regulate-relate-reason-brain-state/>





## DID YOU KNOW?

Sheltered at Home Can  
Create Behavior Changes

POSITIVE PARENTING CONNECTION



YOU MIGHT NOTICE  
CHANGES IN  
SLEEPING AND  
EATING HABITS

YOUR CHILD MIGHT BE CLINGY  
AND SEEKING CONNECTION  
WITH YOU.



IMPULSE  
CONTROL  
ISN'T EASY WHEN  
THE BRAIN IS FULL  
OF WORRY.

BE KIND  
BE PATIENT  
TAKE A BREAK  
YOUR CHILD NEEDS  
LOVE AND SUPPORT, NOT  
PERFECT SCHEDULES OR  
PERFECT PARENTING.



# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

## WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them.

## THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they had experienced. Try to challenge them with your child and come up with more realistic and helpful ones.

## BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.

## ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities.

## TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings.

## 3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day.

## WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep.

## IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way.

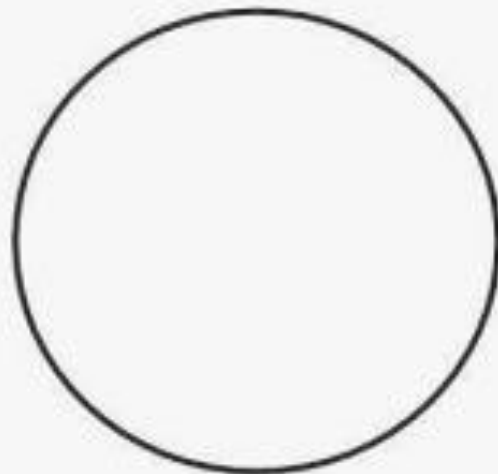
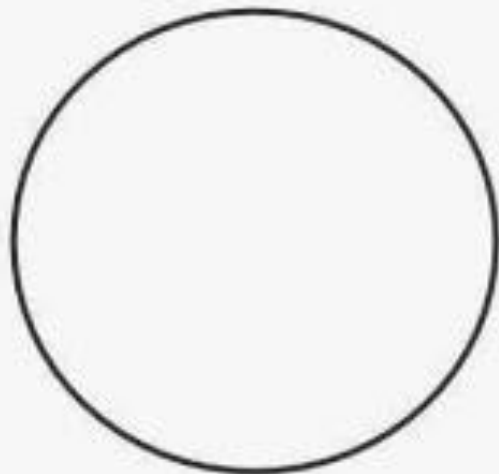
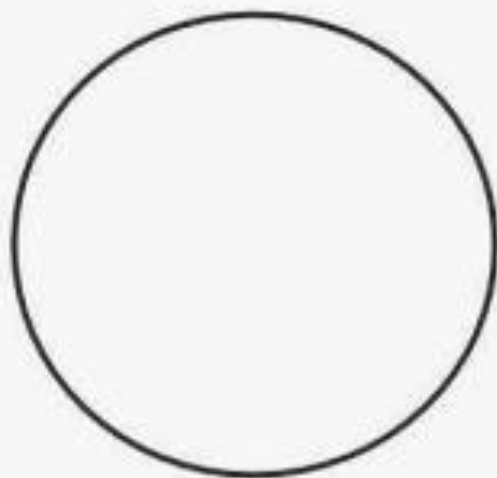
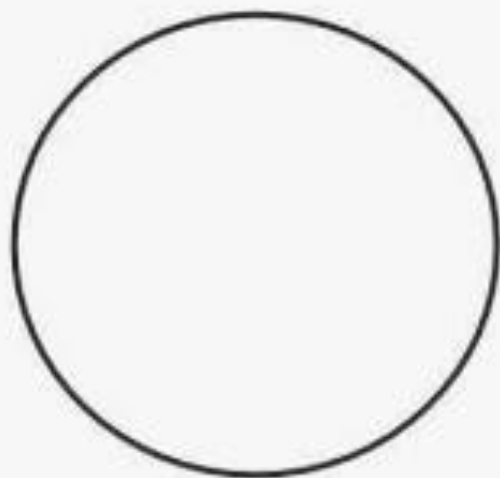
## THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.



# All Feelings are Okay!

In the circles below draw pictures of different feelings.  
Talk about how you can deal with each feeling!



**It's what we do with our feelings that counts!**

Never use your feelings as an excuse to hurt others or yourself! Use coping skills like talking to a friend or an adult about BIG feelings that trouble you!





# things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.



4. What would you like to say to your worry? What might your worry say back? Then what?

5. Let's draw it.

6. What does it feel like in your body? Where is the worry? How big is it?



7. Match your breaths to mine.

8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).



9. What's something we could do to help you feel better?

# ANGER LADDER CHART

The different levels of anger



Feeling

How it feels



**Furious**

**Mind:** My mind is completely angry. I need to express it! I may say or do something that can hurt myself or others.  
**Body:** My entire body feels hot. I may yell, scream, cry or use my body to express my anger.



**Angry**

**Mind:** I feel very uncomfortable, like it is painful. It is hard to think clearly. I want to express how I feel.  
**Body:** My heart is beating fast. My jaw is tense and my fist are clenched.



**Frustrated**

**Mind:** I am not getting what I want. I feel uncomfortable. If I am trying to do something, I feel like giving up.  
**Body:** My face and body is getting hot. My body shows I am frustrated.



**Upset**

**Mind:** I am really not happy about something. I may also feel disappointed and sad.  
**Body:** My face and tone shows I am upset. My body is no longer calm.



**Annoyed**

**Mind:** Something is bothering me. I can become more angry if it doesn't stop.  
**Body:** My face feels warm, my tone has changed.




**Calm**


I feel calm and relaxed.

# 11 Things to Say When Kids Cry


by GoZen!




We're on the  
same team.  
I will help you.




I can see this is  
hard for you.




I understand you're  
overwhelmed and  
that's OK.




That was really  
sad/frustrating/  
disappointing.




Let's take  
a break.




I love you.  
You are safe.




Would you like  
help/a break/  
to try again?




I can hear you are  
crying, but I don't know  
what you need. Can you  
help me understand?



I remember  
when you...



Let's  
come up with a  
solution together.



Maintain silence and  
hold loving space  
for your crying child.



# How do you feel today?



Confident



Skeptical



Scared



Ecstatic



Sad



Angry



Mischievous



Happy



Enraged



# THE EMOTIONAL MONSTERS



HAPPY



SAD



ANGRY



SCARED



LONELY



BRAVE



ANNOYED



DISAPPOINTED



WORRIED



SHY



CALM



BORED



UNCOMFORTABLE



SILLY



GRUMPY



EMBARRASSED



JEALOUS



ANXIOUS



EXCITED



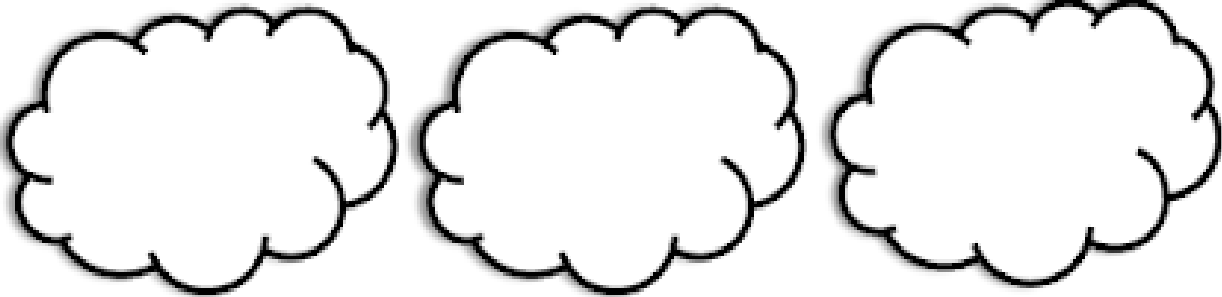
CONFIDENT

# Anxiety Breakdown

WHAT IS TRIGGERING MY ANXIETY?

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WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?



HOW IS MY BODY RESPONDING?

---

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WHAT IS THE WORST THING THAT CAN HAPPEN?

---

WHAT DO I HAVE IN MY CONTROL TO KEEP THIS FROM HAPPENING?

---

---

WHAT CAN I DO TO CALM MY BODY DOWN?

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WHAT ARE POSITIVE THOUGHTS TO HELP CALM MY MIND?



# Emotions

My name is \_\_\_\_\_

## Draw the faces



I'm happy



I'm sad



I'm sleepy



I'm afraid



I'm angry



I'm hot

## Feelings Trace and Match

Trace and read the words then draw a line to the person with that emotion.

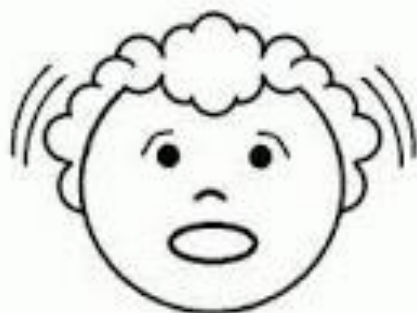
sad



scared



happy



surprised



mad





Color the butterflies to reflect their moods.



**Happy**



**Worried**



**Silly**



**Angry**

# OUR DAILY ROUTINE



## Bathroom:

- Potty
- Wash hands & face
- Brush teeth
- Comb hair
- Sunscreen



Make bed



Get dressed



Put dirty PJs in hamper



Eat breakfast



Take vitamins



Goodbye hugs



Pick up toys & tidy room



Pack backpack



Put on Pjs



Put dirty clothes in hamper



## Bathroom:

- Tub time
- Potty
- Wash hands & face
- Brush teeth



Read for 15 minutes



Lights out



# Worry Jar

A Worry Jar is a helpful way to decrease your anxious thoughts and worries. Placing your thoughts in the jar will help get them off your mind, at least for a little while. What are some things that you'd like to stop worrying about for now? Write them in the jar below!

**IT CAN BE  
HELPFUL TO  
PICK A TIME  
DURING THE  
DAY - AND  
ONLY THAT  
TIME - WHERE  
YOU ARE  
ALLOWED TO  
GO BACK INTO  
THE JAR AND  
WORRY ABOUT  
THESE  
THOUGHTS.**





# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



## LOVE

Be there for your child and show care and love



## EXERCISE

Encourage play, exercise and sport



## BEHAVIOUR

Keep an eye out for any changes in behaviour



## SUPPORT

Regularly support, encourage and praise your child



## REST TIME

Help your child to manage stress by building in some rest time



## BE PROUD

Tell your child that you are proud of them



## PATIENCE

Be patient. Don't pressure your child



## HELP

Don't be afraid to seek help from professionals



## FEELING

Get to know how your child is feeling



## EDUCATE

Educate yourself about mental health problems



## PROBLEM SOLVING

Help your child to effectively problem solve



## LISTEN

Make sure you take time to listen to what your child has to say



## COPING

Help your child to learn some simple coping skills such as relaxation



## SYMPTOMS

Be aware of signs and symptoms



## CONVERSATION

Encourage your child to engage in conversation



## ENVIRONMENT

Provide a positive environment for your child where they can thrive



# YOUR WORDS

# MATTER

	INSTEAD OF...	TRY
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.

**WE ARE  
TEACHERS**