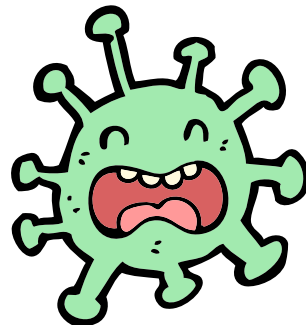


My Days Safe at Home

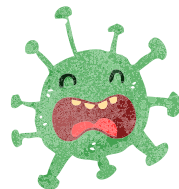
A sketch book for kids to express their feelings
while home to keep safe and healthy

by Sue White, LCSW



Sometimes the best way
to express your feelings
is to draw them in
pictures.

Use this sketchbook and the suggestions on each page to
share your feelings about the virus.

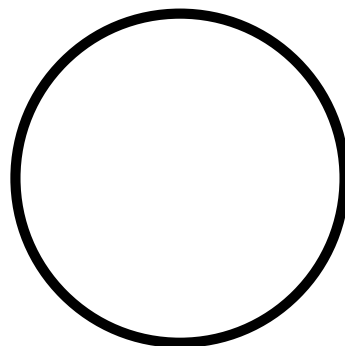
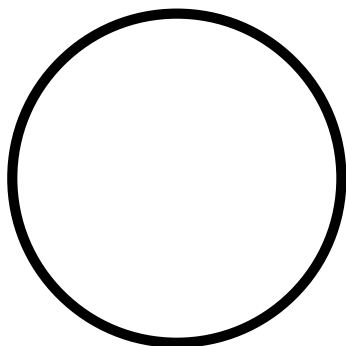
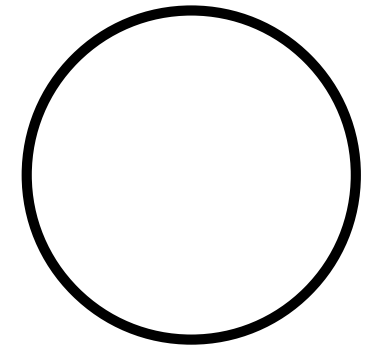
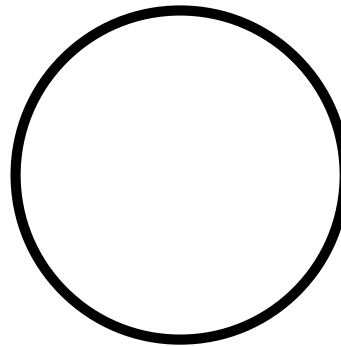
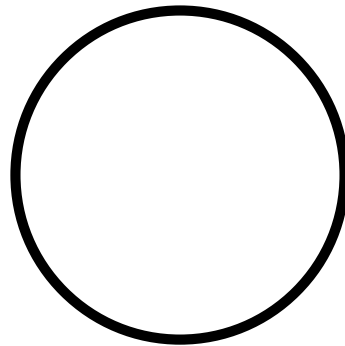
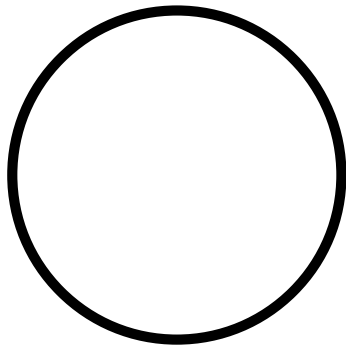
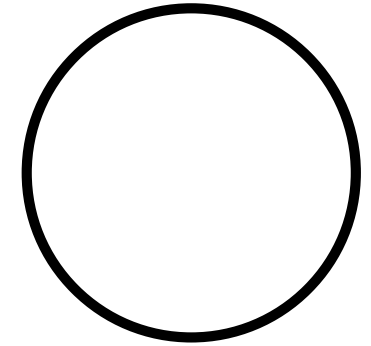
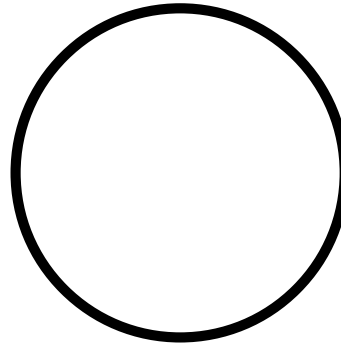


What I know about viruses:

To me, viruses are:

This is the way I think it looks:

Fill in the faces. When I think about the virus, some feelings I have are:



happy... sad... worried... mad...
confused... scared... proud...
alone... hurt... are all some
feelings.

Things I think about

I think the virus happened because:

When the virus started, my worst moment was:

Things that I do

When I am worried, I act like this:

When I am scared, I act like this:

When I am angry, I act like this:

When I am sad, I act like this:

When I am happy, I act like this:

Some things I worry about

I worry when:

Sometimes the virus makes people Mad.

When I get mad at the virus I would like to:

This is who I am:

I look like this on the outside.

I look like this on the inside.

This is how I can take care of myself.

This is how I get exercise:

This is when I sleep:

This is what I eat:

This is how I relax:

This is how I have fun:

People who care about me are:

People I can talk to are:

My Action Plan

When I feel worried I can:

When I feel scared I can:

When I feel angry I can:

When I feel sad I can:

When I feel happy I can:

Neighbors in our World

Different
faces

Different
places

Innocent people get hurt when there is a virus.

When I think about boys or girls my age in the world that get hurt or lost their family members or friends I:

This is how I would end all viruses:

This is the way I would like the
world to look:

Messages for people I care about:

Thank you for sharing
your feelings!

I feel better.
I hope you do too!