

# My Home Book of Feelings and Thoughts.



.....

This booklet has been made  
for you to help you to  
talk about and share  
how you are feeling.

Change can make us  
feel worried  
and being at home  
instead  
of school  
is a **big** change!

Why is every  
talking about  
this  
coronavirus  
thing?

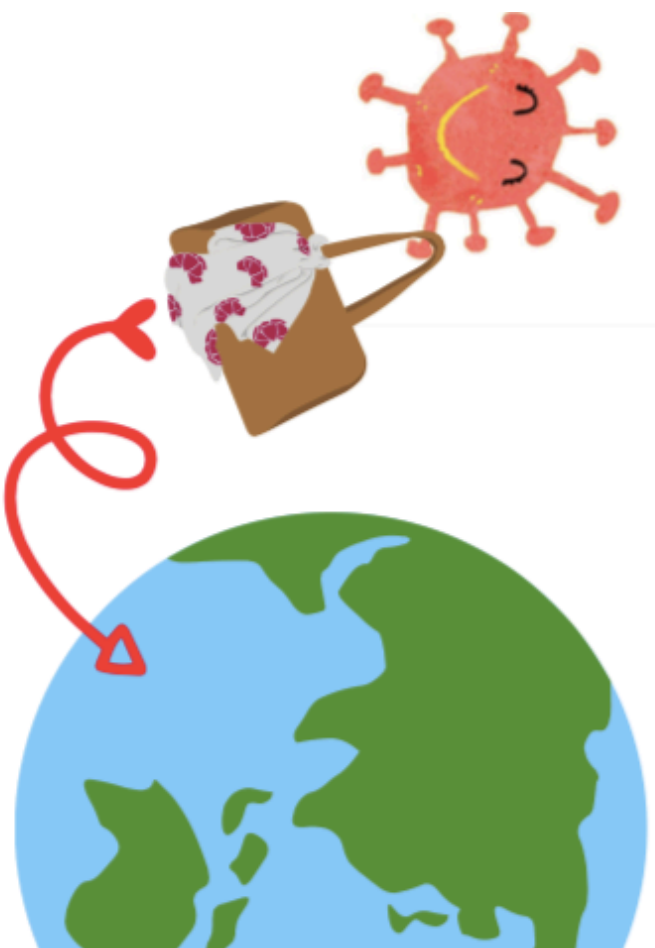
# HELLO !

I am a **VIRUS**,  
cousins with the Flu and  
the Common Cold



My name is **Coronavirus**

I love to travel...



Have you heard about me?

YES



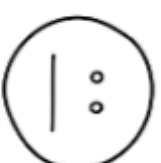
NO



And how do you feel when  
you hear my name?



Relaxed



Confused



Worried



Curious



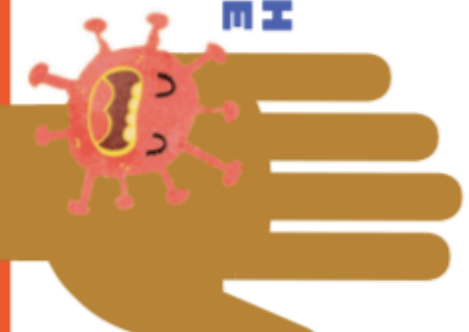
Nervous



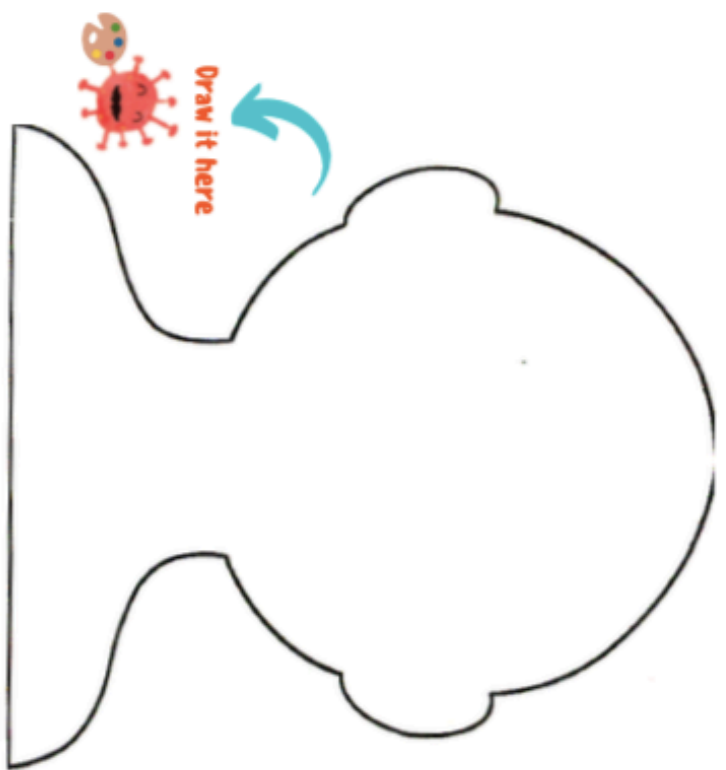
Sad

and to jump  
from hand to  
hand to say Hi

HIGH  
FIVE

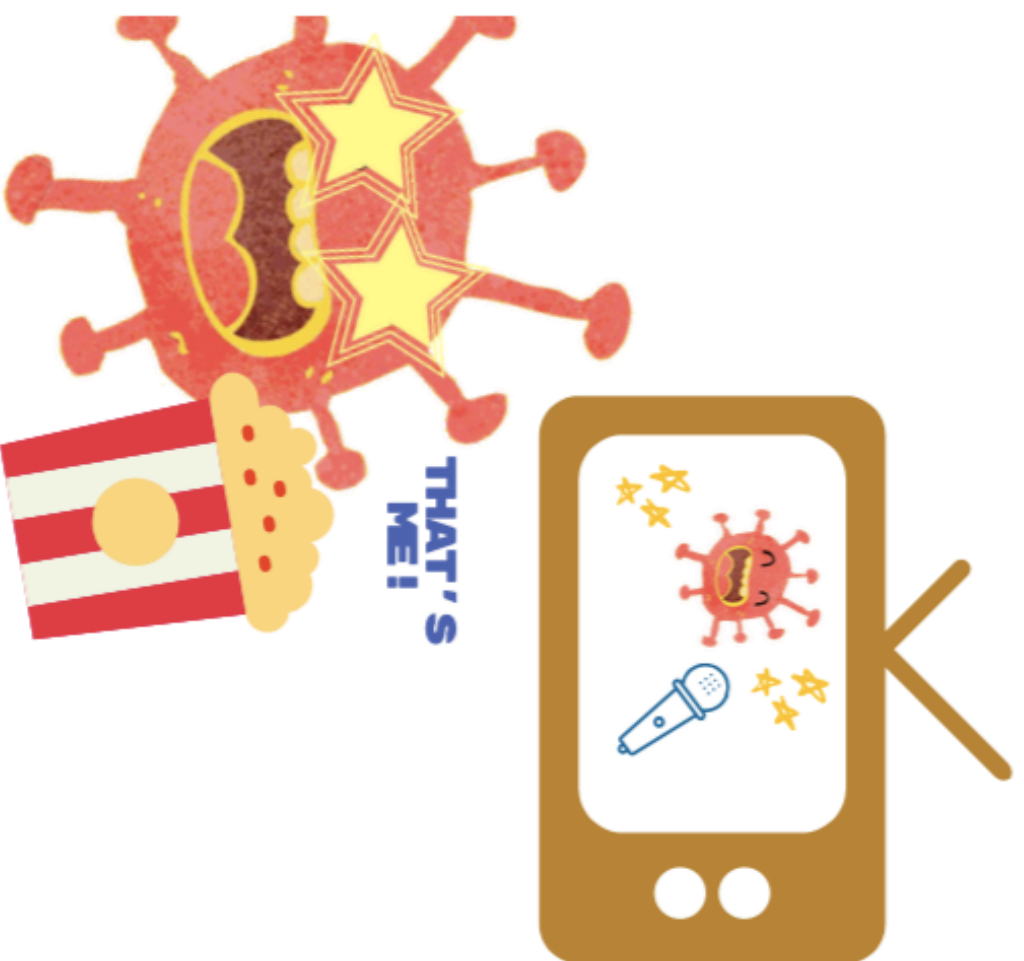


**I can understand you  
feel...**

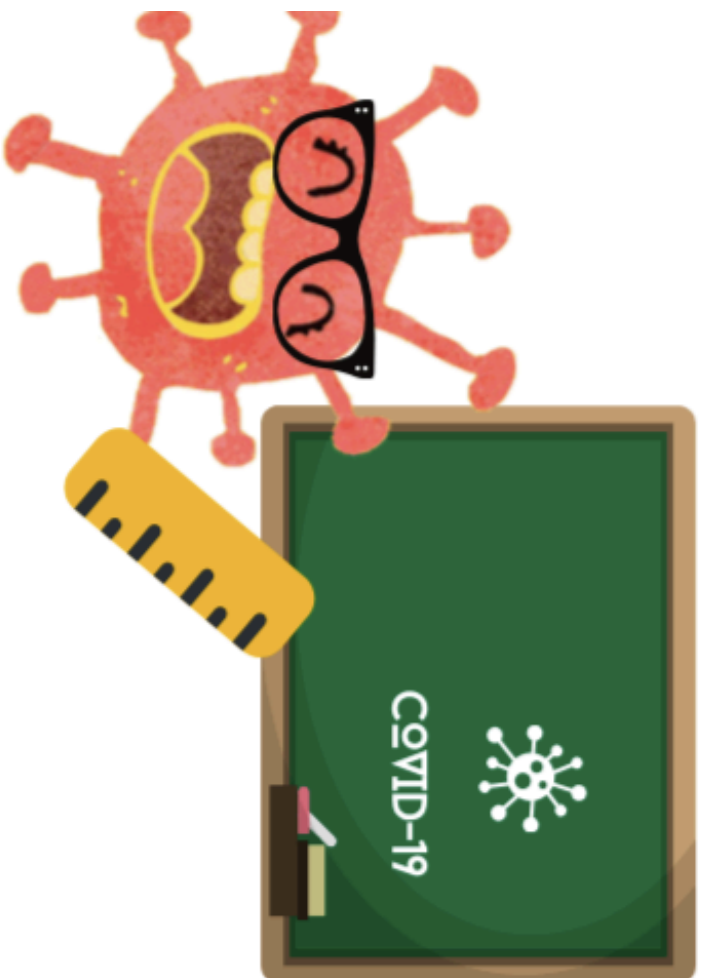


**...I would feel the same way**

**Sometimes adults get  
worried when they read  
the news or see me on TV**



**But I am going to explain myself...**



**So you can understand...**

**When I come to visit, I bring...**



**Difficulty breathing**



**Fever**



**Cough**



**But I don't stay with  
people for long, and almost  
everyone gets better**

**Dont you worry!**

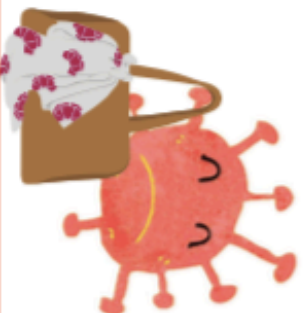
**The adults who take care of you:**

**will keep you safe**



**Just like when you get a  
scrape on your  
knee and it heals**

**BYE BYE....**





**And you can help...**



**1**

**By washing your hands  
with soap and water  
while singing a song**

*You can sing your favorite song,  
the happy birthday song, or the  
alphabet song*

**2**

**By using hand sanitizer  
and letting it dry on  
your hands**

*Without moving them count to 10*

*1, 2, 3, 4, 5, 6, 7, 8, 9, 10*

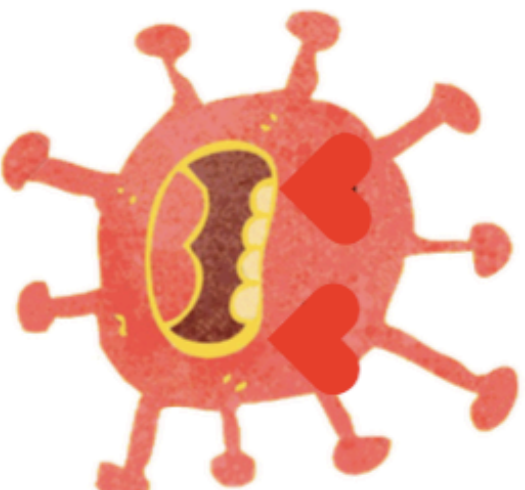
*Once your hands are dry you can get  
back to playing!!*



**If you do all that  
I will not come to visit**



**While the doctors work to find a vaccine  
that will allow me to say hi  
without getting you sick.**





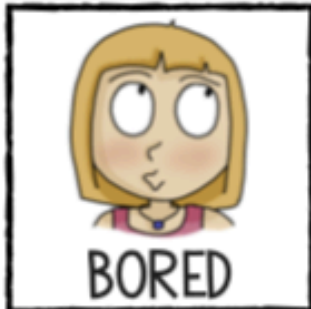
My questions about the  
Coronavirus  
(share them with an adult who  
can help you find out the  
answers.)

1.

2.

3.

# This is how I feel...



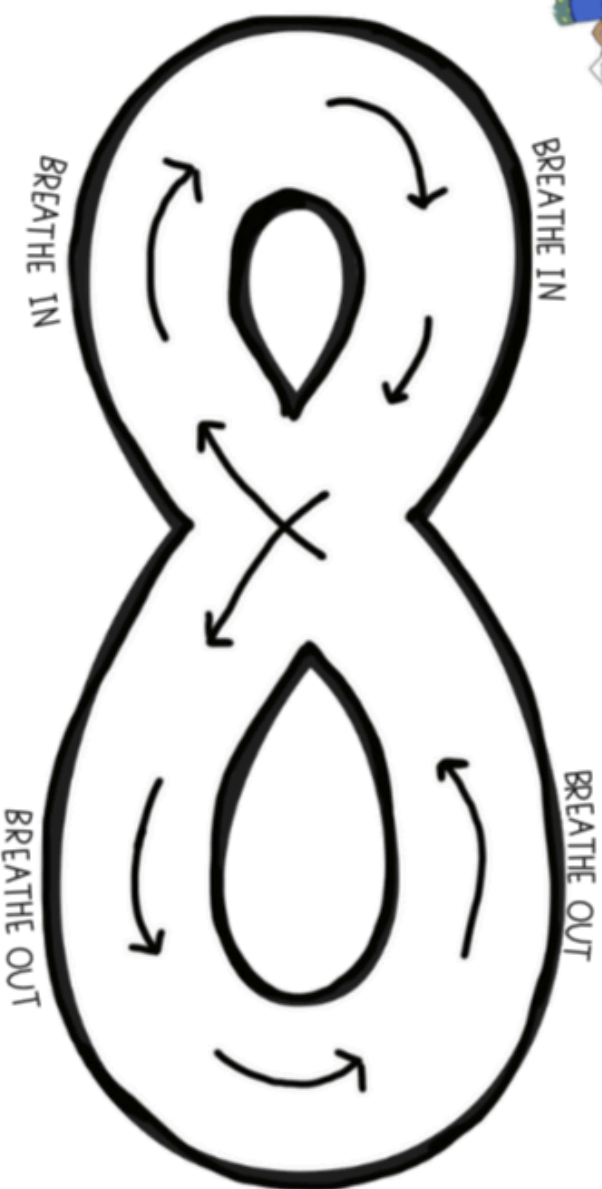
# To feel better I choose...







# BREATHING BOARD



Slowly follow the arrows with your finger. Start in the center and take a deep breath in. When you cross over to the other side, slowly let your breath out. Keep going until you feel more calm.

## 5-Finger Breathing



Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

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## Squeeze Then Relax My Muscles

Like "Rocks & Socks"



Zooming all my strength into making fists, it's like my hands transform into solid rocks. Then I release my fists, letting my hands and arms dangle like floppy socks.

## Wave Breathing



Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.



## USE POSITIVE SELF-TALK

What DO YOU need to tell YOURSELF right NOW?

I am **L**ovable.

I am **S**TRO**N**G enough to handle hard things.

I AM **S**A**F**E.

I AM **B**R**A**V**E**.

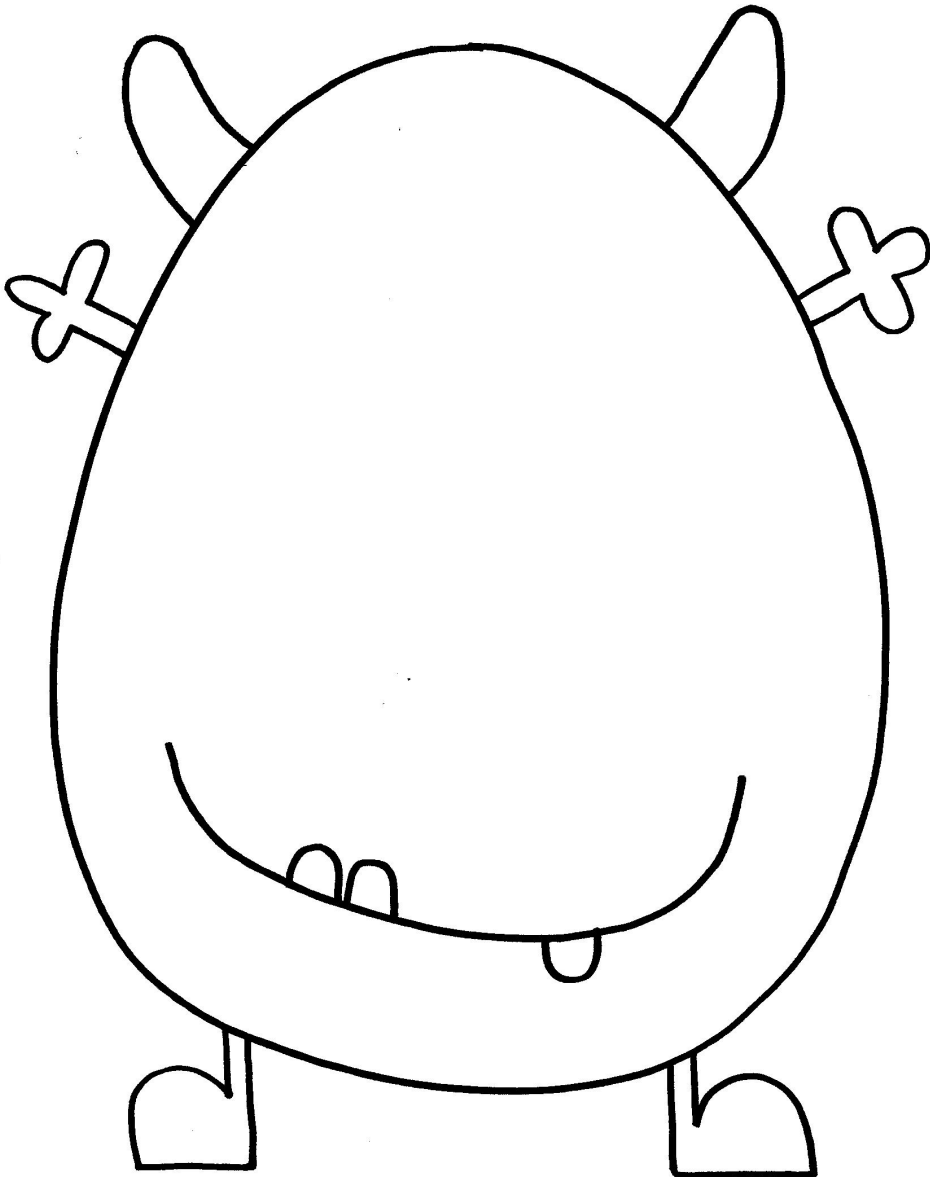
Mistakes help me to **L**E**A**R**N** and **G**R**O**W.

I AM IN CHARGE OF MY **T**H**O**U**G**H**T**S and **A**C**T**I**O**N**S**.

Decorate this **worry monster** and  
cut it out.

When you have feelings, worries,  
good news or bad news to share.

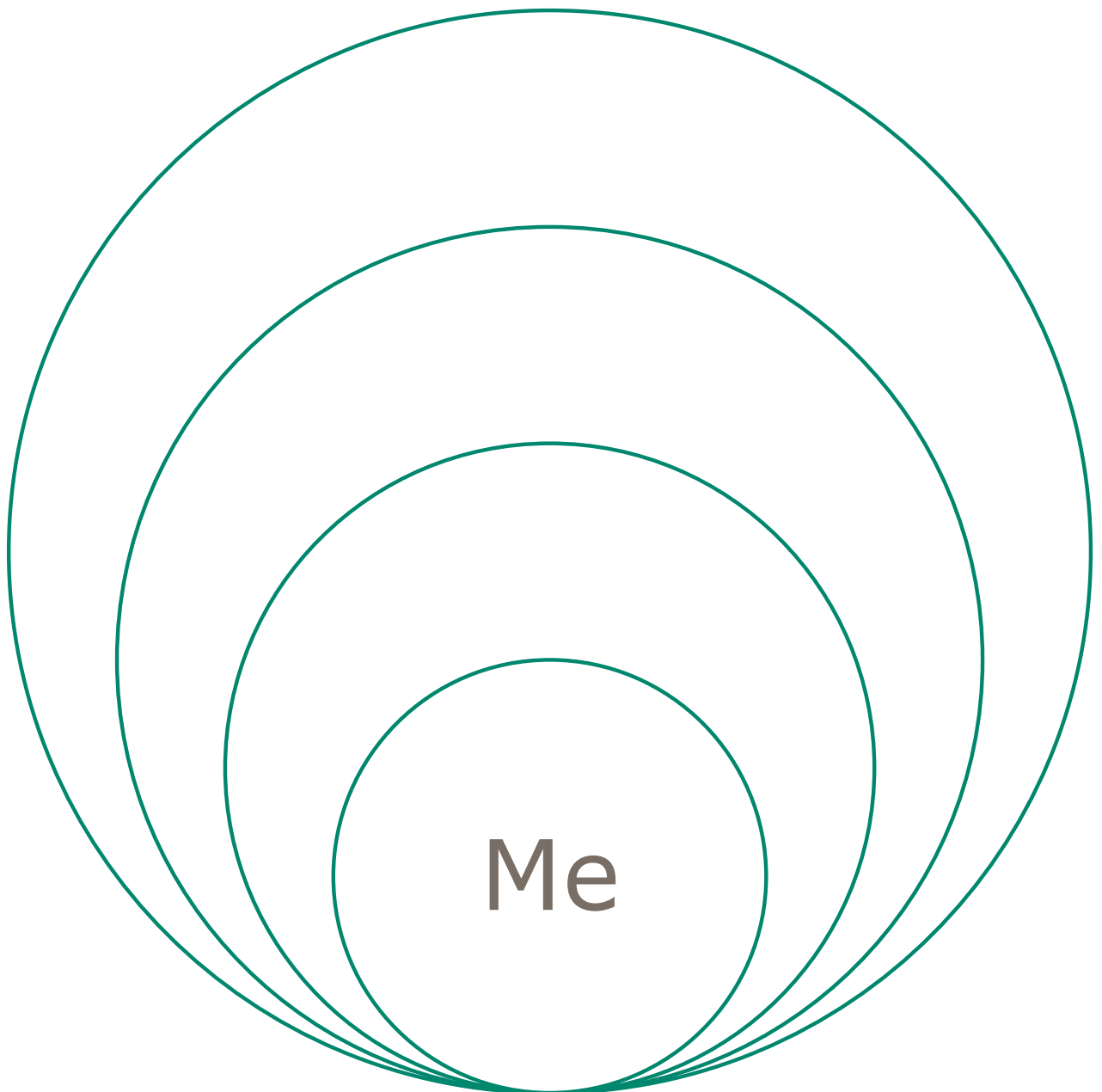
Whisper them to your worry monster!



# My Circle of Support

You might feel lonely being off school.

Think about who is in your circle – friends, family and other people that care about you.

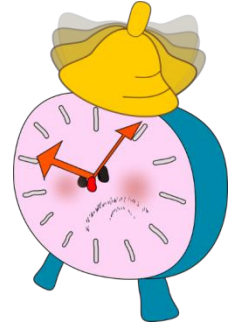


# Today is a NEW DAY

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If you wake up  
feeling grumpy then  
do these 6 things...



Yawn then take five long deep breaths

*This will wake you up and energise you!*

Have a good stretch

*This will get your body ready for the day ahead.*



Put a big smile on your face

*This will make you feel happier.*



Set a goal for the day

*This will give your day purpose. What can you achieve today?*

Be thankful for something

*This will make you feel happier. You have a lot to be thankful for!*

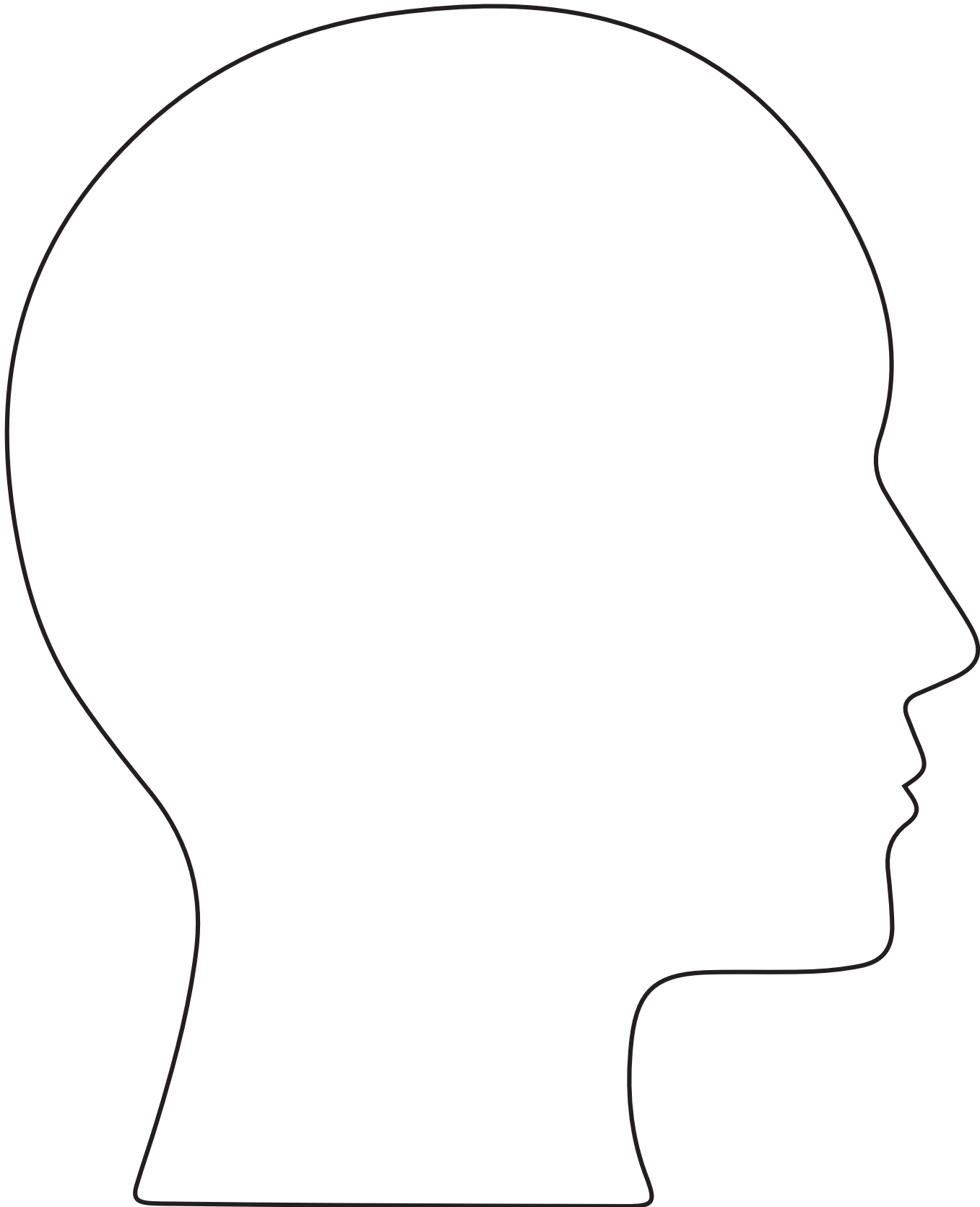
Forgive yourself for yesterday's  
mistakes



## ENJOY YOUR DAY!



Write down all of the things  
you have been thinking about.  
Circle the ones that make you feel happy.



# Dump your worries!

Fill the bin with the thoughts you'd like to get rid of.

When they are all out – rip it up, scrumple it,  
stamp on it and throw them away!



# 100 Things to do indoors

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga [www.robertrivest.com](http://www.robertrivest.com)
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can

81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel









[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)





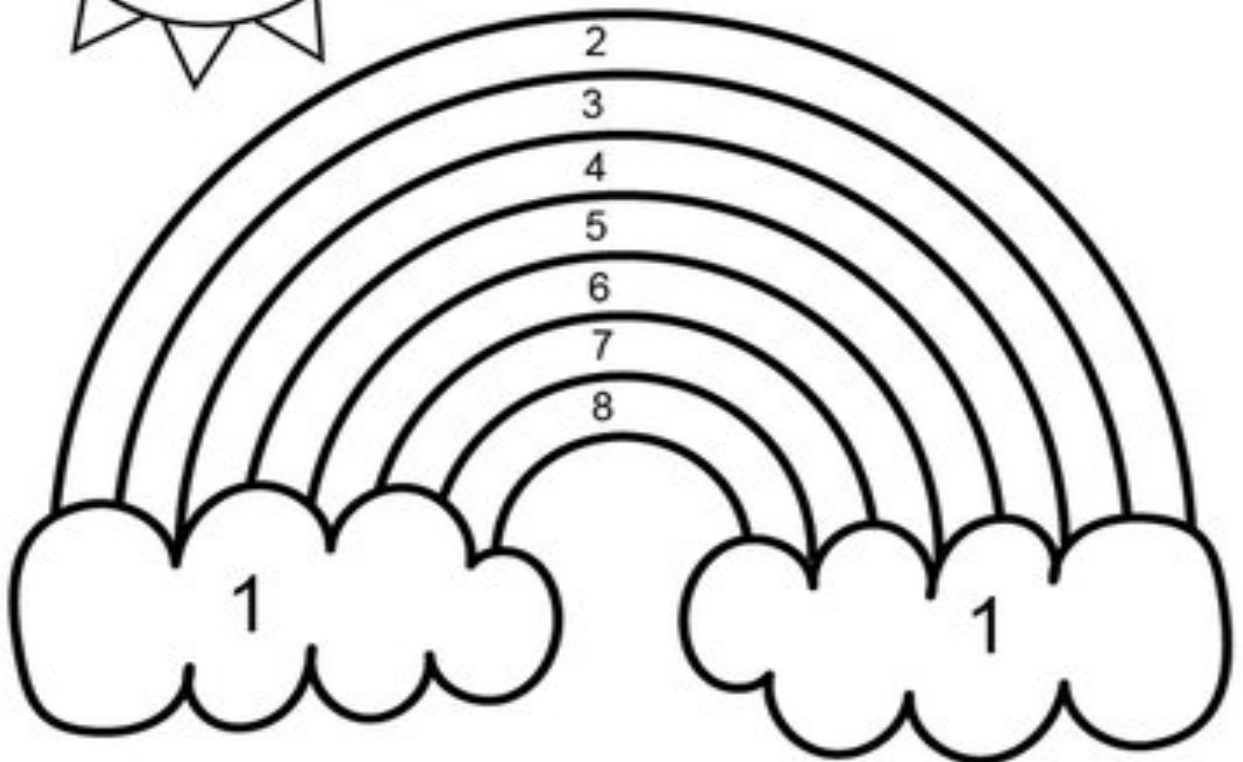
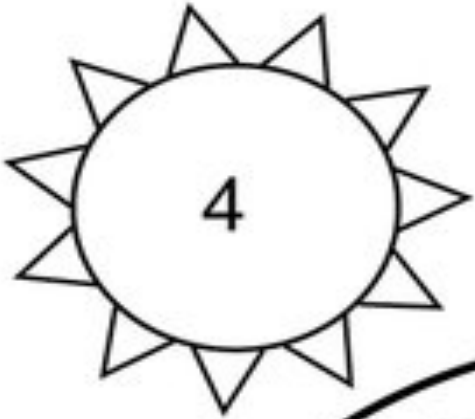
# GRATITUDE SCAVENGER HUNT

FEELING GRATEFUL CAN HELP US  
TO FEEL GOOD. CAN YOU FIND:

-  Something that makes you feel happy
-  One thing you love to smell
-  Something you like to look at
-  Something that is your favourite colour
-  Something that makes you smile in nature
-  One thing that is very useful for you



# Colour By Numbers Rainbow



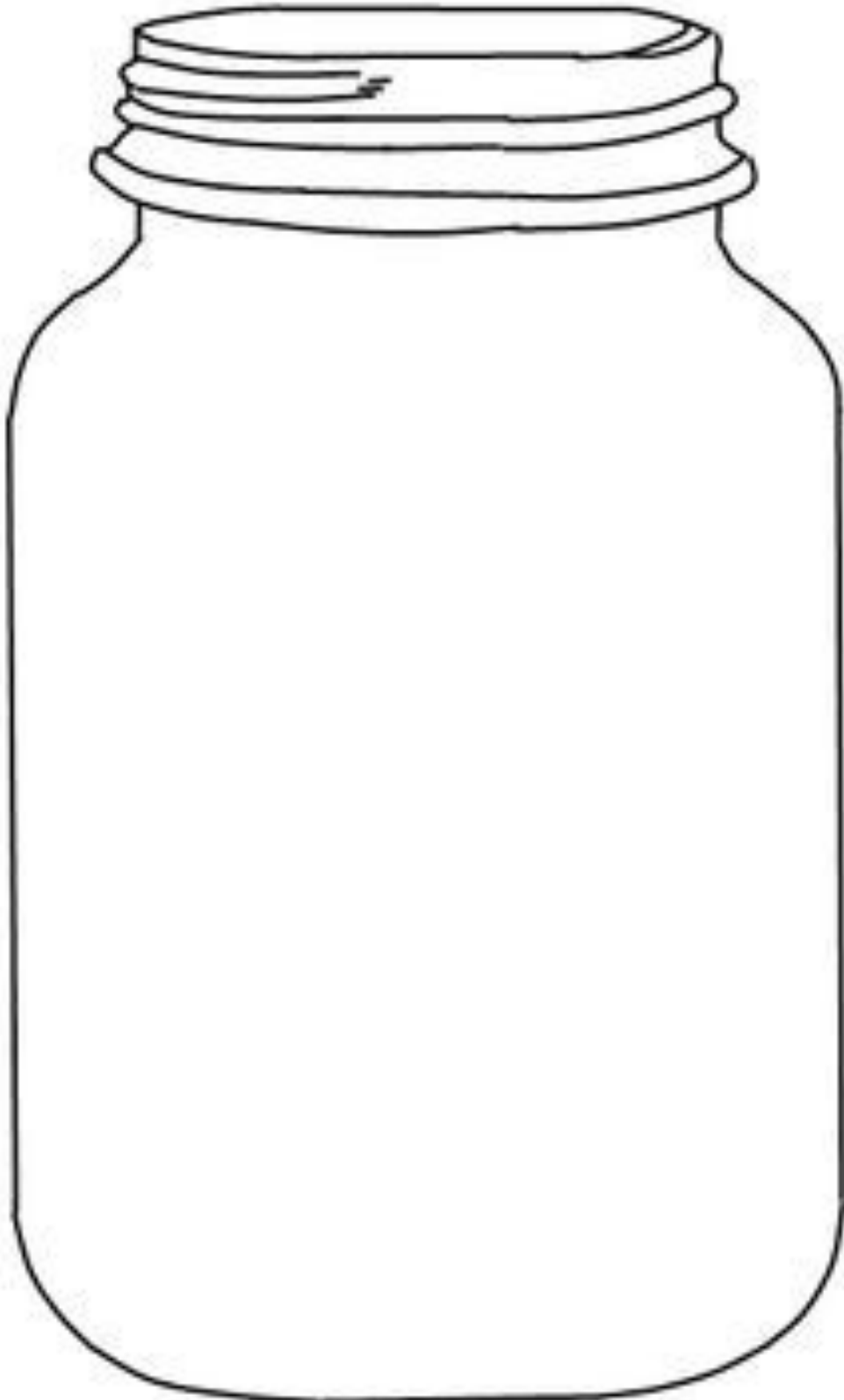
1- white  
2- red  
3- orange  
4- yellow

5- green  
6- blue  
7- indigo  
8- violet

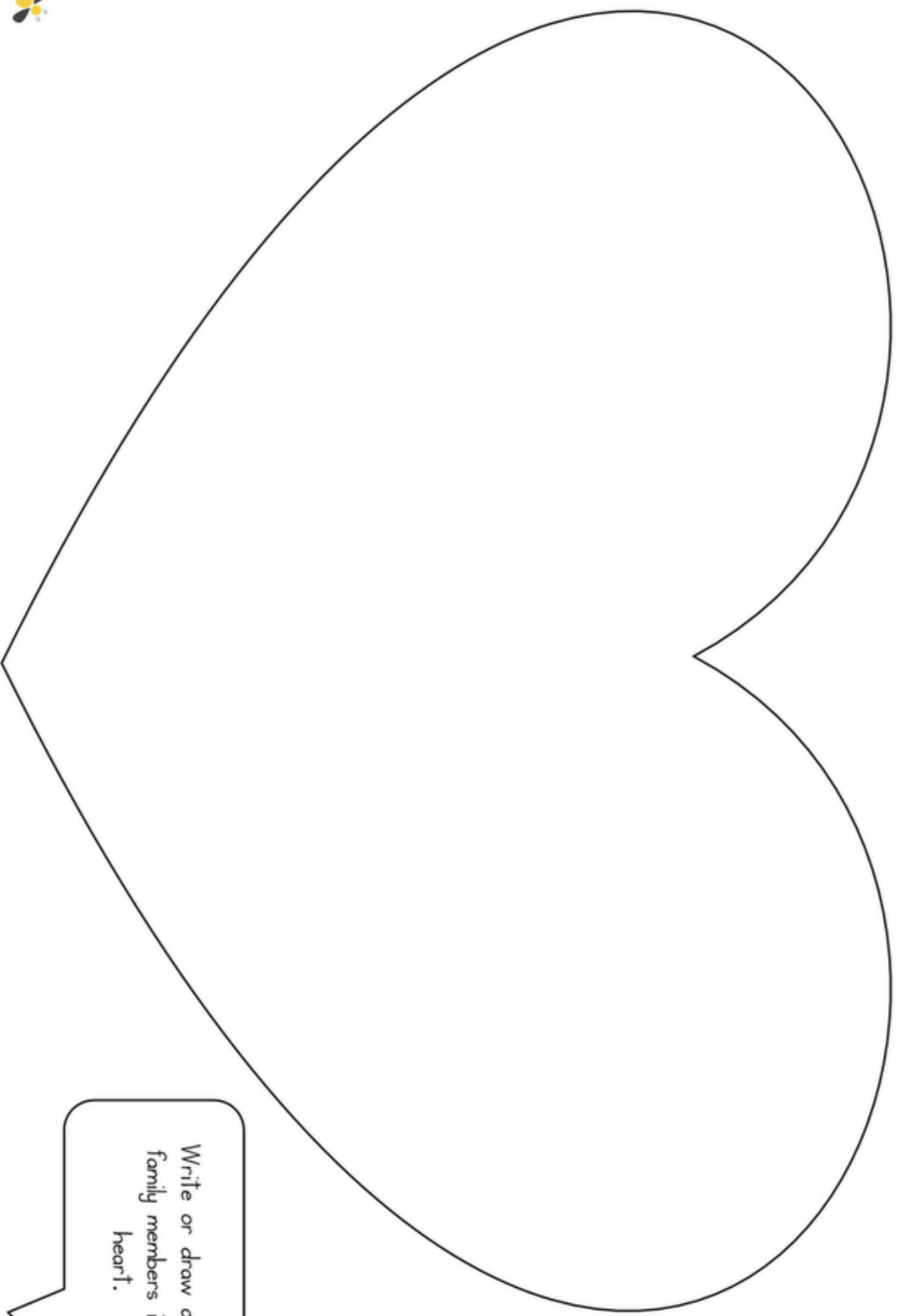
# Gratitude Jar

Every day write down something that  
you are grateful for.

Fill it up!



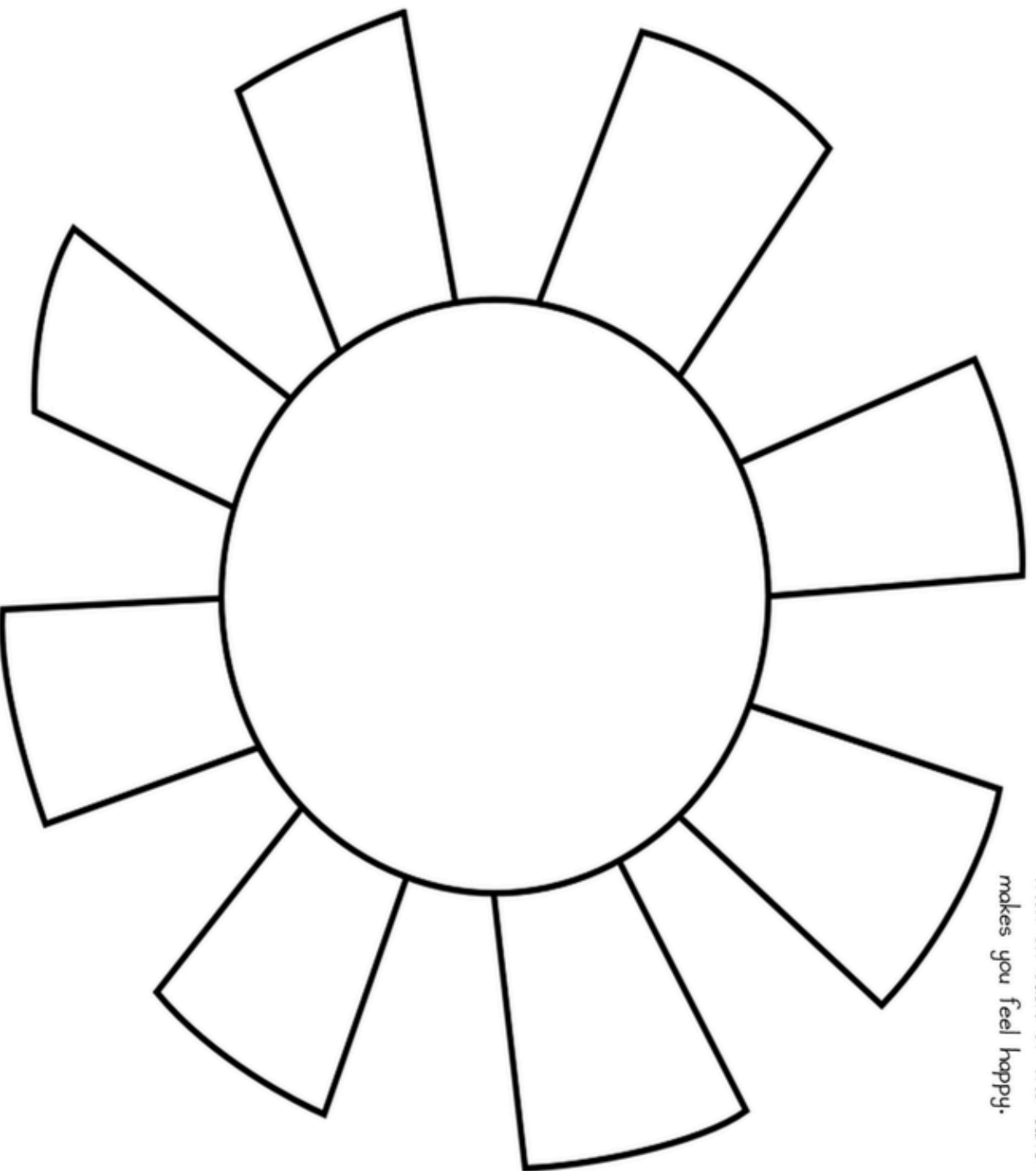
# My Family Heart



Write or draw all your family members in the heart.

# What Makes me Happy?

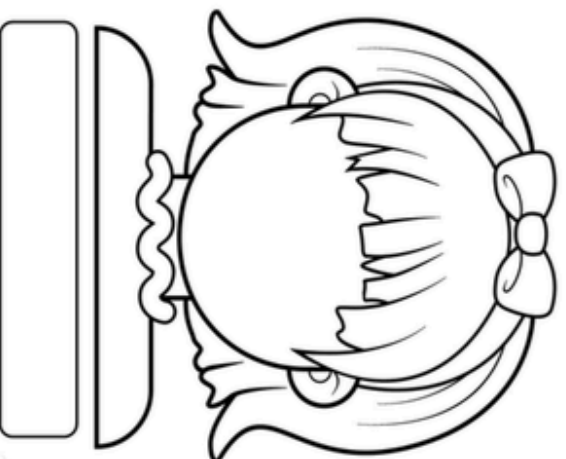
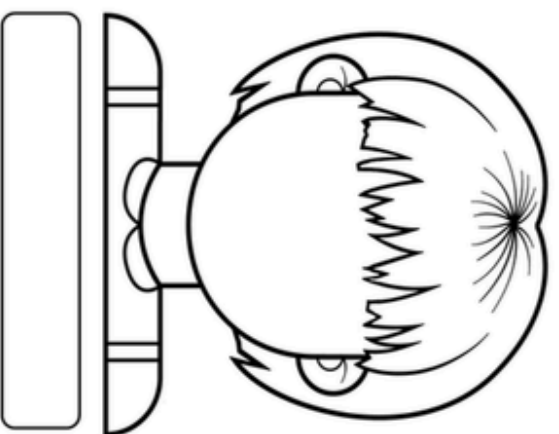
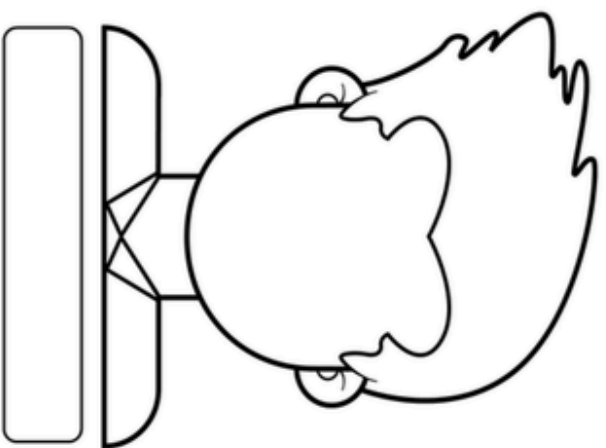
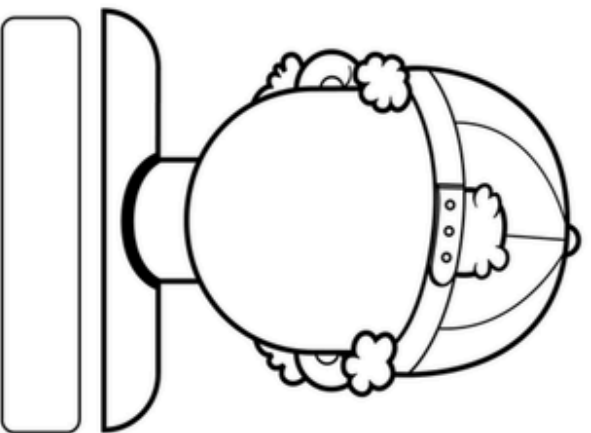
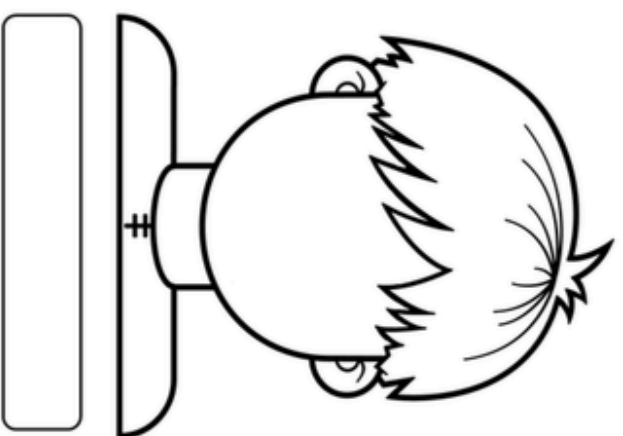
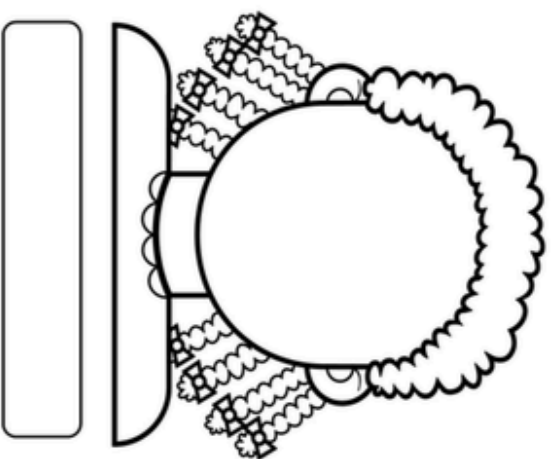
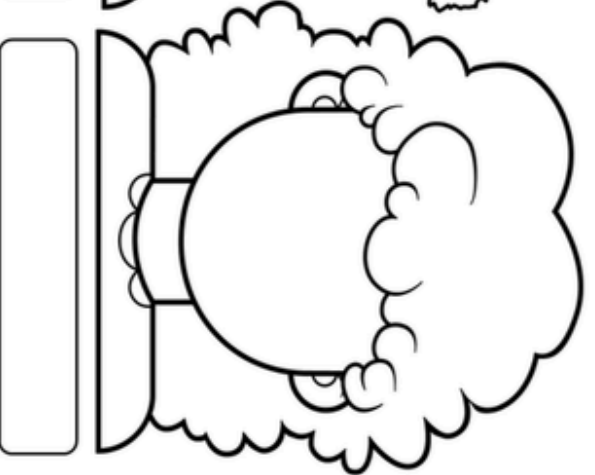
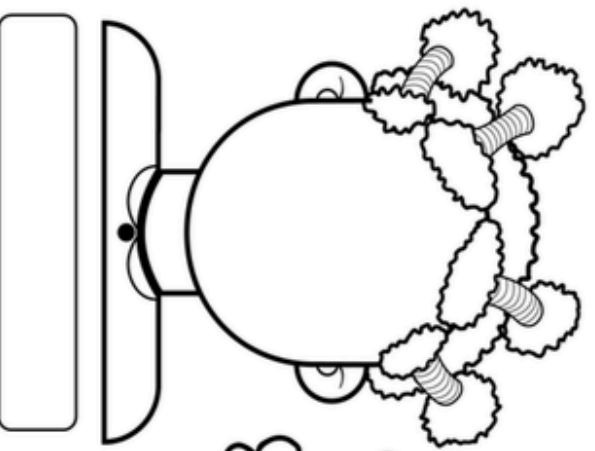
Draw your happy face in the middle of the sun and then on each of the sun's rays write something that makes you feel happy.





# Feelings, Words and Expressions

- Choose an emotion
- Draw the facial expression
  - Write the emotion word



# Reflections About Me

Finish the sentences

I dream about	
I am good at	
I am proud of	
I am afraid of	
I cry about	
I get angry when	
I wish for	
I love	



# Take a Mindful Minute

What can you see, hear, smell, feel or taste?

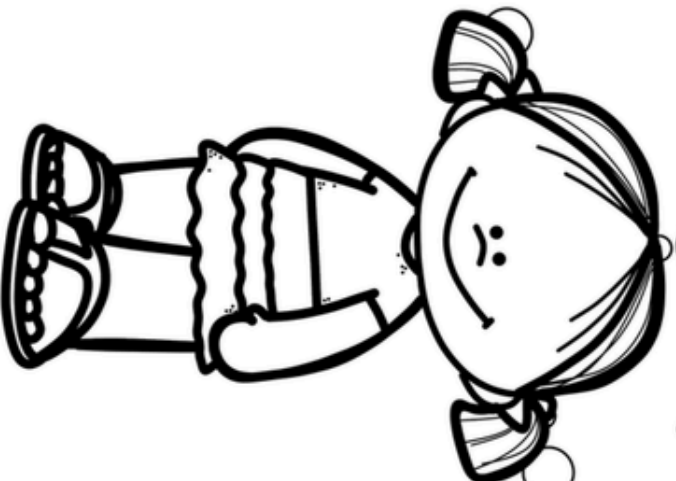
SNELL

TOUCH

TASIE

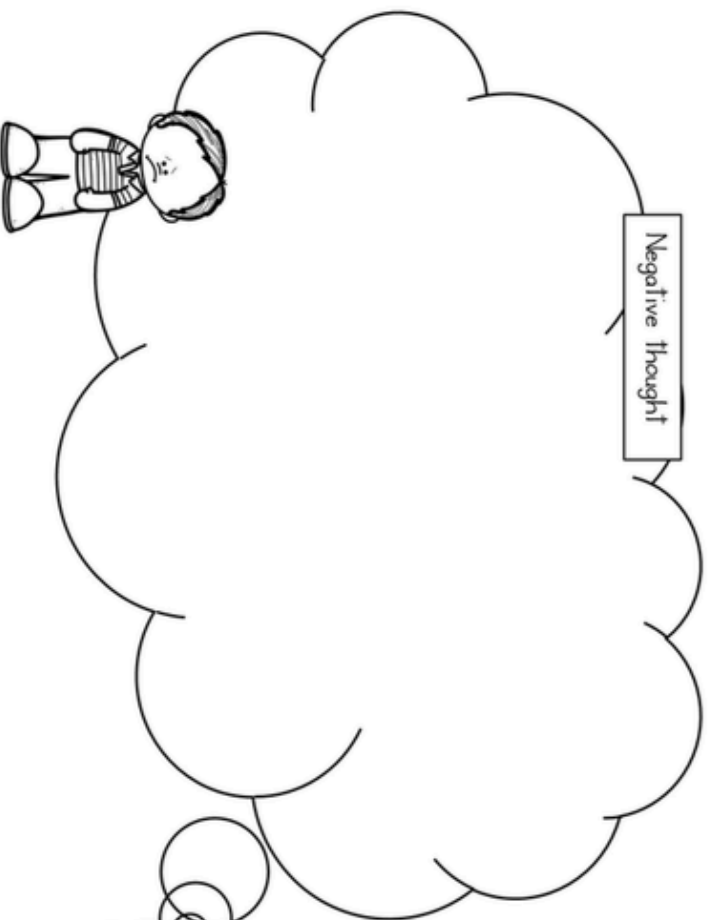
SEE

HEAR

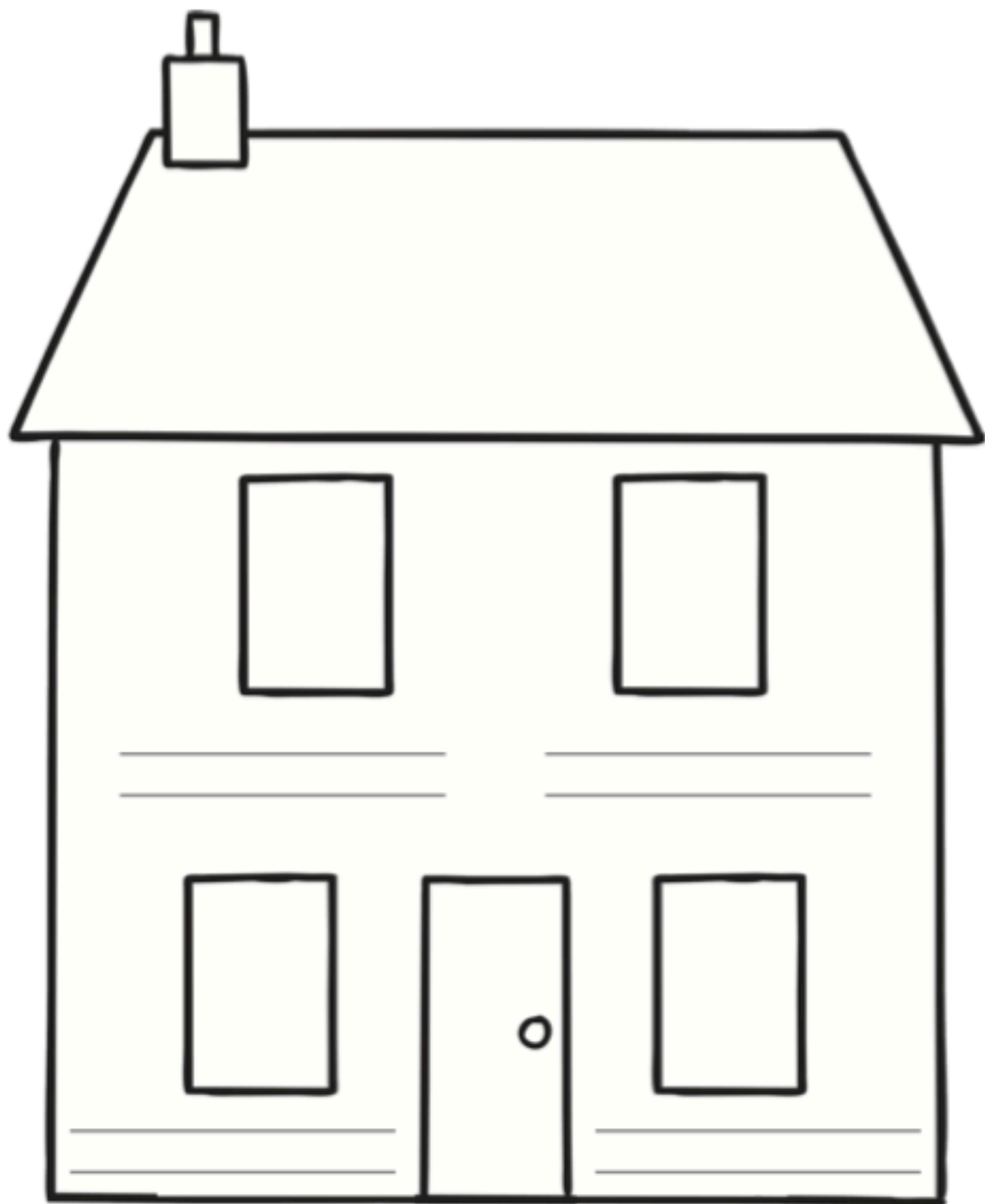


# Positive Thoughts/Negative Thoughts

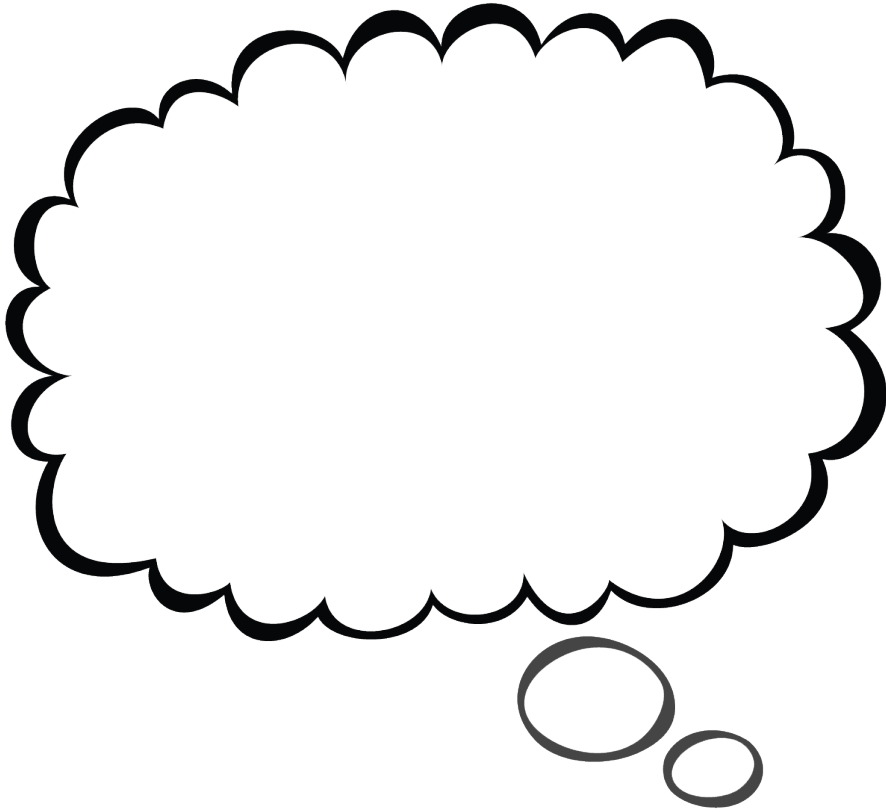
Give an example of a negative thought in one thinking bubble and an example of a positive thought in the other thinking bubble. Which thought do you prefer?



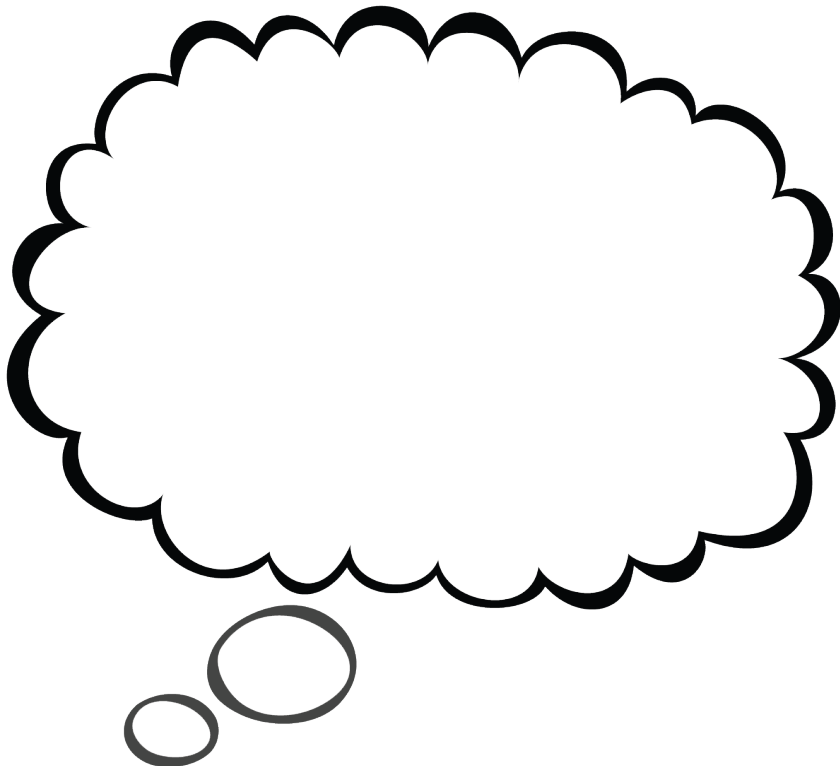
# The People In My Home



What I love about being at home.



What I miss about being at school.



# Things I want to tell my teachers when I go back to school.

Use this page for all of the things you will share with your  
teacher when you are back in school.



## Resources on YouTube

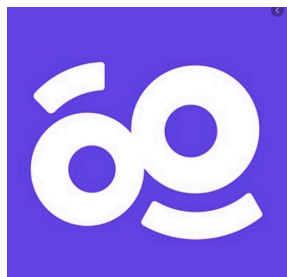
Search “Peace Out” for stories to relax and help you to sleep.



Search “Cosmic Kids” for yoga and stretching activities.



Search “Go Noodle” for breathing, dancing and singing fun.





## Credits

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[www.annafreud.org](http://www.annafreud.org)

Rebecca Hills

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