



It's important to share your feelings with others so they know how to help you.



If you're UPSET or HURTING, let mom, dad or someone you trust know you're having a hard time.

BETTER

But there are LOTS of ways we can make ourselves feel



It's been months since the pandemic started. And you might be feeling worried... scared... frustrated.

A Kid's Guide to Coping with the Pandemic

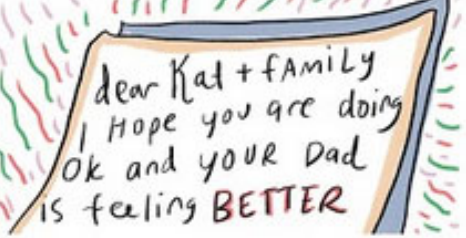
by Malaka Charib



Or you can even wrap your arms around your shoulders and give yourself a BIG SQUEEZE!



Sometimes it feels good to let out how you feel inside, instead of keeping it all in.



Another way to improve your mood is to TALK TO YOURSELF and tell yourself something

TAKE A DEEP BREATH AND SAY TO YOURSELF:



It can be very calming to say those phrases while breathing in and out slowly- especially if you're scared.

Another way we can CALM ourselves down is to FOCUS on the PRESENT MOMENT.



In the pandemic we may not be able to give hugs to all our family and friends. But if you MISS getting HUGS, there are ways to GET them!

- HUG A FAMILY MEMBER IN YOUR HOUSE
 - GIVE A VIRTUAL HUG
 - HUG A STUFFED ANIMAL...
 - ...OR A VERY LARGE PILLOW!
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