



BOYS & GIRLS CLUB
OF MALIBU
Wellness Center

Wellness Together:

Staying Healthy
Activity Book
March 2020

The Wellness Center at the
Boys & Girls Club of Malibu

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Table of Contents

- Page 1 - About this Book
- Page 2 - Sample Daily Routine
- Page 3 - About COVID-19
- Page 4 - Washing Your Hands
- Page 5 - Ways to Stay Healthy
- Page 6 - Yoga and Other Self-Care Activities
- Page 7 - A to Z of Coping Skills
- Page 8 - Worksheet: Gratitude Jar
- Page 9 - Worksheet: How are you Feeling Today?
- Page 10 - Worksheet: What's on your Mind Today?
- Page 11 - Worksheet: Color By Numbers
- Page 12 - Worksheet: How do YOU Feel?
- Page 13 - Worksheet: Health Word Search
- Page 14 - A Note to Parents
- Page 15 - Additional Resources and Activities

About This Book

The Wellness Center at the Boys & Girls Club of Malibu has put together this workbook to help begin the discussion about COVID-19 with your children. These times are confusing for everyone in different ways, but we are here to help.

This book is most useful when used with informative conversations with your child. The activities in this workbook are great to use during this time of crisis. We have put together worksheets that allow children to easily express how they are feeling and how they are dealing with these life challenges.

Parents: below is a link to some parental guidelines to remaining calm during this pandemic.

<https://www.connecticutchildrens.org/coronavirus/strategies-for-parents-to-keep-calm-and-carry-on-during-covid-19/>

1. Take great breaks
2. Maintain connections to loved ones
3. Teach your child to value community
4. Create celebrations to look forward to
5. Give yourself a time out
6. View this as a gift and allow yourself to slow down

Remember, every individual deals with stress and crises differently. Please be open and caring to others' coping methods.

This book was created by:

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Sample Daily Routine

It is important that you keep a normal routine for your child, while they are still in school. Setting up a place for them to do schoolwork will ease this transition. Similarly, creating a written/visual schedule for them to follow, will create the most structure. Balance schoolwork with snacks and physical activity.

9:00am	Wake up + breakfast
10:00am	Start school tasks
11:00am	Snack
12:00pm	Lunch
1:00pm	School tasks
2:00pm	
3:00pm	Snack
4:00pm	Physical activity
5:00pm	
6:00pm	Dinner
7:00pm	Family Time
8:00pm	
9:00pm	Bedtime

Make your own schedule at www.chartjungle.com

About COVID-19

COVID-19 is a new type of virus that is passed from person-to-person. It is being talked about a lot right now and can seem very scary. Although COVID-19 is serious, there are many things that we can do to help reduce the spread of the virus.

A virus is a pathogen (path-o-gen) that cannot be seen without special tools, so it is important to not touch surfaces without making sure that they are clean.

COVID-19 is similar to germs that lead to the cold and flu, but it is a little more easily spread. There is nothing to be afraid of if we all work together to stay healthy.

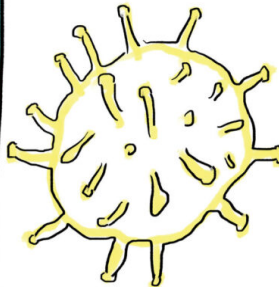
It's a word you might have heard at school or online or on T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

In some parts of the world it has made lots of people sick.

Coronavirus Facts



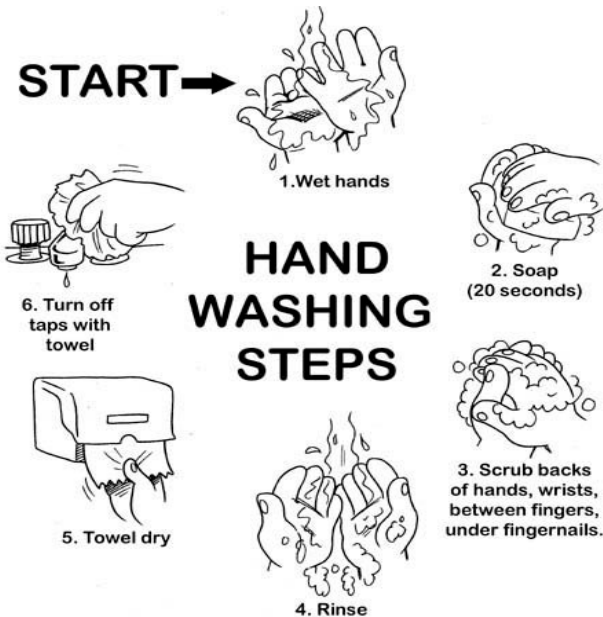
- "Corona" is Latin for crown.
- Under a microscope these viruses look like a crown with spikes ending in little blobs.

Washing Your Hands - Color Me Activity

Washing your hands is always important but we often don't know how wash then properly. This page describes the best way to wash your hands. Color the page in and discuss why washing our hands is important to prevent the spread of COVID-19 and other germs.



How to Wash your Hands



Steps:

Wet your hands with warm water

Put soap on both hands
Scrub backs of hands, wrists, between fingers, under fingernails for 20 seconds

Rinse with warm water

Towel dry your hands

Turn on water with the towel

Ways to Stay Healthy

Besides washing our hands often, what are some other ways that we can stay healthy? Think of some examples using the vocabulary words below.

Staying Healthy



It is important to get enough sleep.

Write 8 sentences about staying healthy. Use the vocabulary below to help you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

eat fruit and vegetables	get fresh air	get enough sleep	drink water
look after yourself	not to smoke	not to worry too much	exercise often

Yoga and Other Self-Care Activities


In stressful times like these, it is good to keep the mind and the body active. One way that we can do this is by being aware of our body. Yoga and stretching are good ways to notice how our mind and body feel.

This teaches us to be aware of their surroundings and mindful of our bodies.



A to Z of Coping Skills:

Coping skills help us to feel better and safe during this confusing time.
Which coping skills do YOU use?

A TO Z OF COPING SKILLS			
A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
I IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
 www.elsa-support.co.uk	Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself	

Worksheet: Gratitude Jar

Day 1

My Gratitude Jar

Think about different people, things, and events you are grateful for. Write what and who you are grateful for inside your "Gratitude Jar" below.



Worksheet: How are you Feeling Today?



Draw how you feel today in the appropriate box below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Worksheet: What's on your Mind Today?

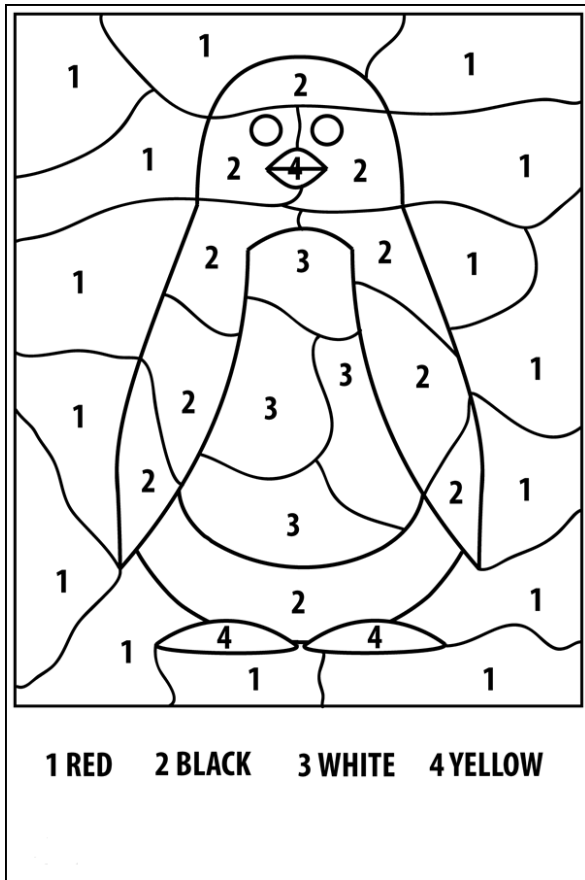
On My Mind Today

What are some things that are on your mind today?

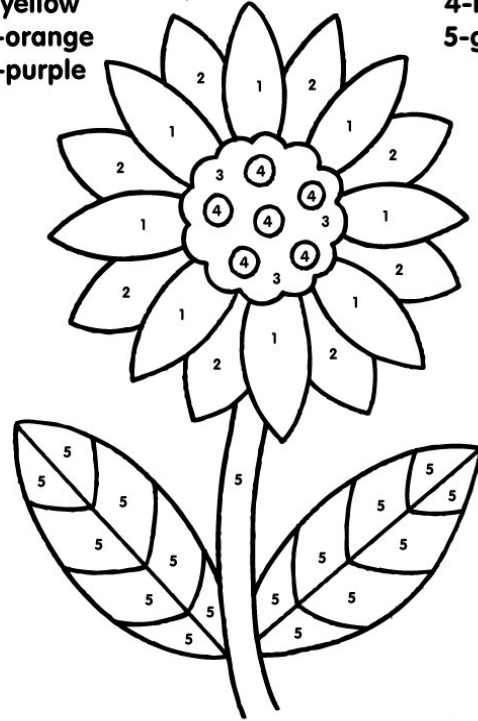
mylemarks
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For more resources, visit www.mylemarks.com

The worksheet features a large, empty thought bubble in the center for writing. The background is decorated with various clouds in shades of blue, grey, and white. At the bottom center, there is a logo for 'mylemarks' with a small illustration of a house and trees above the text. Below the logo, there is a copyright notice and a website URL.

Worksheet: Color by Numbers

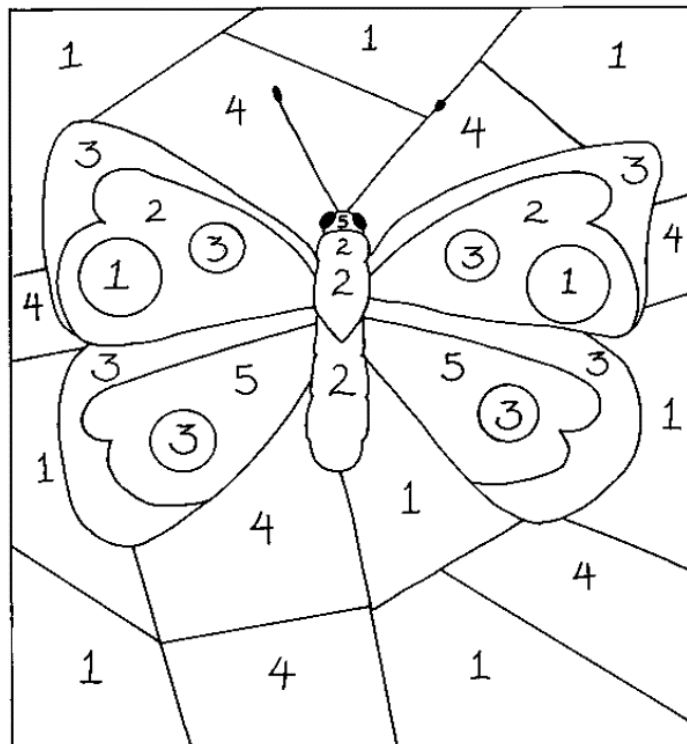


Color by number sunflower
 1-yellow 2-orange 3-purple 4-black 5-green



You can use your blue crayon to fill in a sky too!

blue-1 orange-2 yellow-3 green-4 red-5



Worksheet: How do YOU Feel?

How Do YOU Feel?

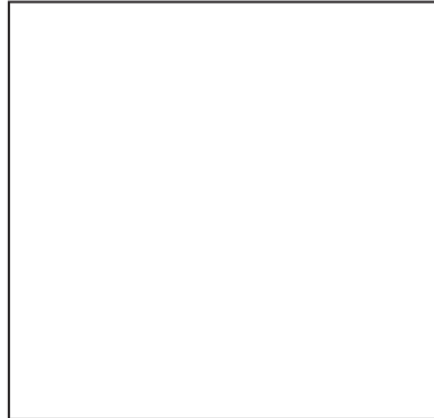
Read each adjective below and then draw a picture to show what you would look like if you felt that way.

Example: **happy**

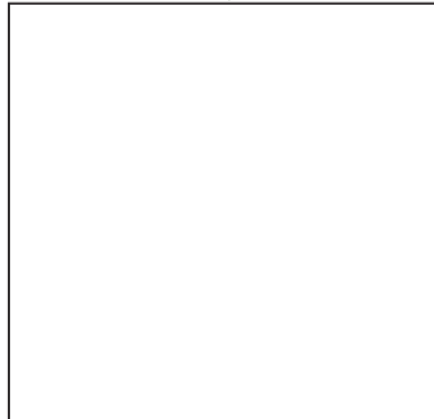


scared

brave



silly



Worksheet: Health Word Search

Name: _____

Health Word Search



E	X	Q	W	K	J	Y	Z	S	S	T	R	E	S	S	G	Z
Q	F	W	N	D	A	T	K	E	Y	G	J	B	O	N	S	C
P	V	D	C	H	E	A	R	T	N	G	D	A	N	I	C	T
L	S	I	C	Y	B	K	P	F	C	H	Y	G	I	E	N	E
X	R	S	U	U	R	T	D	U	I	P	Z	G	Q	L	H	W
B	H	E	F	M	A	J	I	I	O	B	P	Z	X	F	E	J
E	L	A	M	V	H	W	N	B	D	O	C	T	O	R	B	G
L	U	S	S	H	D	C	L	W	L	D	B	V	B	I	B	S
S	N	E	P	M	V	V	F	Y	W	Y	G	B	J	K	W	M
H	G	X	U	T	I	N	L	V	S	Z	V	B	G	E	E	E
T	S	M	G	M	R	I	B	A	C	T	E	R	I	A	X	C
R	O	M	P	F	U	U	I	X	D	K	O	L	C	E	E	N
K	M	I	U	T	S	X	L	A	S	U	L	I	Z	V	R	W
G	E	C	B	K	Y	B	V	O	X	Y	G	E	N	A	C	C
W	D	I	T	Y	T	Y	L	P	R	T	Q	Q	J	D	I	G
J	I	A	B	L	O	O	D	B	U	B	D	Y	T	R	S	Z
T	C	F	U	F	T	Z	O	K	N	H	Q	W	N	V	E	K
H	I	P	G	C	F	U	O	Q	E	H	W	B	C	I	A	Z
E	N	R	H	O	S	P	I	T	A	L	S	K	M	V	Z	O
R	E	L	Y	L	K	P	L	X	Y	R	W	M	U	J	E	W
P	O	A	X	D	A	R	V	Z	W	E	S	O	O	O	V	U
N	L	G	N	B	F	L	K	U	R	K	Z	Z	H	V	Q	T



DOCTOR
BODY
HEART
LUNGS
OXYGEN

VIRUS
BACTERIA
EXERCISE
HOSPITAL
COLD

STRESS
MEDICINE
BLOOD
DISEASE
HYGIENE

A Note to Parents- Services at the Wellness Center

School-based mental health support:

If your child has been receiving counseling services at school, your child's therapist should be reaching out to discuss options for continuing through TeleHealth. If you need assistance reaching your child's therapist, contact Randi Goodman at 310-691-6523.

The Wellness Center at the Boys & Girls Club of Malibu is offering free 15-minute consultations for any concerns that you may have. Feel free to contact us with any questions.

Randi Goodman, LMFT #52964
randigoodman@bgcmalibu.org
310-691-6523

The BGCM and Waveside Church have partnered to meet the needs of our Senior Citizens and most vulnerable families with FREE non-perishable food pantry items and supplies. We are committed to helping Senior Citizens and those who need us the most during this difficult time. Your generous gift can be a lifeline to these families when they need it the most.

Please help our Seniors Citizens, kids, and families by making your tax deductible gift.

[Donate to Food Pantry Today!](#)

Donations will go directly to local food & supplies for Malibu Emergency Relief amid Coronavirus outbreak. *Please indicate Memo: BGCM Food Pantry on donation.

Thank you & stay well!
BGCM

Questions

✉ emergencyrelief@bgcmalibu.org
☎ 310-457-2582

Additional Resources and Activities

Educational Websites for Kids of all Ages:

<https://fromabcstoacts.com/45-free-educational-websites-for-kids/>

Free internet for low income families:

Low-income families who live in a Comcast service area can sign up as new customers to receive 60 days of free Internet Essentials service. To qualify, customers must be eligible for public-assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, or SSI. Applicants can visit internetessentials.com to enroll in the program; they may also call (855) 846-8376 for English or 855-765-6995 for Spanish. Comcast will send all new Internet Essentials customers a free self-install kit that includes a cable modem with a Wi-Fi router, with no term contract or credit check and no shipping fee.

For Parents:

- "How to Talk to Kids About Coronavirus, " New York Times
- <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- "What Parents Need to Know About Coronavirus," New York Times
- How to Talk to Your Kids About Coronavirus, PBS Kids
- Tips for Families: Talking About the Coronavirus, Zero to Three
- Coronavirus and Parenting: What You Need to Know Now, NPR
- Talking to Kids About the Coronavirus, Child Mind Institute

For Children:

- Coping After a Disaster (Ready Wrigley Books), Centers for Disease Control and Prevention (CDC)
- Ready Wrigley Prepares for Flu Season, Centers for Disease Control and Prevention (CDC)
- A Germ-fighting Superhero, Daniel Tiger's Neighborhood/PBS Kids
- The Man with the Yellow Hat Explains How Germs Work, Curious George/PBS Kids