

Kids & COVID Questions - by Anjula Evans - Activities

FEELINGS

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Come up with as many feelings words as you can, using each letter of the alphabet. You can set a timer for this game, for fun!

A -

B -

C -

D -

E -

F -

G -

H -

I -

J -

K -

L -

M -

N -

O -

P -

Q -

R -

S -

T -

U -

V -

W -

X -

Y -

Z -

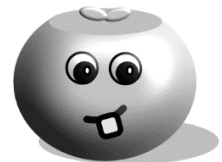
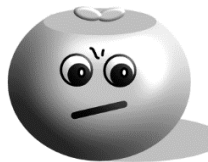
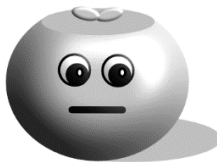
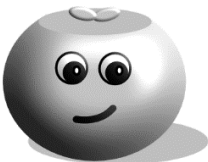
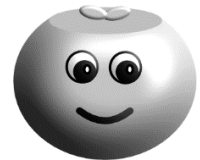
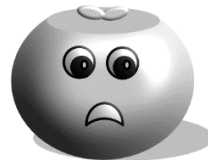
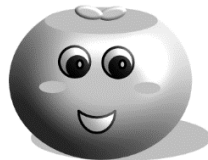
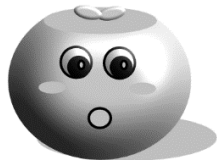
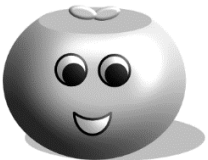
FEELINGS JOURNAL:

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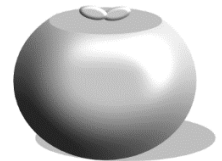
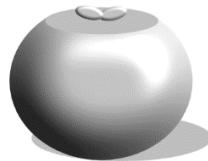
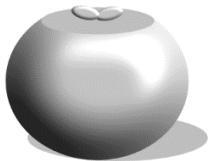
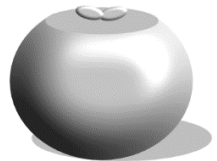
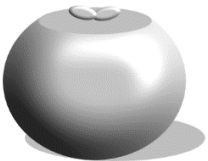
TODAY I FEEL:



WHY DO I FEEL
THIS WAY?



DRAW SOME FACIAL EXPRESSIONS YOU'VE SEEN



Thought Hunt

Situation:

Thoughts:

Feelings:



Thought Change:

New Feelings:



_____ 's Pandemic Plan

New skills I'd like to learn:

A goal for organizing my space:

Skills I'd like to develop more:

A goal for the family:

Projects I'd like to start:

Something fun I'd like to do:

Projects I'd like to complete:

Something special for someone:

Fill in the blanks with your own activities for days you are home. Remember, you can list "Free Time" as a time, and also change your schedule if the family schedule changes.

My Daily Schedule

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Breakfast

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Lunch

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Dinner

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Bedtime

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