

Families around the country have been impacted by the coronavirus, leading to an increase in stress. For some, this experience has been traumatic and has led to significant negative impacts on their lives. For children, so many changes they are experiencing can have a long term impact on their mental health and development. One of the ways to help children move forward and make sense of big changes is through the creation of a story or “narrative”. A narrative is the story that children tell in their own words about a scary or difficult thing that they experienced.

When children have a story they can understand in their own mind, that helps them make sense of what they have experienced, and they are better able to manage their feelings. When children *avoid* thinking about the stressful event, they may have behavioral problems, anxiety (worry) or depression (sadness).

The activities in this packet can help children begin to make a clear story, and “connect the dots”, about the stressful experiences they are going through.

As a parent or caregiver, ask your child to fill out this packet – encourage them that there are no wrong answers and that all their feelings are welcome – even difficult feelings. You can read what they’ve done with them and get a better idea of what your child is feeling, thinking, and experiencing. Try to talk with them about this in a supportive way, for example saying that whatever they feel is ok. If your child already has a counselor or mental health provider, you can encourage them to show their work to their counselor.

Obviously, most of us do not have a printer or access to one, and that’s’ ok. You can just read the activities on the computer and do them on any paper at home.

Name \_\_\_\_\_

**What are some things that have changed for you since the coronavirus**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

**What are some things that have been BETTER for you since the coronavirus**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

**What are some things that have been WORSE for you since the coronavirus**

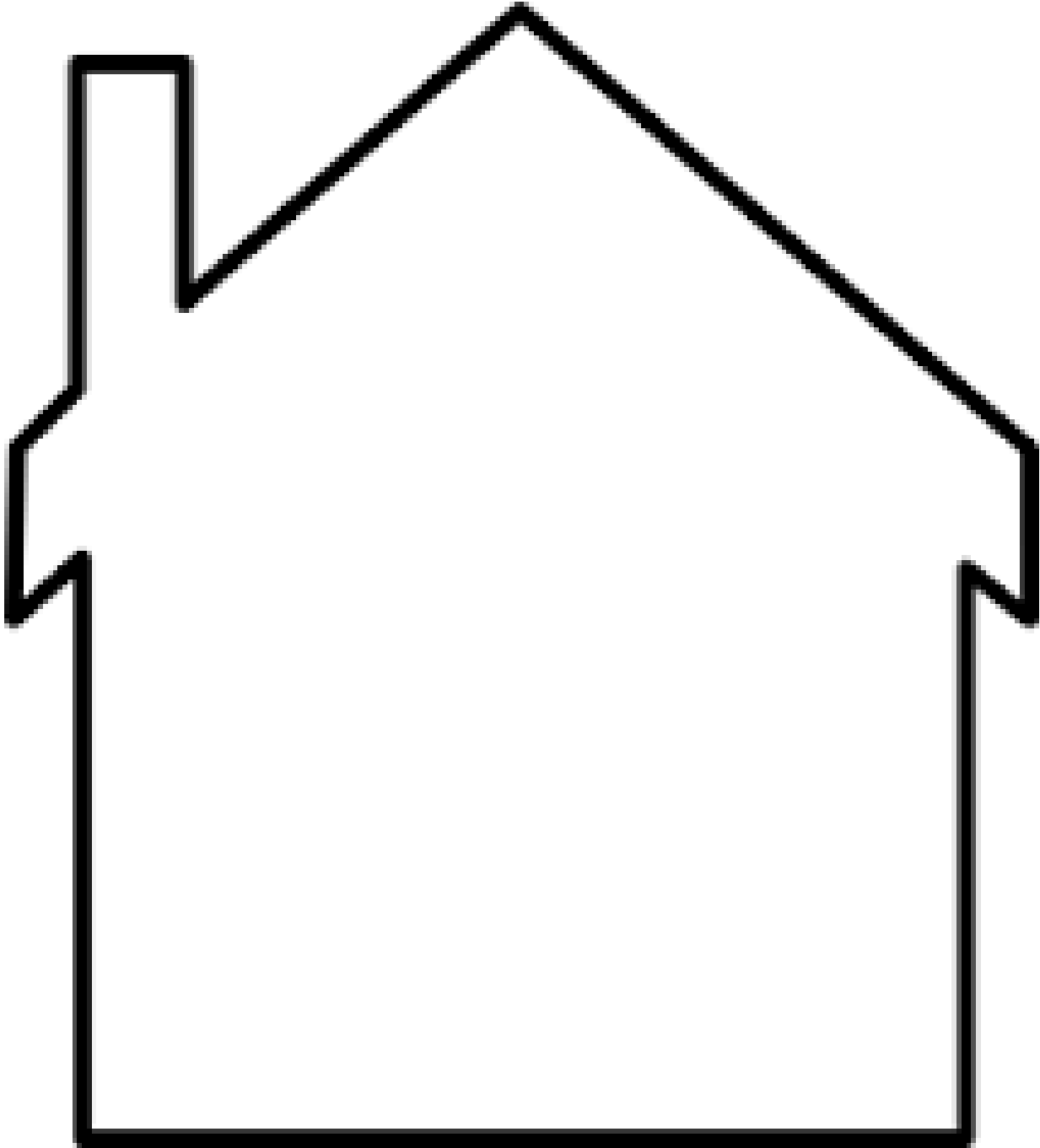
1) \_\_\_\_\_

2) \_\_\_\_\_

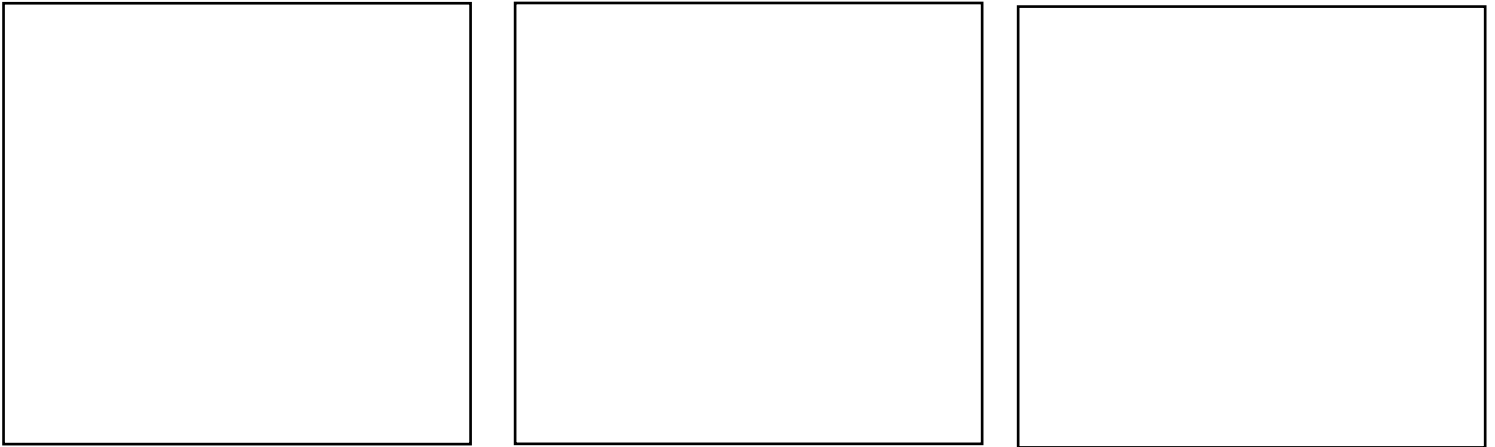
3) \_\_\_\_\_

4) \_\_\_\_\_

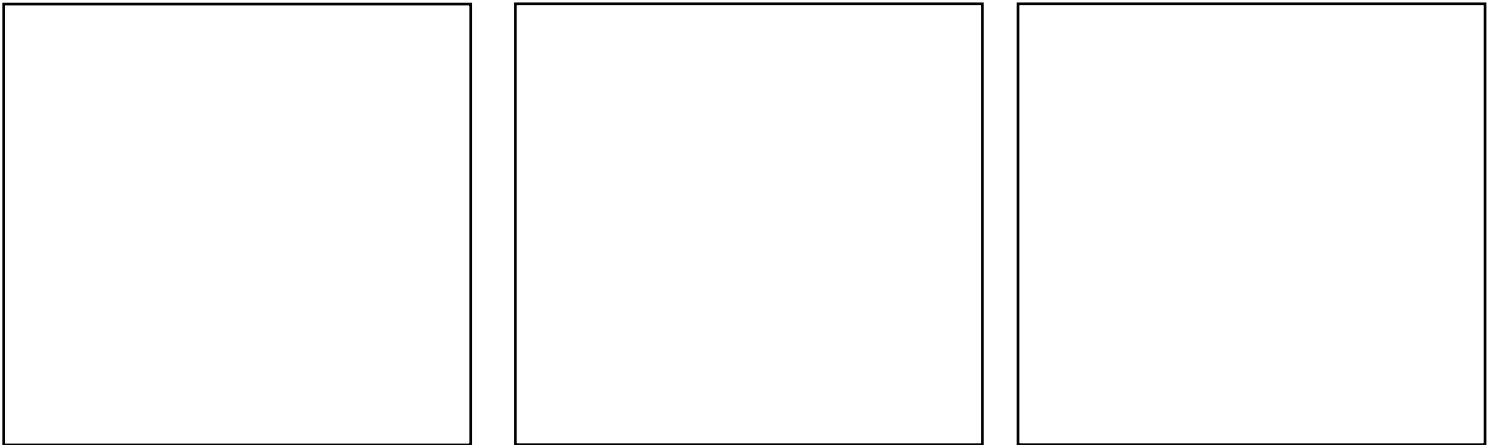
**MY HOME (Draw your home. Make sure to include lots of details)**



**What activities have you been doing since you've been at home. Draw them in the boxes below:**

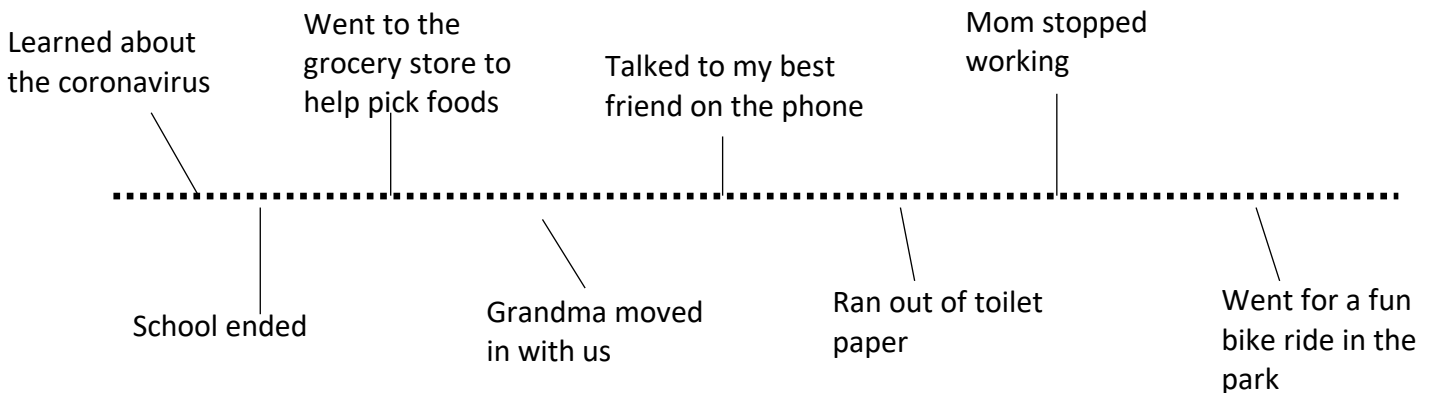


**What are some activities that you wished you could do more of? Draw them in the boxes below:**



**Timeline:**

**Fill in or draw your own timeline. Use the example timeline to help you. Include important days in your timeline. For example, when was your last day of school, was there a day that someone got sick or had to go to the hospital, when did you last see your friend. You can continue to make or add to your timeline as new things happen**



**My timeline:**



**List some things that you have learned since the coronavirus:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

**Circle the emotions you have felt since you have been staying at home more:**

SAD	NERVOUS	BORED	HUNGRY	AFRAID	HAPPY
COMFORTABLE	TIRED	WORRIED	DEPRESSED	CALM	SCARED
ANGRY	HELPFUL	SLEEPY	EMPTY	TENSE	GUILTY
ENERGETIC	MOODY	PEACEFUL	JEALOUS	BLAH	NUMB

**Family Drawing: Draw a picture of your family in the space below:**

**If you could give your PAST self some advice what advice would you give? Draw a picture of you going back in time to give yourself this advice:**

**If you could give your FUTURE self some advice what advice would you give? Draw a picture of you going into the future to give yourself this advice:**