

COVID-19 Experiences

Purpose: To examine resiliency and support systems for bereaved children, teens and their adult caregivers during COVID-19.

Introduction: We have all experienced a new way of life for the last 45 days of being home, having to make big changes and adjustments. For kids and teens, this means home instruction for your schoolwork, missing out on sports and other activities, not being able to see your friends and family, missing very important milestones such as proms and graduations, and, perhaps spending lots more time than usual with your parent and/or sibling(s). These changes can leave us with lots of big feelings.

This art activity will help to look at ways in which you are coping and how you view the experience of being home due to the virus.

Supplies needed: Paper with the circles (previously emailed to families) and markers, crayons or pencil. If you did not receive the paper with pre-drawn circles, you may draw your own. Please draw 3 circles overlapping one another from left to right.

Time needed for activity: 15 minutes

Instruction: Your paper has 3 overlapping circles. In the left circle, please draw or write things that have been positive for you since staying home.

In the center circle, please draw or write a picture of yourself or a symbol of yourself. This image can even be of a special shield that represents you.

In the circle to the right, please write or draw things that have been hard for you or that you miss.

Remember, there are no right or wrong answers regarding this activity.

At the bottom left of the page, please circle one answer that best matches how you feel. At the bottom right, please identify your age group.

Thank you!

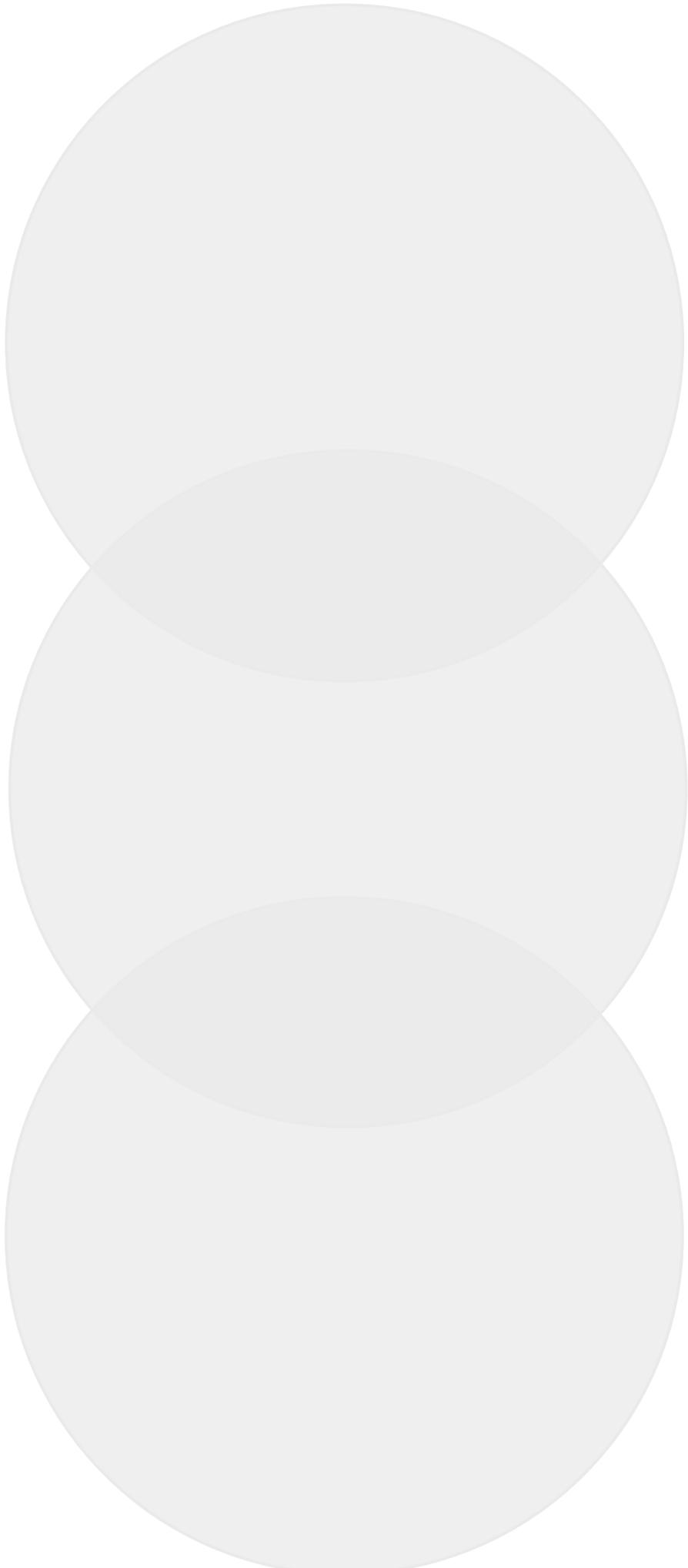
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In each circle below:

Write or draw things that you have felt are positive about staying home

Write or draw things that have been hard for you or that you miss.

Draw yourself or a symbol of yourself



How well do you think you are doing? (Circle One)

Not well at all A little okay Pretty good Very well Not sure

Please circle your age group

2-5 6-12 13-18 Adult