

# CORONA VIRUS STRESS ACTIVITIES

3-5



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

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- Pg 1: Parent letter
- Pg 2: Feelings Check Poster (check-in with your child daily to see how they are feeling)
- Pg 3: Stress discussion cards
- Pg 4: Circles of Control Poster (have your child write in things they are stressed about)
- Pg 5-6: Stressors Flow Chart
- Pg 7-12: Avoidable Vs. Unavoidable Stress Flip Book
- Pg 13-14: Stress Buster Cards
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If you would like to access a paperless version of this resource, [click here to do the activities online](#). Click the blue "make a copy" version to start editing.



Bored

Frustrated



Angry

Silly



Tired

# HOW ARE YOU FEELING?



Upset



Sad

Happy



Scared



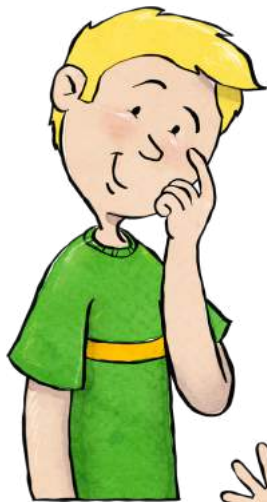
Excited



Nervous



Confused



Calm



What is something that stresses you out a lot?

What is something that stresses you out a little?

What is something you feel stressed about at school?

What is something you feel stressed about at home?

What coping strategies do you use to help your stress?

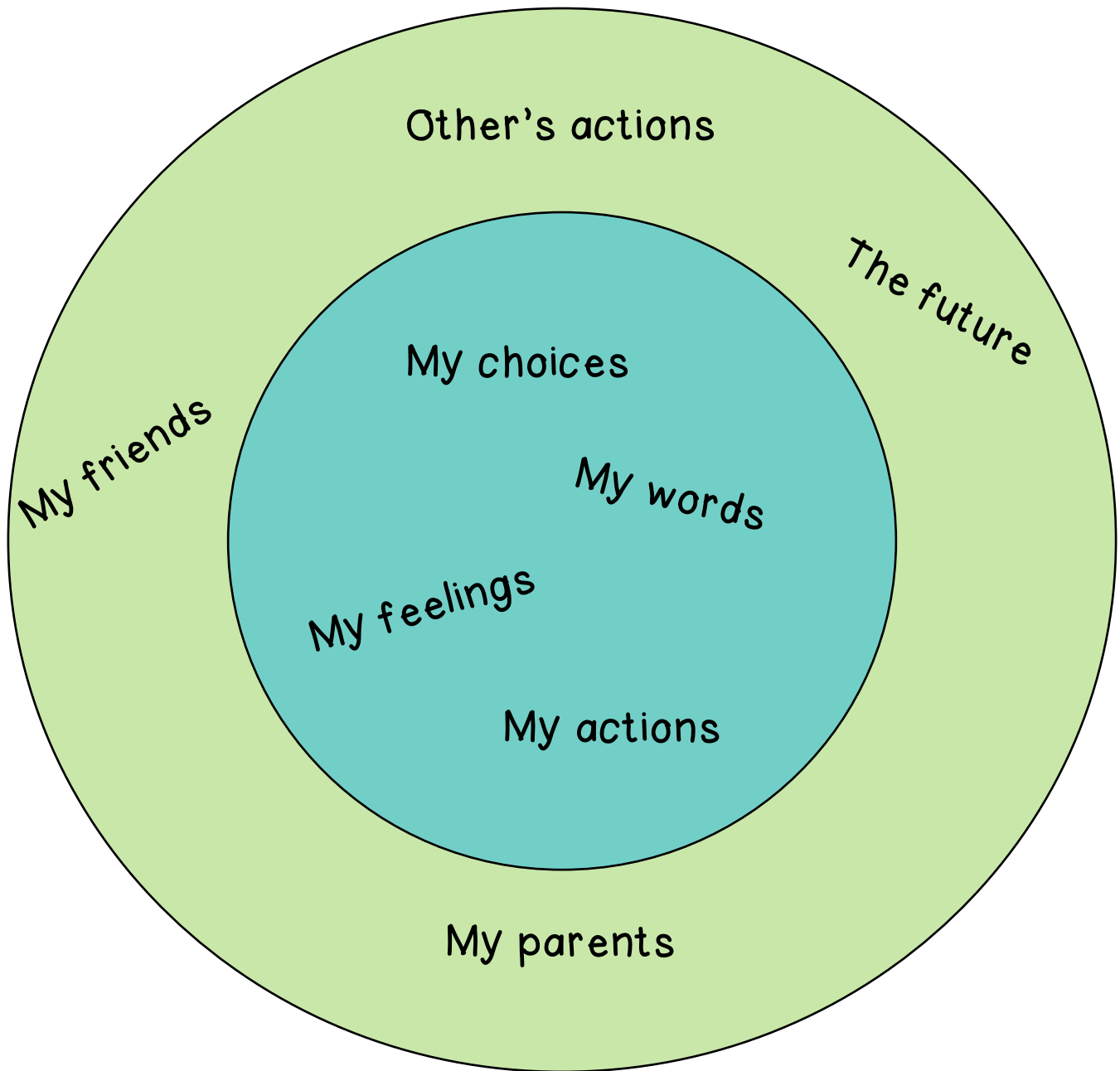
Do you have someone to talk to when you feel stressed?

Do your current coping strategies work?

Name 3 things that cause you stress.

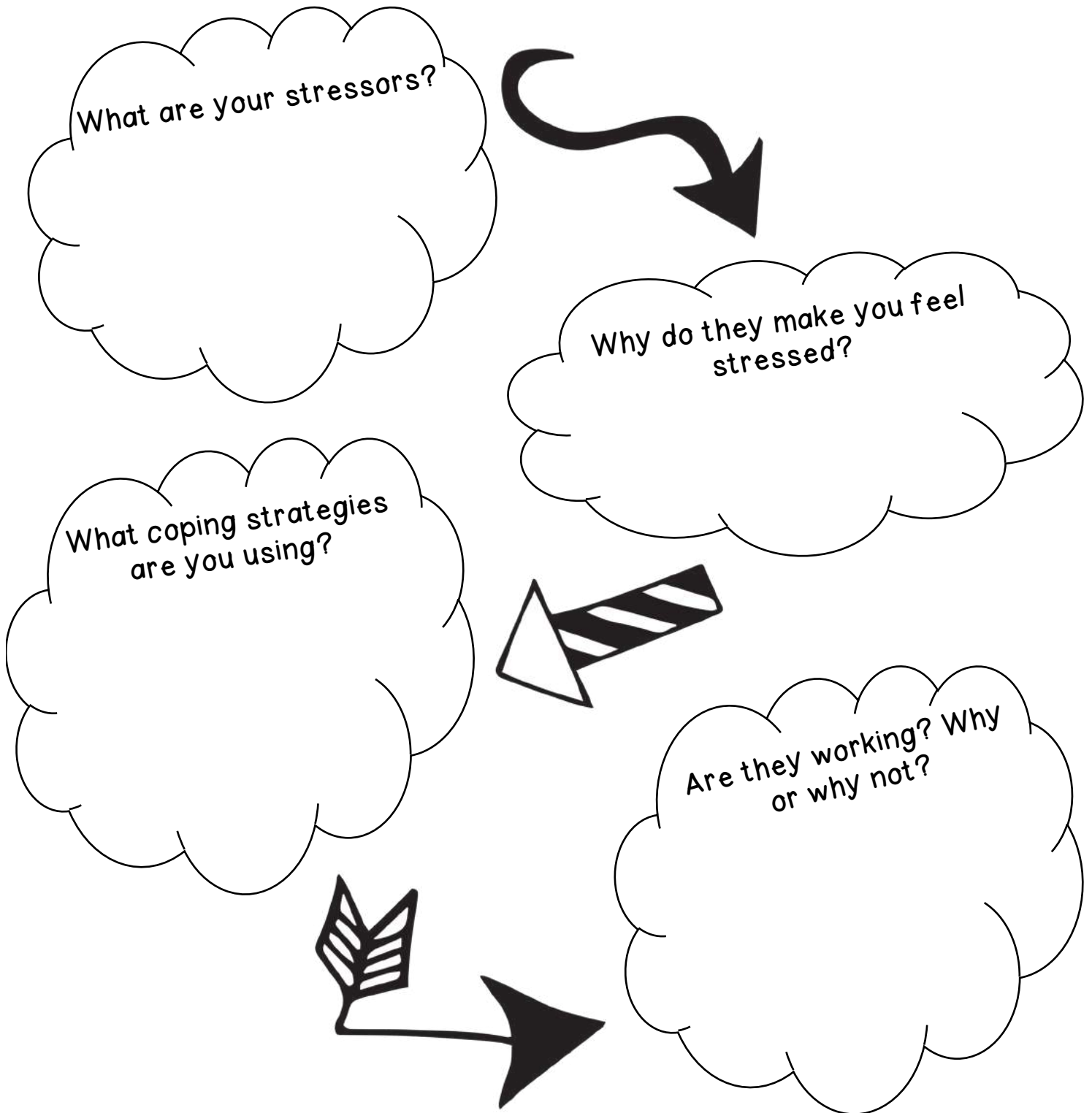
# WHAT ARE CIRCLES OF CONTROL?

Circles of Control help us understand what is in our control and what is out of our control. Both can cause us stress so it is important to know what we are in charge of and what we need to let go. The things on the outside circle are things we are not in control of. The things on the inside circle are things we are in control of. What could you add to these circles?



# STRESSORS FLOW CHART

Instructions: Complete the flow chart to identify your stressors, the cause of your stressors, and current coping strategies.

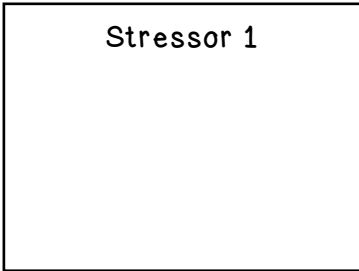


# STRESSORS FLOW CHART

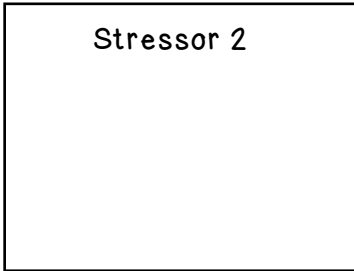
Instructions: Complete the flow chart to identify your stressors, the cause of your stressors, and current coping strategies.

What are your stressors?

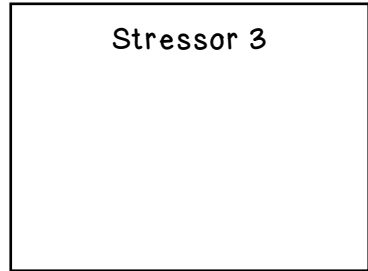
Stressor 1




Stressor 2



Stressor 3



Why do they make you feel stressed?



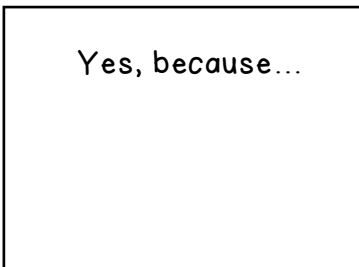
What coping strategies are you using?



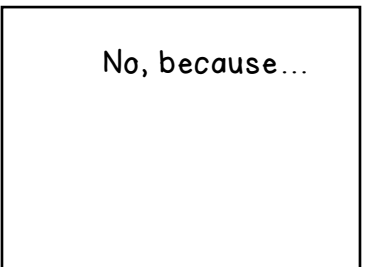
Are they working? Why or why not?

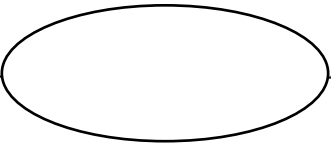


Yes, because...

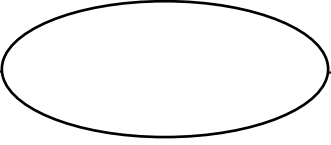


No, because...





AVOIDABLE VS.  
UNAVOIDABLE STRESS  
MINI-BOOK



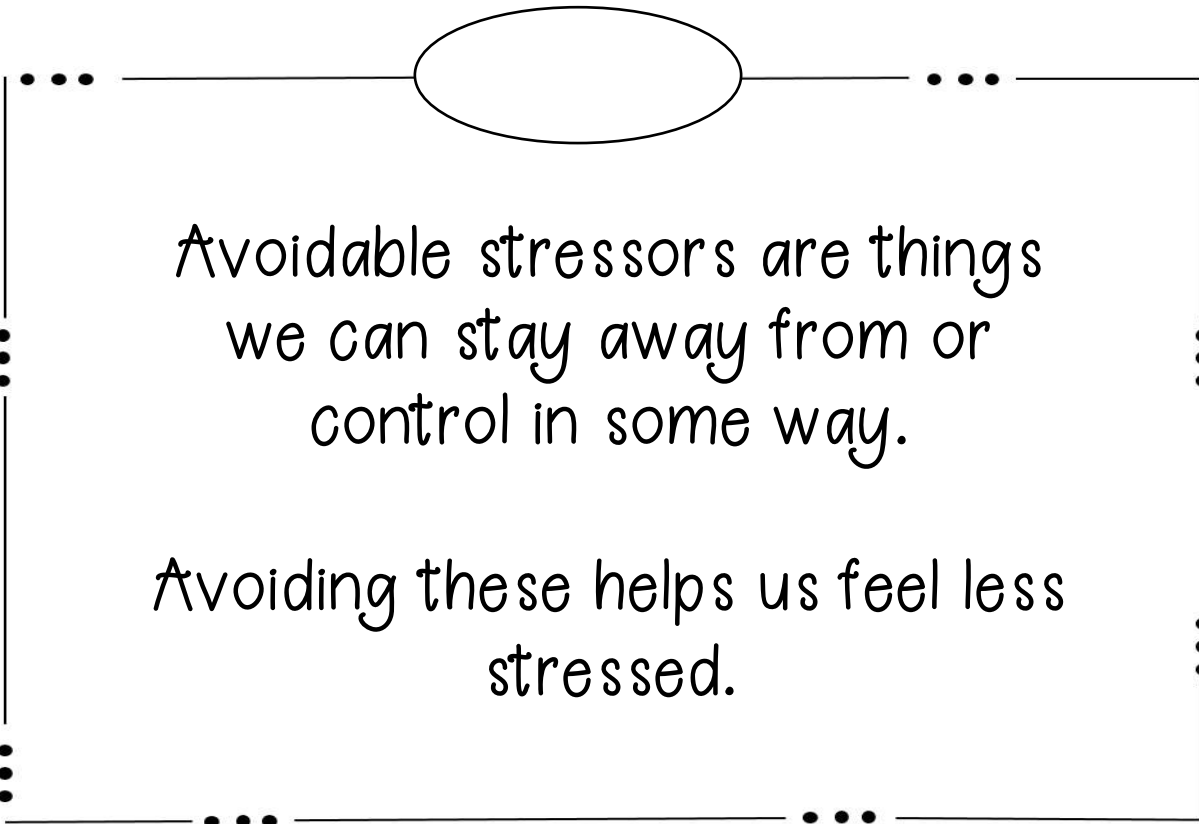
We all experience stress in our  
lives.

Sometimes we can avoid  
stressful situations to make our  
lives easier.





# AVOIDABLE STRESSORS



Avoidable stressors are things  
we can stay away from or  
control in some way.

Avoiding these helps us feel less  
stressed.

Example: Not hanging out with someone who always picks on you.

We can put on our noise cancelling headphones to avoid hearing stressful "noise".

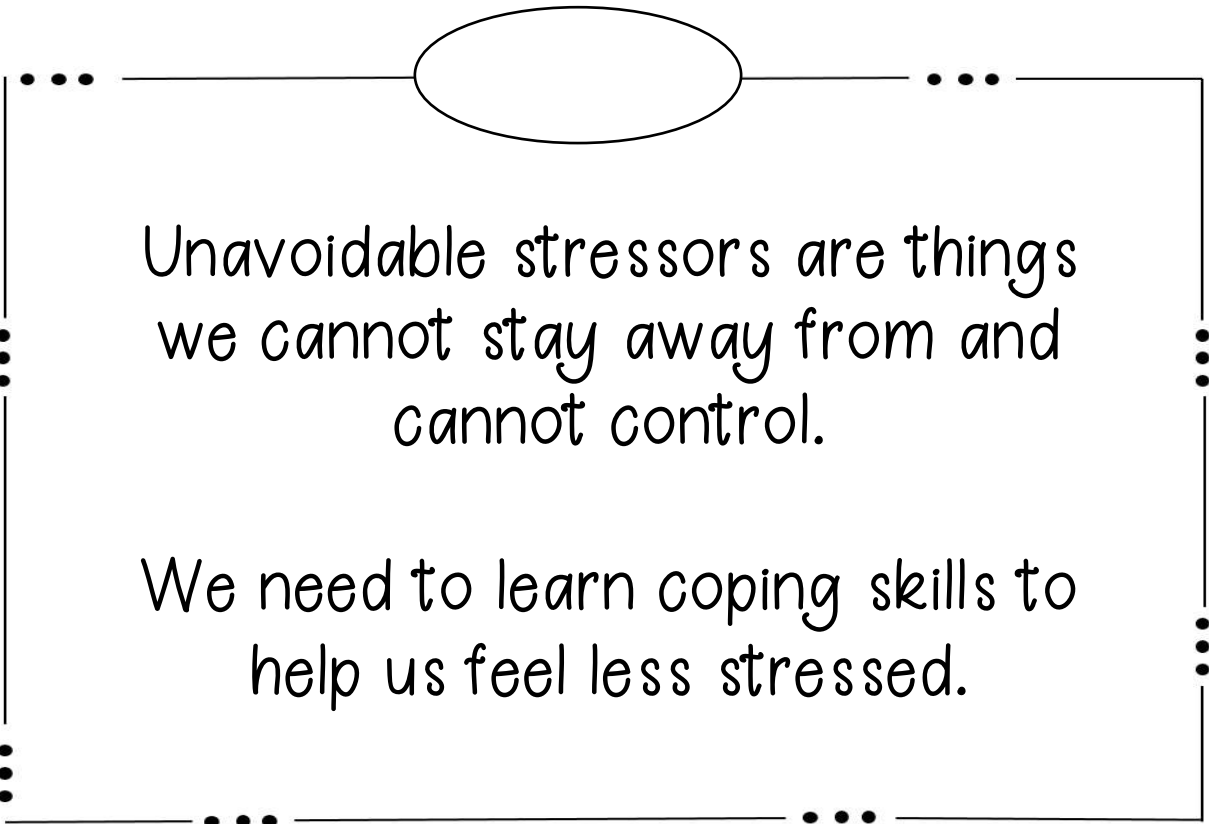


Some of my stressors that I can avoid are:

- 1.
- 2.
- 3.



# UNAVOIDABLE STRESSORS



Unavoidable stressors are things  
we cannot stay away from and  
cannot control.

We need to learn coping skills to  
help us feel less stressed.

Example: Your parents are getting a divorce.

We can put on our noise cancelling headphones but some stress "noise" still gets through.



Some of my stressors that I cannot avoid are:

- 1.
- 2.
- 3.

I will avoid the stress that I can, and  
learn coping strategies for the  
stress that is unavoidable!



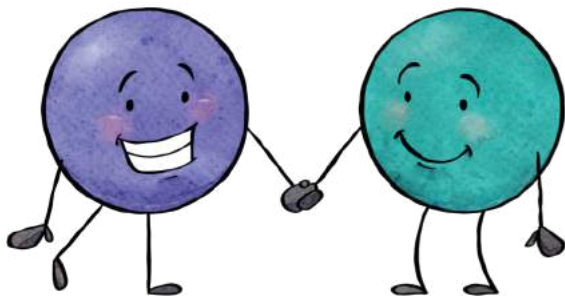
PRACTICE MINDFULNESS



WRITE IN A JOURNAL



TALK TO A FRIEND OR ADULT



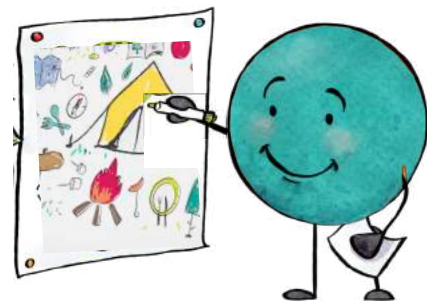
LISTEN TO MUSIC



GO ON A WALK OR RUN



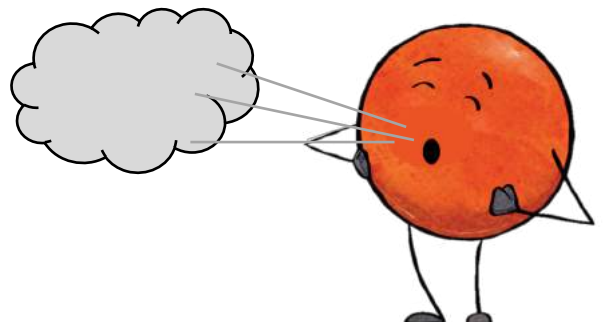
DRAW A PICTURE



WRITE 10  
THINGS YOU  
ARE GRATEFUL  
FOR



TAKE DEEP BREATHS





WRITE YOUR OWN STRESS BUSTER

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# MY STRESS PLAN

Instructions: Look at the example below. Then complete the chart to come up with a plan for success the next time you feel stressed!

Situation:

I feel nervous about my science test.

Can I control or avoid it?

YES

How?

I can study and prepare in advance. I can ask for help if needed.

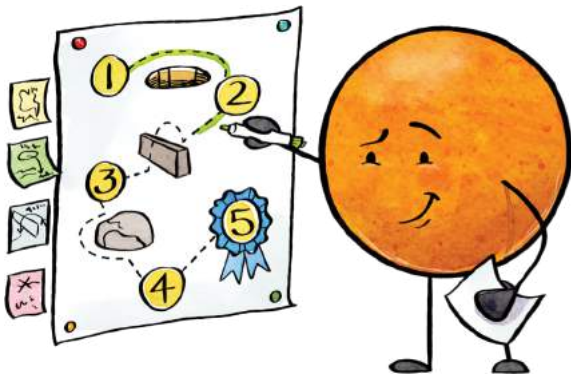
NO

Stress busters I can use:

Listen to music  
Go on a run  
Write in my journal

People in my support system  
I can talk to:

My mom  
Mr. Davis  
Aunt Brenda  
Laura



# MY STRESS PLAN

These are the steps I will take the next time I feel stressed.

Situation:

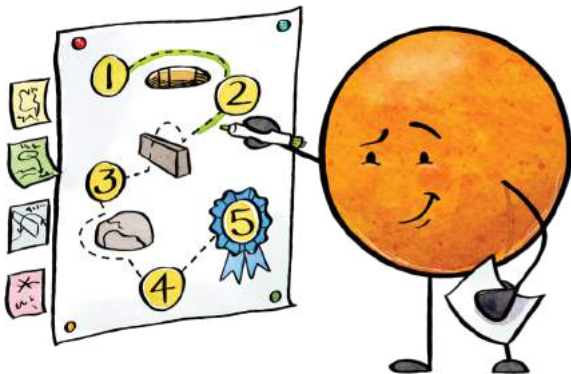
Can I control or avoid it?

YES

NO

How?

Stress busters I can use:



People in my support system  
I can talk to:

# 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

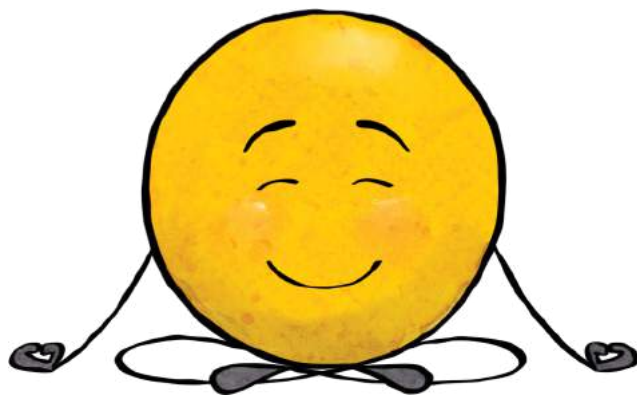
Continue to focus on your breath, in through your nose and out through your mouth.

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?





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



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THANK YOU!

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