
THE ROCK & THE PLAY-DOH

COVID-19: What can you control?

Hold the rock in your hand. Squeeze it as hard as you can. Try to bend it. Roll it between your hands. Are you able to change the rock?

Now, place the Play-Doh in your hand. Squeeze it as hard as you can. Bend it. Roll it between your hands. Are you able to change the Play-Doh?

The COVID-19 pandemic may leave you feeling worried, anxious or scared. In these moments, think of the rock and the Play-Doh.

The rock is hard and can't be changed. You can't control the shape it takes.

The Play-doh, however, can be changed. You can control the shape it takes.

What are the "Play-Dohs" in your life right now? What can *you* control?

Believe it or not, you, my middle school friend, have some control over what is happening in the world right now.

So, what are the "Rocks" and the "Play-dohs" of COVID-19?

THE "ROCKS"

I cannot control:

- What other people do
- What other people say
- School cancellations
- The news
- Sickness
- Work assigned to me
- Doctor recommendations
- Restaurant and store closings
- How long this will last

THE "PLAY-DOHS"

I can control:

- What I say
- What I do
- The way I treat others
- My positive attitude
- Hand-washing and hygiene
- How well I do my work
- What I watch online or on TV
- Getting fresh air
- Social distancing: staying home
- Finding fun things to do at home

Despite everything happening, *you do have some control.*

Take a deep breath and focus on the the "Play-Dohs."

Let go of the "Rocks."

We are all in this together. It will get better.

*Created with love by Krystal
Detreding, Special Ed. Teacher at
FZSD South Middle School*



Indoor Games & Activities

To Get Children Moving



- **GO ON AN ALPHABET SCAVENGER HUNT**

Make a poster with the alphabet and have your child search for items that begin with each letter.

- **PLAY HOPSCOTCH IN A HALLWAY**

Use any paper you have on hand (or cardboard) to cut out shapes. Use double-sided tape to place the shapes on the floor to begin your game of hopscotch.

- **CREATE A OBSTACLE COURSE**

Use items around your house (pillows, pool noodles, baskets, etc) to create a fun obstacle course.

- **PLAY THE FLOOR IS LAVA**

Decide which furniture is ok to jump on and considered safe. Set a timer and the first person yells, "The floor is lava." All other players must get to the "safe" spot before the time runs out.

- **GO ON AN ANIMAL SAFARI**

Draw or print different animal shapes and have your child color them in. Hide them around the house for your child to find.

- **PLAY I SPY CLEANUP**

Set a time to put away as many items until the clock runs out. Call out an item for your child to race towards, grab, and put away!

- **PLAY A FLASHCARD HIDE AND SEEK**

For younger children, hide flashcards of letters and numbers around the house. Have your child find the cards and tell you the letter or number they found. For older children, hide word or math fact flashcards and have them tell you the answer when they find them.

- **PLAY CHARADES**

On pieces of cut-up paper, write down phrases or words to act out. Take turns pulling a single paper out of a container and have fun acting out the description.

- **LEARN A DANCE ROUTINE**

Create your own or find a tutorial for your favorite dance routine and practice.

- **PLAY MUSICAL CHAIRS**

Place a couple of chairs back to back and turn on some fun music. Players move around the chairs and when the music stops, the last one not sitting in a chair is out.

- **PLAY BALLOON TOSS**

Throw a balloon in the air and don't let it fall to the floor!

- **PLAY FREEZE DANCE**

One person is the DJ and in control of the music. When the music starts, start dancing but watch out! As soon as the music is paused, freeze!

- **ONLINE RESOURCES**

[Cosmic Kids Yoga](#)

[GoNoodle](#)

[Adventure 2 Fitness](#)

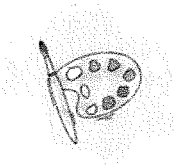
[Just Dance Kids](#)

[Free live children's workouts](#)

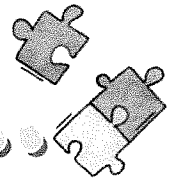
[Kids Zumba](#)

[Kidzbop](#)

[Sport Supermovers](#)



I'M BORED...



Things I Can Do With A Sibling

- Play hide and seek
- Have a figure skating competition in our kitchen
- Journal together
- Create our own magazine
- Play dress up
- Play a board game
- Make up silly songs
- Create art and hold an art show
- Create a play to perform for our family
- Play school
- Read to each other
- Use socks as puppets and have our own puppet show
- Make paper airplanes and see which one can fly the farthest
- Play I Spy
- Make up a secret language
- Create an indoor "camp out"
- Host a radio show
- Play store
- Build a house with cards
- Play library
- Draw cartoons or comic strips
- Play superheroes
- Make up a funny skit
- Play a card game
- Play the ABC game. Pick a theme (animals, food, etc) and take turns naming an item that starts with that letter
- Use items in our house (pots, pans, boxes, etc) to make our own instruments
- Play charades
- Create a blanket fort under the dining room table or on our beds
- Play Simon Says
- Design a board game
- Sing karaoke
- Do a science experiment
- Put on a shadow puppet show using a flashlight

Teletherapy Scavenger Hunt

| | |
|---|---|
| Something that brings you comfort | Something you could use to calm yourself down if you are angry or upset |
| Something you are proud of | Something that reminds you of someone you miss right now. |
| Something unique | Something that brings back a happy memory for you. |
| Something that expresses your personality | Something that reminds you of something you are missing about school |
| Something that you could do for fun | Something that brings back a negative memory for you. |
| Something that makes you feel "at home" | Something you can use when you are feeling stressed out |
| Something that is your favorite color | Find something with a pleasant smell |
| Something that you enjoy looking at | Something that makes you feel safe |
| Something that makes you laugh | Something of your choice |

DICE-BREAKERS

Roll a 1, choose From:

- Which superhero would you most want to be and why?
- If you could only eat one food for the rest of your life what would you choose?
- Describe yourself in five words or less
- If you could only keep four things, which would you choose?

Roll a 2, choose From:

- If you could get rid of one emotion forever, which would you choose?
- Describe your dream job.
- What is your favorite song? Play it now if possible.
- If you were a teacher what kind would you be?

Roll a 3, choose From:

- What's the scariest thing that has ever happened to you?
- You are granted one superpower for the rest of your life, what is it?
- Describe the perfect day.
- If you could live anywhere in the world where would you choose?

Roll a 4, choose From:

- Name something that really gets on your nerves.
- No pets or 10 pets, which would you choose?
- You've just won an award, what would it be for?
- Indoors or outdoors, where do you prefer to be?

Roll a 5, choose From:

- Who is someone you admire?
- You get to be in a video game for a day, which game would you choose?
- Describe your dream home.
- You get to choose your breakfast, lunch and dinner, what would you eat?

Roll a 6, choose From:

- You can have dinner with any 3 famous people, who would you choose?
- Describe the angriest you have ever been?
- If there was one place you would never have to go again, where would that be?
- You get to be any animal for a week, which would you choose

Tracy Turner Bumberly LPC, RPT-S, CAS

Card Prompts

(52 card deck)

Red



- 1-Name the low point in your week
- 2-Name a difficult feeling you experienced this week
- 3-Name an activity you miss

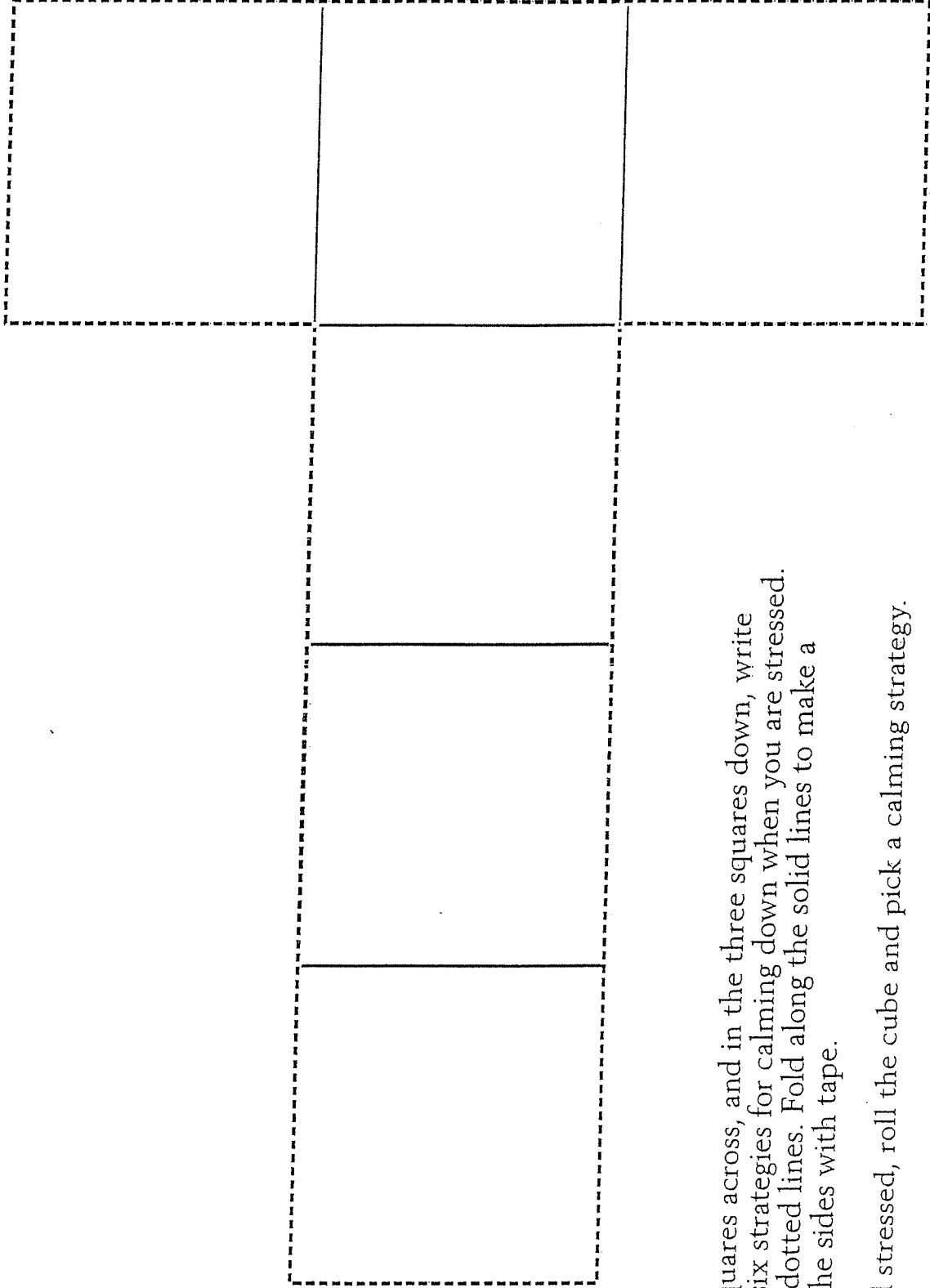
Black

- 4-Who have you been talking to the most?
- 5-Show me what you do to relax
- 6-Where do you feel happiest?
- 7-How do you feel about being at home?
- 8-Name something you love about yourself
- 9-Draw your face when you wake up in the morning
- 10-Use your imagination to describe a fantasy land
- J-What is your favorite thing about being at home?
- Q-Show me your happy face [enjoyable emotion]
- K-Pick a game to play next (card games, 20 questions, ispy, heads up, yatzee, pictionary)
- A-Act out a feeling, I will guess it



- 1-Name the high point in your week
- 2-Name an enjoyable feeling you had this week
- 3-Name a fun inside activity
- 4-Name a fun outdoor activity
- 5-What has been different about your days?
- 6-Show me something you love
- 7-What do you do if you miss someone?
- 8-If you could change one thing about being home, what would it be?
- 9-Draw a picture of your day today
- 10-Close your eyes and tell me the first thing you see
- J-Show me your frustrated face [challenging emotion]
- Q-Describe what is outside your window
- K-Try to draw [house, cat, car] with your eyes closed
- A-Act out an activity, I will guess it

My Calming Cube



Directions

In the three squares across, and in the three squares down, write and illustrate six strategies for calming down when you are stressed. Cut along the dotted lines. Fold along the solid lines to make a cube. Secure the sides with tape.

When you feel stressed, roll the cube and pick a calming strategy.

Coping Skills Bingo

pop
bubble
wrap

music

get
help

sing

write a story
or poem

exercise

yoga

stress
ball

10 deep
breaths

read

play
outside

paint

FREE
SPACE

draw

talk to
someone

watch a
movie

do
something
different

eat
healthy

talk to a
friend

friends

sleep

do
something
kind

walk
away

Go for a
walk

play a
game

Family and Friend Bingo

To claim a square, find a person who matches the description and write their name in the square.

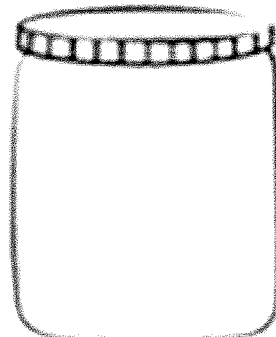
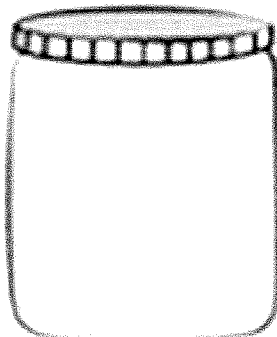
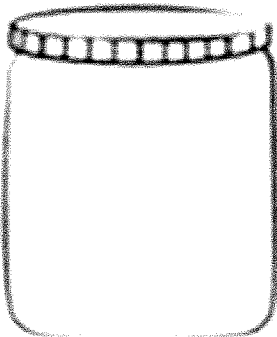
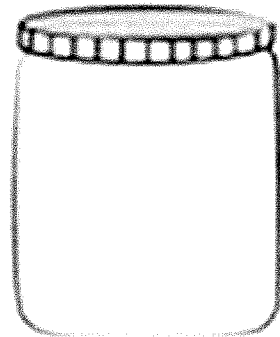
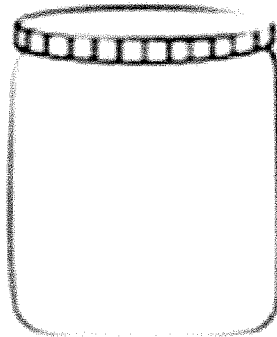
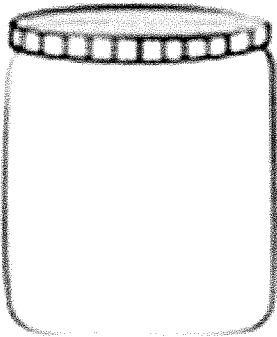
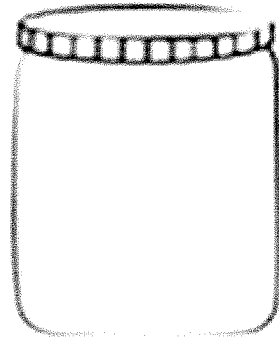
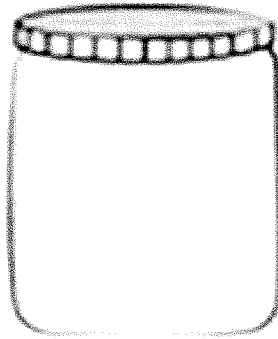
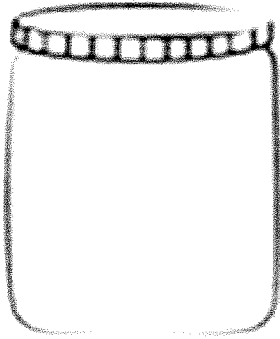
Find someone who...

| | | | | |
|-----------------------------------|--------------------------|---|---|-----------------------------------|
| Is wearing a gold ring or earring | Has ridden a horse | Is not wearing sneakers | Can say hello in 3 languages | Favorite color is purple |
| Felt excited today | Has painted toe nails | Has biggest muscles | Felt sad today | Can play a musical instrument |
| Can say a poem | Is wearing colored socks | Shared a hug with someone today | Is left handed | Has eaten sushi |
| Can do 10 push-ups | Felt mad today | Heard something nice about themselves today | Has caught a fish | Talked about their feelings today |
| Is wearing something red | Wears glasses | Has been to a zoo. | Has more than 6 letters in their first name | Felt calm today |

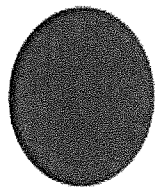
- *Write about a day you'd like to forget.
- *What would you do if you were locked inside your favorite department store overnight?
- *Describe an event that changed your life forever
- *Describe someone who is a hero to you and explain why
- *What would you do if you could travel free anyplace in the world?
- *Compile a list of words that describe you as a child.
Compile a second list that describes you as you are now.
How are these lists the same? How are they different?
- *Tell about what triggers anger in you or someone else
- *Write about what you didn't do this weekend
- *Begin a list of questions that you'd like to have answered.
They may be about the future or the past.
- *If you were ruler of the world, what things would you banish absolutely for all time (rain on weekends, eggplant, and so forth)?
- *What do you consider your greatest accomplishment to date and why?
- *Is there a machine you feel you could not live without?
Explain.
- *Write about a difficult decision you had to make
- *Write about a disappointment
- *Write about something minor that turned into a big deal

Gratitude Jar

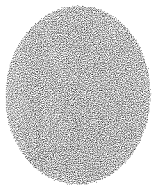
Fill your jars with things you are grateful for:



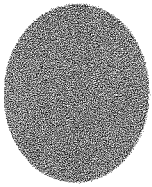
GRATITUDE GAME



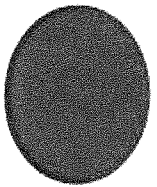
Name a Person You are Thankful for



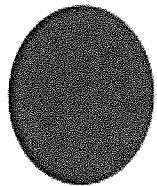
Name a Place You are Thankful for



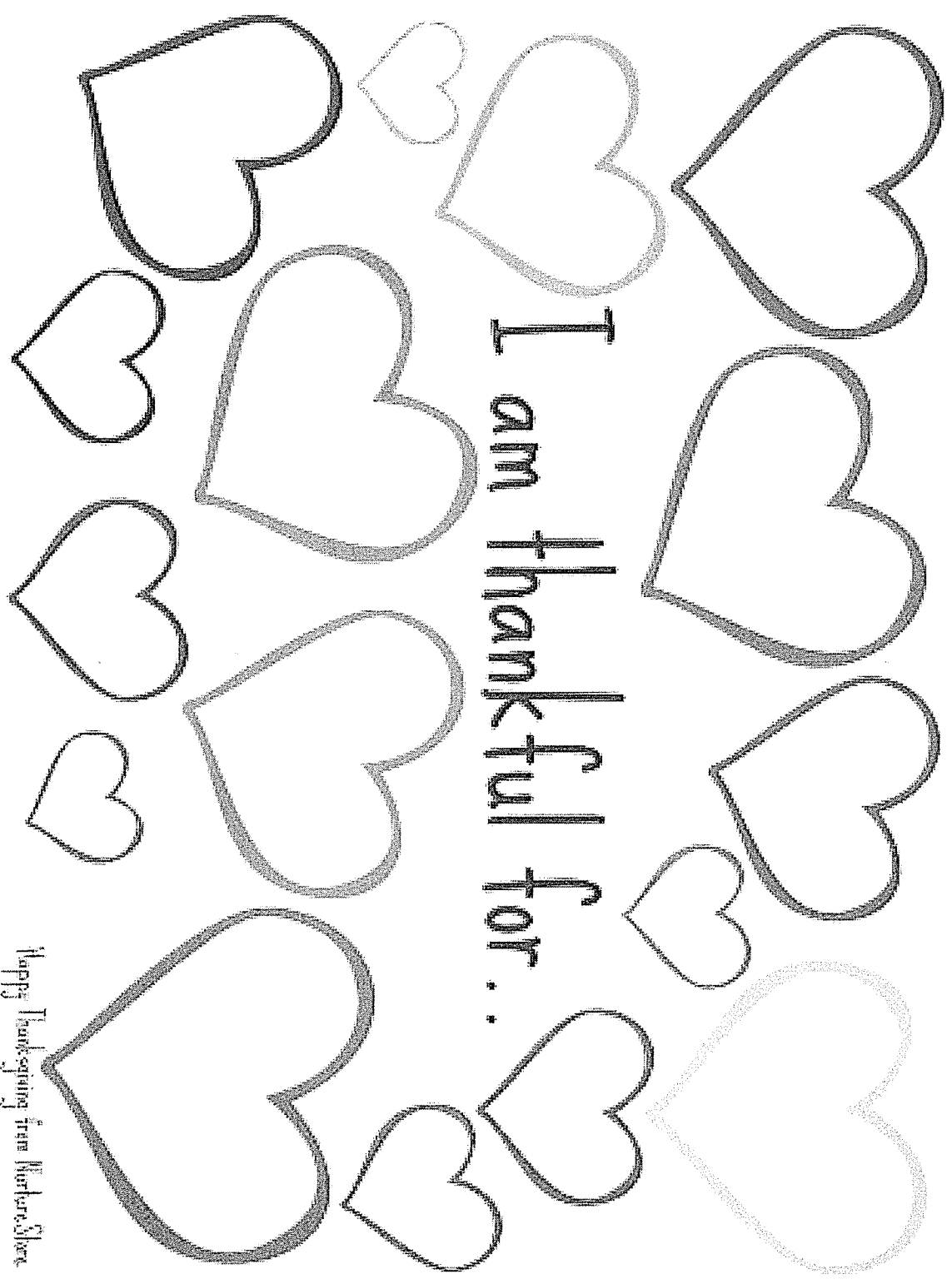
Name a Food You are Thankful for



Name a Thing You are Thankful for

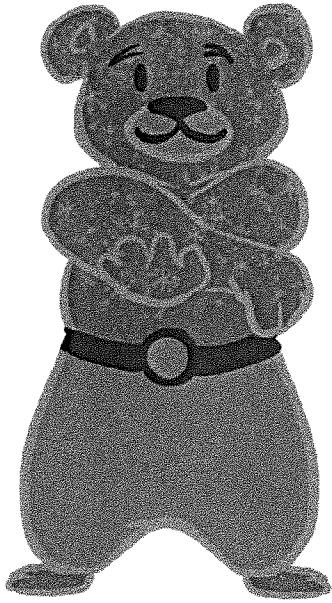


Name Anything of Your Choice



I am thankful for ..

Happy Thanksgiving from Martha, Sheri



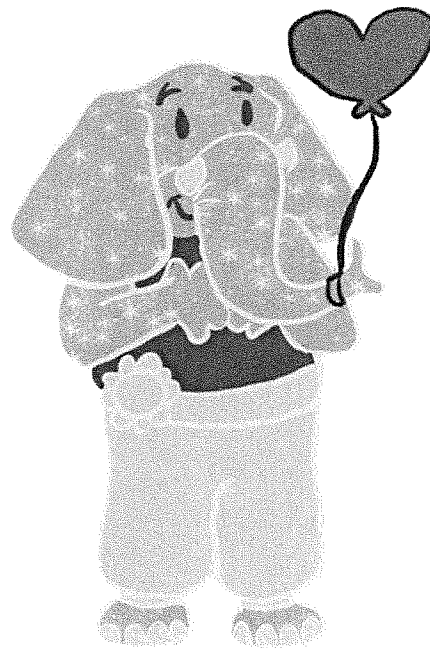
**Slowly stretch and notice
tight muscles loosen.
How do you feel?**



**Imagine your thoughts are
birds. For one minute, let them
fly away until none remain.**



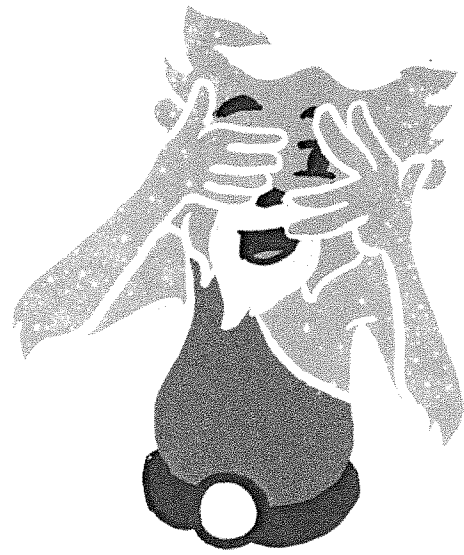
**Think about how you feel
after using these cards.
Invent a new emotion for it!**



**Name 3 reasons you
love yourself.**



Wiggle each and every muscle, one at a time, starting with toes.



Listen to a room with your eyes closed. Without peeking, picture what's happening.



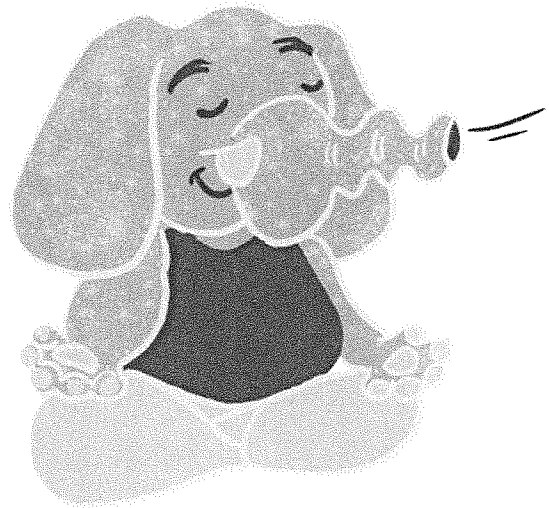
Using your index finger, outline the shape and features of your face.



Close your eyes and listen to all of the noise around you. What's creating the sounds?



View the space you're in. What's your favorite thing about it?



Sit comfortably with hands resting face up in your lap. Close your eyes and notice your breath at the tip of your nose as you inhale and exhale.



Run fingers VERY slowly through your hair. What do you feel?



Lie on the floor and imagine slowly melting into it. Sink deeper and deeper.



After taking 3 slow, deep breaths, identify 5 thoughts you have right now, in this present moment.



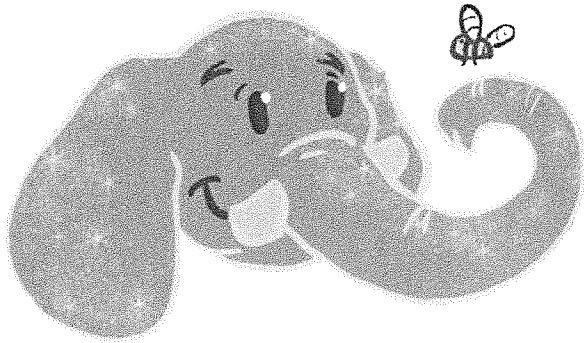
Imagine you're relaxing outside on a warm, sunny day: how does your body feel?



Think of 3 things you can feel on your body right now without moving.



On a walk, try to find every color of the rainbow.



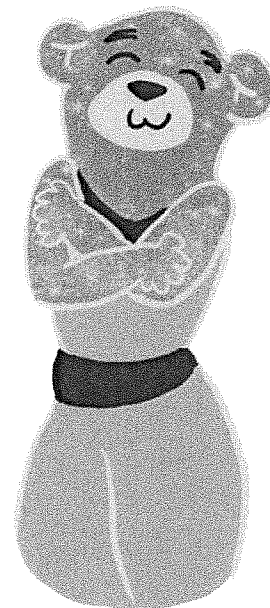
Watch any living thing for 2 minutes. If it doesn't have a name, give it one.



Compare the textures of two different materials. Try placing one hand on the leg of your pants, and one hand on the material of your shirt. What do you notice? How do they feel?



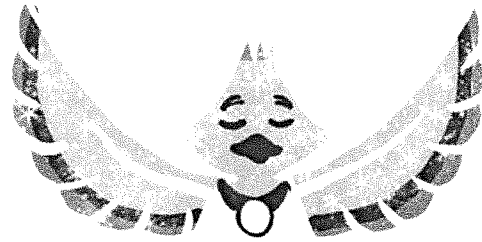
Listen to music. Identify the instruments you hear. How are they used?



Take both of your arms and wrap them around yourself. Hold your hug for 10 seconds.



Tap each finger on your hand as you say the words, "I. Can. Do. This."



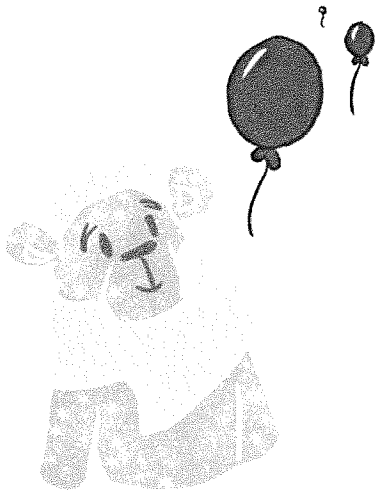
Stand balanced with your eyes closed. Breathe in, raise your arms to the sky. breathe out, lower your arms. Repeat 3 times.



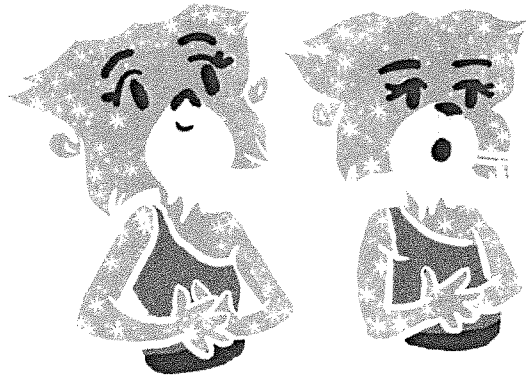
Name 5 reasons you have to be grateful.



Bring to mind an image of a friend or loved one. Send them loving-kindness thoughts.



Sometimes we have bad feelings or thoughts. Close your eyes and think of one you've had. Imagine putting that thought in a red balloon above you and letting it float away.



Take a deep breath in, raise your eyebrows and open your eyes wide. Slowly breathe out and relax your face. Repeat.



Go for a silent walk outside. No talking! Only absorbing.



Breathe in deeply for 4 seconds, out slowly for 7. Repeat.



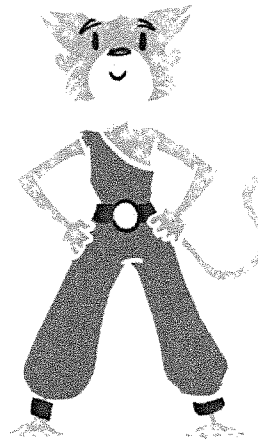
Take a minute and press down through the heels of your feet, and press down through each toe, too!



Think of a part of your body that you'd like to relax. Now, breathe in deeply through your nose, and as you exhale, imagine sending your breath to that part of your body, helping it to release and relax. Repeat!



Close your eyes gently. Think of something or someone that makes you happy, and see them now in your mind's eye. If your mind wanders, refocus your attention by noticing your breath.



Stand up tall and spread your legs hip distance apart. Plant your feet firmly on the ground, and place your hands on your hips. Raise your chin slightly so that you are comfortably looking ahead, like a superhero overlooking their city. Hold this pose for 1 minute while you breathe and feel your chest rise and fall.

What my body does for me:

What I love about my body:

① _____

① _____

② _____

② _____

③ _____

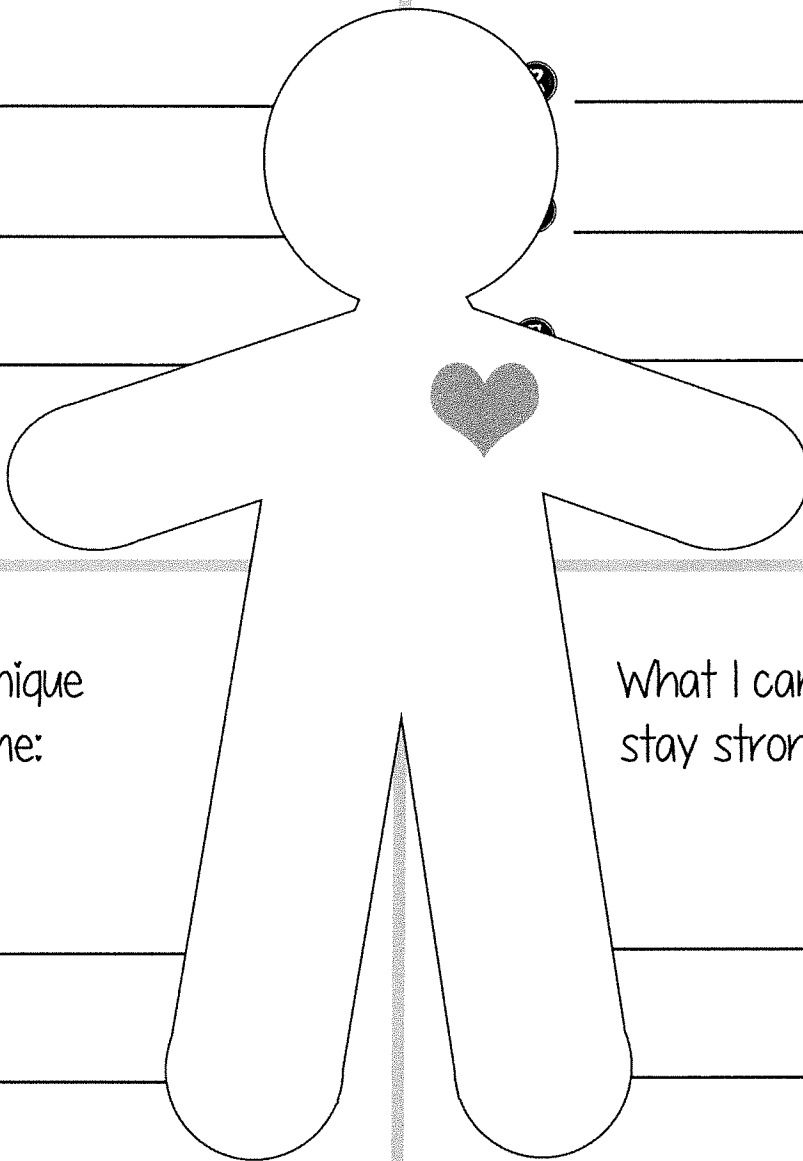
③ _____

④ _____

④ _____

⑤ _____

⑤ _____



What's unique about me:

What I can do to help it stay strong and healthy:

① _____

① _____

② _____

② _____

③ _____

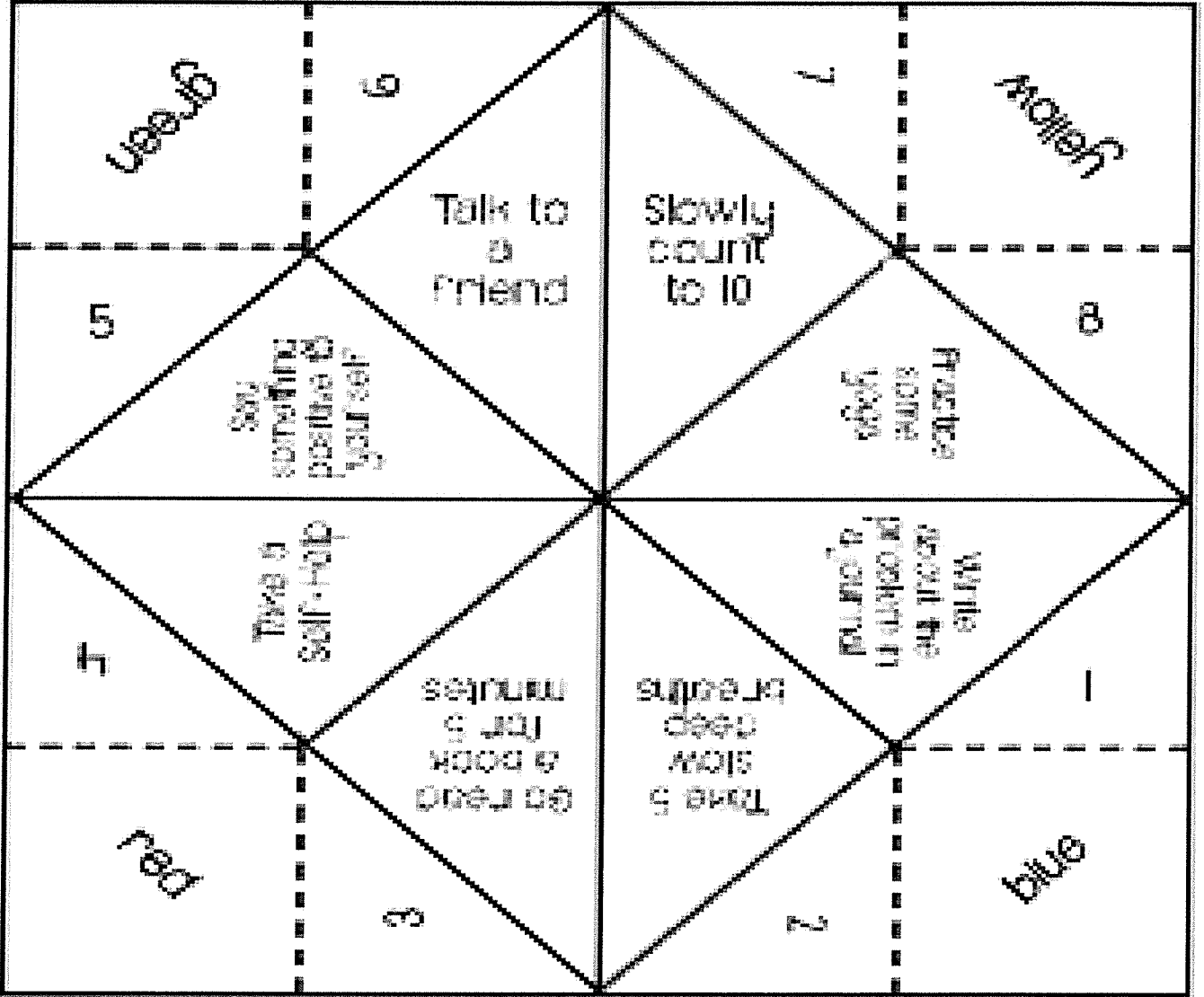
③ _____

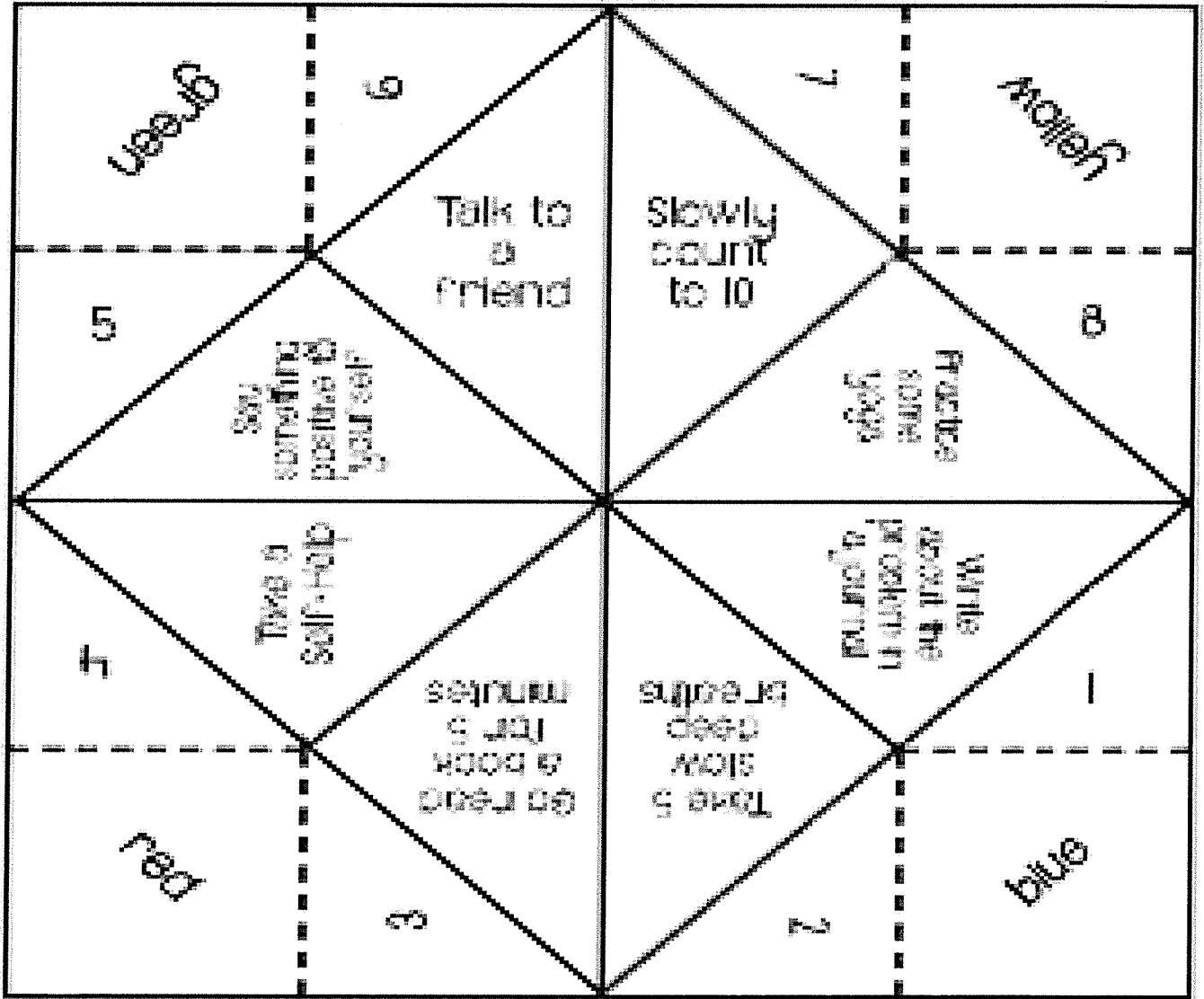
④ _____

④ _____

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⑤ _____





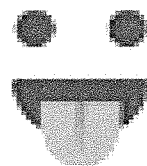
I'm feeling...



Calm



Happy



Silly



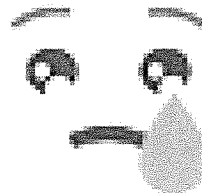
Relaxed



Nervous



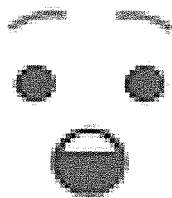
Annoyed



Sad



Shy



Surprised



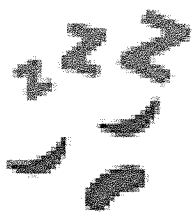
Hungry



Angry



Confused



Sleepy



Sick



Hurt



Hot

Today I feel...

Directions: Circle the Emoji that best describes how you are feeling.



Happy



Sad



Surprised



Scared



Angry



Embarrassed

Because...

Draw or write about what happened

A large, empty rectangular box with a solid black border, intended for a child to draw or write about the event that caused their emotion.

