

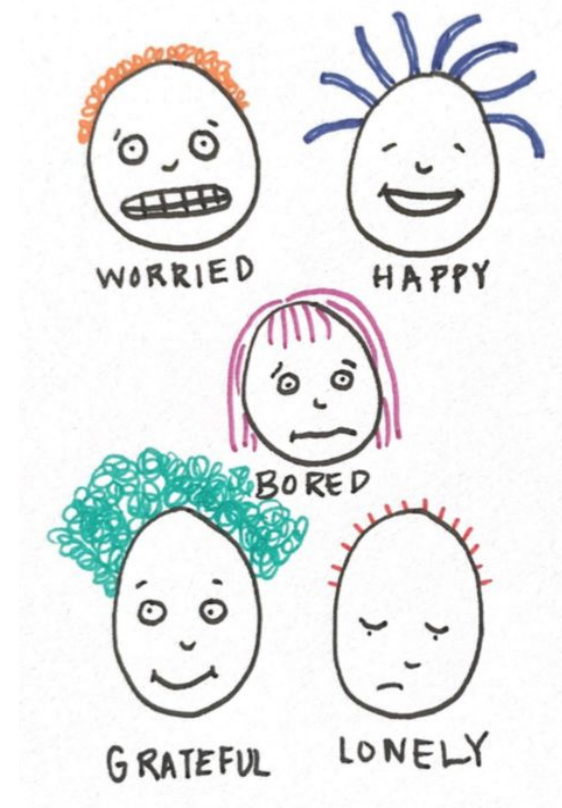
# How Are You Feeling?



By RHP Teachers



Lots of things are changing right now because of the new germ called coronavirus. There are lots of ways your days and your routines might be different. You might be spending more time at home, and your grownups might not be going to work anymore. Because of all these changes, you might have different feelings than normal. You might be feeling worried, happy, bored, grateful, or lonely.



**Worried** is a feeling that you might get when you're not sure what's going to happen. You might have felt worried on your first day of school or when you tried swimming without floaties for the first time. Some people are worried right now because they're doing lots of different things for the first time and they're not sure what will happen. Are you feeling worried about anything?



Some things that might help if you're feeling worried are:

1. Talk to a grownup! If you have any questions about what's happening right now, ask them. Your grownups can help you feel better.
2. Remember that everything will go back to normal! Things will be different for a little while, but soon we will be going back to school and having fun with friends again.
3. Hug someone or something you love, like your family, your pet, or a stuffed animal. Hugs can feel very comfy when you're worried.



**Happy** is a feeling that feels really good! You might get this feeling when you're doing something you like to do or spending time with people you love. Some people are feeling happy right now because they get to have extra time at home and with their families. Are you feeling happy right now? If you're feeling happy, I wonder if you can think of 3 things that are making you happy!



I love having extra home days, spending extra time with my grown ups, and playing with legos whenever I want!

**Bored** is another feeling that you might have right now. Bored is feeling that you might get when you don't have enough things to do or places to go. You might feel this way if you're used to being at school everyday, going to classes like ballet or karate, and having lots of play dates with friends. Because of the new germ, we're all spending a lot of time inside and might not be as busy as we usually are. Are you feeling bored right now?



UGH I'm bored!  
There's NOTHING  
to do! I want to  
have a playdate!

Some things that might help if you're feeling bored are:

1. Get some exercise! Do 100 jumping jacks, have a family dance party, ride your scooter around the neighborhood, or make an obstacle course.
2. Play a game! Board games like Candyland are always fun, but you could also play hide and seek, play baseball with balled up socks as the ball and a spatula as the bat, or do a scavenger hunt!
3. Make something! You could make a fort out of cardboard boxes, write a story about your favorite toy, turn a pair of socks into a pair of sock puppets, or make a costume out of a paper bag!



**Grateful** is a feeling that is kind of like noticing and feeling lucky for all of the good things in your life. Lots of people are feeling grateful right now because they are glad that they are comfortable and healthy. You might be feeling grateful if your family is having fun together and staying safe from the new germ. Are you feeling grateful right now? If you're feeling grateful right now, I wonder if you can think of 3 things that you're grateful for!



I'm feeling grateful because my family loves me, I have a cozy home, and I'm not sick with the new germ!



**Lonely** is a feeling that people get when they don't spend enough time with other people. Because you're spending more time inside right now and you're not at school, you might miss your friends and teachers. You might feel more alone than usual.



I miss my friends.  
I wish I could  
spend time with  
them at school!

Some things that might help if you're feeling lonely are:

1. Ask your grownups if you can call a friend on the phone! Even though you might not be able to see your friends for playdates, you can still hear their voices and talk to them.
2. Make a video for someone you love. Show them what you've been doing at home and tell them that you miss them!
3. Write a letter to a friend! Ask your grown up to write your words and decorate your letter with drawings or stickers.



It's fun to  
write letters  
to friends!

Even though lots of things are different right now and you might be feeling different feelings than normal, remember that there are lots of people who love you and can help you feel good!

