

COVID Stay Strong – Worksheet!

Being mentally strong helps us better handle stress and make healthy choices.

Step 1: Watch the video [here](#) WARNING: Video content beginning at **6:45** and ending at **8:31** contains sensitive information may elicit strong emotions. Please watch this video with a grownup.

Step 2: Review the list below! These items are all proven to make people feel better. The trick is to find out which is right for you! Circle all the things you would like to try.

Move!	Do an Activity	Care For Yourself	Support Someone	Be Mindful
Stretch 🧘	Create! Color, draw, or make slime 🖍️🎨🧴	Take a nap 😴	Give someone a hug 🤗	Write 3 things you are grateful for 🙏
Do 10 jumping jacks 🏃	Listen or play your favorite music 🎧🎵🎸	Go to bed early 🛏️	Write a letter to a friend or relative 📧	Take 10 deep breathes 😊
Take your grown up on a walk or run 🚶🚶🚶🚶🚶🚶	Build or create something! 🛠️	Take a long shower or bath 🚿	Volunteer 🧑🧑	Get organized the night before school 📝📅📁
Ride your bike 🚲	Play a Game or Do a puzzle 🎲♟️	Talk to a friend or grown up 👤👤👤👤👤	Tell someone they are awesome and deserve a medal 🏆	Create a vision board of your goals and dreams 🌈
Jump or hop in place for one minute 🏃	Read a book or write a story 📖	Cuddle or play with your pet 🐶🐱🐰	Donate toys or old clothes to someone in need 🧸👕👖👗👚	Strike a yoga pose 🧘
Dance to music! 💃	Organize your room 🗑️	Drink more water 💧	Donate food 🍲	Write a To Do List 📝
Exercise ⚽🏐🏸🏓🎾🏹🏋️	Cook or bake with a grownup 🍳🍞	Eat a healthy snack 🍎🥑🍌🍓🍇	Do or say something kind for someone 🤝	Sit outside and enjoy nature 🦋🌸🌻

Step 3. Do an activity 3 days in a row! Grab a grown up, friend, or family member and select an activity from the list above (or from the resources on the next page). It can be the same activity or a different one! Each day color the star and answer the questions below!

<p>Day 1 ★</p> <p>After I did _____ (write down activity)</p> <p>I felt _____ (write down how you felt after completing the activity)</p>	<p>Day 2 ★ ★</p> <p>After I did _____ (write down activity)</p> <p>I felt _____ (write down how you felt after completing the activity)</p>	<p>Day 3 ★ ★ ★</p> <p>After I did _____ (write down activity)</p> <p>I felt _____ (write down how you felt after completing the activity)</p>
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Step 4! Free Gift! Got to the next page to learn how to get your free gift! 🎁

Resources

Whether you are online, in-person, or a combination of both, all of us are trying to adjust to the new way of learning. You should always start with talking to someone. Ask your teachers and grownups for help and share how you are feeling. Check out more resources below:

1. **Create a Schedule** Have your grownup help you make a schedule each morning. A predictable schedule can help keep. Commit to sticking with it!
2. **Track Assignments Structure** and routine can help you from falling behind. Track your assignments in an organizer or calendar.
3. **Get Up and Move!** It is really helpful to move your body during the day. Check out the list above for exercise ideas on page 1 of this worksheet. If you can't go outdoors, think about other ideas: a dance party, indoor hopscotch, or build a fort in your living room.
4. **Take Brain Breaks!** Staring at a screen all day can make you tired. Check out the list of activities on page one of this worksheet.
5. **Create a Study Space** Try to find a space where you live that's free of distractions, noise, and clutter when you are online or doing homework. This could be a quiet, well-lit place in your dining room or bedroom or a corner of your home.

That's it! To get a FREE Squishy, Squeezy, Stress Ball



- 1) **Take a video or picture of what you did.**
- 2) **Tell us what you have learned**, what has helped, did the activity make you feel better?
- 3) **Send:** [Click on this form](#) & upload your video or picture, give us some basic information so we know where to send your gift!
- 4) **Share:** Consider sharing your story! Have your grown up share your awesome video or picture on social media. Make sure tag us at @CommunityAmerica.



Stress Ball offer is valid only to students ages 5-17 in the Kansas City area. Students must complete all requirements to receive a Stress Ball including watching a video, completing the Stay Strong - COVID Support Program worksheet and completing the online form. Only valid to students ages 5-17 in the KC area. Limit one Stress Ball per person. Student does not need to be a member of CommunityAmerica to qualify. Offer good while supplies last. Offer expires January 31, 2021. Additional terms and conditions may apply.