



PRAKTIJK INKLEUR

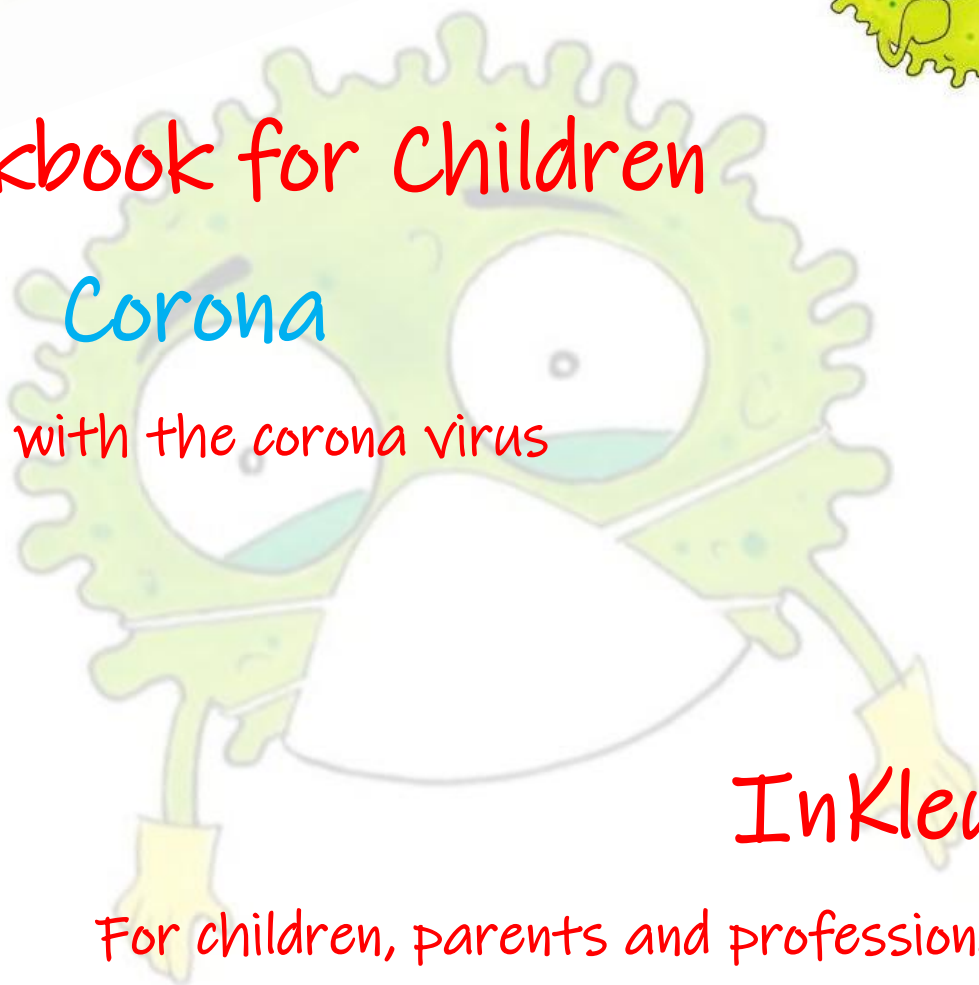
Bij opgroeien en ontwikkeling



# Workbook for Children

## Corona

Coping with the corona virus

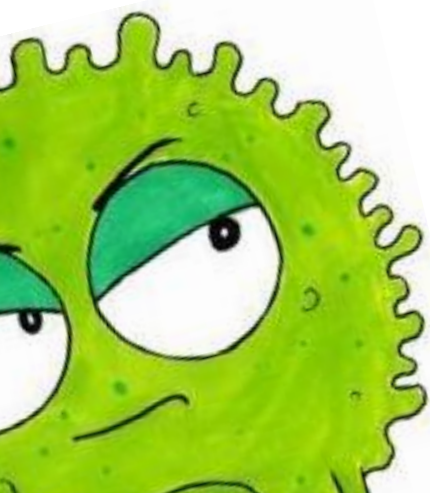


# InKleur

For children, parents and professionals

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# CORONA Worksheets

March 2020, a remarkable time in the Netherlands and in the rest of the world. A lot has changed. There is not a whole lot of which is still the same as a few weeks ago. Since the corona virus started to occur, people have made several decisions for very good reasons.

These worksheets are meant to help you to have a conversation with your parent(s) or carer(s), to explore your sorrows and frustrations and to share these with each other. You can do the exercises by yourself or with your parent(s) or carer(s). Parents and carers can find tips and ideas for themselves in the text that guides the exercises. The exercises will allow you to have a conversation and will explore things you can do during these corona times. The workbook also includes a 'frustration scale' and a 'forest bingo'.

At my therapy Practice InKleur (In Colour) I see a lot of children who are highly sensitive. Most children who attend the practice will learn to get to know their sensitivities and how to deal and cope with them. Also parents often have meetings at my practice to learn how to deal with the challenges within their family. At this moment corona is bringing us new challenges to deal with.

I created this workbook with highly sensitive children in mind, but it is aimed at all children to help them deal with the new challenges that pop up during these corona times. The workbook will be fun and informative for young and old. Just use it how you'd like to, in your own way.

Working from my Practice InKleur with parents and children, I try to learn and understand new things that arise during this time. Which new ideas come up, what will we learn during this time and what might we do differently when all of this is over? It makes me more creative, what about you? Maybe you have some ideas that you would like to share about this workbook, for example things that I can add. I would appreciate it if you would like to share your ideas with me. Just send me a message at [info@praktijkinkeur.nl](mailto:info@praktijkinkeur.nl).

Things might be added to the workbook within the coming weeks. I will try to keep you posted via Facebook and email. Any questions? Feel free to send me a message.

During these corona times the workbook will be available free of charge. Would you like to share your appreciation and support the practice, you can donate voluntarily at [www.geef.nl/nl/actie/workbook-for-children-coping-corona/donateurs](http://www.geef.nl/nl/actie/workbook-for-children-coping-corona/donateurs). You can also find the link at my website [www.praktijkinkeur.nl](http://www.praktijkinkeur.nl). Thank you for sharing and all the best for you and your loved ones. Have fun and be inspired!

P.S. A special thank you goes to Elza van Hamburg, Child&Youth Psychologist, who translated this workbook for our international community.

Love Anneke

# 1. A chat about corona together

## Having a corona chat

*Let's see what you already know about the corona virus.*

What do you know about the corona virus?

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Where did you get this information from?

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With whom do you talk about it?

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What do you think of it, what is your opinion about it?

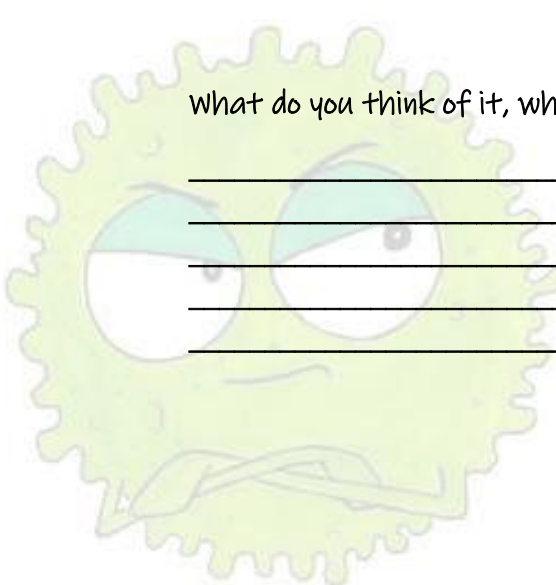
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Has someone you know become ill?

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What has changed for you since the corona virus?

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What things are still the same as before the corona virus?

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What things have changed the most for you since the corona virus?

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What is the craziest thing that has happened to you in the last week?

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What makes you worry?

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You will probably get new information every day. New information often creates new questions as well. Which questions do you have about the corona virus?

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Who could you talk to about your questions?

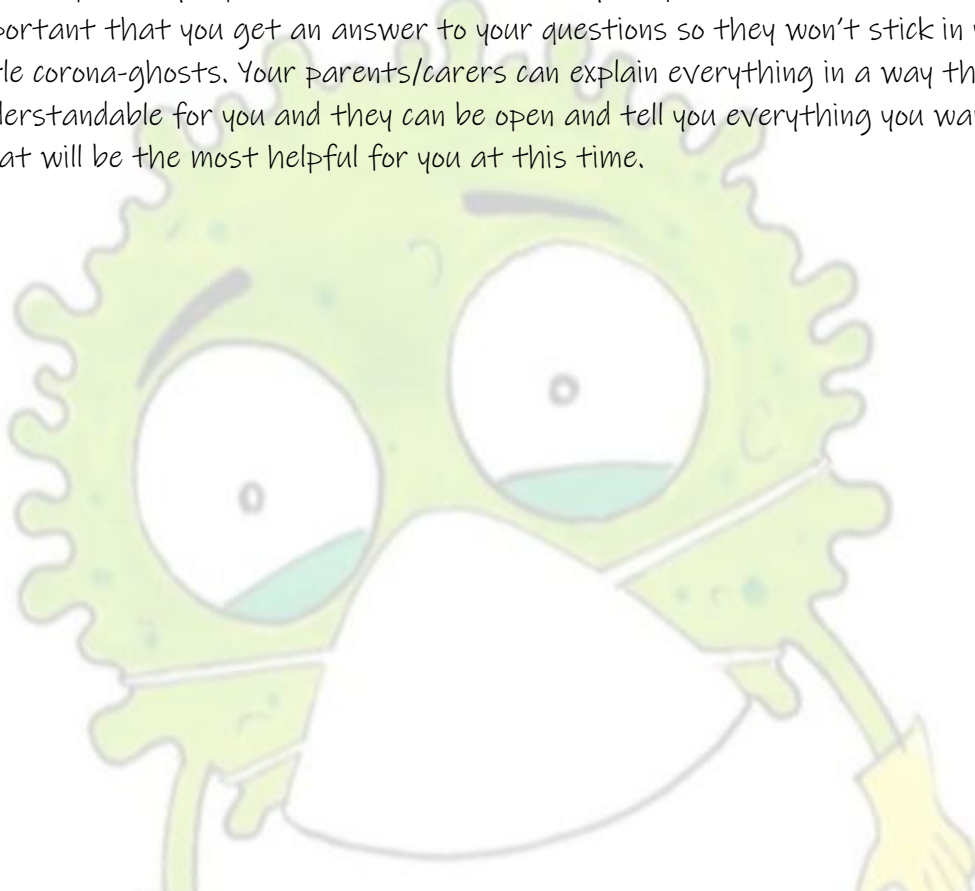
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Ask the person you put down above to answer your questions. We know it is very important that you get an answer to your questions so they won't stick in your head like little corona-ghosts. Your parents/carers can explain everything in a way that is understandable for you and they can be open and tell you everything you want to know. That will be the most helpful for you at this time.





# CORONA - emotions

## Know your emotions

We all have a range of emotions, what emotions can you think of? And which ones do you recognise within yourself at the moment?

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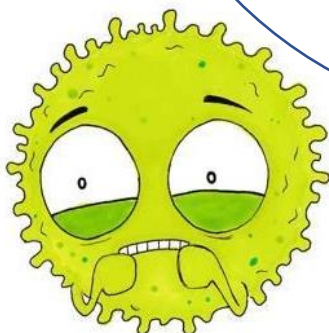
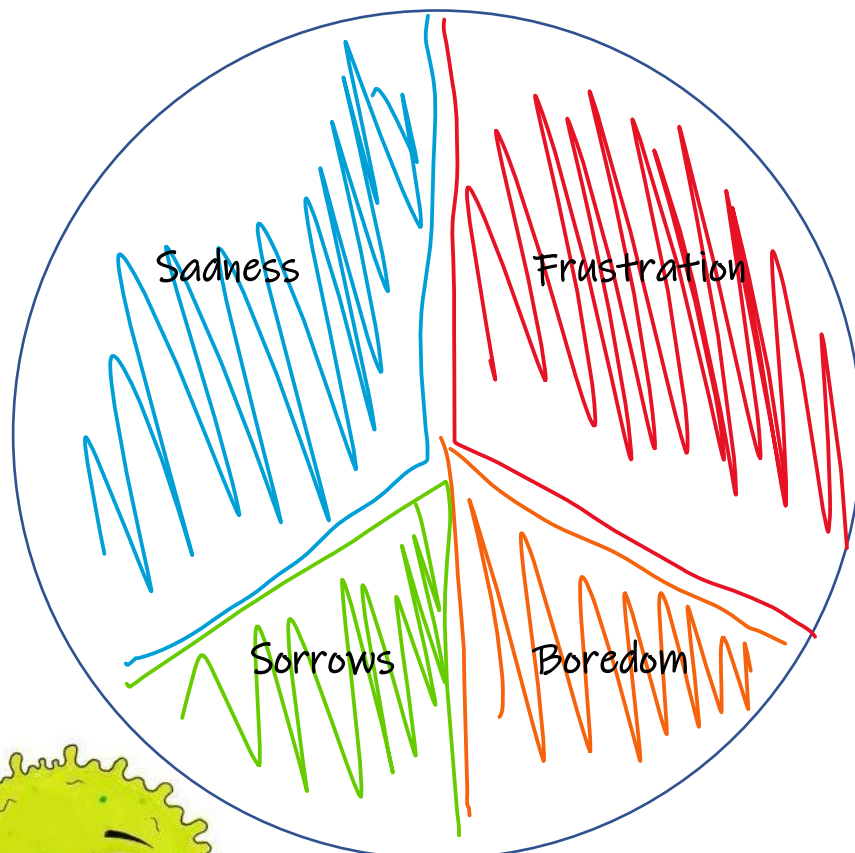
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Below you can see a circle. Imagine this circle is a nice round cake. For each emotion that you are feeling you can draw a piece of cake the size of your emotion at this moment. Say you are feeling a lot of sadness and frustration, a little boredom and some sorrows, your cake could look like this...



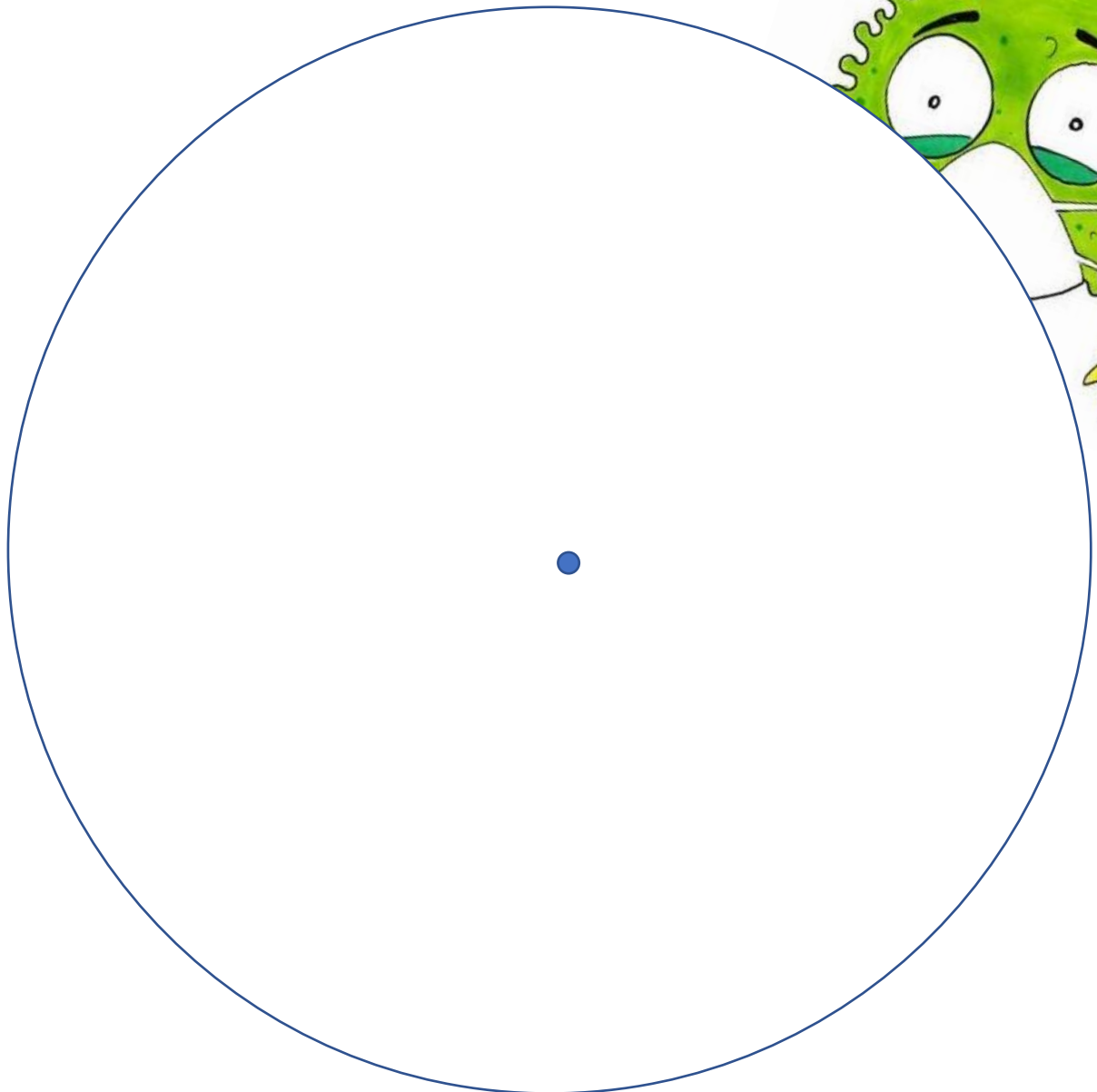
On this page you will find an 'empty cake'. You can draw your own emotions in this cake. Think about which emotions you are feeling right now and how much you are feeling them. Some emotions that you may be feeling right now:

Angry-afraid-happy-sad-worried-stressed-relaxed-bored-frustrated-annoyed-grumpy-inspired-...or something else.

Maybe you will feel a little different every day? You could draw the cake a few times during the week and compare them. You can use the cake to talk about your feelings with for example your siblings, your parents or carers.

Did you notice that everyone's cake can look different and your own cake can look different each day?

## Corona emotion cake



## 2. C O R O N A-emotion scale

On the previous pages we have talked about your emotions, what you are feeling and how strongly you are feeling them.

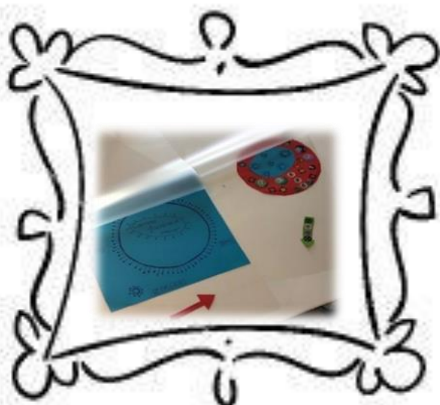
First we made an emotion cake, but you can also make another kind of emotion scale. Let's have a look at the examples.



On the next page you will find an empty circle. You can decorate this circle the way you like. For example you can draw equally big pieces of cake and in these pieces you can write all the different emotions you can have. You can colour in the pieces or decorate them with some stickers to make the scale truly yours. Whatever you like. You can also cut out and use some of the corona emotions on the page below the circle.

Then cut out the circle and the arrow (you can also decorate the arrow if you wish). Put the arrow on top of the circle with a split pin in the middle. You can show the people around you how you are feeling that day by moving the arrow.

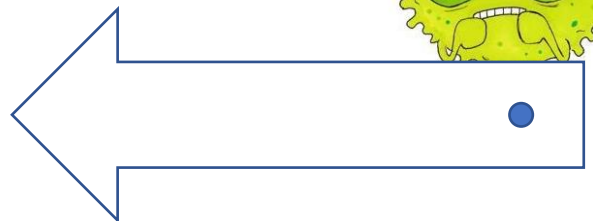
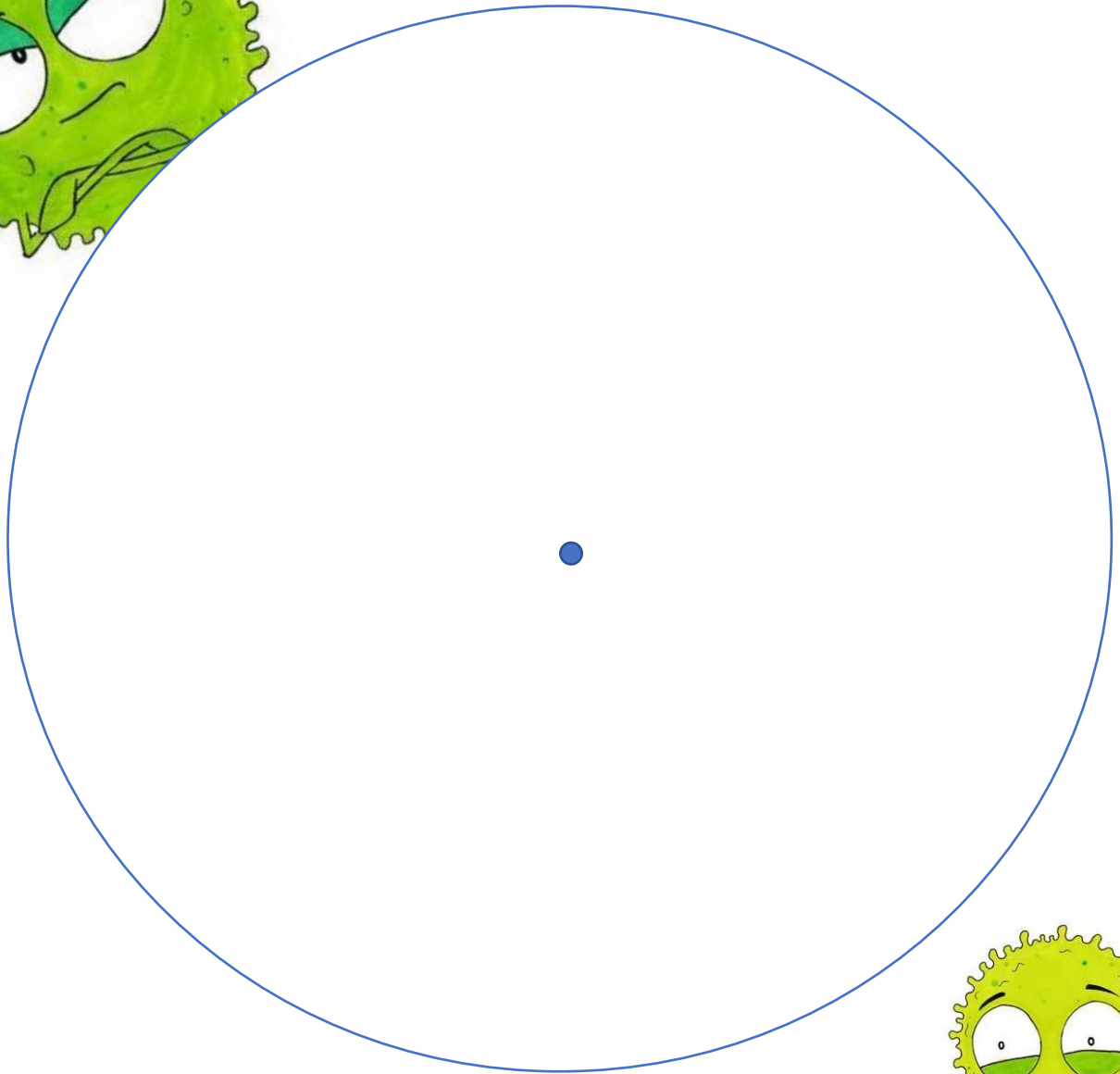
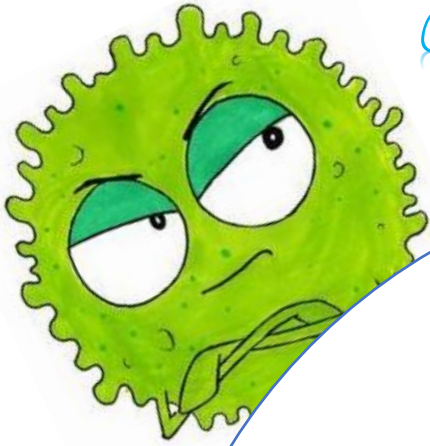
It's nice when every family member has their own special cake. You might even have a laminating machine at home to make your cake look extra special?

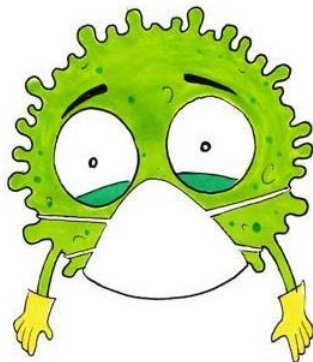
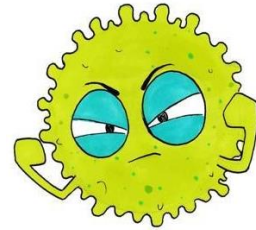
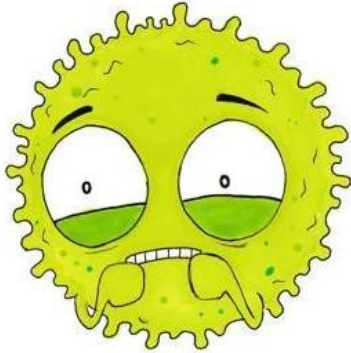






Corona emotion circle











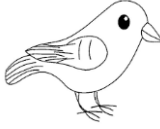















# 3. Forest BINGO

Time to take a break outside together. Enjoy your time outside with this cool scavenger hunt forest bingo. Below you will find some bingo cards so you can play multiple times or the whole family can play together.

The reward when you find all the things on your card.... a satisfying feeling and lots of energy! 😊.


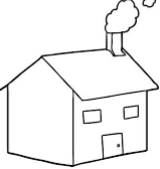







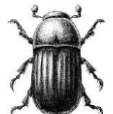


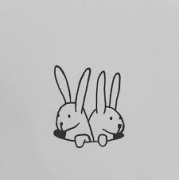





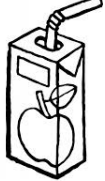

## Forest Bingo – Card 1

Oak 	Ladybug 	Climbing tree 	Water 
Direction sign 	Animal footprints 	Bird 	Trashed can 
Trashed plastic 	Feather 	Frog 	Another hiker 
Horse-riding path 	Apple core 	Fence 	Cyclist 
Fruit tree 	Nettle 	Let's have a drink... 	Let's have a snack... 

## Forest Bingo - Card 2







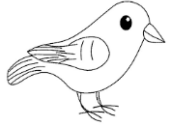

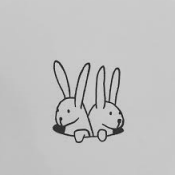


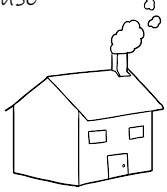


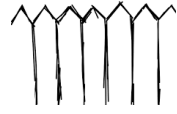





<p>Oak</p>	<p>Ladybug</p>	<p>Dog poo</p>	<p>Thorny Shrub</p>
<p>Direction sign</p>	<p>Bulrush</p>	<p>Bird</p>	<p>Trashed can</p>
<p>Trashed plastic</p>	<p>Beetle</p>	<p>Frog</p>	<p>Another hiker</p>
<p>Spider</p>	<p>Apple core</p>	<p>Fence</p>	<p>Dandelion</p>
<p>Mandarin peel</p>	<p>Fallen tree</p>	<p>Let's have a drink...</p>	<p>Let's have a snack...</p>

## Forest Bingo - Card 3

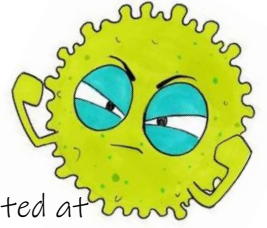
<p>Thorny shrub</p> 	<p>House</p> 	<p>Fallen tree</p> 	<p>Water</p> 
<p>Direction sign</p> 	<p>Dog poo</p> 	<p>Spider</p> 	<p>Mandarin Peel</p> 
<p>Moss</p> 	<p>Beetle</p> 	<p>Electricity box</p> 	<p>Another hiker</p> 
<p>Rabbit burrow</p> 	<p>Apple core</p> 	<p>Feather</p> 	<p>Dandelion</p> 
<p>Bulrush</p> 	<p>Nettle</p> 	<p>Let's have a drink...</p> 	<p>Let's have a snack...</p> 



## Forest Bingo – Card 4

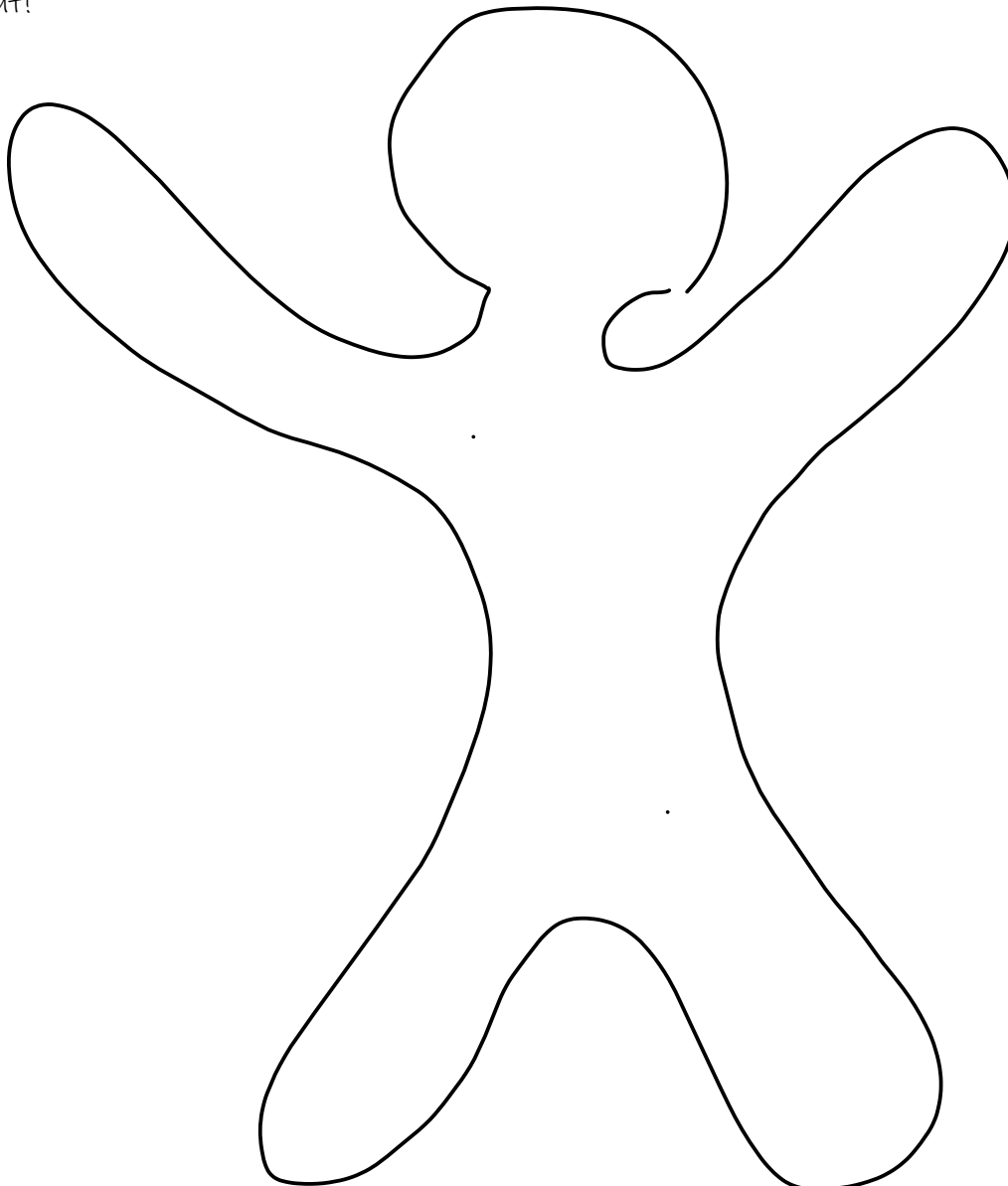
<p>Oak</p> 	<p>Ladybug</p> 	<p>Climbing tree</p> 	<p>Apple core</p> 
<p>Spider</p> 	<p>Animal footprints</p> 	<p>Bird</p> 	<p>Trashed can</p> 
<p>Rabbit burrow</p> 	<p>Mandarin peel</p> 	<p>Frog</p> 	<p>House</p> 
<p>Horse-riding path</p> 	<p>Electricity box</p> 	<p>Fence</p> 	<p>Cyclist</p> 
<p>Fruit tree</p> 	<p>Moss</p> 	<p>Let's have a drink...</p> 	<p>Let's have a snack...</p> 

## 5. C O R O NA-body



Not only from the corona virus we've noticed that a lot of children get frustrated at home for several other reasons. Maybe the daily structure isn't clear now everyone has to do schoolwork at home and mum and dad can't go to work either. Also we can't just go to the shops anymore or meet up with friends. You could also worry about things that are actually grown-up's worries. A lot of weird thoughts and feelings may be circling around in your head and body. Despite all these feelings and thoughts you still have to do these normal things like schoolwork or spend some extra time with your siblings now you are not going to school.

What does your body look like? Maybe you are feeling some emotions in your body somewhere? Or are there any thoughts in your head? Maybe you've got a sore finger? Here you can draw what your body looks like right now. You can use symbols, colours, words... If you like you can make an even bigger version. Life-size maybe? Knock yourself out!



## 6. Bounce!!!

You have discovered a lot of things already about how you are feeling in these unusual times. Now let's do a funny exercise to give you an idea about what is happening in the world right now.

The corona virus can easily spread to each of us, that is why it's important to keep our distance from each other. This way we will help prevent everybody from getting sick at the same time and the doctors will have enough opportunity to take care of everyone who gets sick. This is hard to imagine when you are not sick yourself and if you are not visiting the hospital. This funny exercise will show you why we have to keep our distance to each other.

Collect all the bouncing balls you can find. Maybe you can do this exercise while video chatting with your classmates or friends, even funnier! Look for a room without any fragile and valuable objects... (you probably know what is coming 😊...). Now bounce all the balls in the room as fast as you can!

What happened? Could you stop the balls from bouncing? Could you catch them easily?

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Imagine that you are in a small room with lots and lots of bouncing balls that are all bouncing at the same time.

What do you think would happen?

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Exactly, all the balls would bump into each other and make each other bounce even harder. Now imagine that one of the balls is infected with the corona virus. If this ball bumps into another ball and then this ball and the second ball will bump into other balls again... etcetera... then the virus will spread very fast.

What would you do to prevent the one 'sick' bouncing ball from touching other balls and infecting them? Can you think of a solution?

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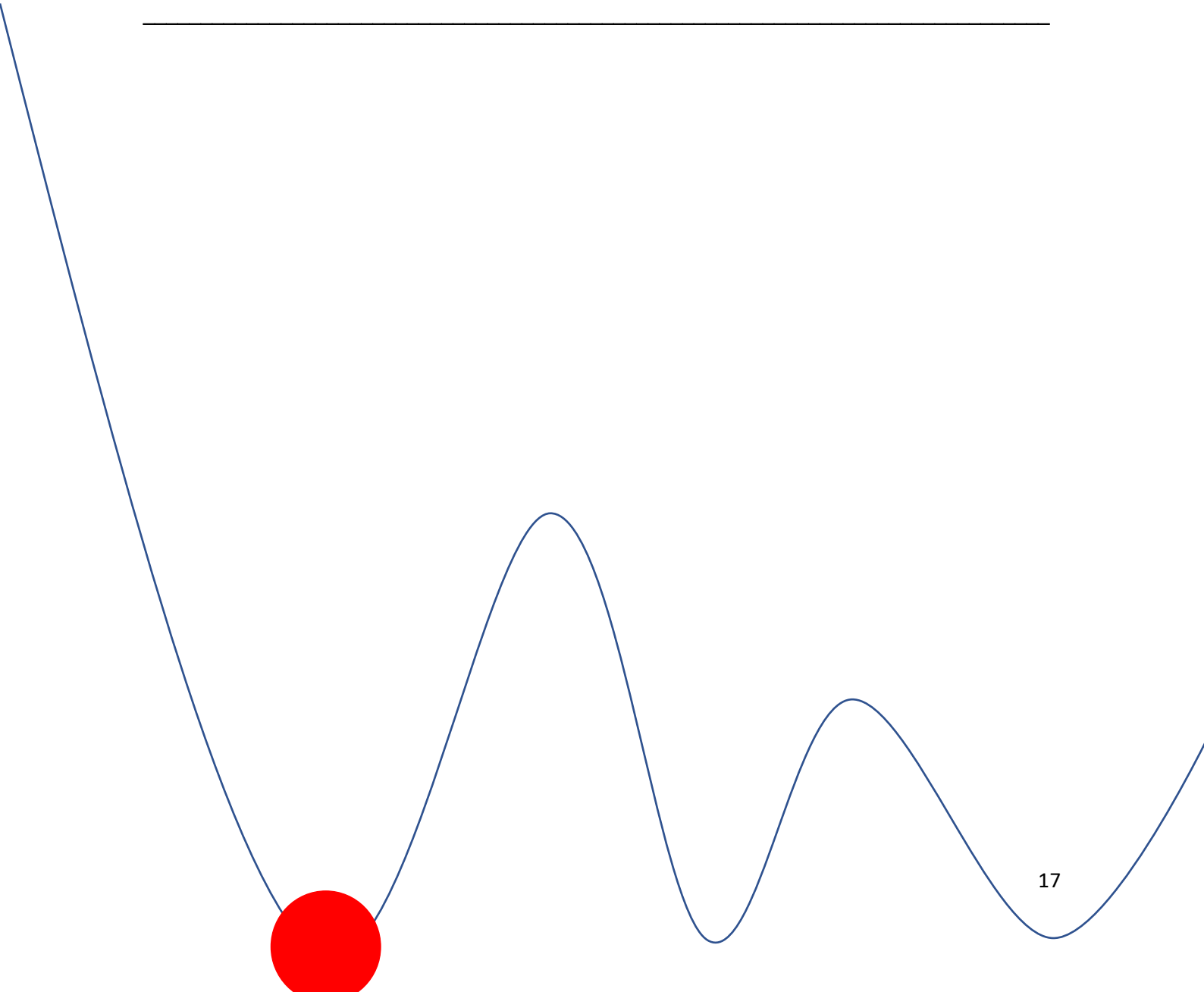
The solution of most governments is to tell people to stay at home as much as they can. In this way there won't be as many people in one space, say a park or the supermarket (the least amount of bouncing balls possible in a room), so we can't infect each other as easily.

What do you think of this solution? And what do your parent(s)/carer(s) think?

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## 7. Bounce part 2

Besides the bouncing in the last exercise, there is also another way to look at bouncing balls. I will explain a little bit about ACT, a type of therapy that I use working with children and parents.

A lot of people are scared at this moment. They are scared they will catch the corona virus, scared that a loved one will get sick or scared of many other things. Did you already discover something that you are scared of in the previous exercises? Maybe you can take a moment to think about it. Things might have changed a bit in the mean time?

What makes you feel scared at this moment?

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Most people would want to avoid feeling scared. They want to push away their anxiety and not think about it. They might do things to control their feelings. Maybe you recognise that instead of feeling scared you will go play, tease your brother or sister or do something else to stop the scared feelings.

What do you do to not have to feel that you are scared?

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It's time for another exercise with a bouncing ball. You know those bouncing balls that keep bouncing after you've thrown them. Imagine that the bouncing ball resembles everything you are scared of. The things you wrote down on the previous page.

You have read that we often try very hard not to feel being scared. We want to push our feelings away, not think about them, do other things... This is what you wrote down on the previous page at the second question. What you are doing in these situations is pushing your anxiety away.

Let's try that now by throwing the bouncing ball against the walls, across the room with a lot of force. The bouncing ball resembles your anxiety in this exercise.

What did the bouncing ball do when you threw it across the room?

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When you threw the ball (your anxiety) across the room did it bounce back to you? Did it bounce everywhere for a while? Did it bounce uncontrollably?

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So do you think it is useful to push (throw) your anxiety away?

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What do you think would be a good way to deal with this bouncing-back anxiety?

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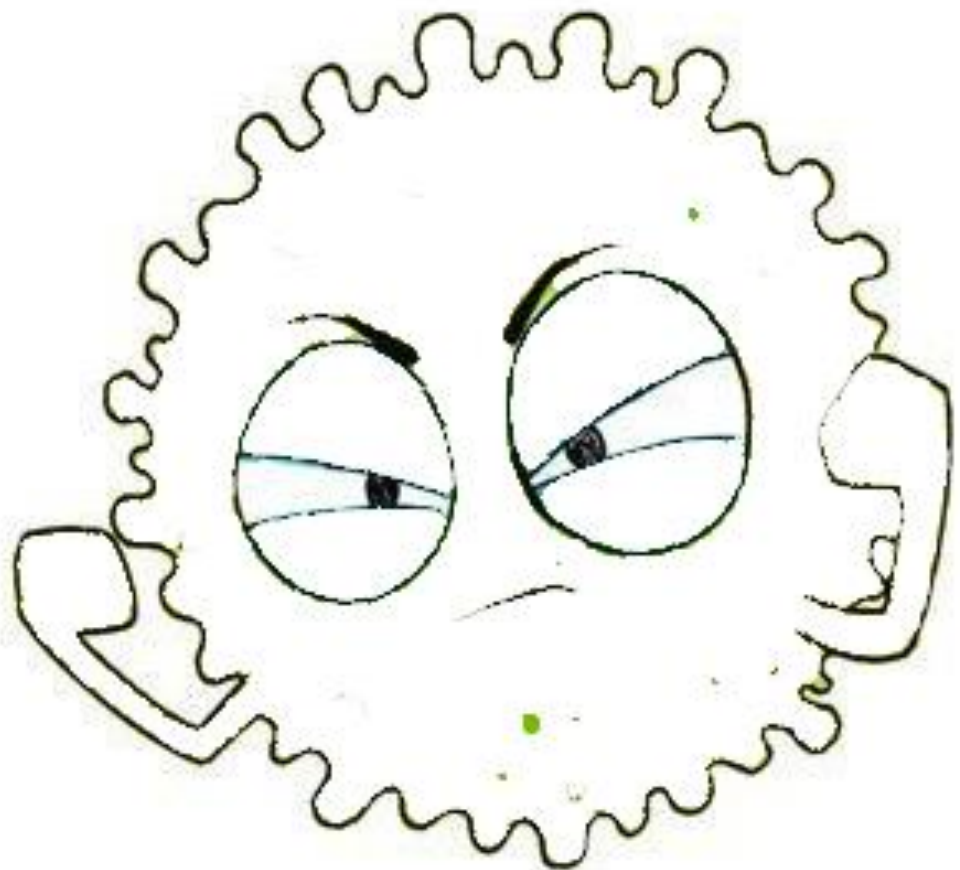
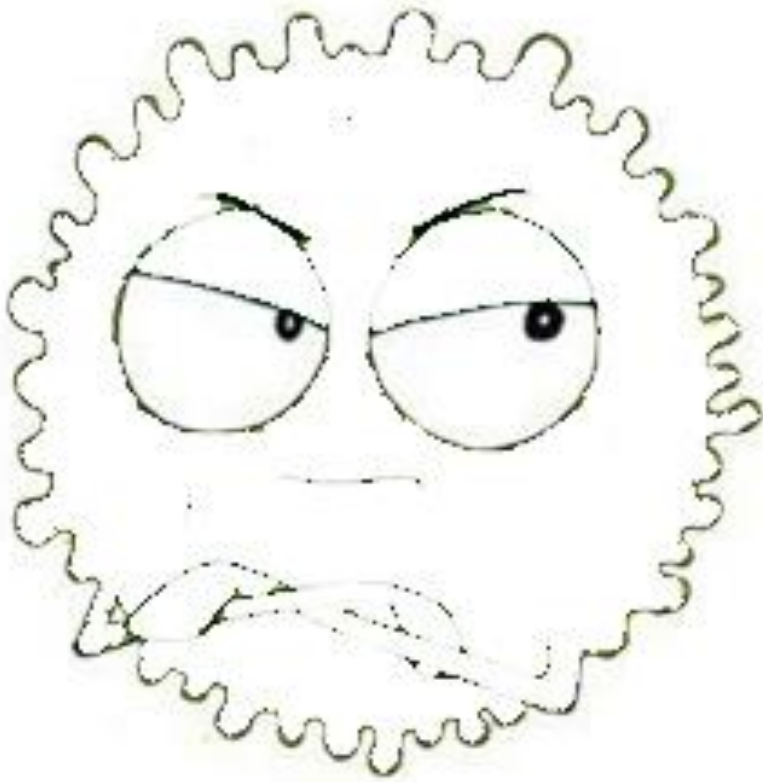
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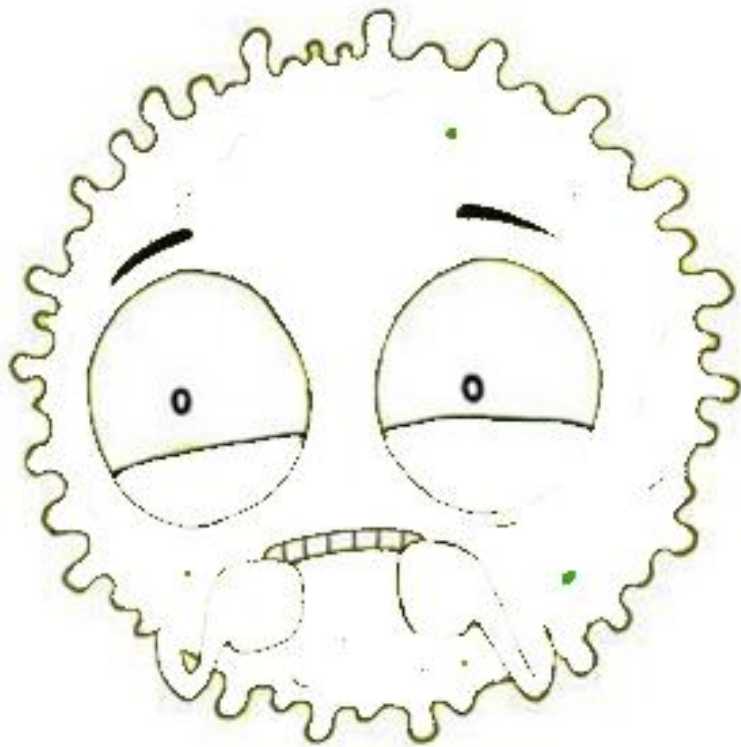
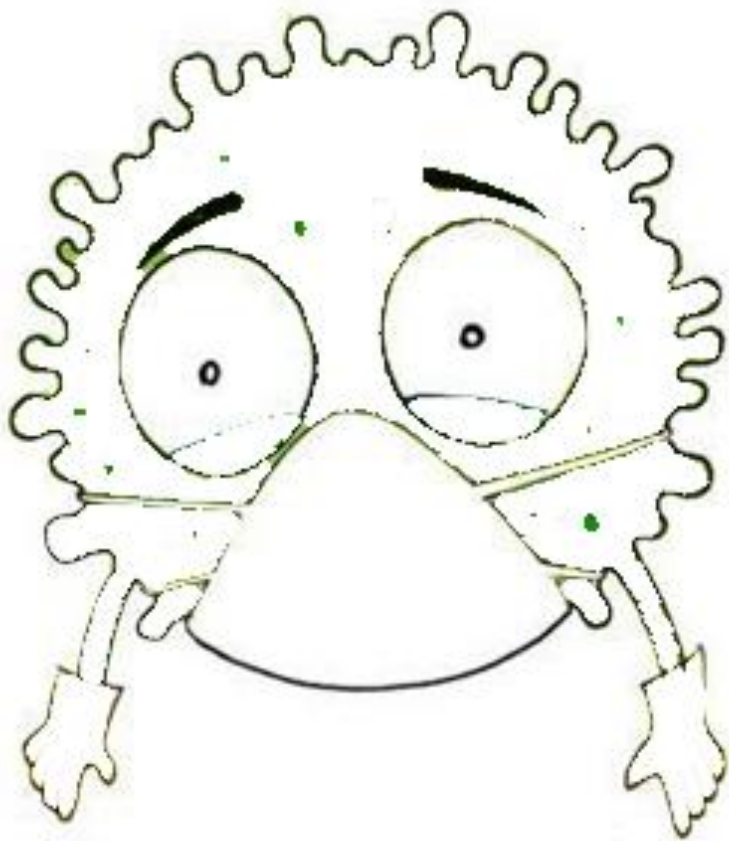
To talk about this in more depth and to gain a bit more insight in this process of anxiety and the resemblance of the bouncing ball, I can help you during a chat together and we can go over your answers to the 3 questions above. You can send me an email to see what I can do for you: [info@praktijkinkleur.nl](mailto:info@praktijkinkleur.nl). You are welcome to visit the practice (online at the moment).



# 8. C R NA colouring

(for the little ones)





# 9. C O R O N A POEMS

(for older kids and parents)

According to the ACT therapy I mentioned before, it is very important to realise the difference between what is real and what's happening in your head (thoughts and ideas). The corona virus is very real. It is all over the news. At the same time our heads are full of thoughts and ideas about corona or other things that don't necessarily have to be real, but can cause a lot of anxiety and distress. Not only children, also parents and carers will probably recognise this.

Do you or your parents/carers want to know more about this and would you like to receive some nice videos or exercises, just send me an email and we can see if and how we can contact each other online ([info@praktijkinkleur.nl](mailto:info@praktijkinkleur.nl)).

Something that has good results working with ACT is defusion. Defusion means that you will try to distinguish between what is real and what your mind, your thoughts are making of it. Looking from another perspective, through a new pair of glasses, it is possible to stop taking your thoughts too seriously and to feel less stressed about a certain situation, like corona. We have to be clear; the fact that you feel worried about corona is very understandable and natural, because the things that are happening right now close to home and around the world are very distressing. But defusion can help us get rid of all the extra stress and worries that we are experiencing.

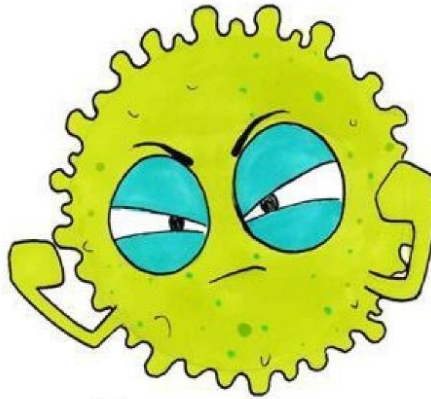
For the little ones the defusion in one of the exercises was colouring in coronas. For the older children and parents a helpful exercise may be for example to write a corona poem. That is something I love to do myself as well. Regularly I post a poem on Instagram (in Dutch) (Anneke\_schrijft). On the next page you will find a corona poem that I wrote.

For this exercise I invite you to write a funny text or poem about the corona virus. Everything is possible, the crazier the better. Writing a silly poem will make you look at the scary corona stuff from a different perspective, through a new pair of glasses.

I would love it if you would like to share your text or poem with me and if you want, I can even post it on social media for you. Just let me know.

Looking forward to receiving your messages!





All kidding aside  
Imagine a corona...  
With long hair all dyed.

With eye shadow and a cool hat,  
carrying a basket,  
or walking her cat.

With goggles while on skates,  
playing tennis  
with her best mates.

Let yourself go,  
don't resist the temptation.  
Because a little fun,  
can ease the situation.

*Anneke en Elza*



## 10. Dealing with emotions

By doing the exercises you will have learned more and more about your emotions. Maybe you've also had some good chats with your parents or carers which have made you feel a bit better about the corona situation.

**Have you been using the emotion scale yet? Does it help you?**

To help you a little bit more we will look at your emotions once again and investigate further into what your needs are. If you follow all the steps, more and more you will find out what it takes to take care of yourself and to tell others what you need from them.

When you feel an emotion very strongly, you may need the people around you to help you a little. Sometimes this means having a chat to someone, or maybe that you need some alone time, maybe you need to get rid of some energy physically... maybe something else. That's why it is important to work on the following exercises with your parents or carers, or share your answers with them later on. It is very important that you talk about what your needs are to each other. So it's a good idea that your mum or dad answer the following questions for themselves as well! 😊

It's important to remember that right now, during this corona time, a lot of people are losing something. Their job, freedom, social contact with loved ones, an income, health... We will discuss this more in an upcoming workbook. For now it is important to know that everyone will have different experiences and everyone will have different emotions. That is all okay. It is important not to get angry with yourself or with others for what you or others are feeling. It is very interesting to start discovering what you and the ones around you are feeling and how to keep interacting with each other in a kind way, despite all the emotions. That's the aim of this workbook.

Let's start the dealing with emotions exercises on the following page!



Angry

What makes you feel angry at this moment?

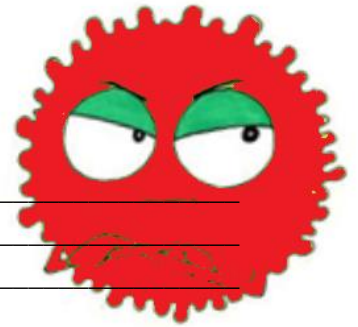
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Which part of your body tells you that you are angry? Where do you feel it? What do you feel exactly? (Maybe look back at the corona-body-exercise).

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How many levels of anger do you recognise within yourself? Maybe you can rate your different levels of anger?

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How would you rate it when you are SUPER angry on a scale from 1-10?

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What can you do or what can someone else do to make your rating go down, to become less angry?

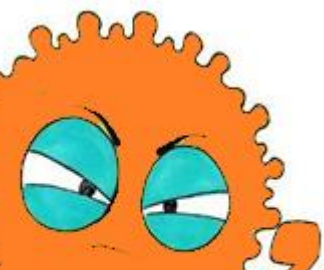
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Who can help you with this?

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What do you need for this to happen?

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You wrote down various ideas already. Now ask your parent(s) or carer(s) and see how you can turn these ideas into actions so you can come up with an agreement together. For example: When I am agry I will go to my room to draw, that will help me to calm down. Or when I am angry I will go outside to play some football.

Writing this down will help you and your parent(s)/carer(s) in case you do get really angry (in which case it might be a bit more difficult to talk to eachother and come up with solutions).

Agreements/ideas for when I am angry:

1. 

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2. 

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3. 

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4. 

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5. 

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**SCARED**

What makes you feel scared at this moment? Or what makes you feel worried?

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Which part of your body tells you that you are scared? Where do you feel it? What do you feel exactly? (Think about the corona-body-worksheet).

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How many levels of scared do you recognise within yourself? Maybe you can rate your different levels of scared?

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How would you rate SUPER scared on a scale from 1-10?

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What will help you, what can you do or what can someone else do to make your rating go down, so you become less scared?

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Who can help you with this?

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What do you need for this to happen?

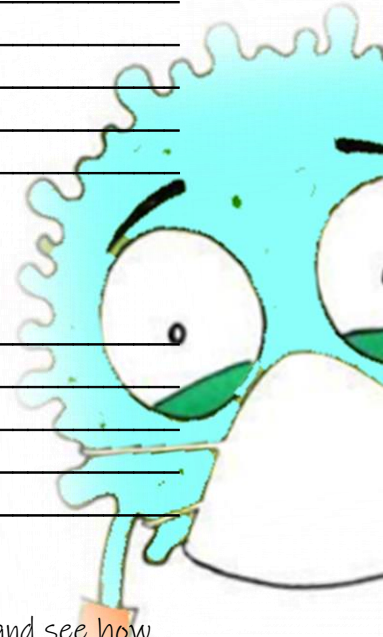
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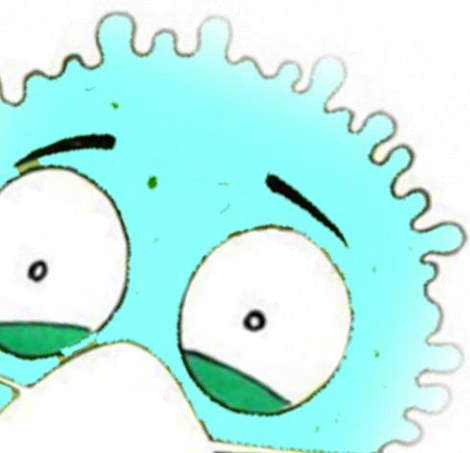


You wrote down various ideas already. Now ask your parent(s) or carer(s) and see how you can turn your ideas into actions as an agreement. For example: When I am scared I will talk to my mum about it or when I am scared I will go for a walk outside.

Writing this down will help you and your parent(s)/carer(s) in case things get a bit overwhelming sometimes.

Agreements/ideas for when I am scared:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





**SAD**

What makes you feel sad at the moment?

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Which part of your body tells you that you are sad? Where do you feel it? What do you feel exactly? (Think about the corona-body-worksheet).

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Do you experience different levels of sadness? Maybe you can rate them?

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How would you rate SUPER sad on a scale from 0-10?

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What can help you to become less sad, to score a lower number on your rating?

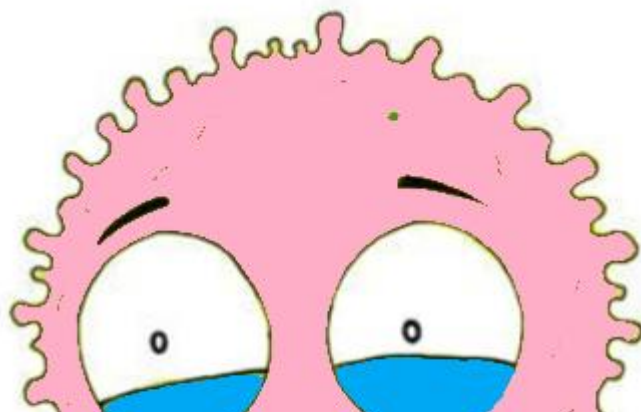
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Who can help you with getting a lower number on your rating?

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What do you need for this to happen?

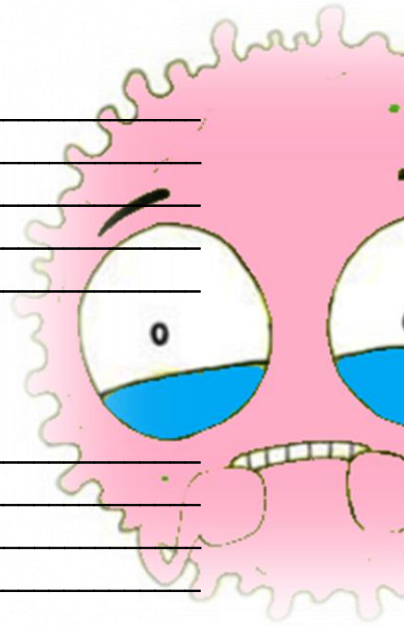
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You wrote down various ideas already. Now ask your parent(s) or carer(s) and see how you can turn your ideas into actions and an agreement. For example: When I am sad I will talk to my mum or dad about it. Or when I am scared I will find something fun to do.

Writing this down will help you and your parent(s)/carer(s) in times when things get a bit overwhelming.

Agreement/ideas for when I am sad:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**FRUSTRATED/ANNOYED**

What makes you feel frustrated/annoyed at the moment? An example could be being bored?

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Which part of your body tells you that you are frustrated/annoyed? Where do you feel it? What do you feel exactly? (Think about the corona-body-worksheet).



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Do you experience different levels of frustration/annoyance? Maybe you can rate these feelings?

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How would you rate SUPER frustrated/annoyed on a scale from 0-10?

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What can help you to become less frustrated/annoyed?

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Who can help you with becoming less frustrated/annoyed?

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What do you need to make this happen?

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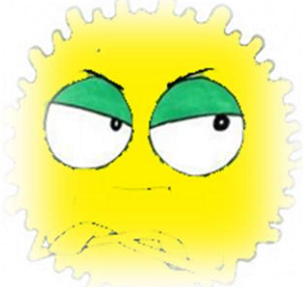
You wrote down a few ideas already. Now ask your parent(s) or carer(s) and see how you can turn your ideas into actions and an agreement. For example: When I am frustrated/annoyed I will talk about it. Or when I am frustrated/annoyed I will go to my room, sit in my tent, draw something or play with my favourite toy.

Writing this down will help you and your parent(s)/carer(s) in times when things get a bit overwhelming.

Agreement/ideas for when I am frustrated/annoyed:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Emotion	Agreements
<p>Angry</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Scared</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Sad</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Frustrated</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



## 11. After C R NA

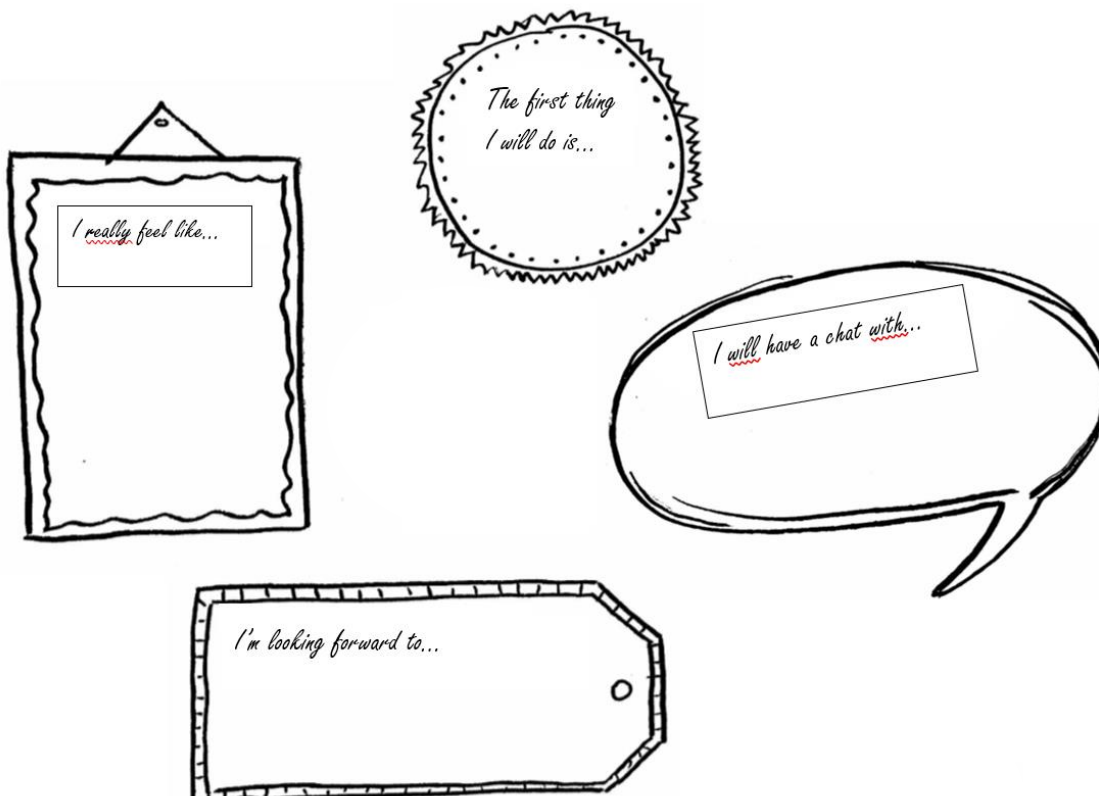
Lots of things will happen during the coming weeks/months because the whole world is in a difficult situation. There will be lots of agreements and changes coming up. News reports are full of bad and sad news, but at the same time you probably have noticed too that a lot of good things are happening as well. Some examples are a better air quality everywhere and cleaner water in the canals in Venice.

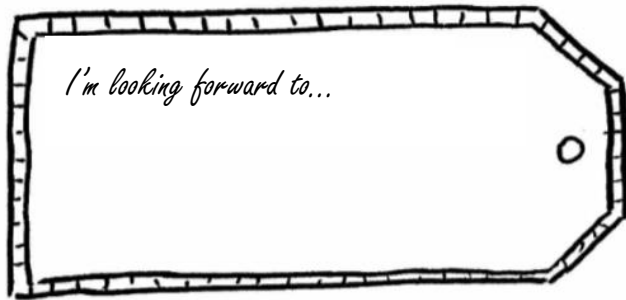
It's a good opportunity for ourselves to think about the things that will and might change for us. Not only your parents will think about that, also you can have a go at it.

For that reason below you will find some lists you can fill out with the things that you would like to do once this crisis is over. What will be the first thing that you will do? Is there something that you are looking forward to? You can print some extra lists, enlarge them, cut them out and hang them on the wall. This way you can have a look at them during more difficult times. Maybe your parents can make their own list and you can hang the lists together?

Me, I am looking forward to having an ice cream with my children. And to meet you all in my practice again. What are you looking forward to?

Have fun with this last exercise!





## Questions for the practice

I've got lots of ideas in my head still and I am looking forward to hearing about your ideas, suggestions, questions and poems. I expect there will be a second workbook. Would you be interested in a second workbook.... please let me know.

Parents that would like an (online) session during these corona times, for example to get some help and support with your own difficulties at home at the moment, everyone is welcome. You can visit the website or contact me via email.

The style of this workbook gives you an indication of how I work in my practice. We work on essential subjects in a creative and playful way. Subjects can be emotionally-charged, and sometimes this is important, necessary and effective. But in this workbook the exercises are mainly playful, suitable for a workbook like this.

The exercises are influenced by and based on multiple forms of therapy that I use during my daily work at the practice. Of course you are also welcome after the corona crisis and we can actually meet and shake hands.

For now I would like to say that I really enjoyed creating this workbook for you and to have contributed a little to society. These are stressful times for all of us, for various reasons. Like I said at the start of this workbook, this workbook is free of charge. Would you however like to show your appreciation and at the same time support the practice, you can donate at [www.geef.nl/nl/actie/workbook-for-children-coping-corona/donateurs](http://www.geef.nl/nl/actie/workbook-for-children-coping-corona/donateurs). You can also find this link on my website [www.praktijkinkleur.nl](http://www.praktijkinkleur.nl).

Thank you so much!

Feel free to share this workbook with anyone who may be interested and let's keep in touch!

The best of luck to all of you!

Love Anneke

And thanks again to my dear friend and colleague Elza van Hamburg for finishing this translation into English. I'm glad and curious where this book will take us, like a balloon challenge when we were kids. Where you release a balloon up into the air which has a card with your address on it...and see how far it goes.

Hope to receive some reactions, so we can see how far this balloon did fly.