

COVID-19

RESOURCE GUIDE



Impact Therapy
CENTRE

*“As you grow older you will discover
that you have two hands,
one for helping yourself,
the other for helping others”*

Audrey Hepburn



Impact Therapy
CENTRE

April 2020

Compiled by Ashleigh Yaman

Dear Clients,

The COVID-19 pandemic has appeared out of the blue and is unprecedented territory for all of us. In this place of uncertainty and on-the-go adaption, it is normal to feel overwhelmed, stressed and anxious. The impacts of this pandemic are widespread, not only posing potential risk to our physical bodies and the physical bodies of our loved ones, but also posing a threat to our emotional well-being, our access to our usual financial income (which may also mean limited access to meaningful work and a sense of purpose) and therefore implicating our individual financial well-being and also the general economic status of our country.

So, in the midst of being overwhelmed and stressed and acutely aware of all the things we CANNOT do, we, as the Impact Therapy Team, have put together this resource guide to help you focus on some things that you CAN do. The resources you'll find in this guide have been included with the hope that you will be mobilized to control the things that are within your reach to control and to assist in the promotion of your overall well-being during this terribly trying time.

We are all in this together and the Impact Therapy Team, as well as a vast and very passionate community of psychologists and other healthcare workers, are still here for you.

We look forward to the day when we can see you all again in person, but for now, rest assured in the fact that you have all of the devotion, attention and care we would normally pour into our clients, but just from a socially safe distance.

Sending all our love and positive thoughts,
The Impact Therapy Team



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This booklet contains:

- 5** Accurate and reliable COVID-19 information sources
 - 6** General stress management tips
 - 7** Hope and Gratitude Promotors
 - 8** Creating a new pathway in the snow: a tool for breaking negative thought patterns and behaviours
 - 10** Thought Journal
 - 11** Grounding Techniques
 - 13** Breathing Techniques
 - 14** Going on a mind adventure: Guided Imagery
 - 17** Connection over Isolation: Tips for staying connected while social distancing
 - 17** Brainspot yourself!
 - 19** My COVID-19 Journal (Nicole Batiste, 2020)
 - 34** My COVID-19 Time Capsule for Kids (author unknown)
 - 45** Managing my Mood for Kids (Rob Wolf, 2020)
- Sections 9-12 are resources obtained from various authors.
 - Sections 10-12 are specifically for children.



■ Accurate and Reliable Information

We piece together our reality with the information that we receive both from the general environment around us, as well as the people around us. It is therefore, crucially important to choose the information shaping your reality very wisely. As you may be aware, there has been an array of fake news making its rounds, which will ultimately impact the reality that you experience and could potentially add to your sense of being overwhelmed.

That being said, NO information can also be anxiety provoking and it is thus essential to manage this balance of accessing enough accurate information to help manage your anxiety without being overwhelmed by information that may not even be true. Perhaps we need to exercise some 'social distancing' from unhelpful news sources.

Below is a list of credible COVID-19 information sources which you are welcome to use as and when you wish:

Trackers • [COVID-19 Tracker](#)
 • [Covid visualiser](#)

[National Institute for Communicable Diseases](#) (NICD)

[World Health Organisation](#) (WHO)

[Department of Health](#) (South Africa)

- [Dedicated Corona Virus site](#)
- Twitter: @HealthZA
- Emergency Hotline: 0800 029 000
- Coronavirus Hotline: 0800 029 999
- WhatsApp Support Line: 0600 123456 (text Hi to activate)

Impact Therapy Centre is now also offering a 30 minute consultation session for advice, questions regarding this booklet, or anything else you may wish to discuss:

- Phone Number: 0836951432
- Email address: impacttherapycentre@gmail.com
- Price: R400 for a 30 minute session



■ General stress management tips

There are many things that can be done to combat general stress and promote overall well-being. The individual suggestions listed below have been given to achieve holistic wellness.

- Maintain a **healthy sense of routine**. Try to keep your lockdown routine similar to your normal routine and practice mindfulness of what works for you as an individual when implementing your routine.
- **Prioritize sleep and rest**. Sleep hygiene is also important. Try to keep similar bed times and waking times every night and day to promote a balanced sleep-wake cycle. Try to avoid bright lights and screens close to bed time. Moreover, try to keep your bedroom exclusively for sleeping and other bed-based activities, if you know what I mean?
- Eat a **balanced diet**, with nutritious foods. Not only is this important for boosting your immune system during this time, but eating a balanced diet can also help with maintaining your mood.
- Avoid **excessive** alcohol and caffeine consumption, as these can increase anxiety.
- **Move your body!** All and any form of exercise is beneficial during this time. Whether you are following online cross training sessions, Pilates, yoga or Zumba, get your body moving and your blood flowing. NOTE: if you are feeling particularly anxious and overwhelmed, a slower, more controlled movement such as Yoga may be more beneficial as it assists in deactivating the amygdala or 'threat detector' in the brain and turning on the parasympathetic nervous system (PSNS) which assists in 'rest and digest'.
- **Journal, pray, meditate!**
- Take time for things that you **enjoy**.
- Reach out and **connect** with others via social media.
- **Reach out** if you are in need of assistance.

Impact Therapy Centre: 0836951432

SADAG: 0112344837

SADAG Emergency Number: 0800567567

Or visit your nearest ER.



■ Hope and Gratitude Promotors

You may be finding it difficult to be hopeful about the future and to find things to be grateful for in this time. However, we need to do our best to strengthen the neural networks in our brain that are activated when we are hopeful and grateful. Research has shown that a directly proportional relationship exists between attributes such as hope and gratitude, and well-being.

★ The Hope Bucket List

Have you and your family been talking a lot about things that you would love to do but can't due to the lockdown? Well, why don't you each take a turn writing down all the things you would love to do, no matter how small it may seem, and place it in a jar (or box, bowl, etc. – be creative). This jar is your Hope Bucket List, and once the pandemic is over, you can pick things from the bucket list to do whenever you wish. Not only does this consolidate the fact that **THIS WILL END**, but it also keeps you hopeful that you will be able to do the things that you love and enjoy in the future. It will also (hopefully) increase your experience of gratitude when you do get to do the things you love again.

★ Gratitude Journal

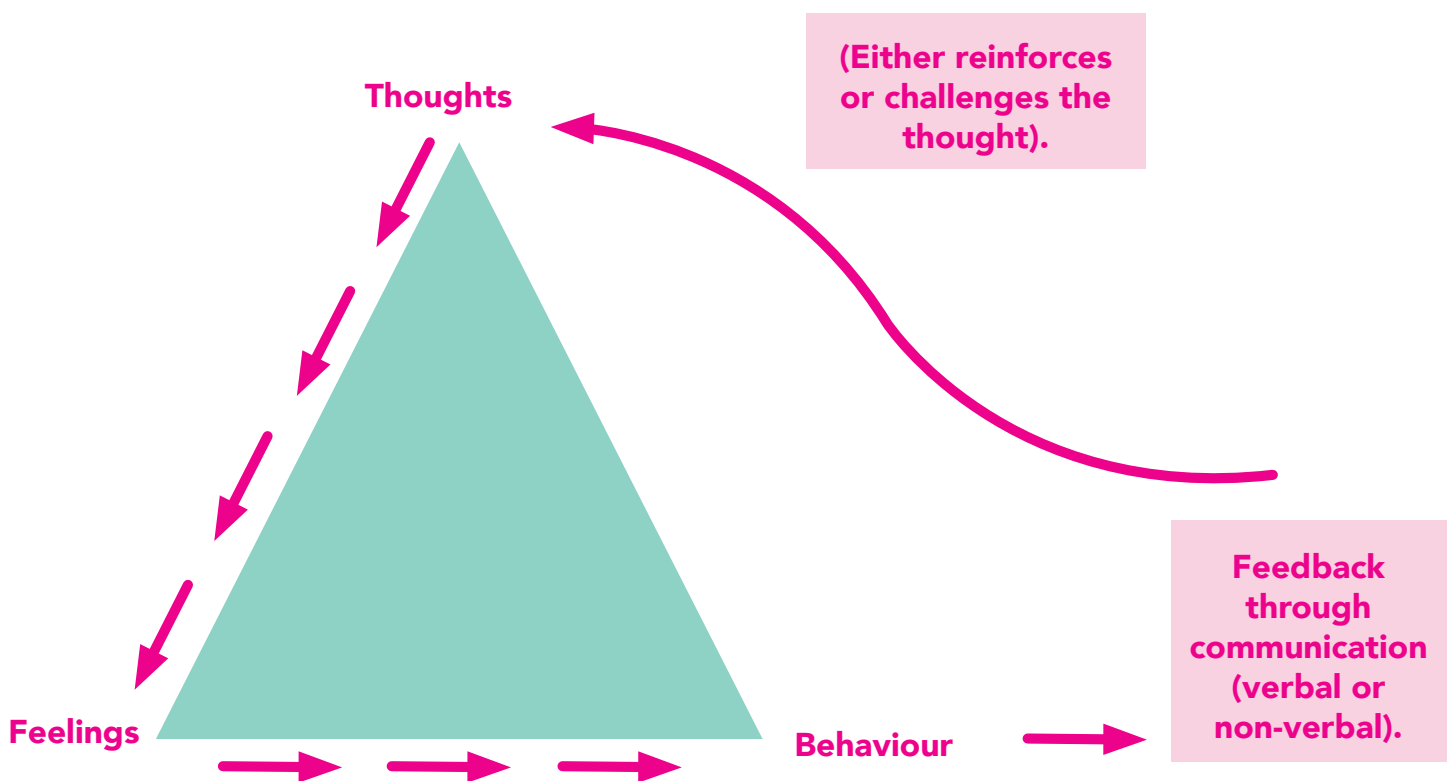
Find a way, in whichever creative way you choose, to be mindfully grateful in this time. Whether you would like to make a list of three things you are grateful for every day, or go around the dinner table in the evenings with some offerings of what you are grateful for. Perhaps you would like to combine creativity and gratitude by doodling your gratitude list for the day. The vehicle for gratitude is less important than actually just engaging with gratitude. You'll find that the more you practice gratitude, the more grateful you become.



■ Creating a “new pathway in the snow”: a tool for breaking negative thought patterns and behaviours

Our thought life is a very important aspect of our well-being. This is because how we THINK affects how we FEEL, and how we FEEL affects how we BEHAVE.

(For example, if I think that my friend Sue is upset with me, I may feel hurt and rejected, which may lead me to withdraw and ignore Sue. Sue may then get upset because she feels abandoned or left out, which may then CONFIRM MY INITIAL (inaccurate) BELIEF or THOUGHT. However, as it turns out, Sue was just feeling under the weather and was not her usual, bubbly self).



Therefore, it stands to reason that **if we change the way that we think**, we will subsequently change the way that we feel and the way that we behave. The tricky thing is that the neural networks associated with negative patterns of thinking can become entrenched, if that way of thinking happens regularly and is reinforced. Have you ever heard the phrase: ‘neurons that fire together, wire together’? Our



negative thinking patterns are therefore akin to an already established pathway in the snow. When you find yourself out in the cold, with a storm on its way, it is much, much easier to choose a pathway that is already established or carved out, as it is, after all, the path of least resistance. That is exactly what happens to us with our negative thinking patterns. Because that pathway is already established, it is already familiar and choosing it seems like the path of least resistance. However, in changing our thinking patterns, it is almost as if we have to create a new pathway in the snow. This is definitely not the easy option, and it will take deliberate and intentional action on the part of the walker, but the more you walk on that pathway and use that pathway, the more established it will become until eventually, it becomes the path of least resistance.

Attached below is a **Thought Diary**. This will help you track the way that you are inclined to think, feel and behave currently, and will encourage you to think in different, more reasonable ways. Notice what the shift in thinking does to your feeling and behaviours.

This tool is particularly helpful for people who tend to **CATASTROPHIZE**. In other words, people who take their situation and spiral so far from the actual problem by making it much bigger than it actually is, until eventually their mole hill becomes a mountain.

The first line has been completed with a hypothetical example for illustration.



Thought Diary

Date	Event What happened?	Automatic Thoughts Immediate Thoughts	Feelings (/10) Emotions and their intensity?	Behaviour What did you do?	Challenge Thoughts What evidence is there for the thoughts?/ Another way of thinking about the event?	Feelings (/10) Emotions and their intensity based on new, more reasonable thoughts?	Behaviour What is a better way of responding to the event?
Example: 23 Aug 2019	I fell on my face in the middle of Fourways Mall.	Oh my word. I've made such a fool of myself. I can never show my face here again. I must get out of here right away. I am such an idiot, why am I so clumsy. I can't do any- thing right!	Embarrassment 10/10 Frustration 9/10 Anger 8/10	I got up as quickly as I could and ran to my car. I abandoned my shopping needs, drove home and was unproduc- tive the whole day.	The mall has been busy with construction and the floor has been very uneven. It was also really early in the morn- ing, and it was unlikely that anyone saw me – the shops had just opened. It's silly to never go back, it is the closest grocery store to my house.	Embarrassment 6/10 Frustration 6/10 Anger 5/10	Perhaps I could have informed the staff at the mall that the floor was une- ven and perhaps to put a sign up so that it doesn't happen to anyone else. Carry on with shopping, because you'll have to come back later to do it anyway.



■ Grounding Techniques

What is grounding you may ask? Grounding is a practice that entails an intentional focus on what is happening in the 'here and now', instead of the 'then and there'. The focus is also more physiological than cognitive, which in other words means that we bring our awareness to our bodies and the senses that connect us to the immediate environment, instead of the many thoughts in your mind contributing to your anxiety. Grounding techniques, where the focus is on the body in the here and now, are crucially important during this time because we carry our stress, trauma and anxiety in our bodies. Grounding may therefore, serve a further purpose of getting us to connect to our bodies in more meaningful ways and will likely assist in a greater awareness of what we need.

You can use grounding to help create space from difficult emotions. Here are some ideas for grounding.

The 5-4-3-2-1 Method

Make use of your 5 senses to ground you by noticing (for example) 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste. Try to notice all the details about what you are experiencing through your senses and take your time in the noticing.

Put your hands in water

Notice the temperature of the water, notice how the water feels on the different parts of your hands. Adjust the temperature, notice what it feels like to go from cold water to hot water. Then notice what it feels like to go from hot water to cold water. Is there a difference, what do you notice?

Take a short walk

Notice your steps, notice the rhythm of your steps, the cadence. Notice your pace, are you taking big steps or small steps, or somewhere in between (Goldilocks much?)? You could even count your steps. Notice what it feels like to be supported by your feet and for them to be connected to the ground.

You could also notice certain things in nature as you walk. Is there a bird chirping in a tree, or a flower blooming nearby?



Pick up objects

Find some objects around you, pick them up and notice their unique qualities. What textures, colours, weights and temperatures do you notice? Challenge yourself to notice the details of these qualities. Is the object red, or could it be more accurately described as crimson?

Savour a scent

Is there a pot of tea busy brewing, or a loaf of banana bread in the oven, has the grass just been cut, or can you smell the cologne of a loved one? Notice these scents and savour them. Notice what emotional impact these scents have on you? Where do you feel it in your body?

Sit with your pet

If you have a pet at home, spend some time just hanging out with them. Notice their unique characteristics. If they are small – notice what it feels like to hold them. Do they have unique markings? If they are furry, notice what it feels like to pet them. Notice what different parts of their bodies feel like?

Distraction

Healthy distraction is a very effective tool for creating space between ourselves and our difficult emotions. Be careful not to distract with unhealthy behaviours.

Healthy distractions:

- List your favourites (movies, food, songs, places, etc.)
- Exercise
- Colour in/draw
- Play an instrument
- Connect with someone
- Listen to music
- Watch something funny
- Build a puzzle



■ Breathing Techniques

Deep, diaphragmatic breathing is an effective way to activate the parasympathetic nervous system (PSNS), or the part of the nervous system responsible for initiating our 'rest and digest' response. Engaging in deep, controlled, belly breaths in essence 'tricks' the brain into believing that it is safe and no longer in threat, and this then allows the PSNS to activate. Breathing can thus help us relax when feeling overwhelmed.

Relaxation breathing, which is detailed below, is different from meditation breathing. Meditation breathing involves noticing without controlling, whereas relaxation breathing involves noticing and controlling the breath.

The basics of breathing:

Get yourself into a comfortable position – on your bed, on the floor, in a comfortable chair, etc.

Breathe in and out through your nose.

Breathe deeply into your belly, and not into your chest. If you had to imagine that you were lying flat with an object on both your chest and your belly, the aim is to get the object on your belly to move up and down, and the object on your chest to stay still.

If you like, you can place your hands on your stomach just to help you direct your breathing into your belly.

Breathing patterns:

1. You could simply just take some slow, deep breathes in and out.
2. Square breathing. This is a great technique for trying out relaxation breathing. For this technique, visualize a square in your mind, breathe in for 4 seconds as you follow the first side of the square, hold your breath for 4 seconds as you move to the next side of the square, exhale for 4 seconds as you follow the third side of the square and finally hold your breath for 4 seconds as you follow the fourth side of the square.
3. 4-7-8 breathing: breathe in for 4 counts, hold for 7 counts, and exhale for 8 counts.
** Note: if any of this is particularly difficult for you, you can adjust the number to suit you, but do try and keep the ratios consistent. For example, you could adjust it to 3-5-6.



4. Triangle breathing. This is a slightly more advanced style of breathing. Triangle breathing's most important component is that you exhale for twice as long as you inhale. If you trace the sides of an equilateral triangle, inhale while tracing one side of the triangle and exhale while tracing the other two sides of the triangle.

■ Going on a mind adventure: Guided Imagery

Due to the many limitations we are experiencing during this lockdown, the use of our imaginations may be crucial in shifting out of the negative mind spaces we find ourselves in. As you would have read in Section 4, what goes on in **our cognition has ripple effects on our emotions and behaviours**. Guided Imagery is a type of Grounding technique that makes use of the imagination to assist in simulating or re-creating the sensory perceptions (sounds, sights, tastes, etc).

Although these exercises are meant to be guided, as the name states, these extraordinary circumstances are requiring us to be extraordinarily creative. You can either read through the guided imagery and guide yourself through the process or ask someone in your home to read out the process and complete it in that way. For those of you that are in lockdown alone, why don't you set up a Zoom/Skype/FaceTime meeting with a friend and ask them to guide you through the process.

Please note, there need not be much dialogue during this process. The person guiding can just gently give the prompt and leave plenty of space between each prompt.

Start each visualisation with relaxation by getting comfortable in a quiet place where you won't be disturbed, and take a couple of minutes to focus on your breathing. Close your eyes, then mentally scan your body and become aware of any areas of tension, and let that tension go with each out-breath.

All visualisations can be strengthened by ensuring you engage all your senses in building the picture in your mind's eye - it's more than just "seeing"! If you notice any negative links or images entering your positive imagery, then abort that image and think of something else.

Finish each visualisation by taking a few moments to bring yourself back into the room where you are, opening your eyes and looking around, sitting up, and bringing yourself back to alertness in the 'here and now'.



Relaxing 'Safe Place' Imagery

- Imagine a place where you can feel calm, peaceful and safe. It may be a place you've been to before, somewhere you've dreamt about going to, or maybe somewhere you've seen a picture of.
- Focus on the colours in your peaceful safe place.
- Now notice the sounds that are around you, or perhaps the silence.
- Think about any smells you notice there.
- Then focus on any skin sensations - the earth beneath you, the temperature, any movement of air, anything else you can touch.
- Now whilst you're in your peaceful and safe place, you might choose to give it a name, whether one word or a phrase that you can use to bring that image back, anytime you need to.
- You can choose to linger there a while, just enjoying the peacefulness and serenity. You can leave whenever you want to, just by opening your eyes and being aware of where you are now.

Wise Inner Advisor

- If you're unsure about something, or need some guidance, then we all have some form of wise inner part of us which knows.
- Start with relaxing Safe Place imagery, then you can imagine walking along a path a little way and noticing a "Wise Inner Advisor" - this might be an older person, a representation of another being, perhaps a religious or spiritual figure, or some other being. Use whatever feels right for you.
- Make the image stronger by focusing on the scene, what you can see, hear, smell, touch.
- Spend some time just being with your Wise Inner Advisor, feeling peaceful and comfortable.
- Take the opportunity to ask your Wise Inner Advisor for general guidance or for advice on a particular issue. Don't expect an immediate answer, but be receptive to whatever comes up.
- Some people notice in the following hours, days or weeks that they've received their "answer", perhaps in a very unexpected way.



Confident, Competent, Content

- We can use imagery to help us feel better about ourselves.
- Think of a situation or event in the past when you have strongly felt this way. Or think of a person (real or fictional) who has the qualities you desire.
- Think about that time, or that person - what do you see? What do you hear? How are you/they behaving? What do you/they look like? What do you hear? What else do you notice?
- What feelings do you notice as you imagine yourself at that time, or being that person? What do you feel now?
- What physical sensations do you notice?
- Can you think of a word which describes this good feeling, a word you can use to bring back this feeling whenever you need it?
- Now focus on that word with the image, and notice the feelings.
- You are now able to bring back this positive feeling, whenever you want or need to.
- You can combine this technique with "Goal Rehearsal" and imagine yourself in a situation, with these positive feelings. Goal Rehearsal /Achieving Future Success.
- Consider, in detail, the trait, skill or behaviour you would like to achieve, in what situation, with whom etc.
- Rehearse the situation in the imagination, using the desired behaviours, skills etc. Imagine seeing yourself in that situation, as you want to be - what you look like, how you sound - what you're saying and how you say it, how you see yourself acting.
- Anticipate others' responses to this new you - rehearse them responding in different ways, sometimes negatively - and then rehearse those difficult scenarios with yourself responding in the way you'd like to respond.
- If necessary, prepare a script of what you want to say (e.g. when planning to stand up to someone in authority).
- Use this imagery several times a day, for a minimum of 10 days. The more you practice, the easier it becomes, and the easier you will find the actual situation when it happens.

(Vivyan, 2009)



■ Connection over isolation

Just because we have been asked to distance ourselves socially, does not mean we need to socially isolate ourselves. Whether introverted or extroverted, **we are all wired for connection and relationship**. Thankfully, technology has made it possible for us to maintain connection while simultaneously maintaining a safe social distance.

Connection is not just something pleasant for us to do, but it is also **crucial in the mitigation of stress and anxiety** and necessary for reality testing. Did you know that you can add more than 1 participant on a Whatsapp video call? Did you know that you can enjoy a 40 minute session on Zoom with as many participants as you like for FREE (provided you have internet connection)? If it is possible, try to video call people in your support system, or whose support system you may be a part of. Video calls are recommended because we actually co-regulate each other by means of eye contact and other facial cues. However, if video calls are not possible, phone calls and texts are still great ways to keep you connected during this time.

■ Brainspot yourself

If you have had any contact with any of the psychologists at Impact Therapy Centre, you would undoubtedly have heard of Brainspotting. It is a wonderful technique that assists with the processing of trauma. Remember, the world trauma is not something exclusive. If you have a heartbeat, it is likely that you have experienced some kind of trauma in your life. In fact, the brain cannot actually distinguish a 'big trauma' (car accident, hijacking, break in, etc.), from a 'small trauma' (not being invited to a party), if such a distinction even exists. The brain does not know the difference, all it detects is threat and responds accordingly.

Although this technique is usually done with a trained therapist, and this self-spotting technique may be more beneficial to people who have had previous Brainspotting sessions, it could be beneficial to you. Below are some step-by-step instructions to help you navigate this technique.



The Oculo-Cardiac ConvergeanceTherapy (Adapted from Bowan (2008))

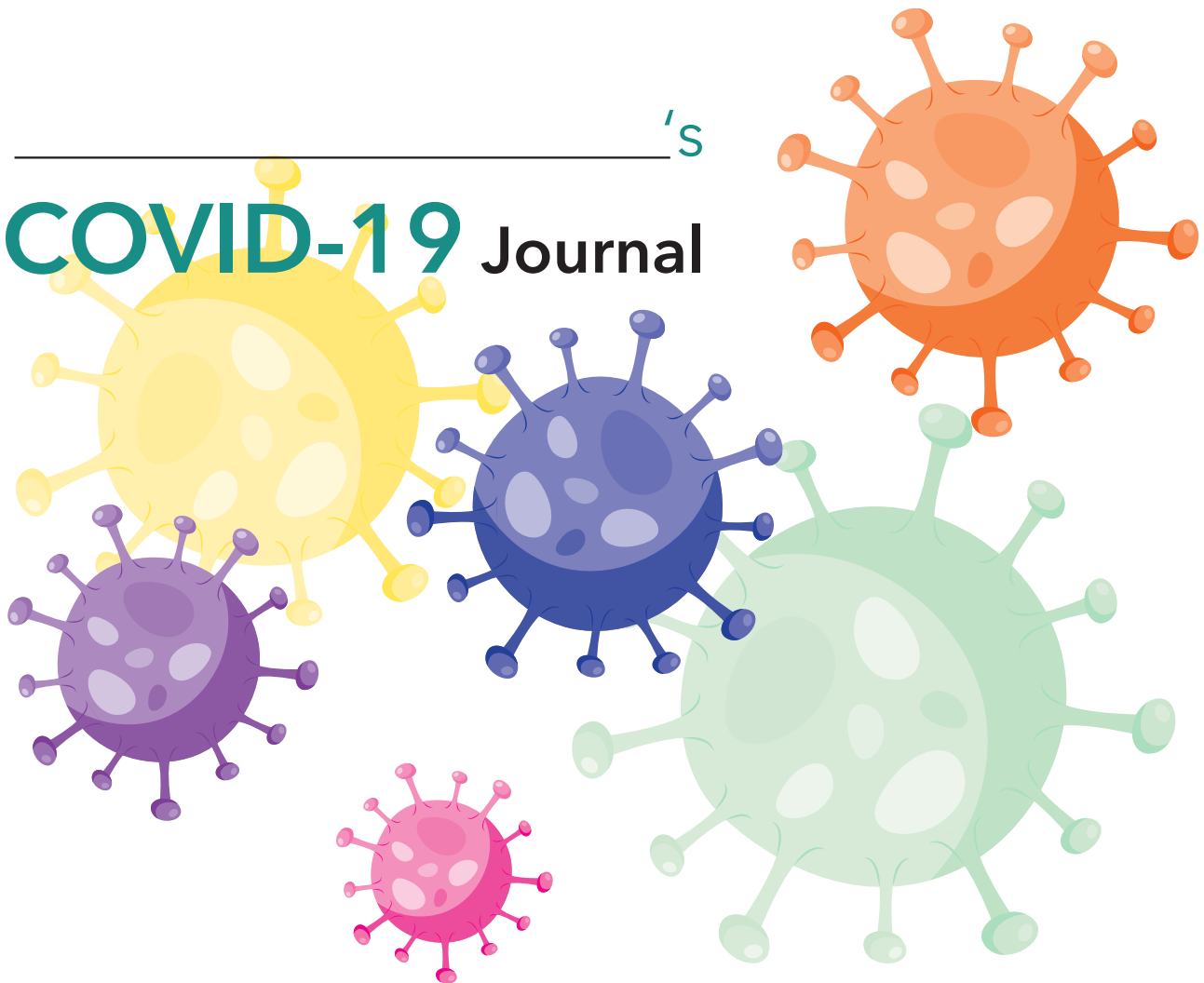
Decide what you would like to work on (i.e anxiety, panic attacks, insomnia, etc.). As you think about this, notice what is happening in your body. Where do you feel the anxiety (for example)? What does it feel like? Once you have established some activation continue with the following steps.

1. While seated,
2. Hold any object centred in front of your face at about 10-15 centimeters (downward gaze is not preferred);
3. Converge to the near-point target (i.e. look at the object) and hold the gaze spot for 2 seconds;
4. Then look to a distant target 3 or more meters away for about 2 seconds (i.e look through your chosen object to a target spot further away);
5. This is one cycle (please do not use tromboning movement with your arm; hold the object still and use your eyes' focus to move from near to far and back again);
6. Repeat these near-to-far cycles for 20-60 seconds.
7. The procedure may be repeated as necessary.

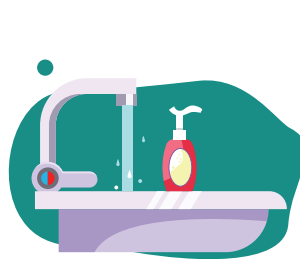
** If there has been no relief from symptoms of panic and anxiety in a minute or less, then please adhere to your usual medical interventions.



_____ 's
COVID-19 Journal



Beating the
CORONAVIRUS
20 SECONDS
at a time!



What do I need to know about the Coronavirus?

1. Coronavirus, also called COVID-19 is a virus that effects the lungs. (Lungs help you breathe)
2. COVID-19 is spread from one person who has the virus to another person. (Just like the flu)
3. People with COVID-19 may have a fever (high body temperature), cough, difficulty breathing, runny nose and chest pain.
4. You can protect yourself by: washing your hands, keeping hands out of nose, eyes and mouth, staying at home when sick, AND by coughing or sneezing in elbow.
5. Based on what we know, children are less likely to get sick than adults. While some children have gotten sick, most COVID-19 cases are adults.
6. Children with COVID-19 usually have milder symptoms. (This means the sickness usually isn't as bad for kids!)
7. You do not need a mask.
8. Staying at home keeps you safe!
9. Don't be worried, be safe!

The **BEST PROTECTION** against COVID-19 is **HANDWASHING.**

Wash your hands with soap and warm water for at least 20 seconds - **ESPECIALLY...**

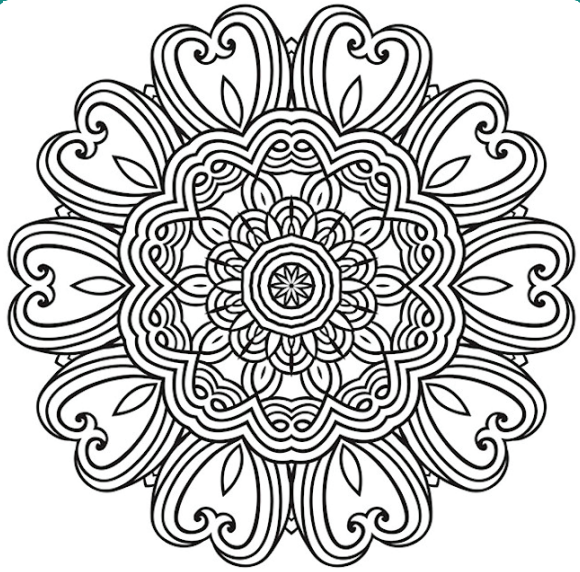
- **AFTER BATHROOM**
- **BEFORE EATING**
- **AFTER ANY COUGHING OR SNEEZING**

Sing **Old Town Road** while washing!

Can't nobody tell me nothing,
you can't tell me nothing.
Cant nobody tell me nothing,
can't tell me nothing.



I'm gonna take my horse to the old town road,
I'm gonna ride til' I can't no more.
I'm gonna take my horse to the old town road,
I'm gonna ride til' I can't no more.



Today I'm feeling _____
because of _____.
_____ will help me feel better.

20 SECOND
HANDWASHING



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Grounding

Stop and assess your surroundings...

3 Things You Can SEE



- 1 _____
- 2 _____
- 3 _____

2 Things You Can TOUCH



- 1 _____
- 2 _____

1 Thing You Can SMELL



- 1 _____

1 Sound You Can HEAR



- 1 _____

My Worries Chart

List 5 things that cause you to worry or you wish you could change. Then write an X if it something you can or can't control.

Things I wish I could change...

	<input type="radio"/> I Can Control
	<input type="radio"/> I Can't Control

	<input type="radio"/> I Can Control
	<input type="radio"/> I Can't Control

	<input type="radio"/> I Can Control
	<input type="radio"/> I Can't Control

	<input type="radio"/> I Can Control
	<input type="radio"/> I Can't Control

	<input type="radio"/> I Can Control
	<input type="radio"/> I Can't Control

I'm Thankful For...



20 SECOND HANDWASHING



Circle things that make you feel better...

Coloring

Draw

Exercise

Listening to music

Talking to a friend

Play video games

Deep breaths

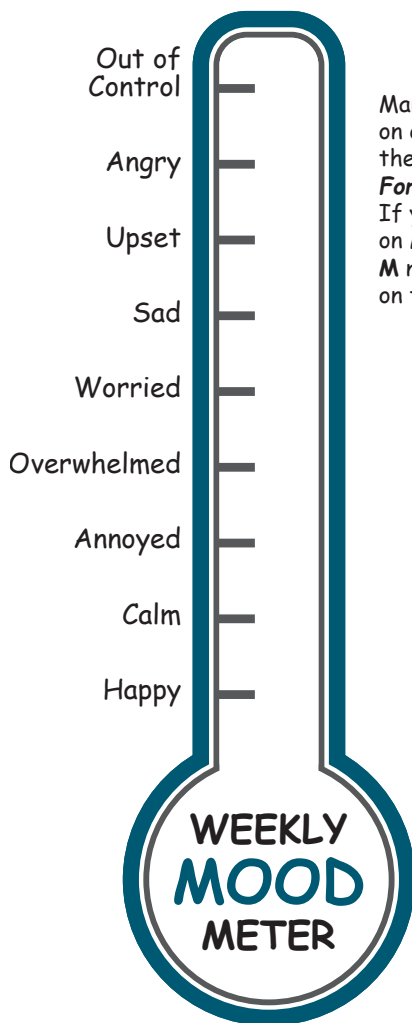
Play a sport

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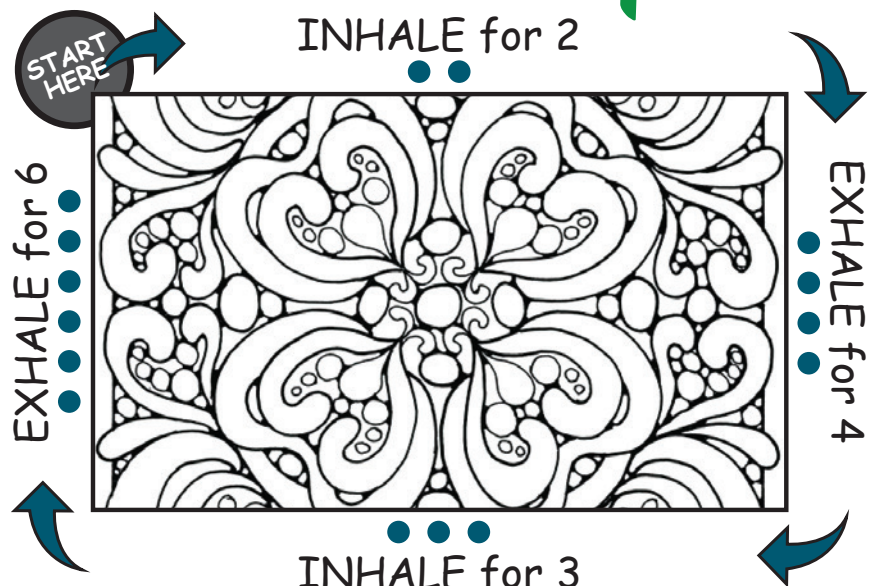


MANAGING TRIGGERS

Thankful 3's



Mark your mood on each day of the week.
For Example:
If you are happy on Monday, write **M** next to happy on the Mood Meter.



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Breathe In - Stretch Out

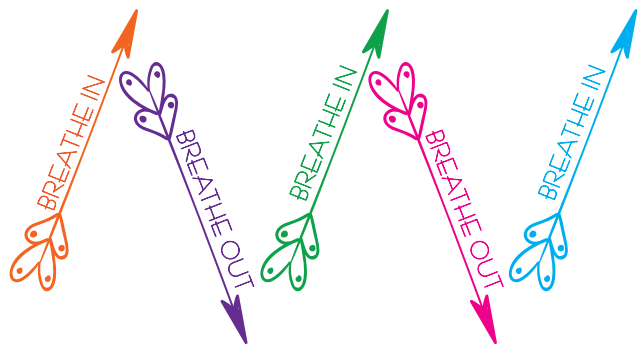
MAKE A RAINBOW BREATHING

- Arms start at the side of your body.
- Arms go up as you breathe in and go down as you breathe out (arms make a rainbow).



ZIG ZAG BREATHING

- Follow the zig zag line.
- Breathe in as you follow the line up and breathe out as you follow the line down.



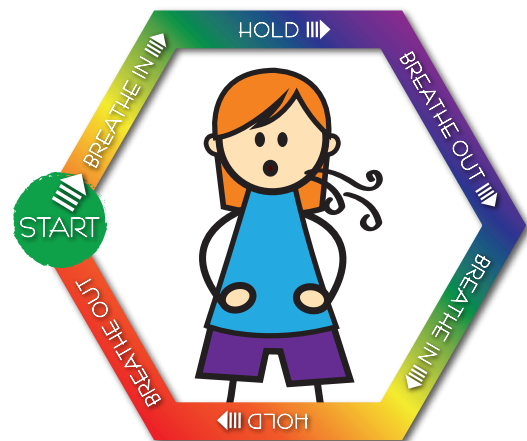
VOLCANO BREATHS

- Pretend your hands and arms are like lava flowing from a volcano.
- Start with your hands in front of your heart, with palms touching.
- Keeping your hands together, reach straight up and breathe in.
- Separate your hands and move your arms down to your side and breathe out.



6-SIDED BREATHING

- Start at the left hand side of the hexagon.
- Trace your finger over the "breathe in" side as you take a deep breath in.
- Hold your breath as you trace the second side of the hexagon.
- Breathe out as you trace the third side of the hexagon.
- Then repeat for the bottom part of the hexagon.



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You Get to YOGA!

Salutation Seal

Instructor Says:

Inhale and sit down, crossing both of your legs. If you look down, it should look like a pretzel. Join both of your palms together as you inhale, pointing your fingers to the sky as if you were saying a prayer. Now, pretend there is a hook on your head. Imagine someone is pulling up on the hook, making you sit up straight. Your back should feel lengthened and flat. Close your eyes. Start to bring awareness to your breath while holding this posture. Begin to breathe normally.

Kids Do:

Kids will cross their legs and bring hands together as if they were to say a prayer. Their backs should be straight, and their head should be up and facing forward with their eyes closed.



Should Look Like:

Balloon Breaths

Instructor Says:

Bring your hands beside you. Close your eyes. We are about to turn our bodies into balloons. As you breathe in, float your arms beside you, bringing them together over your head, making a big circle. That's your balloon. As you breathe out, you're going to let your balloon float away by floating your arms down beside you. Let's try it again. As you breathe in, float your arms up, making a big circle over your head, and then as you breathe out, let your balloon float away as you slowly let your arms come down onto the ground beside you. The special thing about yoga balloons is you can make them anytime you want, and if your balloon floats away, you can always make another one.

Kids Do:

Kids continue to sit with their legs crossed. Kids will place their hands on the ground beside them, then slowly bring them up to make a circle above their head, and gently return them back to the floor upon instructor's directions. Kids will repeat this action.



Should Look Like:

Downward Facing Dog

Instructor Says:

This next pose is called the downward facing dog. It stretches your upper body and provides you with energy. First, place your palms face down on the floor in front of you. Move your feet underneath you so that your knees are bent, your feet are close to your hands, and you resemble a frog pose. I want you to inhale, and as you exhale, you will straighten your legs. Walk your feet behind you so that your hands and feet are a few feet apart, your elbows aren't bent, and your bottom is facing upwards towards the sky. Bring the soles of your feet off of the floor so that only your toes are touching the ground. Breathe normally.

Kids Do:

Kids will bring their hands in front of them and slowly bring their feet beneath their body. Their hands and feet should be close together with the legs bent. Kids will walk their feet back to resemble downward facing dog pose for 15 seconds.



Should Look Like:



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More YOGA!

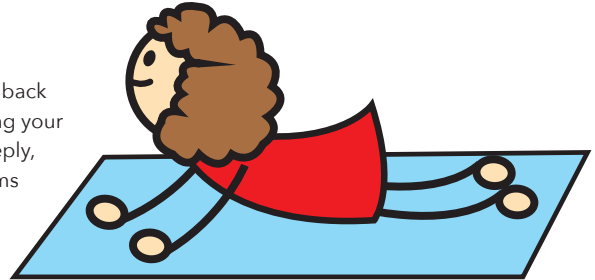
Upward Facing Dog

Instructor Says:

Now we will move into upward facing dog. This pose helps strengthen your back and open up your chest so that you may breathe more fluently. Begin walking your feet out behind your body looks like a flat board (plank position). Inhale deeply, and as you exhale, gently drop your hips to the floor, while keeping your arms straight and chest up. Slowly move your head back and look to the ceiling. Breathe normally.

Kids Do:

Kids will move from downward facing dog to plank position by moving feet backward. Kids will then drop their hips to their floor resembling a seal. Kids arms will be straight and elbows will be locked as they look up towards the ceiling. Hold this position for 15 seconds.



Should Look Like:

Dolphin Pose

Instructor Says:

Now we will move back into the downward facing dog pose. While slowly bringing your head down, keep your arms straight and walk your feet to your hands until you are back at the downward facing dog pose. Remember, the soles of your feet should be lifted off of the ground. Next, slowly drop your elbows to the floor, one at a time. Once they are both on the ground, clasp your hands together. This is the dolphin pose. It stretches the hips and upper body, helps with mood, and provides you with energy.

Kids Do:

Kids will return to downward facing dog pose and drop elbow to the ground, clasping their hands together. Hold this position for 7-10 seconds.



Should Look Like:

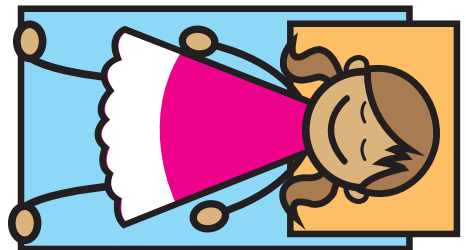
Micro Nap

Instructor Says:

We will end our session with the micro nap. Lie down on your back, placing your arms by your side, with your palms flat on the floor. Let your legs relax in a comfortable position. Inhale for 5 seconds, hold your breath for 3 seconds, and exhale for 5 seconds. We will repeat this process for the next 3 minutes, letting yourself fall into deep relaxation.

Kids Do:

Kids will lie on their back in a comfortable position, with their arms beside them. Kids will breathe deeply for 3 minutes and allow themselves to fall into a state of deep relaxation.



Should Look Like:



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ROLL A COPING SKILL



Roll the dice and look at all the coping skills in that row. Then color code each coping skill based on the colors you choose for the following options:

- ☐ A coping skill I use
- ☐ A coping skill I'll try
- ☐ This probably won't help me

Breathe	Stretch	Knit or sew	Read	Play with a pet	Play sports
Count to 10	Cook or bake	Paint	Dance	Pray	Take a nap
Cry	Listen to music	Draw	Sing	Hug someone	Text a friend
Talk about it	Do a puzzle	Write	Color	Meditate	Accept your emotions
Ask for help	Exercise	Play a game	Watch a movie	Think about your favorite things	Think positively
					

20 SECOND HANDWASHING



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ROLL A COPING SKILL



Roll the dice and look at all the coping skills in that row. Then color code each coping skill based on the colors you choose for the following options:

☐

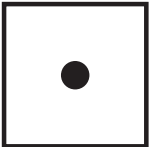
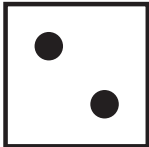
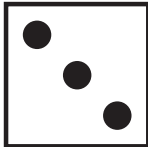
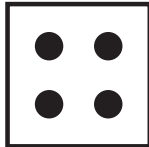
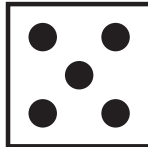
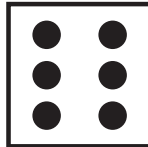
This coping skill gets me into trouble often

☐

Sometimes this coping is a problem for me

☐

I don't use this skill to cope

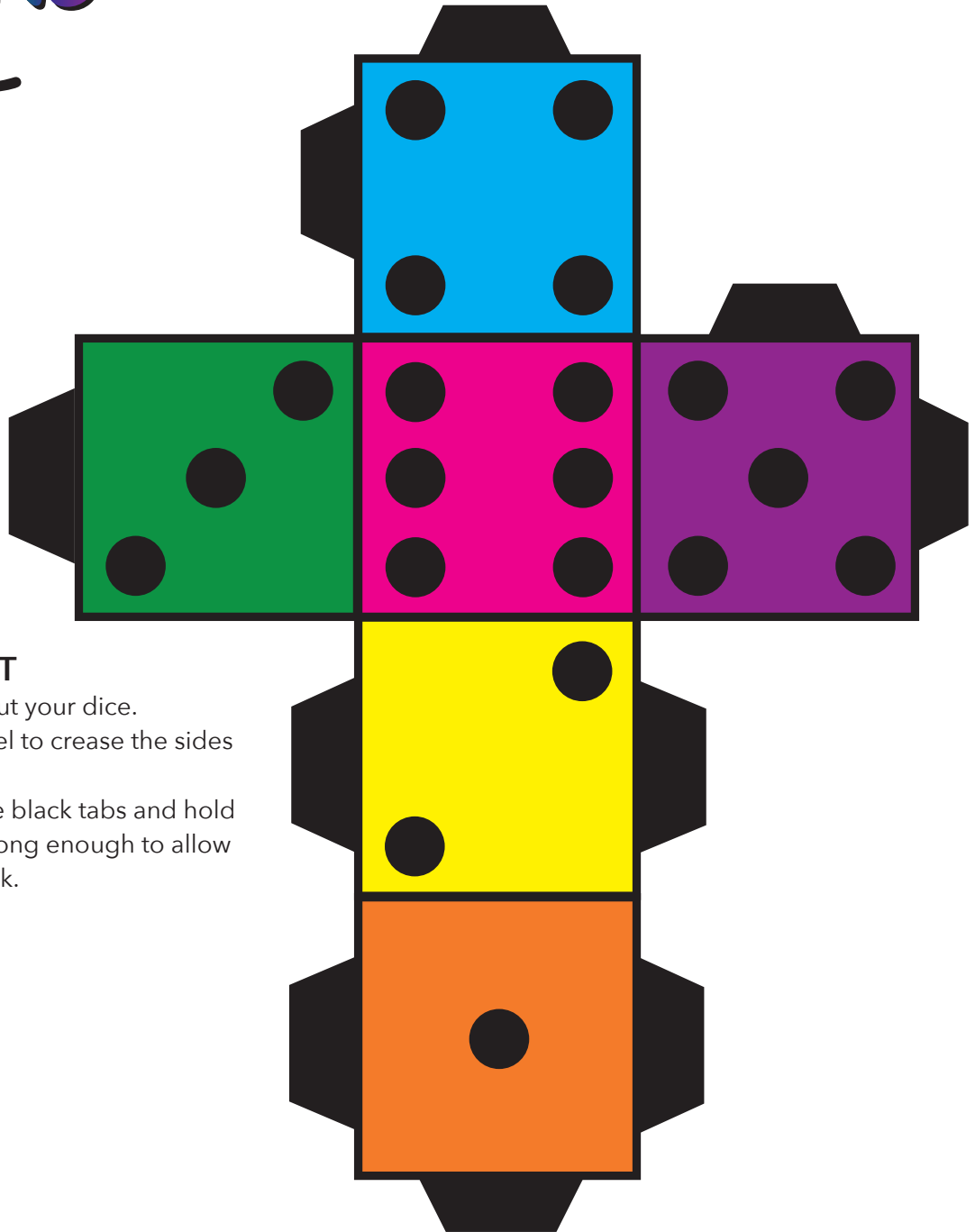
Sleep all day	Do drugs or alcohol	Hurt others	Blaming yourself	All or nothing thinking	Slamming doors
Not eat	Make bad choices	Destroy things	Not trying at all or quitting	Gossiping	Procrastination
Overeat	Throw things	Say mean things	Hurtful self talk	Lying	Shut down completely
Cursing	Refusing to talk to anyone	Threaten others	Bullying others	Catastrophizing	Bottle up emotions
Avoiding the problem	Hurt yourself	Yell and scream	Denying	Throwing a tantrum	Blaming others
					



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ROLL A COPING SKILL



DICE CUTOUT

1. Carefully cut out your dice.
2. Fold each panel to crease the sides of the dice.
3. Put glue on the black tabs and hold box together long enough to allow the glue to stick.



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WEEKLY GOAL TRACKER

Use this chart to keep track daily of how often you ACHIEVE YOUR GOALS during the week.

Mark with an **X** if you were UNABLE TO REACH YOUR GOAL for the day...

or mark with a **✓** if you ACHIEVED YOUR GOAL!

GOALS	Su	M	T	W	Th	F	Sa
EXAMPLE Complete ALL of my homework on time	—	✓	✓	X	✓	X	—

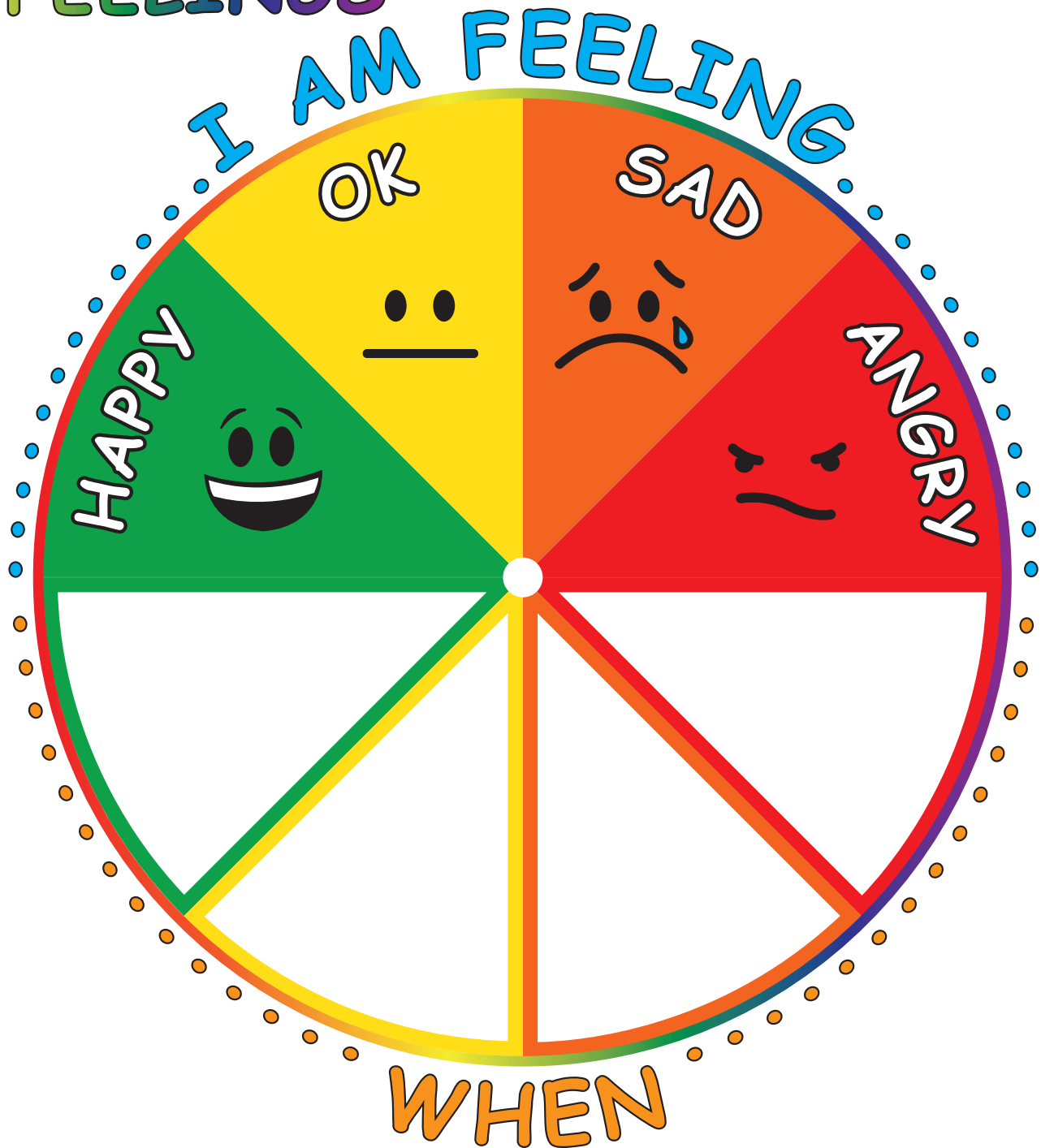


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SPIN MY FEELINGS

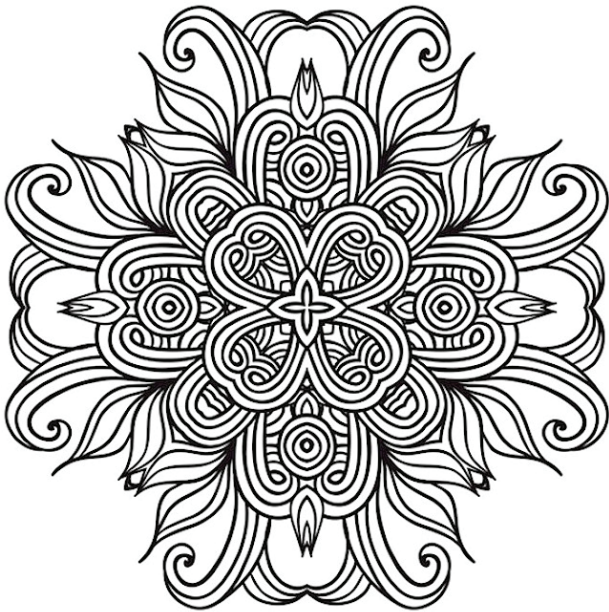
With a paper clip in the center of the spinner, hold it in place with the tip of a pencil. Spin the paper clip to see which emotion you land on. Fill in the corresponding blank "when" piece to describe a time **WHEN** you experienced that **FEELING**.



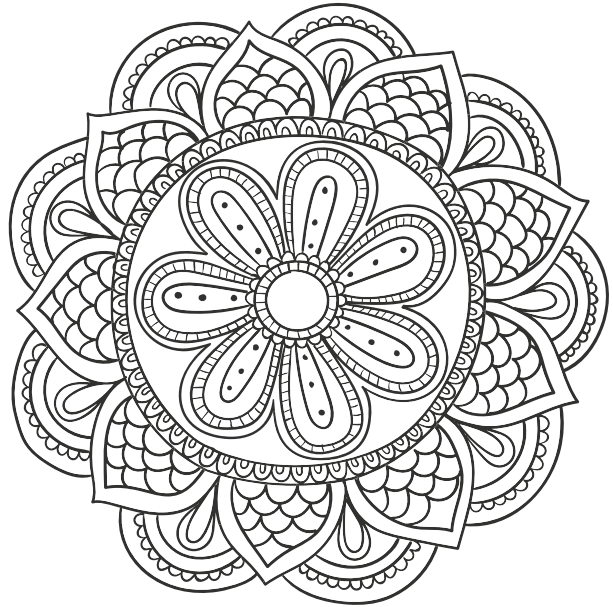
© Nicole Batiste | HUB FOR HELPERS



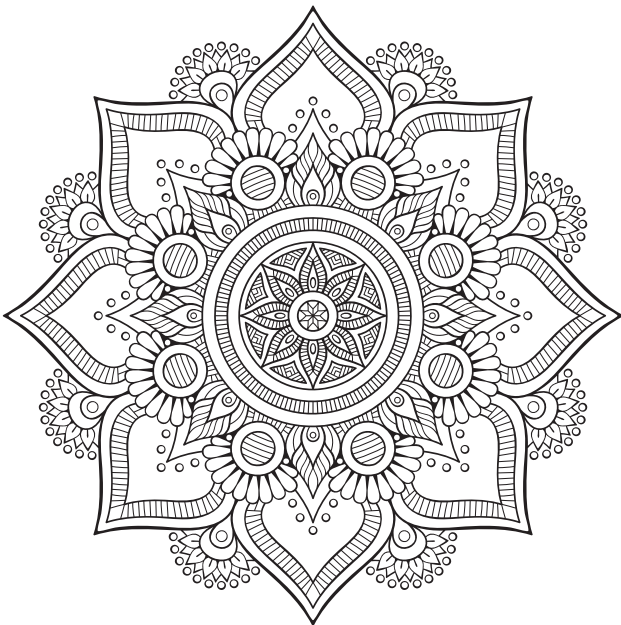
Power Mandalas



My **PROBLEMS** have **SOLUTIONS**.



EVERY DAY is a **FRESH START**.



I TRY my **HARDEST**.



I LIKE myself the way **I AM**.

20 SECOND
HANDWASHING

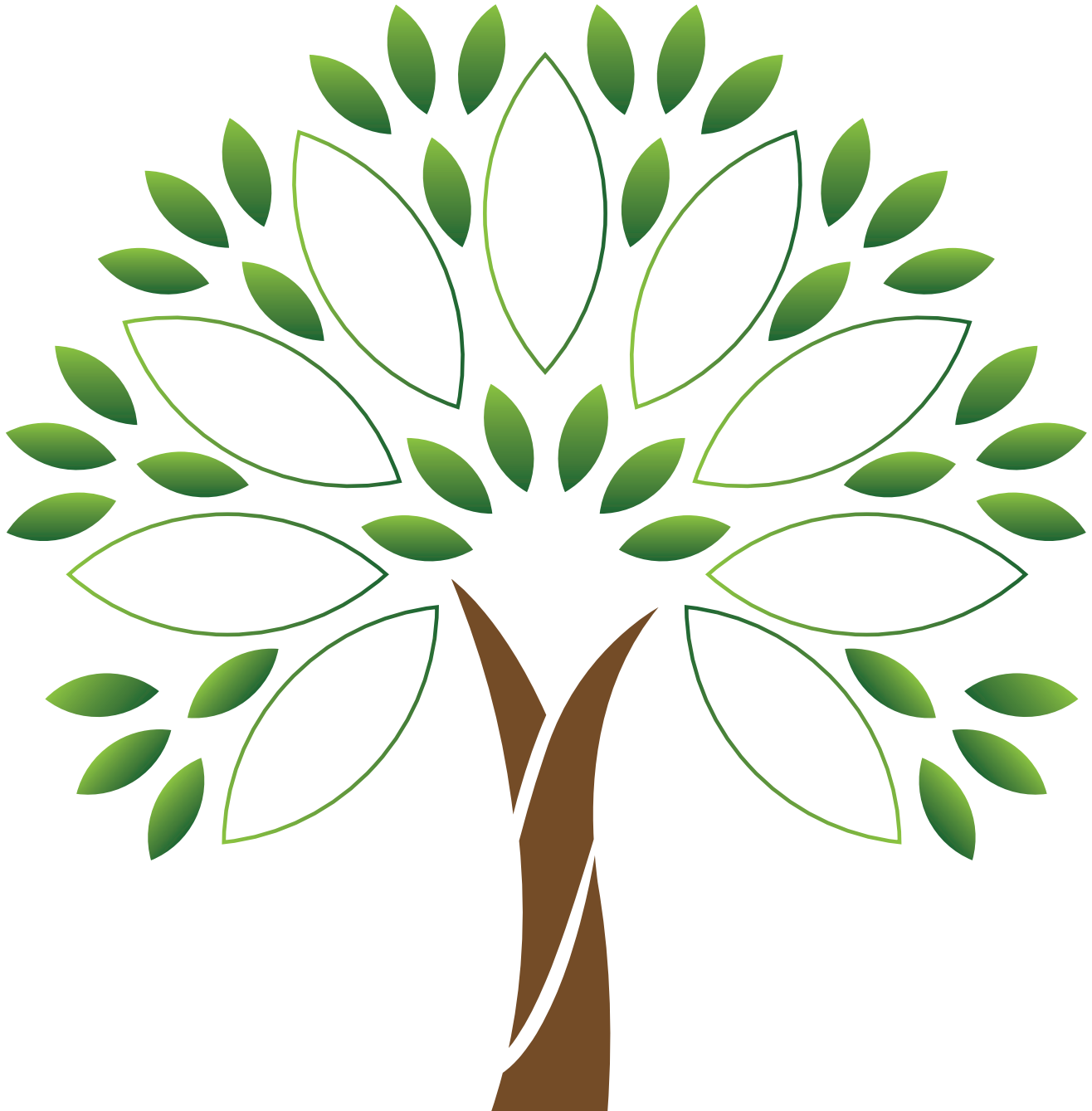


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My GRATITUDE Tree

Fill in the leaves with what you are grateful for in your life.



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MY COVID-19 MEMORIES

Draw pictures of what your time was like during the virus. What was fun? Scary? Boring? Use the 5 boxes to draw your most memorable days. You will look back on this and remember that even though this may have been scary, good things happened and you made it through!

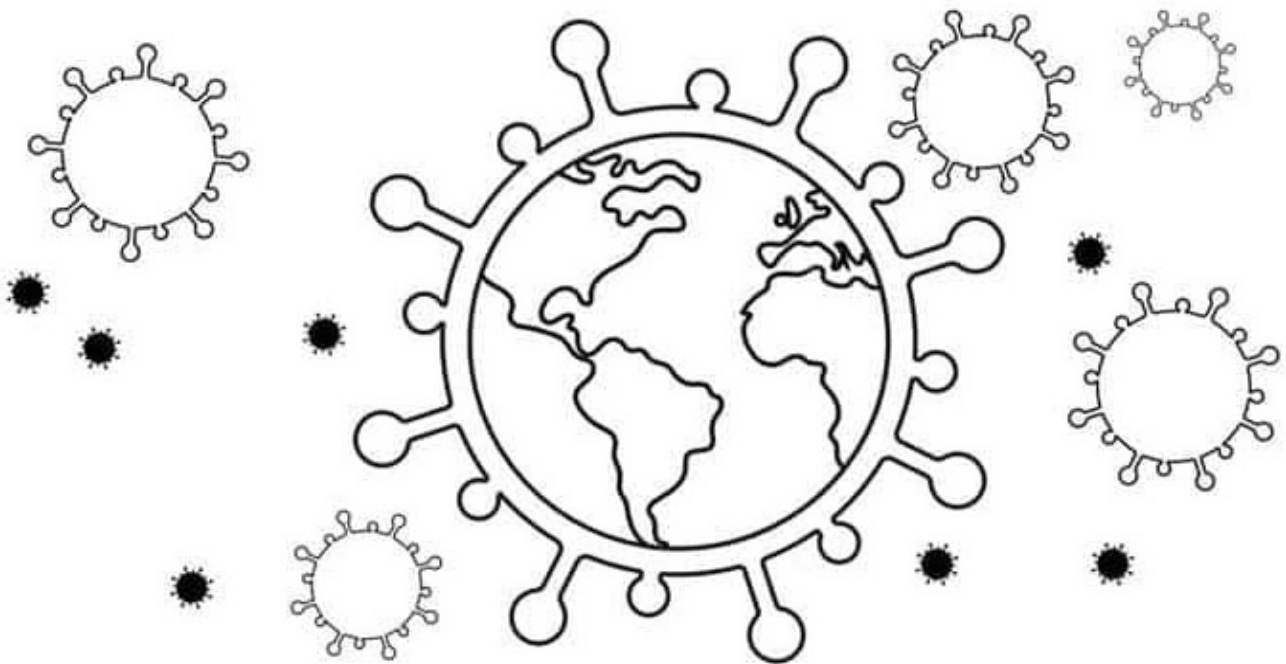
The form consists of five rectangular boxes arranged in a grid-like fashion, each outlined with a different color of dotted line. The top-right box is red, the middle-left box is orange, the middle-right box is green, the bottom-left box is blue, and the bottom-right box is purple. These boxes are intended for drawing memorable days during the COVID-19 pandemic.



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MY 2020 COVID-19 TIME CAPSULE



BY: _____



LETTER TO MYSELF

DEAR,

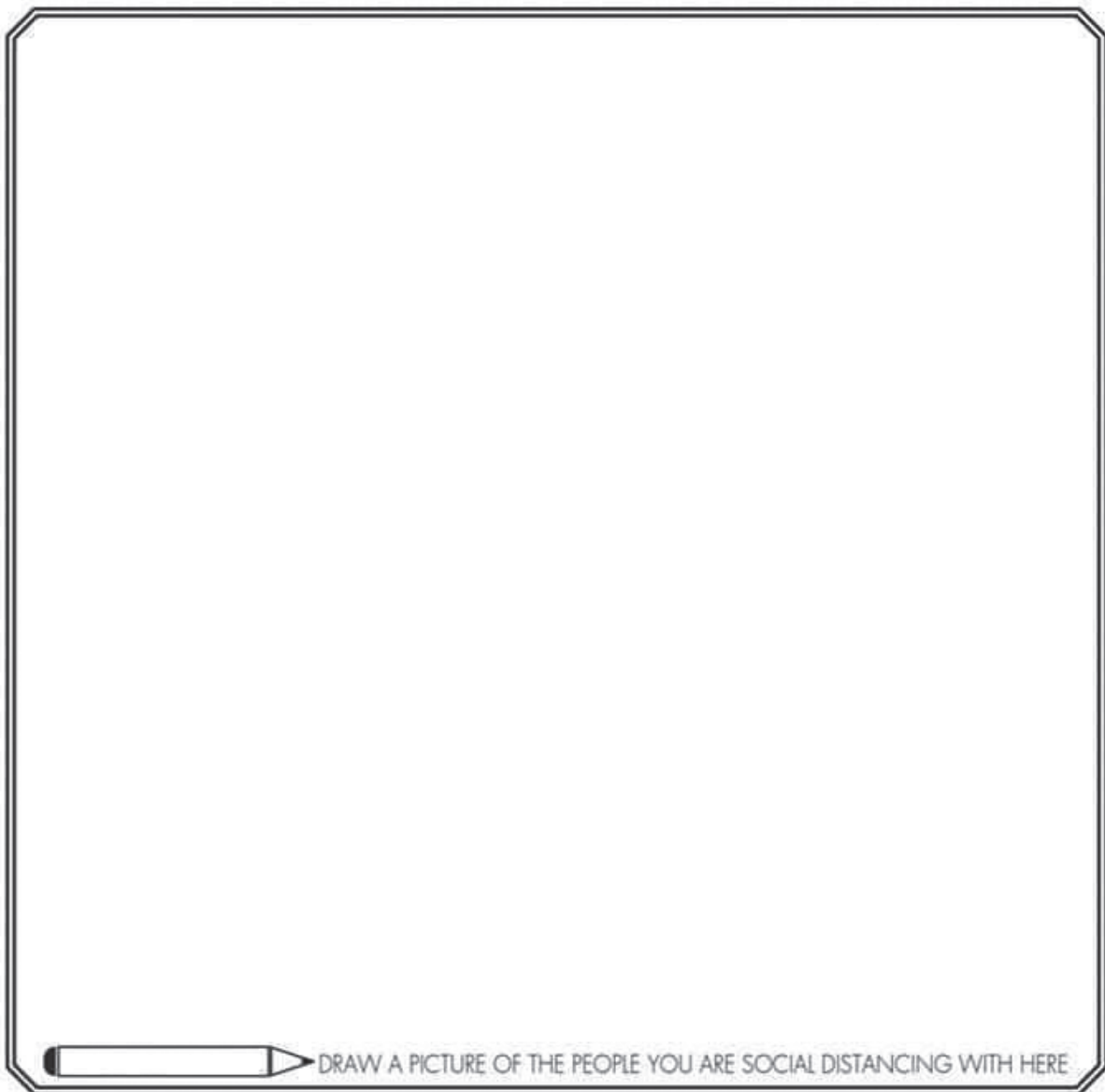
LOVE,




YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- | | |
|--|---|
| <input type="checkbox"/> SOME PHOTOS FROM THIS TIME | <input type="checkbox"/> ANY ART WORK YOU CREATED |
| <input type="checkbox"/> A JOURNAL OF YOUR DAYS | <input type="checkbox"/> FAMILY / PET PICTURES |
| <input type="checkbox"/> LOCAL NEWSPAPER PAGES OR CLIPPING | <input type="checkbox"/> SPECIAL MEMORIES |



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE



♥♥ ALL ABOUT ME ♥♥

I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

SHOE SIZE

MY FAVOURITES _____

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

SONG: _____

MY BEST FRIEND/S:

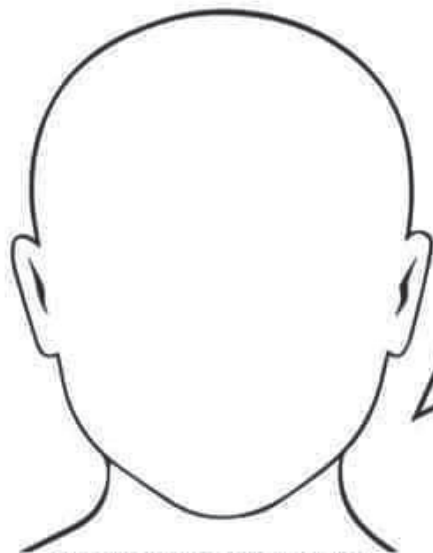
WHEN I GROW UP I WANT TO BE:

DATE: _____

© 2019 BY JESSICA CHATFIELD



HOW I'M FEELING



HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST
FROM THIS EXPERIENCE:

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

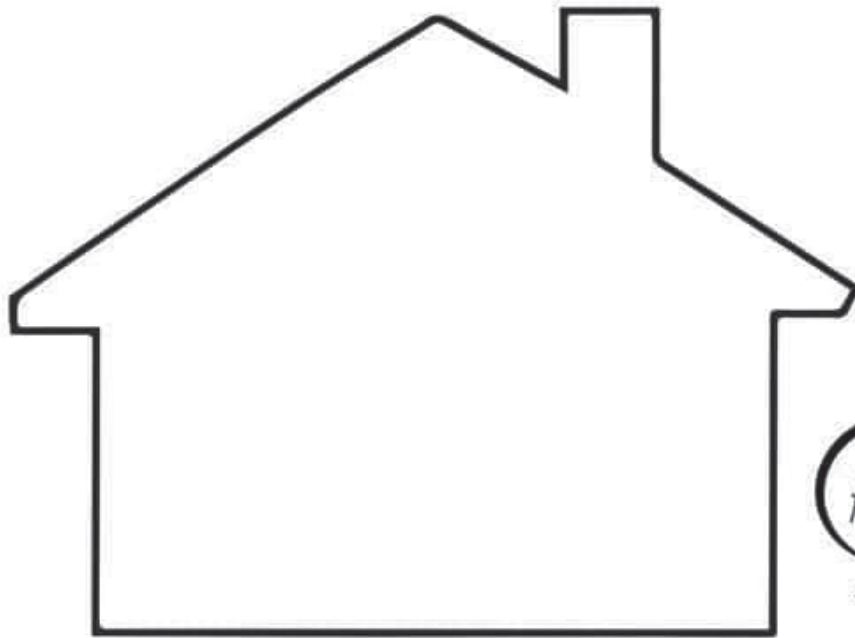
1

2

3



MY COMMUNITY



COLOUR THIS HOUSE
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!

WHAT I AM DOING TO
KEEP BUSY AT HOME:



OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE



SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW YOU CELEBRATED



INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

FOVOURITE TIME OF DAY: _____

GOAL/S FOR AFTER THIS:



FAVOURITE FOOD TO BAKE: _____

FOVOURITE TIME OF DAY: _____



LETTER FROM YOUR PARENTS

DEAR, _____

LOVE, _____





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