

Covid-19

& Me

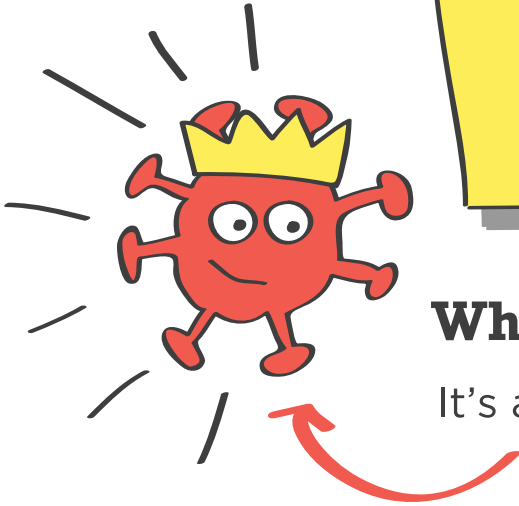
How do I feel?

Name:

Date:

Country:

Covid-19 / Coronavirus



What is it?

It's a virus

How does it spread?

Mainly through droplets that come out when people cough and sneeze. We can also get it by touching contaminated surfaces and then our eyes, nose or mouth.

What are the symptoms?

The most common symptoms are cough, fever, and trouble breathing.

How do we avoid getting it?

- By washing our hands often with soap and water.
- By disinfecting anything that could have come in contact with the virus (especially doorknobs).
- By staying isolated. **BY STAYING AT HOME.**

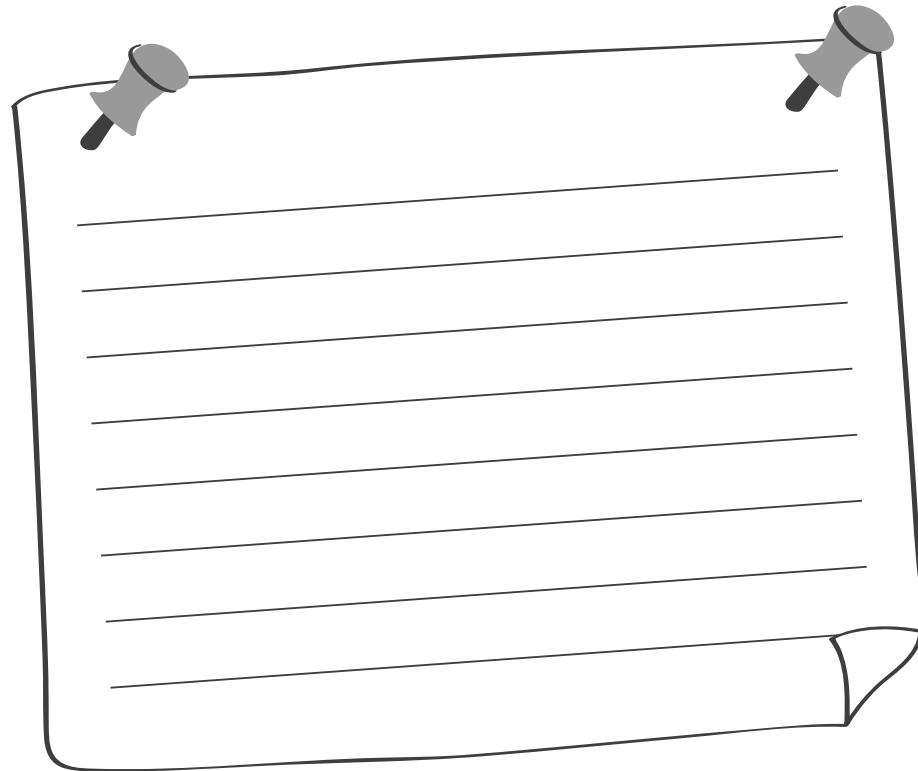
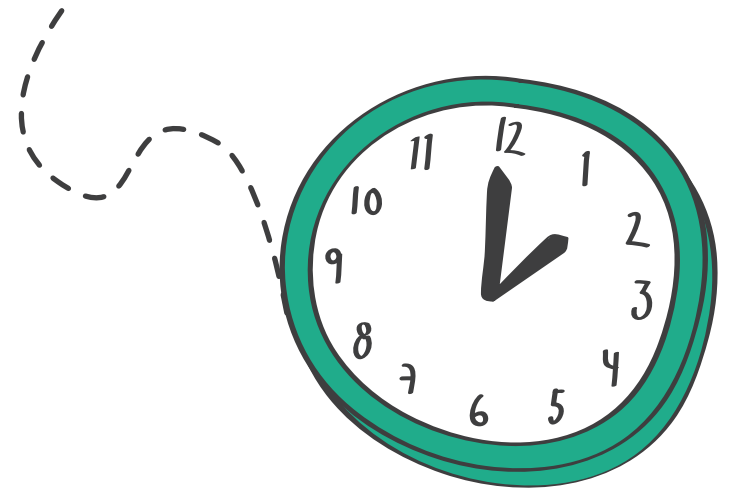
Why is everyone so worried?

- Many people have died from this virus.
- So far, there is no vaccine.
- There are many infected people in many countries.
- Since we have to **STAY AT HOME**, many people are scared of losing their jobs and running out of money.

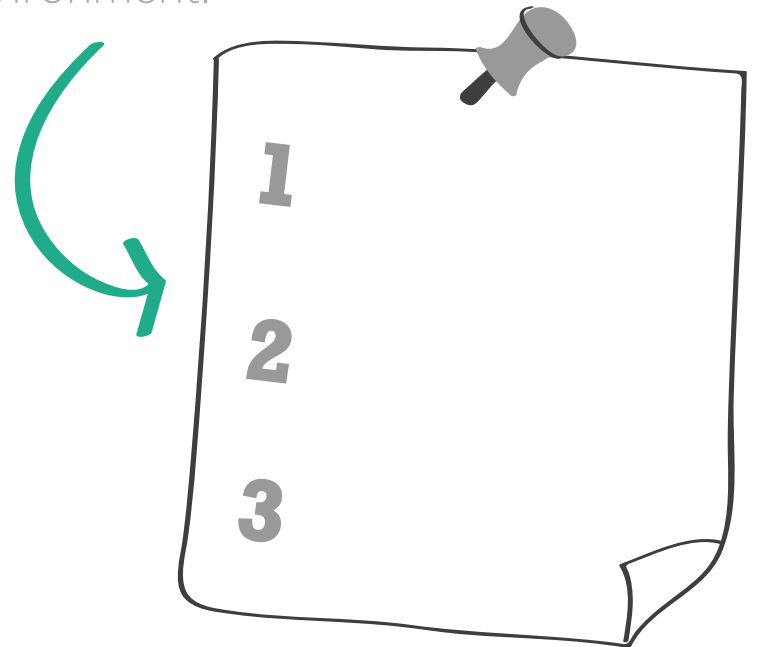
It's as though human life has been put on hold.

The clock no longer matters.

List the things you have had time to do, see or watch, think about, write, feel, etc.



Think of three positive effects on the environment.



How long have you been isolated? _____ days



It's very important for you to know that...

1 This is a global situation



2 It's **NOT** your fault

3 It's **NOT** a punishment

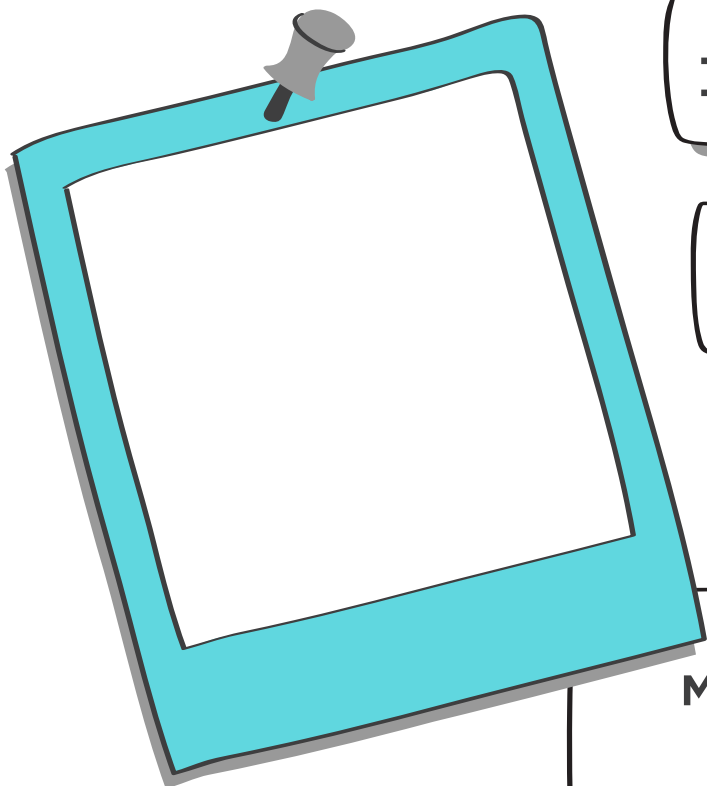
4 What we are doing, staying home, is very important. **Thank you!**



5 Sooner or later, this will be over.
It won't last forever.

So that I won't forget this historic experience...

Who am I today?



I am ____ years old ____ days old

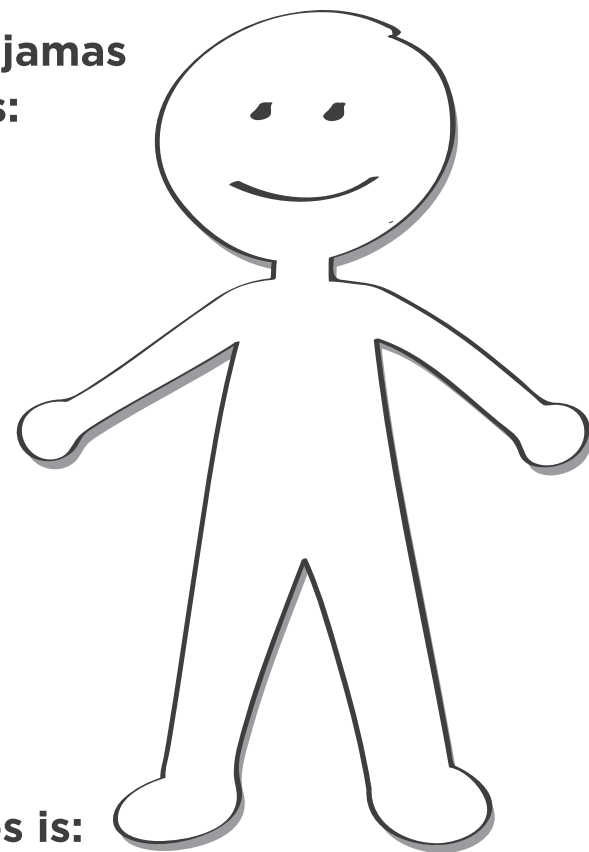
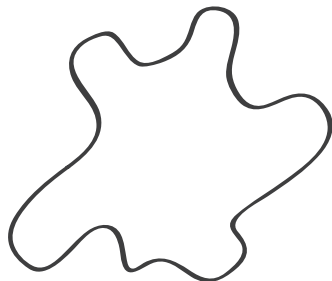
I weigh ____ pounds

I am ____ inches tall

My favorite pair of pajamas
or piece of clothing is:

My best friends are:

My favorite color is:



My favorite pair of shoes is:

How do I feel?

This situation  makes me feel many different emotions.

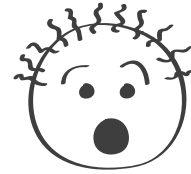
Write down when throughout the day or in what situations you're likely to feel like this:



Calm



Sad



Scared



Mad



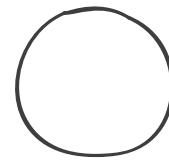
Worried



Happy



Frustrated



Other: _____

Then and now

What has stayed the same?

- I shower every day

What has changed?

- I can't go out of the house

Events

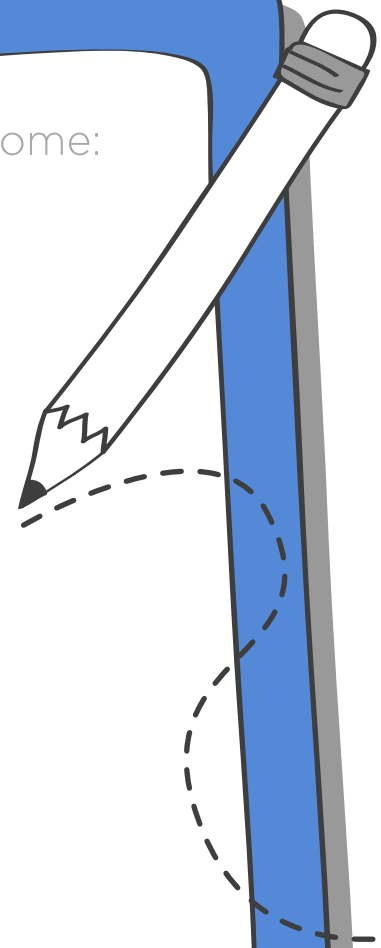
Some events or plans have had to be cancelled or postponed. It especially hurts that these were cancelled:

Event	Date	Who was going to be there?	Could it be postponed?

Though in a different way, **other events did take place!**

Event	Date	Who was there?	How did it go?

Attach a picture or draw what you have been doing these days at home:



“Turn ordinary into extraordinary!”



Have I been out on the street? Yes No

Do I have homework? Yes No

Do Mom and Dad work from home? Yes No

Am I fed up sometimes? Yes No

Have I learned something new? Yes No

Do I know someone who has Covid-19? Yes No

Have I done puzzles? Yes No

Have I done arts and crafts? Yes No

Do I feel scared when I listen to the news? Yes No

Have I read a book? Yes No

Which one?

Have I watched a new movie? Yes No

Which one?

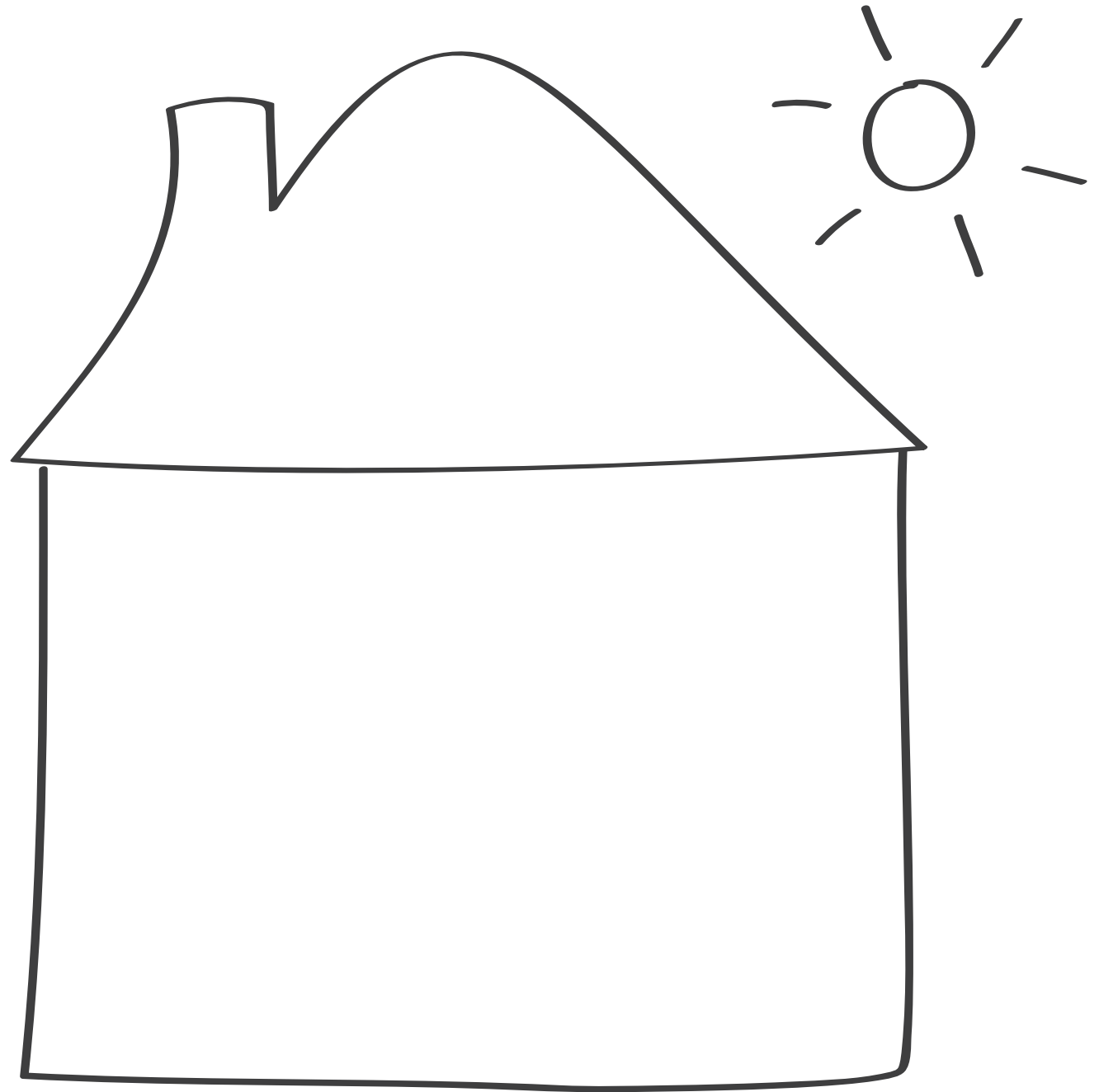
Have I seen a new TV show? Yes No

Which one?

Have I been cooking? Yes No

What?

**Our home
is not a jail.
It's our safe
place** ❤️



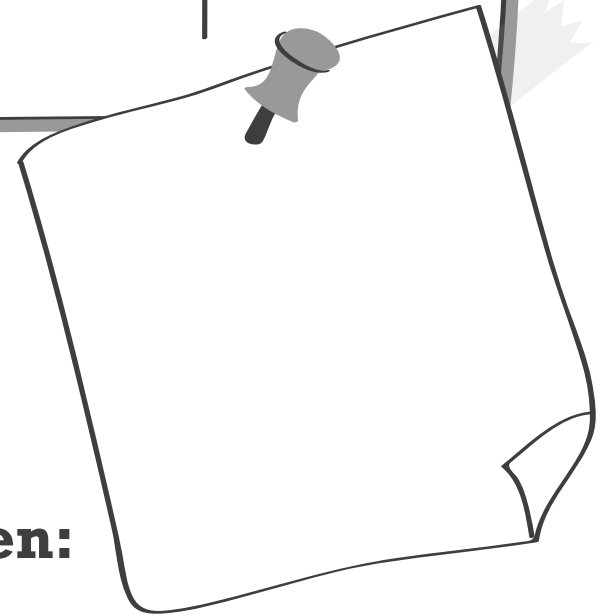
Draw your favorite
place in the house.

Each day, write down an activity that you enjoy and repeat it each week:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Here are some ideas: gardening, cooking, reading, dancing, cleaning the house, exercising, drawing, painting, washing the car...

My favorite thing to do during this time has been:



Respect and tolerance

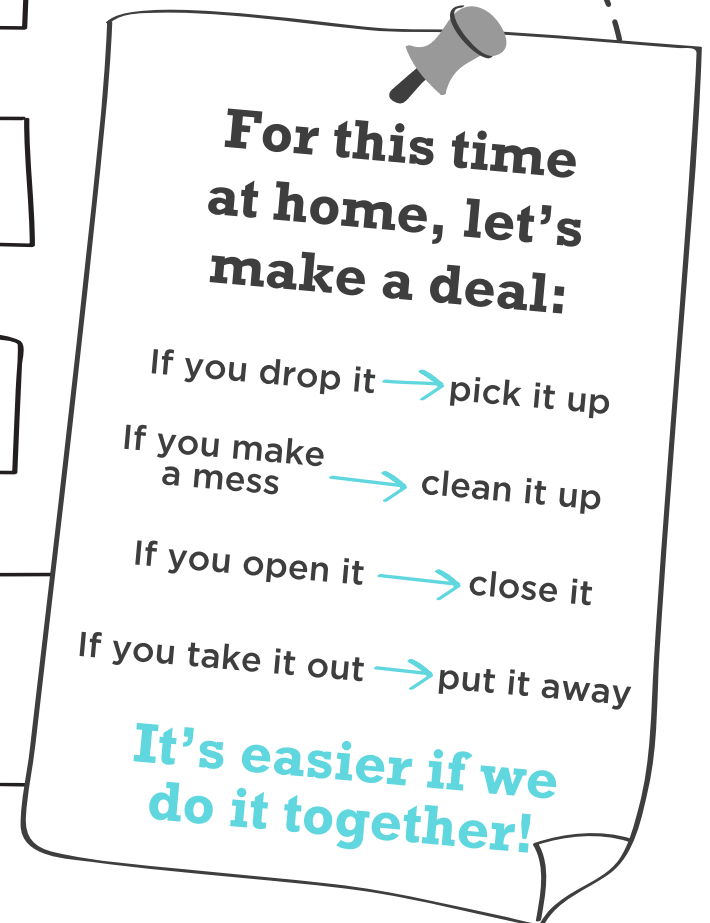
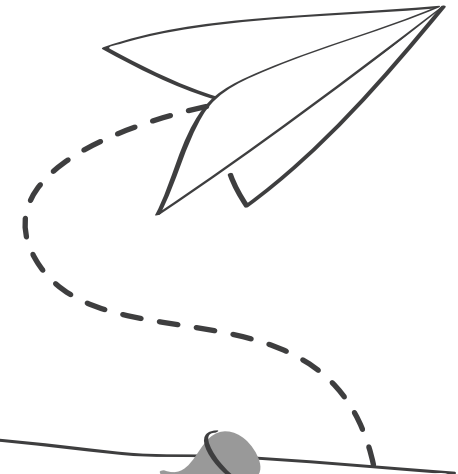
Sometimes we need to do things by ourselves, and other times, we need to be with others.

What does my dad need alone time for?

What does my mom need alone time for?

What do I need alone time for?

What can we all do together?



Interview

Interview a person you live with.

Name of the person:

What has been the hardest part about this experience?

Three lessons you've learned:

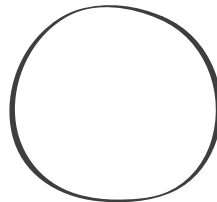
If you could go out, where would you go?

What has been your favorite moment?

How can I help you?

What are you thankful for?

How do you feel right now?



Interview

Interview someone who doesn't live with you.

Name of the person:

What has been the hardest part about this experience?

Three lessons you've learned:

If you could go out, where would you go?

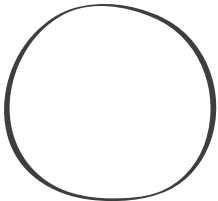
What has been your favorite moment?

How can I help you?



What are you thankful for?

How do you feel right now?



There are some things I miss, but others I don't



Things I DO miss

- Seeing my friends
- Hugging my grandparents
-
-
-
-
-
-
-
-
-



Things I DON'T miss

- Waking up early
- Traffic
-
-
-
-
-
-
-
-
-

Notes

To myself:

To myself in one year's time:

To my parents:

To _____:



TOOLTOYS

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Thank you!

Why am I grateful from this experience?

I thank my mom for:

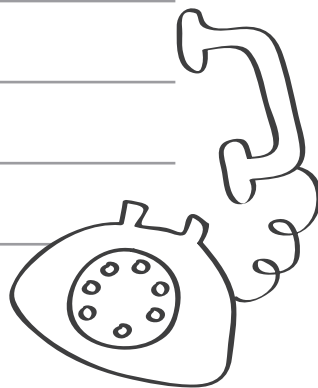
I thank my dad for:

I thank _____ for:

S.O.S

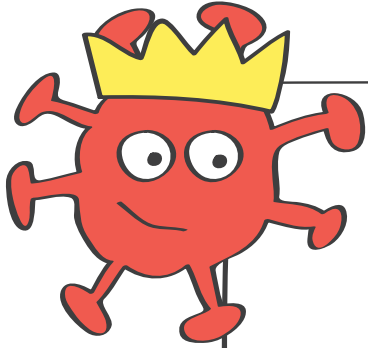
Write a list of the people you miss the most. If you can, every day, give one of them a call just to say hello. if you did it.

<input type="checkbox"/>	_____
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Who can I help?

How can I help them?



Do you know anyone who has gotten Covid-19?

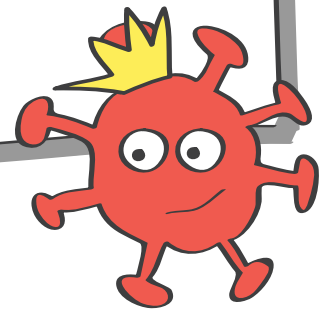
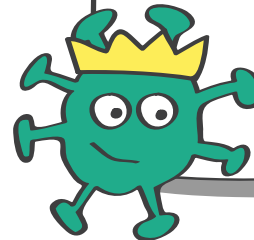
Yes No

Who? _____

Are they or were they in the hospital?

How are they now?

What worries *you* about this virus?



Future Plans

When this is over...

I think a few things will be different.

I imagine that:

- _____
- _____
- _____
- _____
- _____

The first thing
I want to do is:

The first people
I want to hug are:

Other activities
I want to do are:

Covid-19 and this experience will leave a mark on the planet

Using ink or paint, stamp your fingerprints on this sheet and have the people you're home with do the same. Have fun and decorate them!



To the parents:

This is a new, unforeseen, and uncertain situation for children and adults alike that can lead us to feel anxious and powerless. We want to help put what we are feeling into words. If we have a chance to express it, we will all be better off.

Let us not focus on what we are losing, but instead, on what we are gaining. **LET'S NOT LOSE HOPE.**

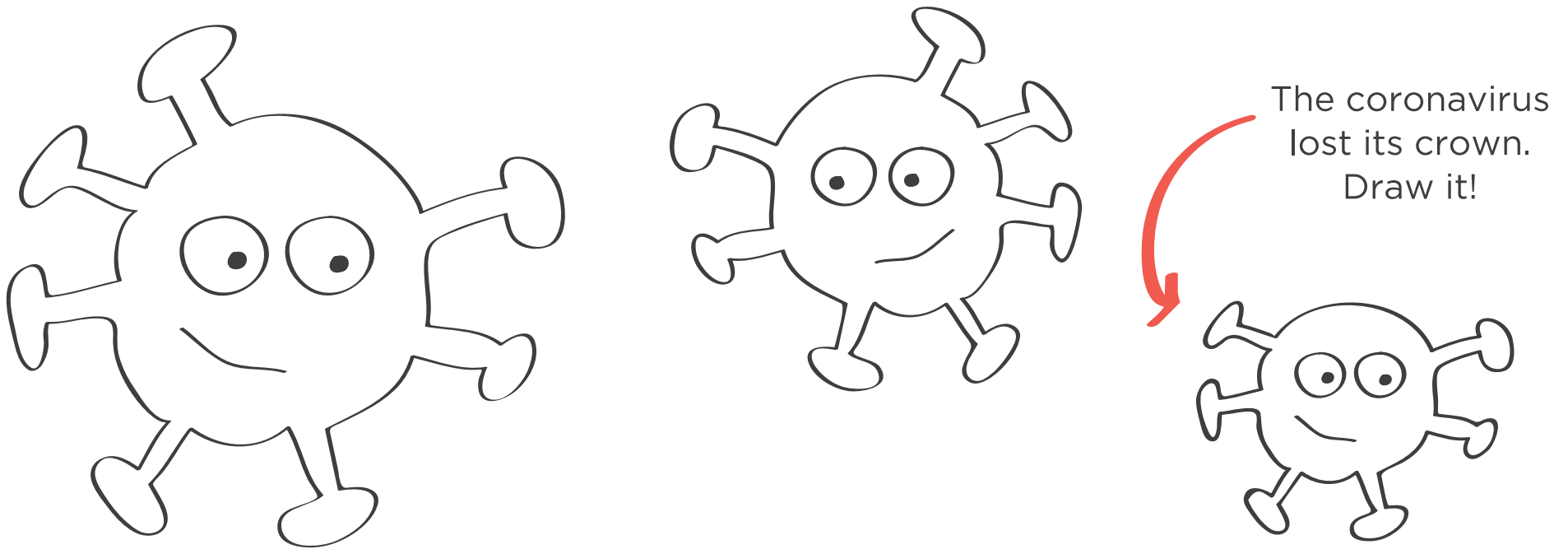


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We'd love to hear from you!

Please share some photos of the pages in your book on social media.

#covid19yyo #tooltoys




Tooltoys help kids work with emotions. Born out of the needs observed in DITE emotion workshops, they aim to teach children to identify, acknowledge and express their emotions in the best way possible, positively impacting their emotional wellbeing.

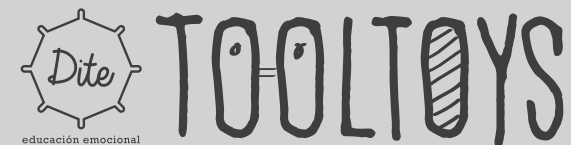
Go to www.tooltoys.mx and learn more about other tools to help children with:

- Nightmares
- Anger and self-control
- Grief
- Gratitude
- Self-esteem
- Fear and worry
- Identity
- Illness (their own and others')
- Hospitalizations

Products available for online purchase.

Join our efforts  to heal the hearts of more children!

Donations and contributions:
Account BBVA 0114028953
Clabe 012180001140289533



Mexico City, April 2020