Thriving at Home

A mental wellness workbook for children and their parents during quarantine

Inspirational Quote Page! During this time at home if you find a quote that helps you think, feel, or behave more positively- jot it down here! We've started you off with one of our favorites...

"At many times throughout their lives, children will feel like the world has turned topsy-turvy. It's not the ever-present smile that will help them feel secure. It's knowing that love can hold many feelings, including sadness, and that they can count on the people they love to be with them until the world turns right side up again."

-Fred Rogers

This workbook was compiled by a small group of play therapists in Albuquerque, New Mexico to support families while they are at home during the 2020 Coronavirus quarantine. These activities are intended to be a supplement to weekly Tele-play sessions with a licensed mental health therapist via a HIPAA compliant Telehealth software, and was created with the intention to be a tool to facilitate emotional regulation, open discussion, and healthy relationships in the home. The activities, worksheets, and strategies are a compilation of play therapy techniques from around the world.

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Introduction to Thriving at Home

There is a lot of news coverage about the outbreak of COVID-19, or Coronavirus, and it can be overwhelming for parents and frightening for kids. During this time your family may have to stay at home with little to no contact from others, being unable to do many of the things that we do to improve our mental health: go to the gym, get coffee or drinks with friends, or see classmates. As a result of isolation, unpredictability, and stress, it is likely that individuals in the home may struggle with feelings of sadness, worry, loneliness, frustration, and boredom.

Although this time is challenging, it can also be a time of fulfillment. This workbook is intended to provide you with activities to address and express hard feelings while working together to connect, regulate, and play. There are many things right now that are out of our control, but what we do have control over is what we choose to do with the time we have at home. The steps you take today may set you and your family up for great things in the future. You can feel MORE CONNECTED, MORE MINDFUL, and MORE CONFIDENT as a parent than ever before.

As your read this, you are LIVING HISTORY. May this workbook serve as a positive memory for you and your family as you look back on this time. Journal about your experiences, take pictures and videos, and write all over this workbook to remember the days when you were in QUARANTINE with your KIDS; what an interesting story you will have!

Sincerely,

Katie Bassiri, LPCC RPT-S

Registered Play Therapist Supervisor and Mother to 3 crazy toddlers

Remember: The American Academy of Pediatrics encourages parents and others who work closely with children to filter information and talk about it in a way that their child can understand. These tips can help:

- **Simple reassurance.** Remind children that researchers and doctors are learning as much as they can, as quickly as they can, about the virus and are taking steps to keep everyone safe.
- **Give them control.** It's also a great time to remind your children of what they can do to help – washing their hands often, coughing into a tissue or their sleeves, and getting enough sleep.
- **Watch for signs of anxiety.** Children may not have the words to express their worry, but you may see signs of it. They may get cranky, be more clingy, have trouble sleeping, or seem distracted. Keep the reassurance going and try to stick to your normal routines.
- **Monitor their media.** Keep young children away from frightening images they may see on TV, social media, computers, etc. For older children, talk together about what they are hearing on the news and correct any misinformation or rumors you may hear.
- **Be a good role model.** COVID-19 doesn't discriminate and neither should we. While COVID-19 started in Wuhan, China, it doesn't mean that having Asian ancestry – or any other ancestry – makes someone more susceptible to the virus or more contagious. Stigma and discrimination hurt everyone by creating fear or anger towards others. When you show empathy and support to those who are ill, your children will too.

Our Home's Plan

This workbook will be completed by _____ and _____.

We started this workbook on _____.

We will keep this workbook _____- so it doesn't get lost.

PREPPING for FEELINGS

When we feel lonely we will _____.

_____.

When we feel scared, we will _____.

_____.

When we feel frustrated, we will _____.

_____.

When we feel sad, we will _____.

_____.

When we feel stressed, we will _____.

_____.

Our Quarantine Goals

Write your NAME →	CHILD	ADULT
Feelings	I will _____ my hard feelings by _____ (i.e. Journaling, drawing, talking)	I will _____ my hard feelings by _____ (i.e. Journaling, drawing, talking)
Activities with Others	I want to _____ with _____ sometime during Quarantine	I want to _____ with _____ sometime during Quarantine
Exercise	I will do this daily to stay active: _____	I will do this daily to stay active: _____
Time Outside	I will do these things outside: _____ _____	I will do these things outside: _____ _____
Helping Out	I want to help _____ by _____ _____	I want to help _____ by _____ _____
Personal Goal		

Setting Up Our Play Space

PICK A SPACE: We will set up a special place for you and I to play in _____
(living room, bedroom, outside etc.)

SCHEDULE TIME: You and I will play for _____ minutes at _____.

GET NEEDED ITEMS LIKE:

- PAPER
- MARKERS, CRAYONS, PENCILS etc.
- SCISSORS
- TAPE
- GAMES
- TOYS
- BALL
- BUBBLES
- PLAY-DOH
- FEELINGS/EMOJI PRINTOUT (LOCATED AT END OF WORKBOOK)

BEFORE EACH PLAY SESSION, PICK A GOAL TOGETHER FOR YOUR PLAY.
FOR EXAMPLE..

"Today I want to feel _____ after we play together!"

STRONG, POSITIVE, FOCUSED, CALM, LOVED, CONFIDENT, DETERMINED
CONNECTED, SMART, ACCOMPLISHED, PROUD

The Rock and The Play-Doh

What Can I Control?

(originally published by Krystal Detarding)

FIRST! Find a rock and a ball of Play-Doh.

Hold the rock in your hand. Squeeze it as hard as you can. Try to bend it. Roll it between your hands. Are you able to change the rock?

Now, hold the Play-Doh in your hand. Squeeze it as hard as you can. Try to bend it. Roll it between your hands. Are you able to change the Play-Doh?

The rock is hard and can't be changed but the Play-Doh is soft, and you have control over what form it takes.

During this quarantine what do you have control over? What do you not have control over? Here are some ideas....

I don't have control over.....	I have control over.....
What other people do or say	What I do and say
Sickness	Washing my hands
How long this will last	Finding fun things to do at home

Zones of Regulation Daily Check-Ins

Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Many schools have been using the Zones of Regulation to help teach your children about emotional regulation. During quarantine, you can use the colors to do an emotional check in with your children throughout the day. Fill out the table below with strategies/ideas for each of the zones.

WHAT CAN I DO?

BLUE	GREEN	YELLOW	RED
Ask for a hug	Smile. Think about the positive moment	Fidget with _____	Squeeze a Stress Ball

My Comfort Lists

During times of stress it is good to remember the things in life that are comforting. What are yours?

WRITE NAME HERE → _____ _____

MY TOP 5 FOOD/DRINKS	
1	
2	
3	
4	
5	
MY TOP 5 RELAXATION ACTIVITIES	
1	
2	
3	
4	
5	
MY TOP 5 BOOKS, MOVIES, or SONGS	
1	
2	
3	
4	
5	
PICK A TOPIC	
1	
2	
3	
4	
5	

Gratitude Journaling Sheet

NAME:_____ DATE:_____

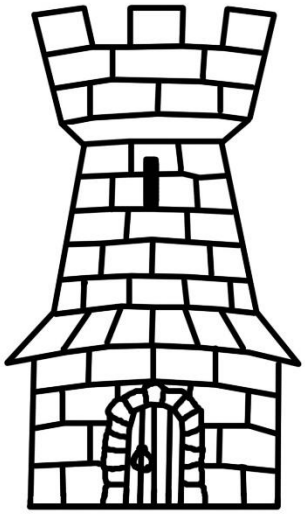
I AM THANKFUL FOR

THIS PERSON BROUGHT ME JOY TODAY

WHAT WAS THE BEST THING ABOUT BEING HOME TODAY

My Safe Space

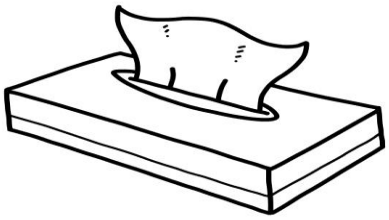
If you lived in a castle, what kind of things would you add to feel safe?



Create a safe space at home.

- Find a spot that is quiet and not too busy, either in the corner of a room or your bedroom.
- Separate the space out (can be done with a tent, curtain, lay out a blanket, mat)
- Add some pillows or extra blankets & stuffed animals
- Add tools that you can use to feel calm (stress ball, favorite book, favorite toy)

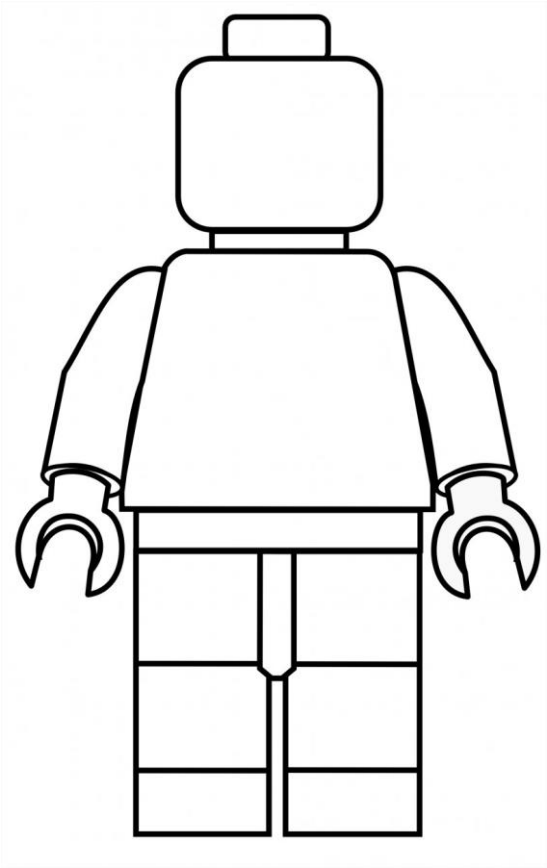
The Sweet Dream Box
(Adapted from Chrissy Snead)



Tools: Paper, Crayons or Markers, Scissors, and Shoebox, Kleenex box or Ziploc Bag

←Decorate me!

Many of us have nightmares or fears at nighttime. Sometimes its hard to cope with these worries. Together, make a list of sweet dream ideas- things that you would like to dream about. Then, cut them out and place them in your sweet dream box or bag. At night if you are feeling worried, pull out a sweet dream and read it with your adult.



Draw yourself as an epic Lego character that hasn't been invented yet. What are your strengths? What are you feeling?

No Rule Lego City (Adapted from Liana Lowenstein)

Make a city out of Legos where there are ABSOLUTELY no rules.

After building

What is difficult it is to be in a place or run a city with no rules? Why are rules important?

What rules do we currently have to follow to keep ourselves and others healthy and safe?

Calm down Yoga with Affirmations

Do the 5 Dance

Pick one of your favorite dance tunes and create a song that incorporates "The 5" ways you can help fight Coronavirus.

HANDS- Wash them often

ELBOW- Cough into it

FACE- Don't touch it

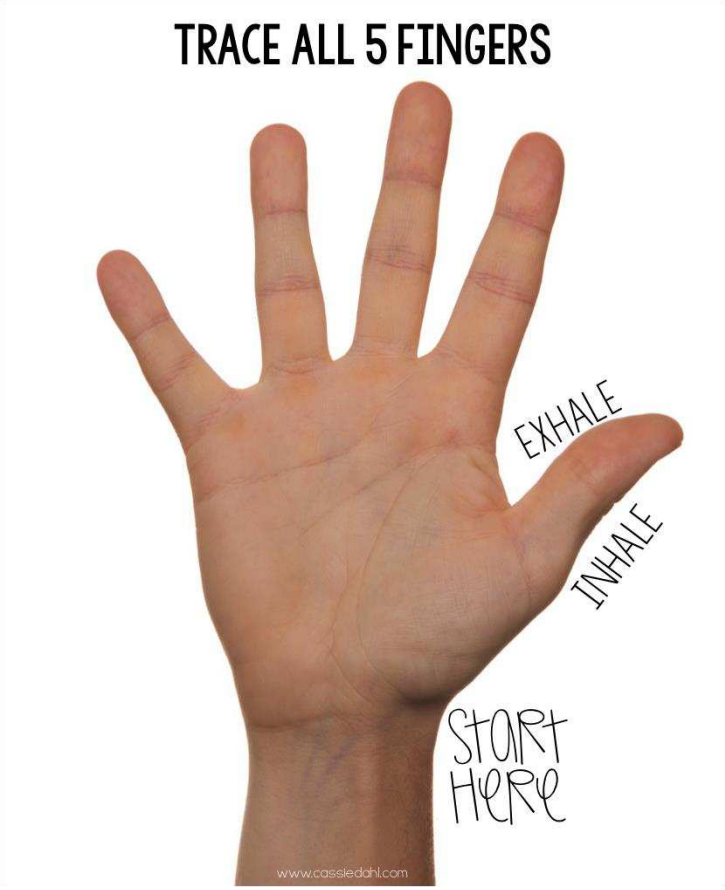
SPACE- Keep safe distance

HOME- Stay if you can

Lung Strength!

Did you know that by participating in aerobic activities you can improve your lung strength? Do an aerobic activity such as walking, dancing, biking or swimming at least five days a week. When you exercise, you strengthen the muscles that surround your lungs, as they must work harder to supply your body with oxygen. With time, your respiratory system becomes STRONGER!

You can also make your lungs strong by practicing deep breathing! Try deep breathing exercises like this one:



The Worry Monster

Materials: Kleenex box (or any type of small-medium box), constructing paper, Arts and craft materials such as Markers, glue, paint, pom-poms, and googly eyes.

Creativity is the most important thing that will be used!

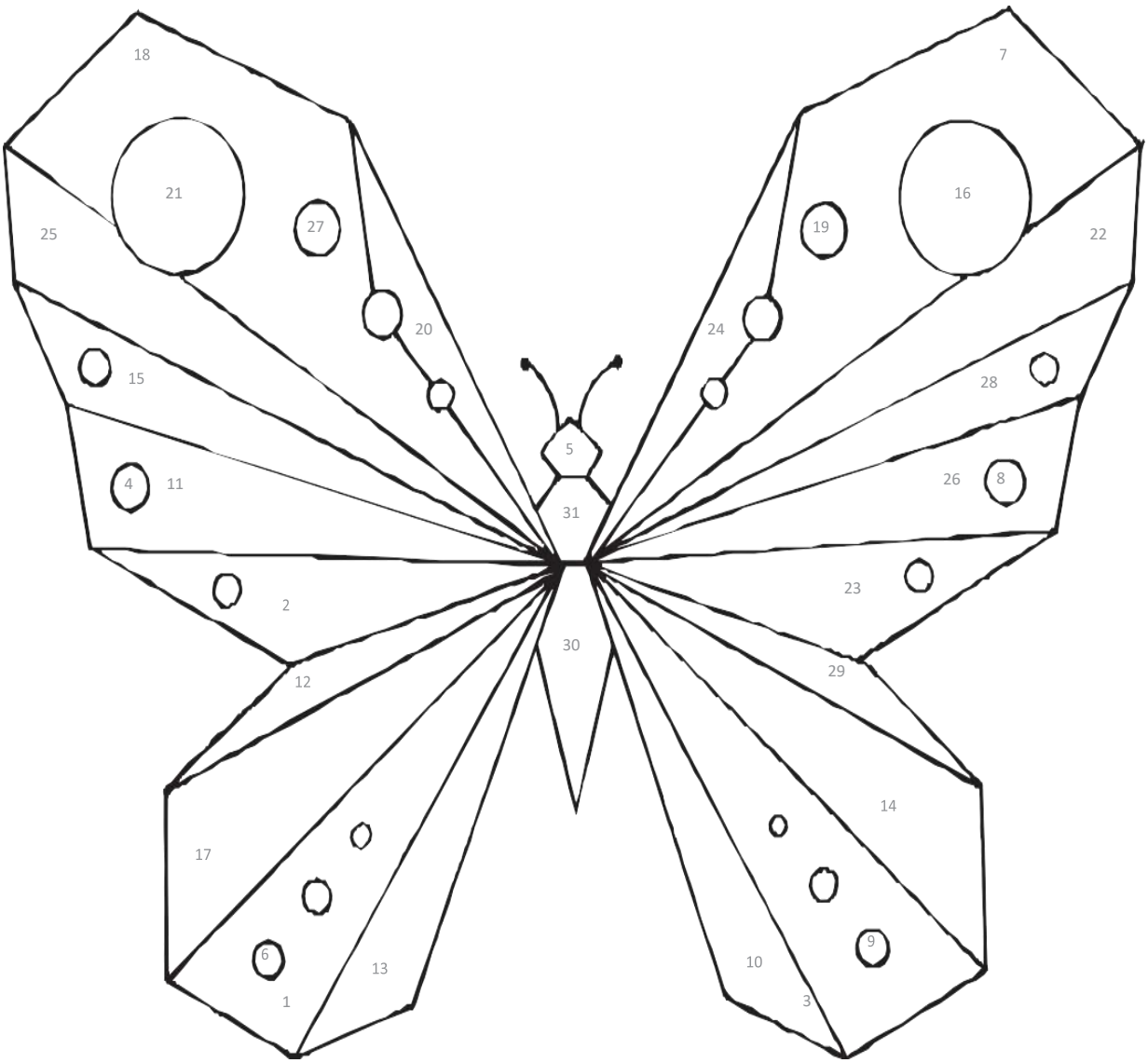
Instructions: decorate the Kleenex box leaving the open part as the "mouth"

Place the decorate box somewhere accessible in the house with pens/pencils and paper. During the day anyone can write down whatever worries they have and feed them to the worry monster.

As you put your worries into the worry monster, we encourage you to process them with someone in your family. You are not alone in your worries!

Mood Tracker

Pick 4-6 colors and write an emotion for each color. Each day of the month, color in the date with the emotion you are feeling.



○ _____

○ _____

○ _____

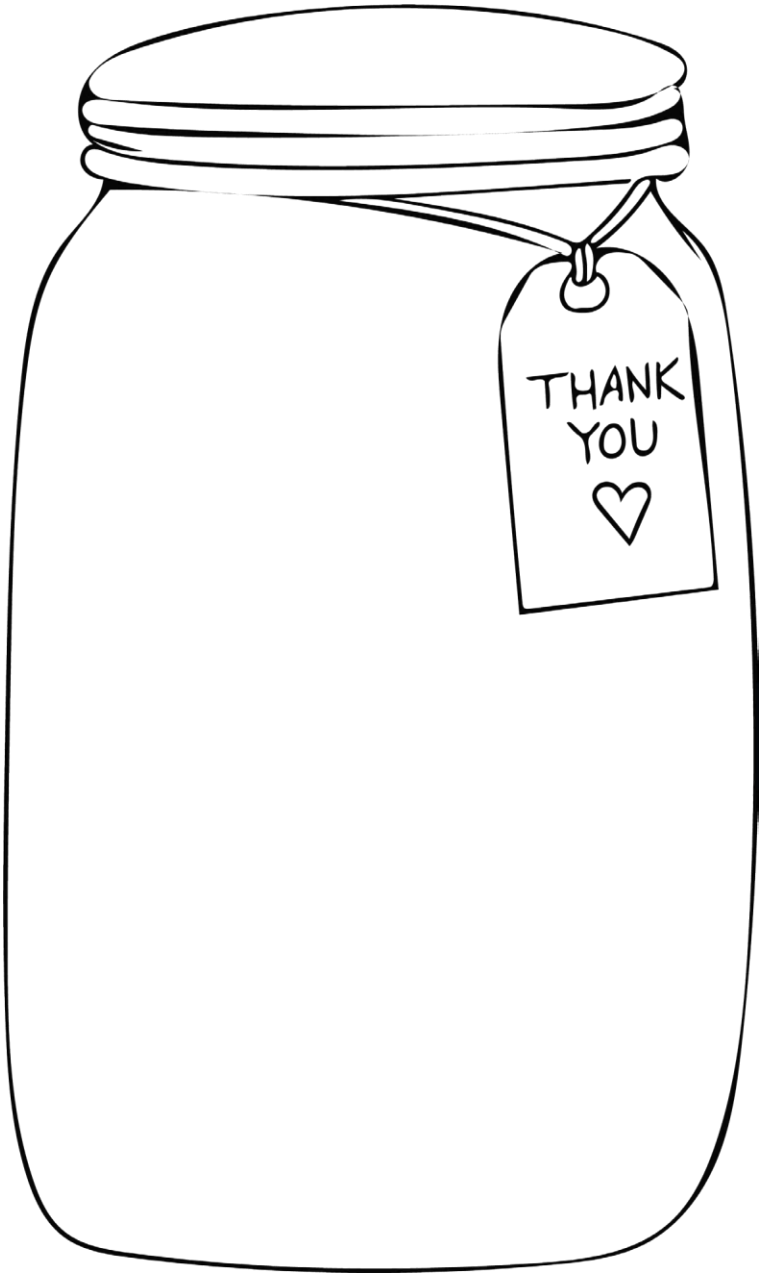
○ _____

○ _____

○ _____

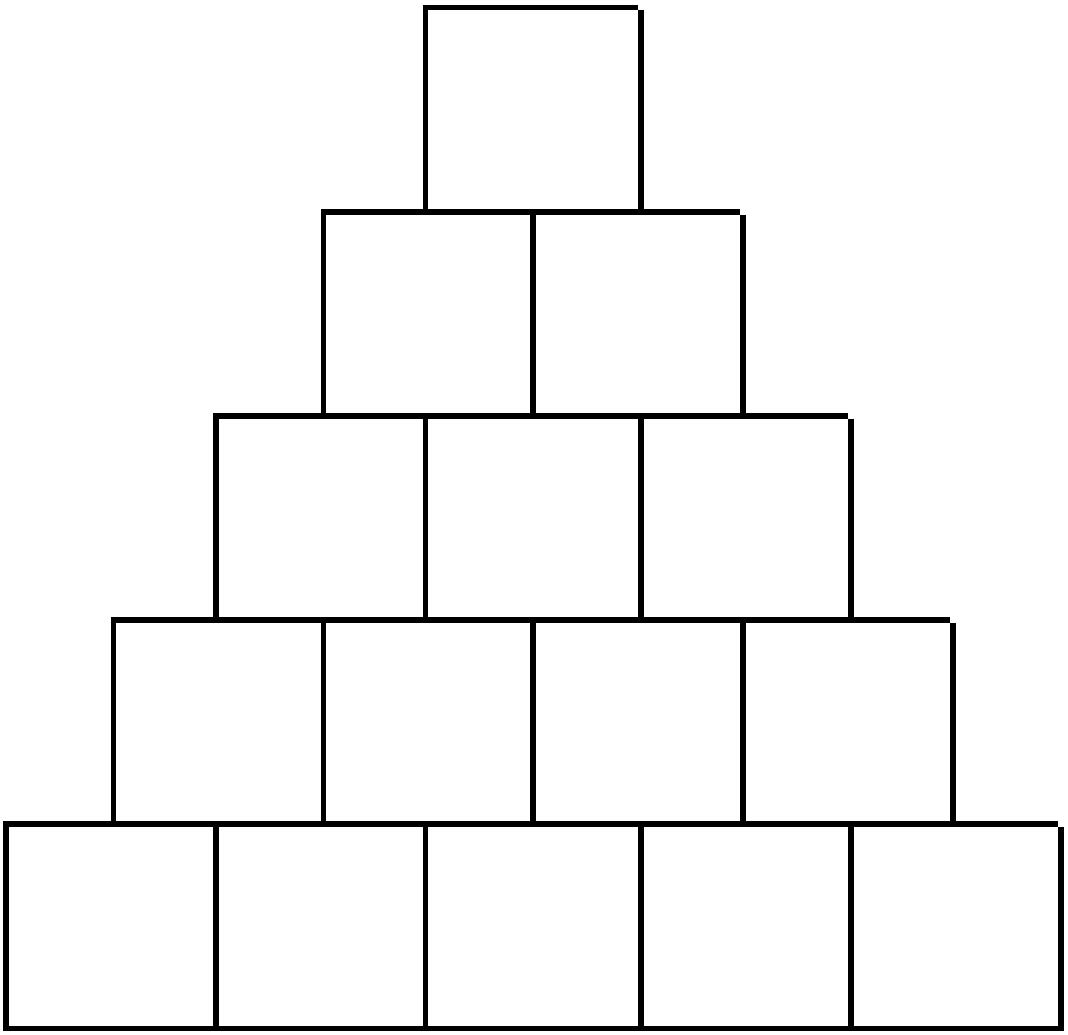
Gratitude Jar

Look around you; what are you grateful for?



Together We are Strong

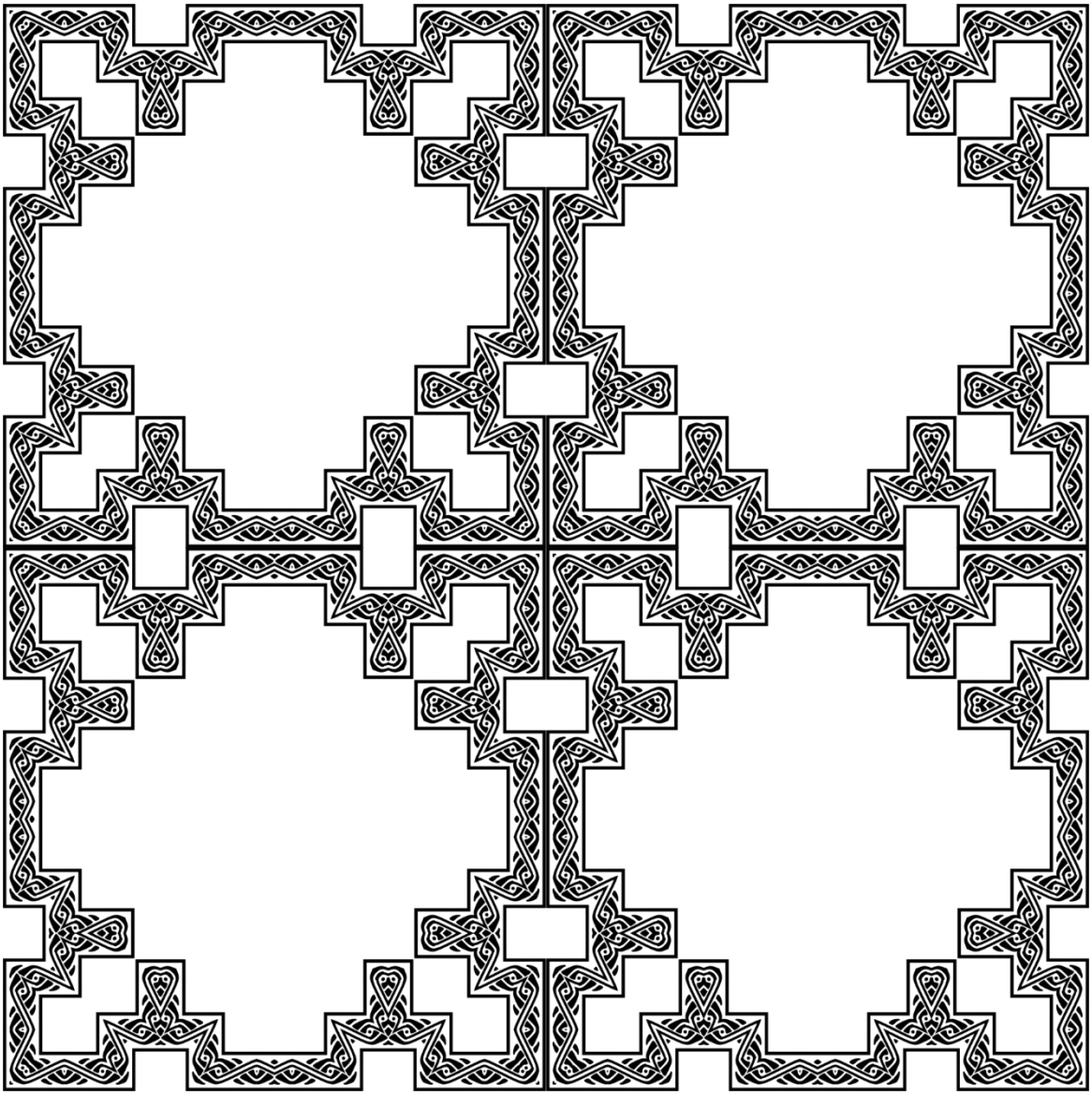
Ever noticed that when you build with blocks you can create a stronger tower if you have a lot of blocks near the bottom? The same thing goes for feeling stronger when we are worried! The more support you have, the stronger you will feel. In the tower below right down names of people/pets you can lean on for support.



The Family Quilt

(adapted from a Pam Dyson activity)

"Families are like quilts: Lives pieced together, stitched with smiles and tears, colored with memories and bound by love."



Materials: Paper, Markers/Crayons, Masking Tape, Scissors.

Each family member decorates their own patch on a piece of paper. Patches are then connected to form a quilt.

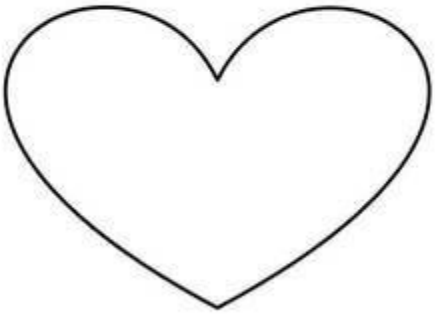
Love Letters to my Family

Dear _____

I love you to pieces, because _____

_____

_____



Love,

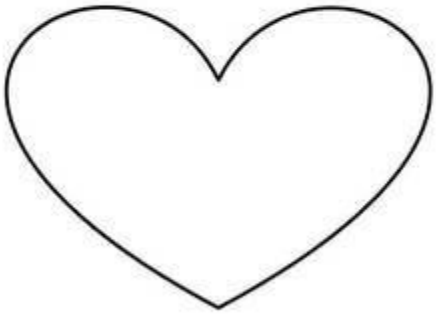
_____

Dear _____

I love you to pieces, because _____

_____

_____



Love,

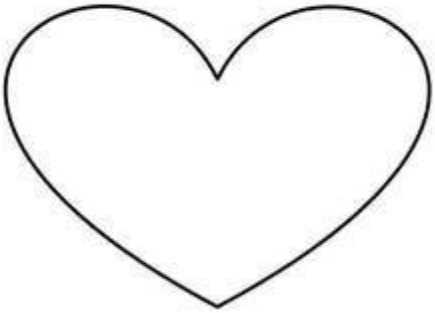
_____

Dear _____

I love you to pieces, because _____

_____

_____



Love,

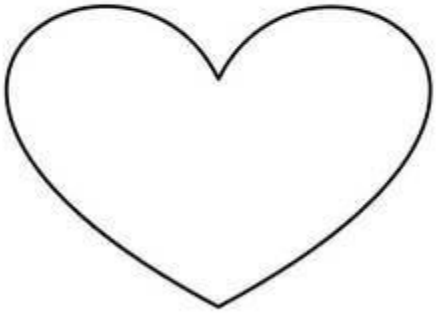
_____

Dear _____

I love you to pieces, because _____

_____

_____



Love,

_____

Ultimate Germ Fighting Championship

Draw yourself defeating this germ!

If I Were a Superhero

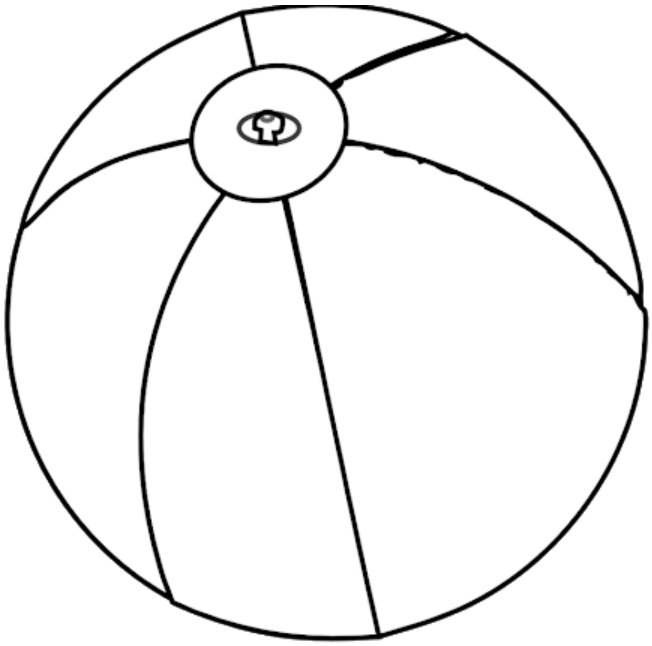
(adapted from a Susan Kelsey activity)

Let's pretend you are a superhero who has never been invented before. Imagine what you look like, what your powers are and how you would use them during this time.

My Cookie Jar

When you are going through difficult times, or struggling with something, it can help to remember other hard things you've done in your life. These hard things are your cookies! Remember, you've done so many hard things already, and after this hard thing is over it will be one more thing to put in your cookie jar. What hard things have you gone through already? Add them to the jar below...

COVID-19 Talking Ball
(adapted from Norma Leben's Talking Ball Game)



Using a ball of any kind, roll the ball to another person in the circle and ask them a question about their current feelings, about being in quarantine, or about Coronavirus. The receiver answers the question asked by the sender. The receiver then rolls the ball to another member and asks that member a question. That member answers the question. The game continues in this manner for five to ten minutes or until every player has a chance to ask three questions.

M&M Game

HOPE 4 HURTING KIDS

THE M&M GAME

THE m&ms FEELINGS GAME		
FOR EVERY		***SHARE***
Red		***One thing that makes you HAPPY.***
Brown		***One thing that makes you SAD.***
Green		***One thing that makes you ANGRY.***
Yellow		***One thing that makes you EXCITED.***
Blue		***One POOR CHOICE you made today and what you could have done differently.***
Orange		***One GOOD CHOICE you made today.***

Original Source: http://radathome.blogspot.com/2013/11/m-feelings-activity.html?m=1

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http://hope4hurtingkids.com/

Family Jenga

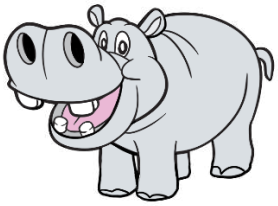
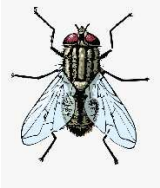
Material: Jenga

Instruction: Play Jenga like usual but with each wooden block comes a question.

1. Who was your favorite teacher? Why?
2. If you could change your name what would it be?
3. If you had one million dollars what would you do?
4. If you could go on vacation anywhere in the world (money is not a problem) where would you go and who would you take?
5. What's your favorite color?
6. Share one of your favorite memories
7. If you could change your age, how old would you be? Why?
8. What do you want to be doing in 10 years
9. Share about a time when you felt proud of yourself
10. Describe the person to your left in one word. If only two people playing describe the other player in one word What would you do if you had a magic wand?
11. What's your favorite food?
12. What celebrity would you like to invite to your birthday party?
13. If you could live anywhere in the world where would it be? Why?
14. If you were the president of the United States what TWO things would you like to do?
15. The best part of today is?
16. Which is your favorite room in your house? For parents: describe your room when you were young.
17. Share something you like about the people playing this game with you.
18. Share a fear you have
19. How do you behave when you are angry?
20. Feel free to make up your own question!

5 Senses Nature Walk

Progressive Relaxation

Protect your Tummy 	Pretend that a hippo has started to sit on your stomach. Hold your stomach as tight as you can. Keep holding! Hooray you did it. The hippo has gotten off your stomach. Breathe and feel your stomach relax.
Chew A Carrot	Pretend that you are eating a big, crunchy carrot! Bite down on it. We want to turn that carrot into mush. Keep biting! Hold for 10 seconds. Now relax, the carrot has been eaten. Let yourself go as loose as you can.
Get a fly off your nose 	Pretend a fly has landed on your nose and you are trying to get them off without using your hands. Wrinkle up your nose. Wiggle it back and forth. Hold it for 10 seconds. Whew! It finally flew away. Relax your nose.
Squeeze a Lemon	Pretend you have a lemon in each hand. Squeeze it hard. Feel the tightness in your arms and hands as you squeeze. Hold for 10 seconds. Now relax and let the lemon drop from your hand. Hooray you did it!
Stretch Like a Cat	Pretend you are a cat waking up from a nap. Stretch your arms out in front of you. Now raise them up high over your head. Stretch as high as you can. Keep stretching and hold it for 10 seconds. Meow wow! Nice work. Relax.
Hide in your Shell	Pretend you are a turtle. Pull your head into your shell. Pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight for 10 seconds. Hooray you did it! You can come out now. Feel your shoulders relax.

Strength Meditation

"Be the Mountain" Guided Meditation Script,
Adapted from Jon Kabat-Zinn's "Mountain Meditation."

Breathe deeply. Bring your awareness to the sensations of your breath, and the gentle rhythm it is creating within you. "Letting it be, just as it is." Each inhale and exhale announcing the next.

Expand your awareness to the sensations of your body. Sitting upright and with dignity — bring your attention to the surface beneath you and the support it provides. Root your body into its strength and become aware of your connection to it — complete, whole, and in this moment, you are grounded by its unwavering resolve.

As you sit there, visualize a grand mountain, whose peaks pierce smoky clouds and continue upward where the air is clear and the view is endless. A mountain with slopes that are both jagged and gentle; supported by a vast foundation, rooted deep in the bedrock of the earth. This mountain is a monument to all that is solid, grand, unmoving, and beautiful.

Are there trees? Does snow blanket it lofty heights? Perhaps waterfalls cascading as mist into an open sky?

However it is, let it be as it is: a perfect of creation.

Be this mountain, and share in its stillness.

Grounded in your posture, your head its skyward peak, supported by the rest of your form, granting you an awe-inspiring perspective of the landscape before you, behind you, and about you, which flows from your center into the distance horizon.

Be this mountain.

And take on its stability as your own. From the top of your crown, down your neck, and into the balance of your shoulders, like cliffs, descending into your arms and forearms, and coming to rest in the valley of your hands.

Be the mountain.

Your feet, legs, and hips its base — solid and rooted beneath you — a foundation, extending up your spine and abdomen: A core of stability.

The rhythm of your breath is all that moves you. A living mountain: alive and aware, "yet unwavering in inner stillness. Completely what you are, beyond words and thought: a centered, grounded, unmovable presence."

A mountain, which witnesses the sun travel across the sky, casting light and shadows and colors across its consistent composure. Moment by moment, in the mountain's stillness, the surface teems with life and activity: Snows melt, streams run down its face, trees and flowers bloom and die and bloom again as the wildlife returns and departs with the seasons.

Be the mountain, who will be called beautiful and inspiring, and dark and ominous, and knows that it is all of those things and less.

Be the mountain — which sits and sees how night follows day and back again. Which knows the sun by the warmth it brings on rising, and the stars by the way they show in a darkened sky.

Through it all, the mountain sits. Aware of the changes that each moment brings, around it and to it. Yet it remains itself. Still, as the seasons flow one into the other, and the air swirls from hot and cold, and the weather turns from tame to turbulent. Some so treacherous as to tear at its surface.

Still — none of this concerns the mountain, whose serenity is housed within, and cannot disturbed by fleeting furor.

In the same way, as you sit in meditation, you can learn to experience the mountain as a means to embody the same centered, unwavering stillness and groundedness in the face of all that changes in your life — over seconds, and hours, and years.

Like the mountain you will experience the changing nature of your mind and body, and of the world around you. You will have periods varying in intensity — of darkness and light, of activity and inactively, and moments that fill your life with color.

Through it all, be the mountain, and call on its patient strength and stability within you. Let it empower you to encounter each moment with strength and clarity.

Bibliotherapy- Books that Can Help!

The Yucky Bug- by Julia Cook
https://www.youtube.com/watch?v=ZD9KNhmOCV4&feature=share&fbclid=IwAR3OhHRa_A-IxjiIkgN+6M27J7+xbgOEbckzMKZdUrBdx7vNi0z5KAvduM

Wilma Jean and The Worry Machine- by Julia Cook

I'm not scared, I'm prepared!- By Julia Cook

My Mouth is a Volcano- by Julia Cook

When Miles Got Mad- by Sam Kurtzman Counter

Peaceful Piggy Meditation- by Kerry Lee MacLean

Listening To My Body- by Gabi Garcia

Mindful Monkey, Happy Panda- by Lauren Alderfer

I Can Handle It!- by Laurie Wright

The Way I Feel- by Janan Cain

How are you Feeling?- by Saxton Freymann

Glad Monster, Sad Monster- by Ed Emberley

In My Heart: A Book of Feelings- by Jo Witek

My Many Coloured Days- by Dr. Seuss

The Color Monster- by Anna Llenas

FEELINGS /EMOJI PRINTOUT