

# Resilience for Children & Families: Tough feelings during Covid-19



Hi, it's Dr. Machel! During Covid-19, some days we feel really sad. We miss friends and activities. We may feel angry. We want everyone to be safe. Some people are very sick. This is so hard! Staying home is safest. But then, people can't work or go to school. It's so confusing. So, how will we make it better?

**We keep going. Together we can get through this.**

Draw or write what helps you:



**Resilience is when you keep trying and trying while tough things happen. How about you?**

1. When something has been rough, how did you feel?
2. When you feel bad, think hard. Figure out one thing to help.
3. How can you safely do that? Did it work out? Keep Trying!
4. Think about a person who is good at listening. How can you talk to that person? Phone or Computer? If they can't help now, who else can you seek out?
5. Try an activity: listen to music, hug a pet, read, exercise, play a game, pray. What else helps?
6. Think of another way to help yourself feel better. We all need backup plans.
7. Think about **3** great things about yourself. Now think of one really kind thing you can do.
8. You have great ideas, love in your heart, and creativity. You have many things you do well!
9. If you don't succeed, it's ok to mostly succeed.
10. When you feel down, look for any good you offer our beautiful world. You've got this.

It takes a lot to be a Monarch butterfly. The caterpillar eats 200 times its weight! To form a chrysalis, it grows & sheds its skin. Finally it becomes a beautiful butterfly. Then, they fly 2000 miles to find the trees of their families. They are so brave. How do you show courage?

## Stress & Feelings:

[PBSKids: Guess the Feeling](#)

[Stay Cool Games](#)

[30 Activities & Printables to Learn and Express Emotions](#)

[For Parents of Young kids.](#)

[Emotional Intelligence:](#)

[TEDxYouth talk](#)

[Johns Hopkins Helping Teens with Stress & resource sidebar](#)