

FACE COVID

It is really normal, when things are different, scary or uncertain to have thoughts like:



Or feelings like:



This set of worksheets has been designed to help you with some ideas for looking after yourself and making things a little bit better, right now.

F
A
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D

Focus on what you can control

Acknowledge your thoughts and feelings

Come back into your body (get out of your head)

Engage with what you are doing

Choosing actions

Opening up

Values: all the important stuff

Identify people that can help you

Disinfect (clean) and Distance (1.5m)

FACE COVID

F

Focus on what you can control

Below, put a circle around the things you can control.

Stopping people buying too much toilet paper

My thoughts

My brother/sister

Other people liking me

Washing my hands

My feelings

Following the rules

What is cooked for dinner

Helping my parents or carers

What did you notice?

You might notice that the **ONLY** thing you can control is **your own behaviour**.

If you put a circle around 'my thoughts', try this: write down your favourite food right here: _____

Now, for 1 minute **DO NOT** think about this food.

How did you go? While we can sometimes control our thoughts, this is not always possible!

If you put a circle around 'my feelings' try this: find something in the room right now and write what it is here: _____

Now, fall in love with it. Don't just think 'I love you', but really, truly fall in love with it! How did you go? It's not actually possible to control our feelings, hey?

A

Acknowledge your thoughts and feelings

Now that we know you can't control your thoughts and feelings, and that it's really normal to have lots of different thoughts and feelings, why not try writing them down on the back of this page, or telling an adult you trust. Make sure you write 'I think... ' and 'I am feeling... ' in front of them!



Come back into your body

Spending too much time focusing on our worries can be unhelpful. If you notice that you are doing this, try some ideas to bring your brain back to 'now'. Put a tick if you think they will help you:

- Wiggle your toes and notice what they feel like
- Squeeze your hands together
- Give yourself a massage
- Stretch your arms and legs like a rocket, then like a starfish
- Sit up as straight as you can and push your feet or legs into the floor
- Count your breaths from 10 to 0 (try not to rush)



Engage with what you are doing

Once you have noticed that you can feel your arms and your legs, or noticed you can feel your breathing, try to focus on the space you are in. This can also help you to focus on an activity that you enjoy doing.

- Find all the colours of the rainbow in the room around you
- Describe the room you are in to yourself
- Listen for all the sounds inside the room, then outside the room
- Find something soft, something hard and something smooth

When you are ready, you can focus on the thing you were doing before, or do something you enjoy. Use the next page to come up with some ideas.



Choosing (committed) action

It can help to do things that you would normally enjoy (even if you don't feel like doing them right now).

Write a list of things that you enjoy, some ideas might be: colouring, reading, playing a game, doing a puzzle, cooking, creating something, music, talking to a friend, playing with your pet, writing, making art, having a bath.

The important rule about these activities is that: 1. you have to enjoy them; 2. they have to take your full attention; 3. they have to make your life better in the long run, not worse.

1. _____
2. _____
3. _____
4. _____
5. _____



Opening up

This is really two things:

- Part one is to remember how normal it is to feel worried, unsure or even angry. When you remember this, you can open up to others and to yourself about how you are feeling.
- The second part is to treat yourself the same way you would treat a friend if they opened up to you.

Write in the speech bubble below what you would say if a friend told you they were having a hard time, or feeling worried about something:

Practice saying this to yourself when you feel the same.



Values: all the important stuff

Ask yourself these questions: How do I want the people I care about to describe me? What do I want other people to notice? What makes me proud?

All these questions can help us understand our values (or what is important to you). Your values will change as you get older, but put a tick next to the top five things that are important to you, right now:

- | | |
|---|--|
| <input type="checkbox"/> Loving and being loved | <input type="checkbox"/> Courage |
| <input type="checkbox"/> Sense of humour | <input type="checkbox"/> Curiosity |
| <input type="checkbox"/> Positivity | <input type="checkbox"/> Being different |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Having fun | <input type="checkbox"/> Finding knowledge |
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Patience |

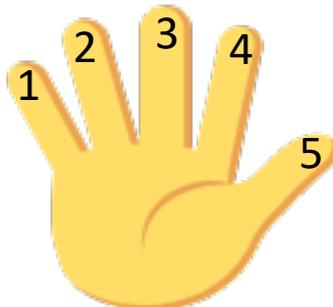
You can use these choices to help you decide how to act in any situation. You can write down something you have done today that shows how you have lived your values:



Identify people that can help you

Everybody needs people in their life who they love and trust. There are also lots of adults who are paid to look after you. Use the helping hand below to write the names of five people you can turn to if you need help.

Think about a parent, carer or grandparent, think about your best friends, think about your teachers, doctor, psychologist or social worker.





Disinfect (clean) and Distance (1.5m)

Lots of people have been talking about ways to keep yourself healthy. The three main ways are:

1. Wash your hands regularly using soap and water for 20 seconds.
2. Keep at least 1.5 meters away from people, if you can, and only leave the house if you really have to.
3. Sneeze into your elbow, not your hands, and try not to touch your face.

For Parents and Carers

This workbook has been adapted from Dr Russ Harris (2020). The original version is available at www.thehappinesstrap.com or www.actmindfully.com.au

Please refer to the original for further information on the 'dropping anchor' exercise (that makes up ACE in this booklet). There are also helpful audio recordings and videos on both the above websites and YouTube.

This booklet is designed to support you and your child during these challenging times and should not replace professional support where needed.

Most importantly, keep yourself safe, be kind to yourself, and reach out to others when you need it.

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Inclusive Classrooms

www.inclusiveclassrooms.com.au



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