

SHARING. If you feel worried about something, remember that it is completely normal now, and the best thing to do is to share it.

Go to an adult you trust, let them know you feel worried and try your best to explain why. You could also write it down or draw it.



MINDFULNESS. Being mindful helps us when our heads are full of emotions.

Go back to your senses!

- What 5 things can you see?
- What 4 things can you hear?
- What 3 things can you feel?
- What 2 things can you smell?
- What can you taste?

You may not be able to answer all of these questions, but stopping what you are doing and being aware of your senses can help you in stressful times. When you have done it a couple of times, try to do it in loud, crowded places too. It is a fun and interesting experiment that helps you to stay mindful in every situation.



CONNECTING. *It is very important to keep in touch with your friends even if you can't meet in person.*

If you don't have access to a phone or laptop, ask an adult to help you connect online, or try the old-fashioned way and write a letter or draw a picture for the ones you love and mail it to them.

HOBBIES. *Even if the circumstances don't allow you to keep up with your hobbies, try something that you can do: dancing, crafts, drawing, singing, listening to music, or practice sports on your own. These are also great ways to express ourselves, if we can't do it with words. Keep doing the things you enjoy and get an adult to help you if you need it.*