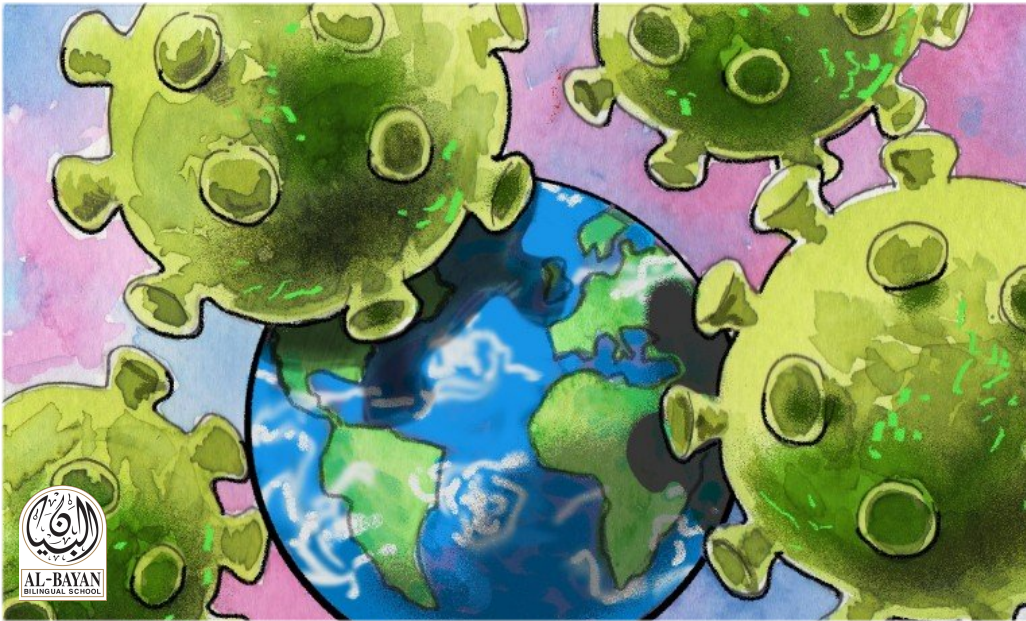


Counselor's Corner



Managing Feelings, Fears and Worries about Coronavirus

Big question: What can you do to stay calm and focused?

Dear BBS students,

You might have noticed that a lot of things are strange right now: sports events got canceled, parks have been shut down, schools are closed. It is easy to get scared during these times. So let's talk about that for a moment.

First of all, what is Coronavirus? This is what the experts tell us: *Coronavirus is a new disease that doctors and scientists are still learning about. Recently this virus has been making a lot of people sick. Doctors think that most people will be ok. Some people might get very sick.* That is why a lot of doctors and scientists are working really hard to help people stay healthy. One of the things that doctors ask us to do is to stay away from groups of people. That is why a lot of events are being canceled. This way we can keep everyone safe.

Here is what kids like YOU can do:

1. Wash your hands
2. Look at the facts
3. Stay positive. Don't be afraid!
4. Keep a healthy lifestyle
5. Use your coping strategies

You can find out more information about each of the strategies below.

We miss you,

Elementary School Counselors



Learn about COVID19

[click here](#)



Fun with Cosmic Kids!

Yoga channel

[click here](#)



Stay mindful with Smiling Mind!

To get mindfulness app [click here](#)

1. Stay positive. Don't be afraid:

Remember to keep calm.

Changes to the routines can make you feel worried, frustrated and scared.

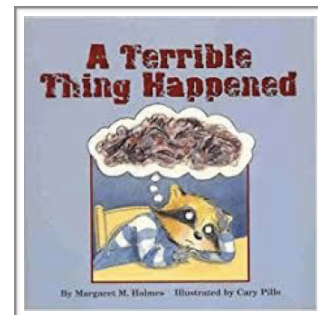
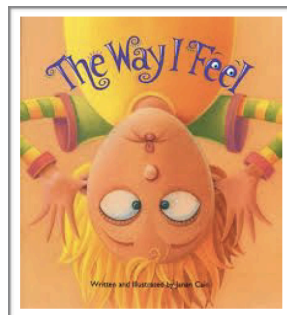
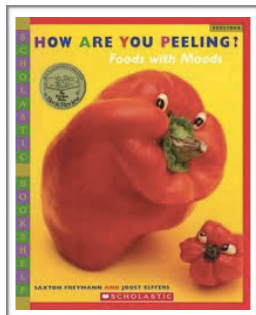
Don't ignore your emotions.

Share with you parents, siblings or friends about how you feel.

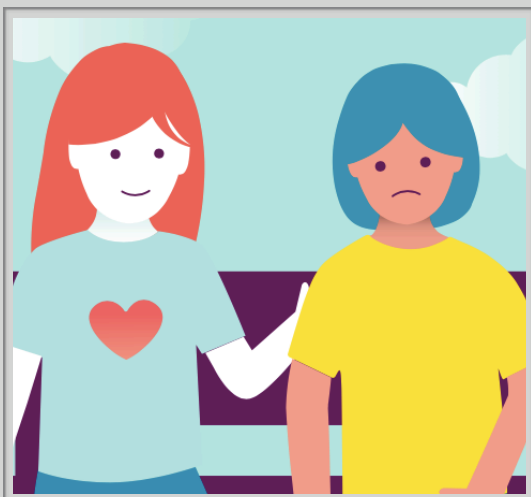
What can YOU do?

Here are a number of great resources around feelings, fears and worries:

1. Explore how emotions look through pictures of Foods! Ebook: *How are you Peeling: Foods with Moods* [watch here](#)
2. Explore feelings! Ebook: *The Way I Feel*. [watch here](#)
3. Why sharing your feelings with others? Read and find out! Ebook: *A Terrible Thing Happened*. [watch here](#)



2. LOOK AT FACTS



•It is important to **talk about** the coronavirus with adults when you feel anxiety, worry or fear.

•**Look at the facts.** Talk about the current situation in Kuwait and the world.

•**Share your thoughts and worries** with the family. **Ask questions** if you have some.

•Remember not everything you see or hear is real! When looking online, consider the source and fact-check to prevent fake news, and **think before you share.**

•**Focus on the positive news** and numbers of people recovering from the virus.

3. Keep a healthy balance:

- ➔ Be mindful of how much Instagram/Youtube you are checking and minimize how often you are reading stories about Coronavirus.
- ➔ Try to keep a healthy balance (both online and offline) in your daily routines and lifestyle. Screen time is no more than 2 hours!
- ➔ Be creative with your free time. Board games, crafts, Lego, Treasure Hunts can be a lot of fun!



4. USE YOUR COPING STRATEGIES

As every person is different, so too are our coping strategies.

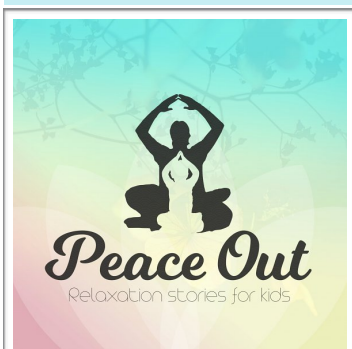
It is important to practice positive **strategies** to **calm down or change our negative thinking!**

Examples of **copng strategies**:

- ☐ positive self-talk “ I am safe!”
- ☐ singing,
- ☐ dancing,
- ☐ reading,
- ☐ drawing,
- ☐ music,
- ☐ Netflix/movies,
- ☐ create a gratitude list “Today I am thankful for...”



- ☐ meditation/ breathing,
- ☐ yoga,
- ☐ coloring,
- ☐ exercise,
- ☐ cooking/baking,
- ☐ talking to a friend or family member,
- ☐ or doing other activities that are fun and make you feel good!



Listen to the latest mindfulness and relaxation stories on BEDTIME FM - podcast with short stories for children!

[click here](#) to listen





Ride a Bike
OR SKATEBOARD



ASK FOR HELP



Blow
Bubbles

Color
Paint
Draw



CREATE ART!

Listen to MUSIC



PLAY a
BOARD GAME

MAKE &
PLAY
WITH
SLIME



Practice
Gratitude



WEAVE,
KNIT OR
CROCHET

Use Kind &
Compassionate
Self-Talk



Make a
Scrapbook
OR Collage



PRACTICE
YOGA



Hug
or
Climb
a Tree

KICK
BOUNCE
OR THROW
a BALL



JOURNAL OR
WRITE A LETTER



Take Slow,
Mindful Breaths



Cuddle or Play
with Your Pet



Drink
Water



Smile & Laugh

EAT



Healthy

50 COPING SKILLS for kids



Forgive
Let Go
Move On



Cook
or
Bake



Get Plenty
of
SLEEP



TAKE A SHOWER
OR BATH



STRETCH



Go on a
Hike,
Walk or Run

Use
Aromatherapy
(Smell something good)



Sing
and/or
Dance



SAY Positive
Affirmations

Take
GOOD
CARE
of the
Earth



Look At or Take
PHOTOGRAPHS



Garden or
Do Yardwork



Visualize
a Peaceful Place



Try or
Learn
Something
New



EXPLORE & DISCOVER
Nature's Treasures



READ a Book
or Magazine



DRINK
A WARM
CUP OF TEA

USE A STRESS BALL
(OR OTHER FIDGET TOOL)



DO a PUZZLE



Cry



Play Outside

Clean,
Declutter
or Organize



Create
ORIGAMI



Get a
HUG



EXERCISE



TALK
to Someone
You Trust

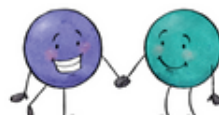
JUMP
on a
Trampoline



Rest,
Take a Break, OR Nap



Do
Something Kind



BUILD



Something