

How to Cope with Your HERO, the Essential Worker

This book belongs to: _____

BE A HERO

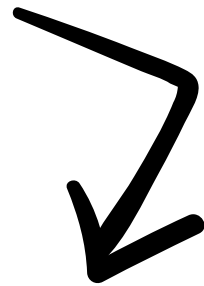
A hero is...
HEROES
come in all
SHAPEs and Sizes!

TO BE A
HERO MEANS...



my hero is:

_____.



Dear Reader,

This activity book will take families on a journey to recognize the qualities they admire in their heroes and in themselves during a stressful time.

It can be hard and confusing when so many things in your life are changing at the same time: school being all on the computer, canceling plans and trips, or not visiting loved ones. You might have a lot of questions and feelings you haven't felt before. Talking about your feelings, asking questions, and learning more about what it means to be a hero during this time can help you feel better.

Heroes come in different shapes, sizes, ages, and uniforms. Once you think about all the abilities you admire in people, you will see that heroes are all around you!

This book will help you recognize heroic qualities in others and in yourself. It will also teach you coping strategies that you can use as we deal with the COVID-19 disease. There are also activity spaces and other ways to express yourself and your creativity.

We are giving you this book because you are a hero and are surrounded by so many special people that deserve appreciation and need the strength to keep fighting!

Sincerely,

Your Jackson Behavioral Health Hospital
Child and Adolescent Psychology Team



What Is a Coronavirus?

Coronaviruses are very contagious, meaning that they can spread easily to other people. The type of coronavirus now spreading around the world is called COVID-19, which affects everyone differently.

Some people do not even know that they have COVID-19! Others may feel achy, have a fever, stomachaches, or have a hard time breathing.

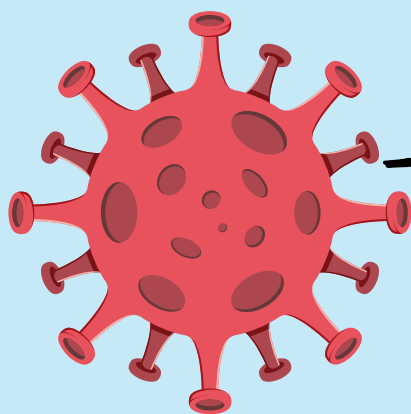
In this book, you will learn different ways that you and your hero can stay safe and healthy!

Did You Know?

Did you know that “corona” is Latin for crown? Under a microscope, a coronavirus looks like a crown with spikes ending in little blobs.

Did you know there aren't a lot of COVID-19 cases in kids? If a kid gets the virus, it is usually mild. Mild means not very strong, like mild salsa, which is not very spicy.

Coronavirus
and COVID-19



"Corona"
in Latin =
Crown

kids get
mild cases



like how mild
salsa is not
very spicy

Essential Workers Are IMPORTANT

Someone in your family is an essential worker, and that means they're not able to work from home. They are called **essential workers** because they play a **very important** role in supporting our community, especially now during the time of COVID-19.

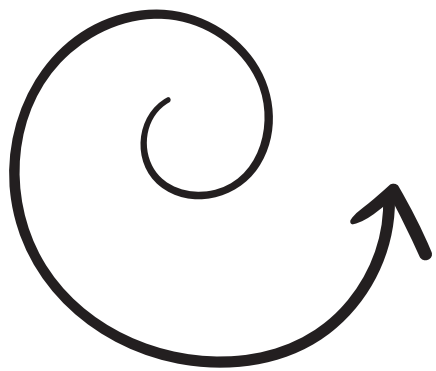
To leave the house every day and do their job, your family member needs to be strong, dedicated, and brave. These are some of the qualities that make them a hero!

Who in your family is an essential worker?

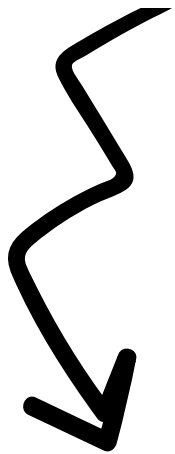
Family Member(s)
Names:

What type of work do they do?

YOUR HERO



DRAW A PICTURE OF YOUR
HERO AND WRITE THEM
A SPECIAL MESSAGE!



my hero is:

Hand-drawn horizontal lines for writing, consisting of ten parallel lines.

BE A HERO

It might be hard to see your hero leave
to go to work with all these germs around.

It might feel scary and make you worry about
their safety.

You can learn ways you can be a hero by doing your
part to fight COVID-19 and protect yourself,
your family, and friends!

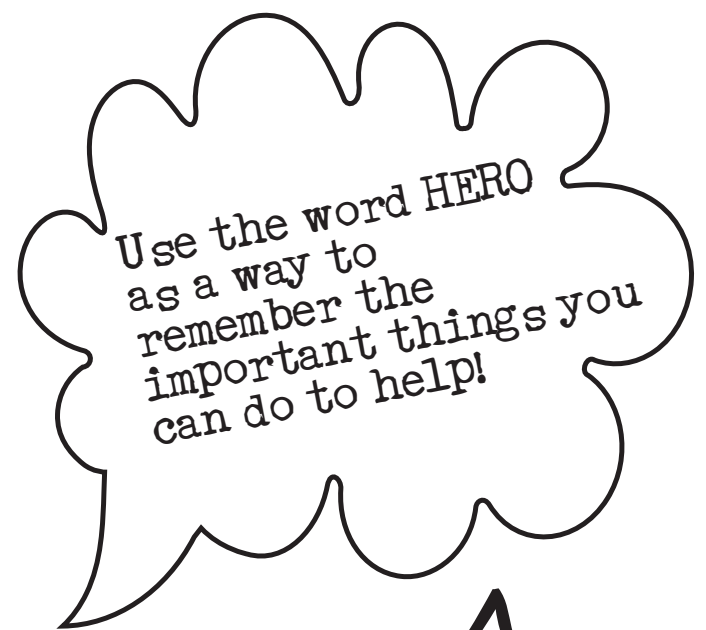




Steps to Help Yourself and Everyone Around You

1. Stay at home when you can.
2. Use your elbow when you sneeze or cough.
3. Use soap and water to wash your hands for at least 20 seconds at a time.
4. Keep at least a 6-foot distance from others when you go outside or travel from place to place, and wear a mask if required.
5. Keep your hands away from your face.

HELPING



EVERYONE BY



REALLY WASHING OUR HANDS WELL
AND BEING

OPEN TO NEW AND DIFFERENT
ACTIVITIES

How to Wash Your Hands



USE SOAP



PALM TO PALM



BACK TO HANDS



FINGERS



BASE OF THUMBS



FINGERNAILS



WRISTS



RINSE HANDS



DRY HANDS

GLITTERY GERMS

Experiment



You'll need some help from an adult for this activity!

WHAT YOU NEED:

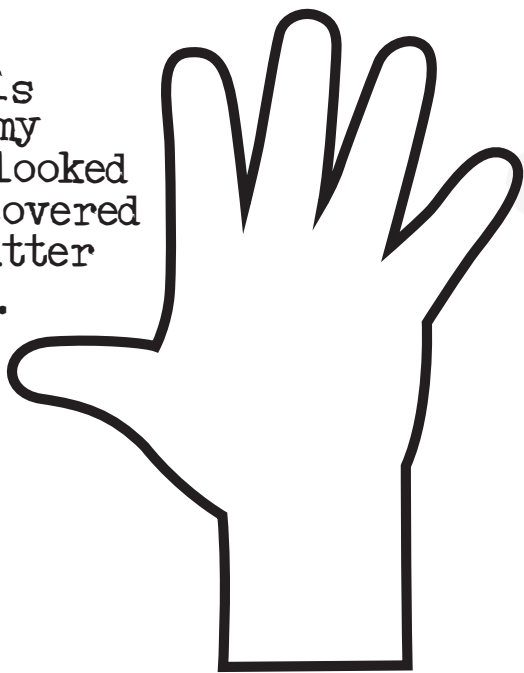
- Fine Glitter
- Moisturizer or Hand Lotion

ADULTS - WHAT TO DO:

- Mix a decent amount of very fine glitter with moisturizer or hand lotion and have children rub it into their hands. Explain to them that the glitter represents germs.
- Have children move around the room, shaking hands, and touching items around the home that are easy to wipe clean later. Ask children to take note of what is happening. Are the glitter germs staying on your hand? Or are they being left on everything they touched?
- Ask children to wash their hands with water only. What happens? Try again with soap and water. What is more effective to remove the glitter germs?
- Use the worksheet to discuss and reflect on this activity.

Worksheet

This is
what my
hand looked
like covered
in glitter
germs.



This is
what my
hand looked
like after
I washed it
with JUST
water.



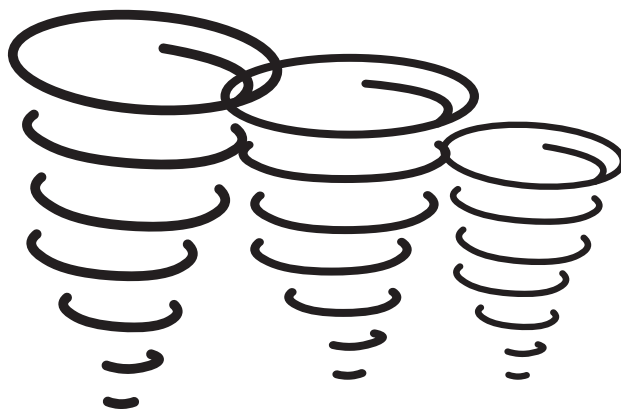
This is
what my
hand looked
like after
I washed it
with water
AND soap.



Let's Think About It

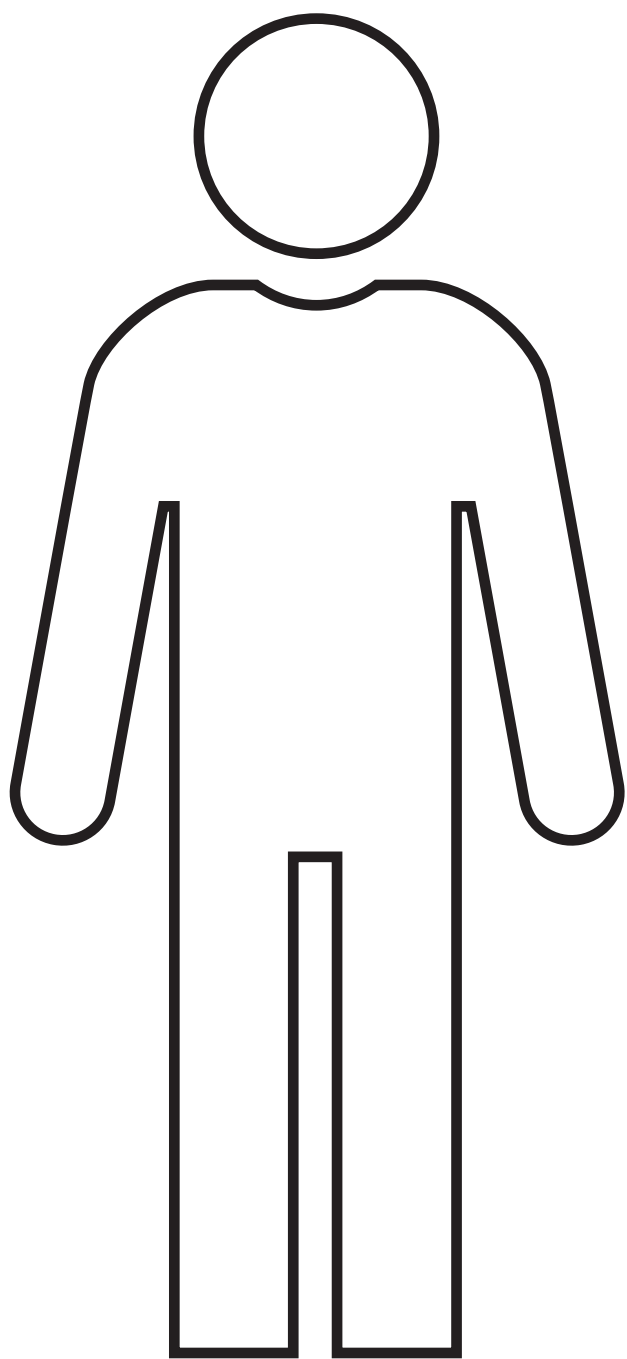
A lot of changes are happening, and life feels different right now. It is ok if you miss the way things used to be in your life. You might have a lot of thoughts swirling through your head, like a tornado...

- 0 I keep feeling lonely and sad since I can't see my friends and family. Even when my hero comes home, I can't give them a hug.
- 0 Why can't I just go outside and play with my friends and family like we used to?
- 0 I keep having all of these worries and thoughts about getting sick or about my family member getting sick at work.



Let's Draw It Out

Feelings are what we feel in our body.
Write down your thoughts and feelings
about COVID-19 using the color key below.
Where do you feel these feelings?



BLUE FOR
SADNESS



BLACK FOR
FEAR



BROWN FOR
GUILT



RED FOR
ANGER



GREEN FOR
JEALOUSY



ORANGE FOR
ANXIETY



YELLOW FOR
HAPPINESS

Coming

You are not alone. Many kids and adults have the same thoughts and worries. It is important to share these with your family.

Remember to GIVE:

Be Gentle

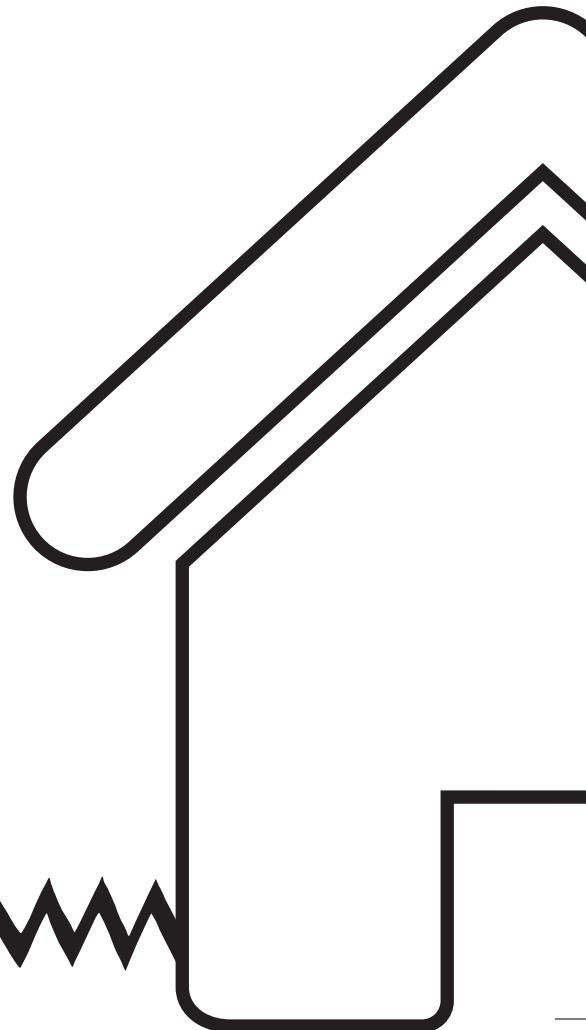
Act Interested

Validate (recognize emotions)

Include Everyone

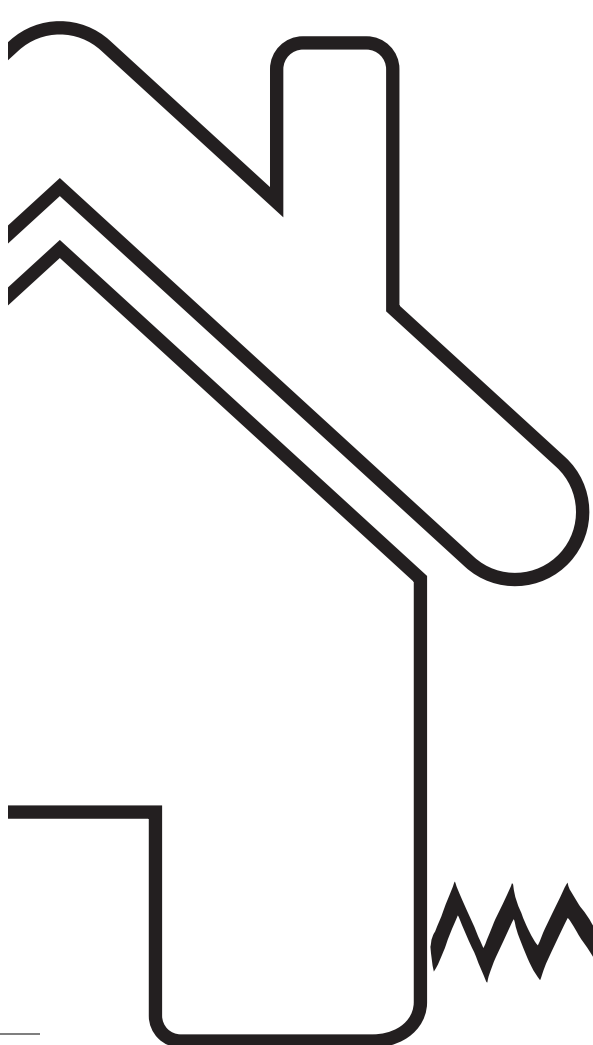
NOTE:

Remember this code word
when my HERO comes home -
Snickerdoodle!



Together

Come up with a new family plan or routine to help with all the changes. It can be very hard not doing the typical things you used to do when your hero would come home, like giving hugs and sharing about your day. They might set up a new routine to take off their shoes, wash their hands, and change out of work clothes or they might sleep in a different room. They are trying to keep you safe and from getting sick!



It can be helpful to create a new way to say “**hi**” and welcome them home.

Set up a special code word that will let them know how much you care, or create new virtual routines, like singing a song, dancing, or reading a book.

Use the word **STOP** as a way to remember what to do when you feel upset.



Stop and notice
Thoughts and feelings
Options to keep me calm

Like breathing exercises, puzzles, or coloring...

Proceed, and **GO** do it!



MINDFULNESS



IS A SUPERPOWER WE ALL HAVE!

Did You Know?

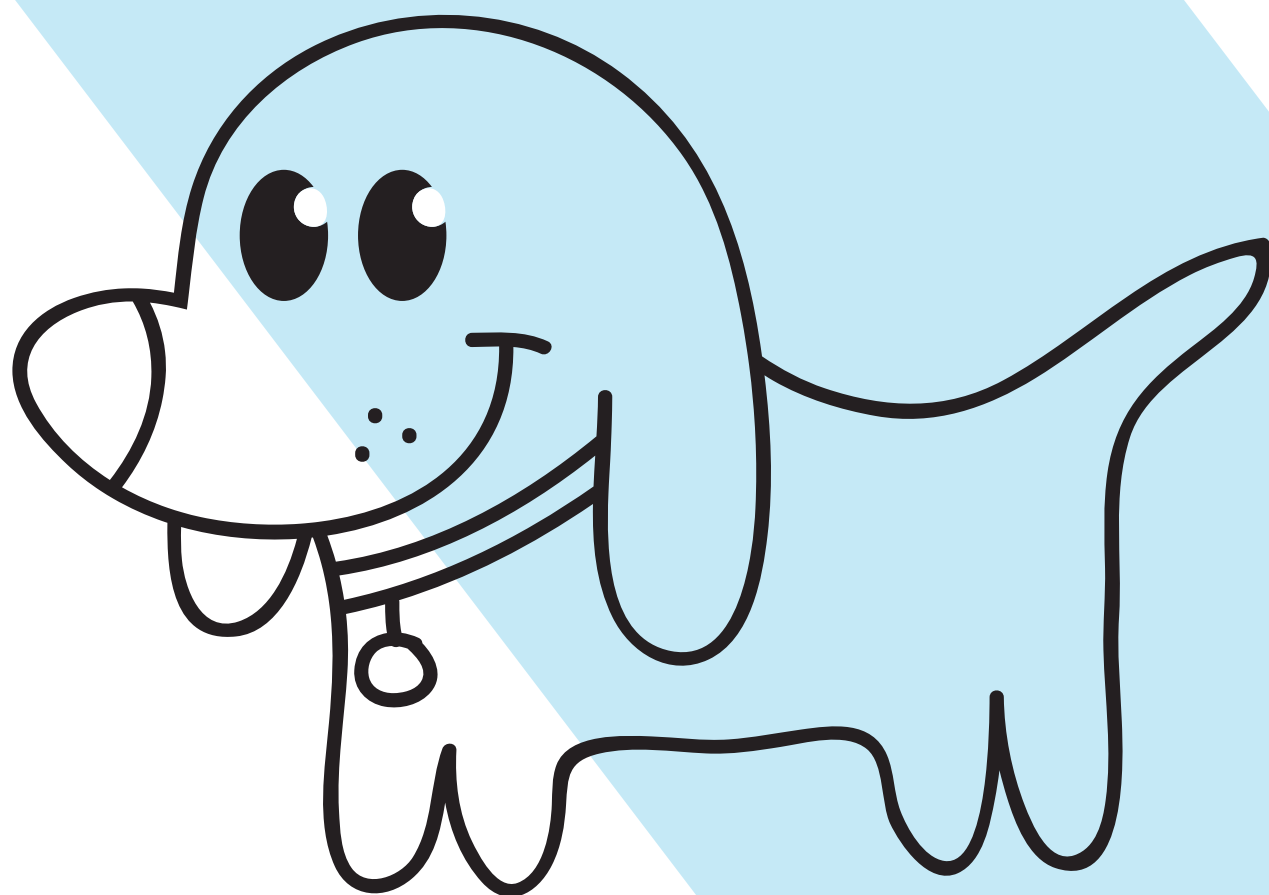
Sometimes your brain can act like an untrained puppy. It is like your thoughts are jumping all over the place and you never run out of energy.

These thoughts can make you feel worried or sad, and it can be really hard to pay attention.

We need to train your brain to slow down with **mindfulness!**

- **mindfulness** means to stop and notice what is happening in each moment.
- **mindfulness** can help you feel better.

Remember, just like training a puppy, it takes practice! The next few pages are filled with ideas on how you can practice mindfulness at home.

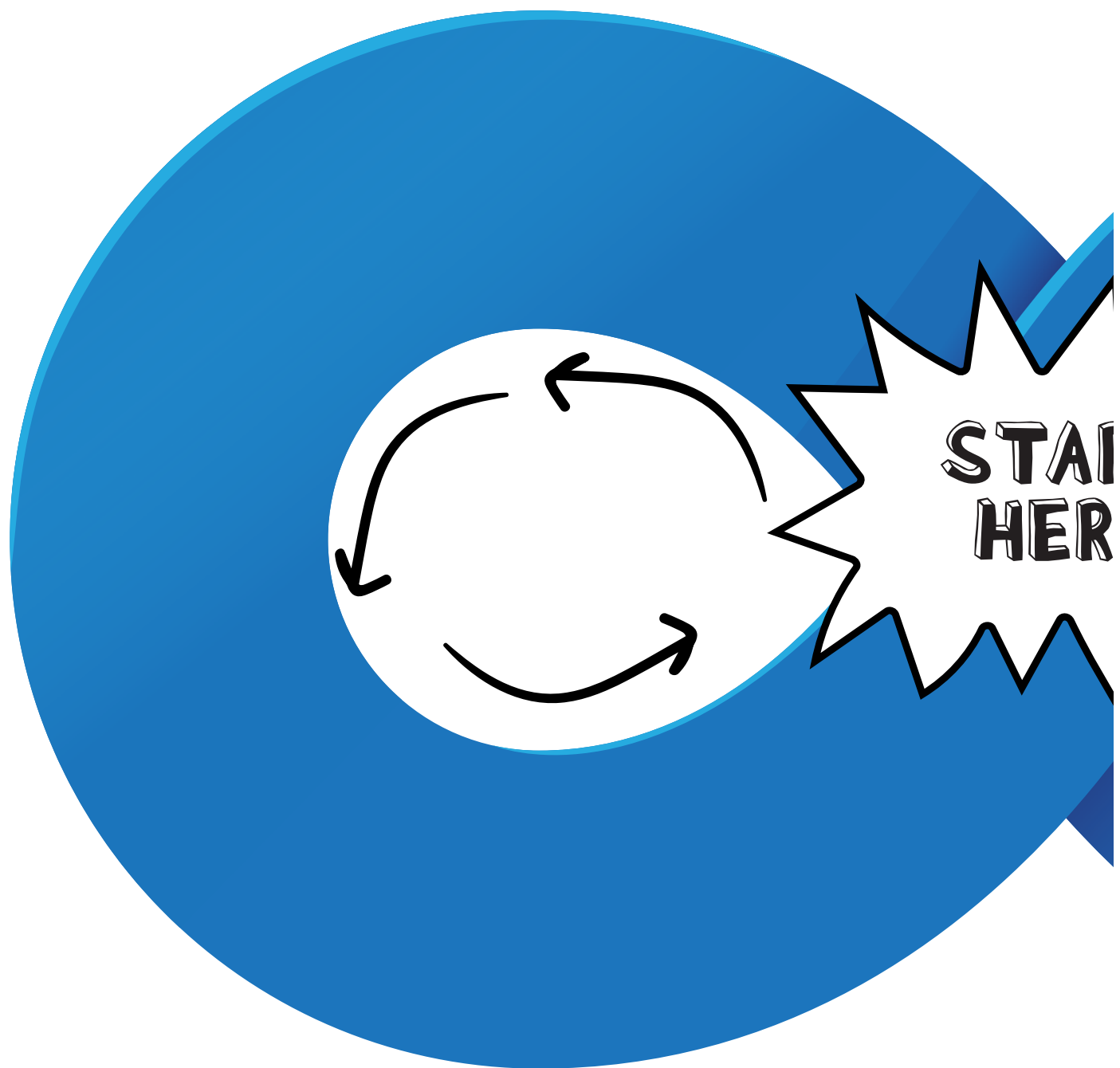


LAZY 8

BREATHING EXERCISE

Breathe In

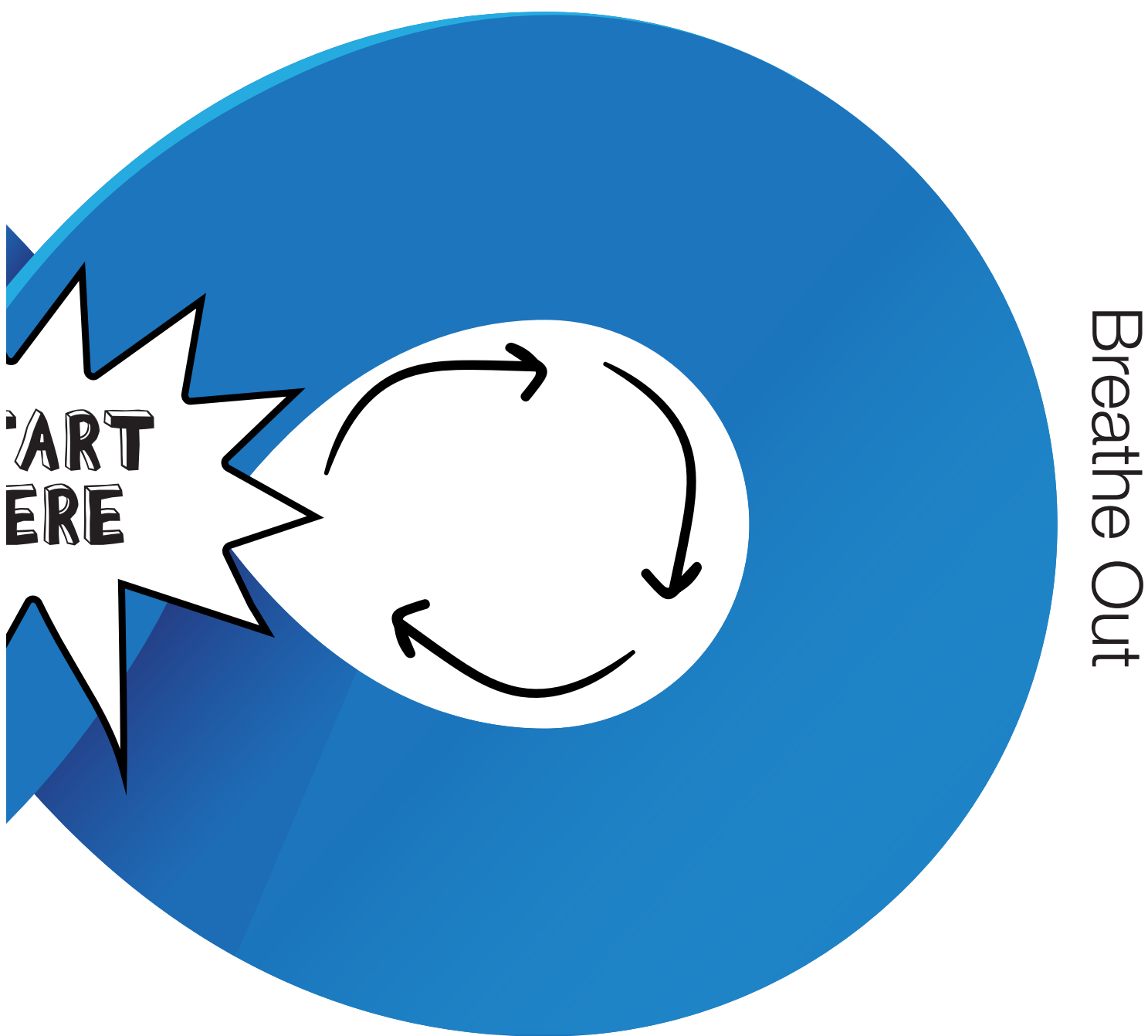
Breathe In



Breathe In

Take **5** deep breaths and trace your
finger over the Lazy 8.

Breathe Out



Breathe Out

Breathe Out

Mindfulness Practice Exercises

THE FEELING EXERCISE

Collect a couple of different items, like feathers, blocks, clay, or cotton balls. Choose items that are interesting to hold.

For one to two minutes, just notice what it feels like to have the object in your hand. Do you notice the texture, shape, color, or temperature?

Share what you observed with your family and write it down below.

MUSCLE RELAXATION

Sit in a comfortable position and notice how it feels to gently tense and release your different muscle groups. Starting at your feet, gently squeeze the muscles by pretending to squish mud on the ground, then slowly release. Next, gently squeeze your stomach muscles by pretending to squeeze through a narrow space, then slowly release. Now pretend that you are a furry, lazy cat and stretch your arms out in front of you, and slowly release. Finally, gently close your hands into a fist by pretending to squeeze a tennis ball and slowly release.

GROUNDING

Sit in a comfortable position.

Look around and...

- Think about **5** things that you can **SEE**.
- Think about **4** things that you can **FEEL**.
- Think about **3** things that you can **HEAR**.
- Think about **2** things that you can **SMELL**.
- Think about **1** thing that you can **TASTE**.

Share what you observed with your family and write it down below.



SEARCH

Learning new skills is a great way to pass the time. Use the word search puzzle below to discover different skills you can practice whenever you feel scared or worried.

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

SKILLS TO FIND

MEDITATE
MUSIC
GO OUTSIDE

CLEAN
READ
WRITE

STUDY
NAP
BREATHE

COOK
BAKE
DANCE

THIS

Doing certain things, like jumping, squats, and running can be great ways to get moving. Use the word search puzzle below to discover different activities you can do — make it a competition and see how many you can do compared to your family members!

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

ACTIVITIES TO FIND

JUMP
SQUATS
PUSHUPS

BIKE
CRUNCHES
STEPS

RUN
PLANK
HIGH KNEES

LUNGES
BURPEE
YOGA

What's Your Name?

HOW IT WORKS:

- Spell out your name and complete the activity listed for each letter.
- For a bigger challenge, include your middle name and do each one twice!
- You can use a family member's name, favorite character's name, or animal name.

A

Jump Up and Down
10 Times

B

Spin Around in a Circle
5 Times

C

Hop on One Foot
5 Times

D

Run to the Nearest Door
and Run Back

E

Walk like a Bear
for a Count of 5

F

Do 3 Cartwheels

G

Do 10 Jumping Jacks

H

Hop like a Frog
8 Times

I

Balance on your Left Foot
for a Count of 10

J

Balance on your Right Foot
for a Count of 10

K

March like a Toy Soldier
for a Count of 12

L

Pretend to Jump Rope
for a Count of 20

M

Do 3 Summersaults

N

Pick Up a Ball
without Using Hands

O

Walk Backwards 50
Steps and Skip Back

P

Walk Sideways 20 Steps
and Hop Back

Q

Crawl Like a Crab
for a Count of 10

R

Walk Like a Bear
for a Count of 5

S

Bend Down and Touch Your Toes
20 Times

T

Pretend to Pedal a Bike with your
Hands for a Count of 17

U

Roll a Ball Using Only Your Head

V

Flap Your Arms Like a Bird
25 Times

W

Pretend to Ride a Horse
for a Count of 15

X

Try and Touch the Clouds
for a Count of 15

Y

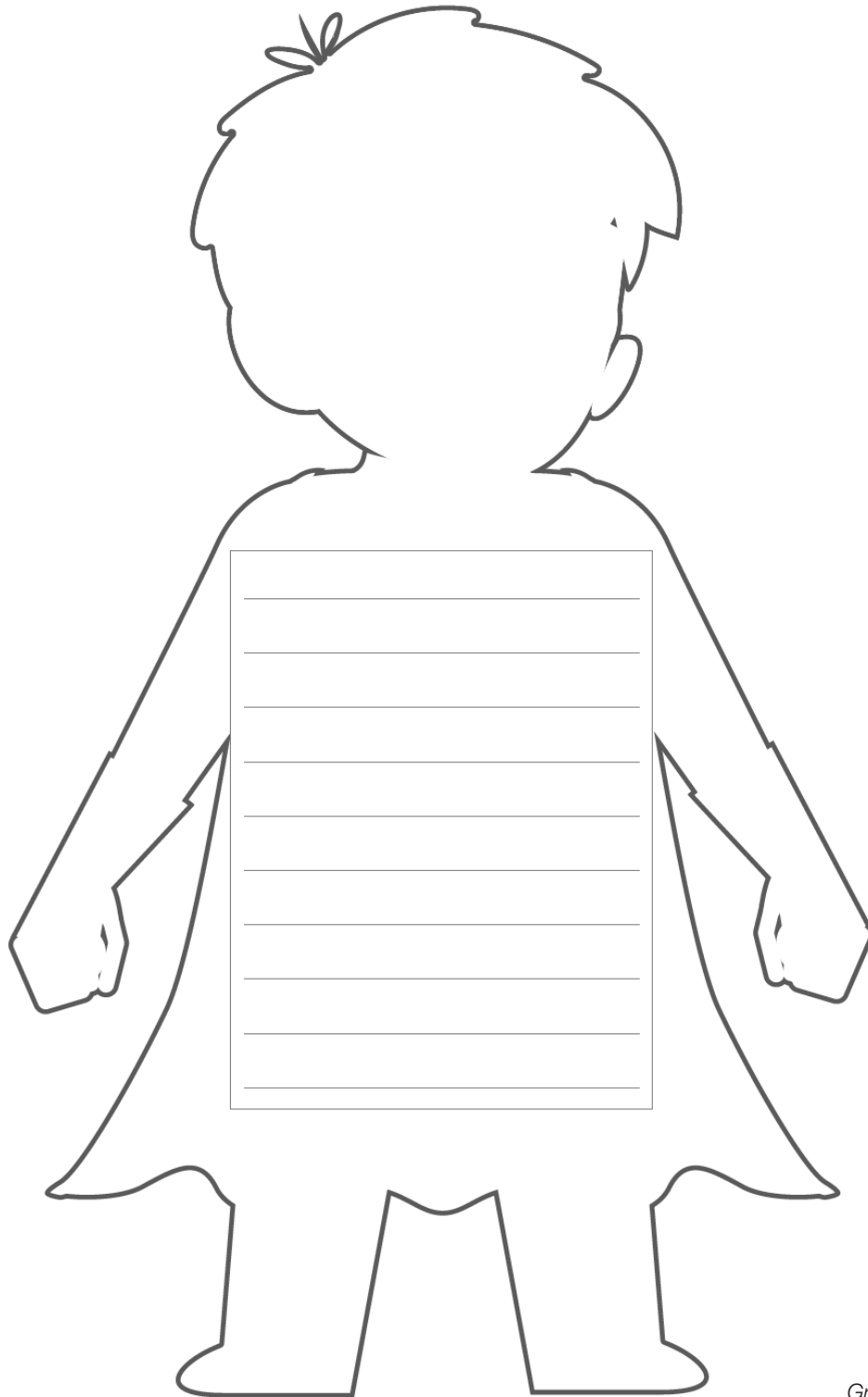
Walk on Your Knees
for a Count of 10

Z

Do 10 Pushups

YOU Are a HERO, Too!

Color in and write down the super qualities that make YOU special and how you can help during this time at home.



YOU Are a HERO, Too!

Color in and write down the super qualities that make YOU special and how you can help during this time at home.



Congratulations!

Now you are a hero just like your adult hero!

Together, you can keep each other safe, supported,
and protect others from germs.

Keep practicing the skills you've learned and keep talking to your family
and friends about any thoughts or feelings you have as you
continue to go through this different time in your life.



Graphic by LittleRed

Adults, We Thank You!

Remember, together we will get through this!

This book was written by Carolina Avila, PsyD, Natalie Delgado, MS, Jennifer Schonberg, MS, and Isra Malik, PsyD, from Jackson Behavioral Health Hospital as a token of thanks to our dedicated healthcare workers providing lifesaving care during the COVID-19 pandemic.

If you or your loved one needs additional support, please visit JacksonBehavioralHealth.org.

We also provide telehealth services.
To schedule an appointment, please call 305-355-7048.



WORD SEARCH 1 ANSWER KEY

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

WORD SEARCH 2 ANSWER KEY

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

SUPER HERO!



Presented To _____

_____ Date

_____ Signed

Jackson
HEALTH SYSTEM

Jackson
BEHAVIORAL
HEALTH HOSPITAL

www.JacksonHealth.org

