

COVID Stay Strong – Worksheet!

Being mentally strong helps us when we are feeling sad or upset.

Step 1: Watch the online video [here](#).

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 pretend play! 	Take a nap 	Give someone a hug 	Write 3 things you are grateful for 
Do Cartwheels 	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 
Play hide-and-go seek 	Read a book with your grown up or write a story 	Cuddle with a pet or a stuffed animal 	Donate toys or old clothes to someone in need 	Sit like a frog and listen to our body 
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 one 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!

Day 1 

After I did _____
(write down activity)

I felt _____
(write down how you felt after completing the activity)

Day 2  

After I did _____
(write down activity)

I felt _____
(write down how you felt after completing the activity)

Day 3   

After I did _____
(write down activity)

I felt _____
(write down how you felt after completing the activity)

Step 4! Free Gift! Got to the next page to learn how to get your free gift! 🎁

Resources To Succeed in School!

Always ask your teachers and grownups for help and share how you are feeling. Check out more resources below:

1. **Create a Schedule** Have your grown up help you make a schedule each morning. A predictable schedule can help. Commit to sticking with it!
2. **Track Assignments** Tracking assignments in an organizer or on a calendar is a great way to stay on track.
3. **Get Up and Move!** It is really helpful to move your body during the day. If you can't go outdoors, have 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 or email it to a friend. 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.