

MY ACTIVITY WORKBOOK

For children aged 4-12 years





A letter to kids

Dear readers,

Good day! Hope you are safe and healthy out there.

How do you like this year so far? Any different from the past? You might find the year 2020 particularly frustrating and challenging. But hey, here comes this workbook to help you navigate through the waves in the aftermath of the COVID-19 pandemic. We hope you can get some inspiration to cope with daily challenges through fun activities and games, either alone or with family and friends.

In this workbook, we will guide you to help you understand your feelings and emotions as well as your parents', learn some coping tips that you can easily apply on your own or with your family, and know more about COVID-19 and hygiene knowledge. For those of you who find the reading a bit too hard, please do not hesitate to ask an adult or older kid for help.

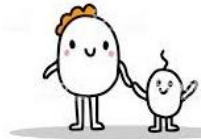
So what are you waiting for? Let's start this unique journey right away. Enjoy!

The Centre team

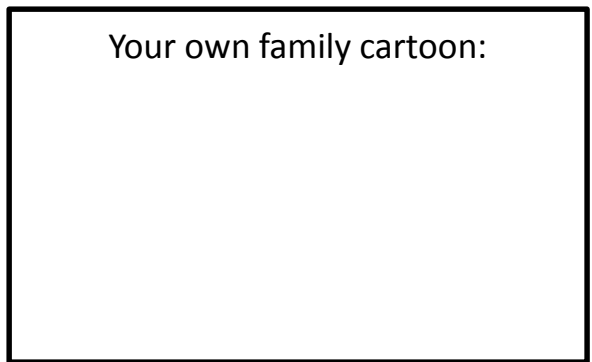
Draw a picture of your family

My name is _____. I am living in _____ with _____.
I am studying at grade _____ in _____ school. Today's date is _____.

Families come in all forms and shapes – Circle those pics you find fit your family the best? And of course you can draw your own family cartoon:



Your own family cartoon:





The changes I am experiencing

Were the last couple of weeks in any way different for you? What do you think has changed?

Tick the changes that you agree with and add some more changes where you can think of them

Changes to myself:

- I'm more grown up
- I worry a bit more
- I wash my hands more often
- I watch much more TV or stuff online
- _____
- _____

Changes to friends:

- Some of my friends worry a lot
- Some of them moved to different houses or place
- Some haven't come back to school
- _____
- _____

Changes to my family:

- More parents are home more often
- Some of my family members have left to look for work
- I think we have less money than before

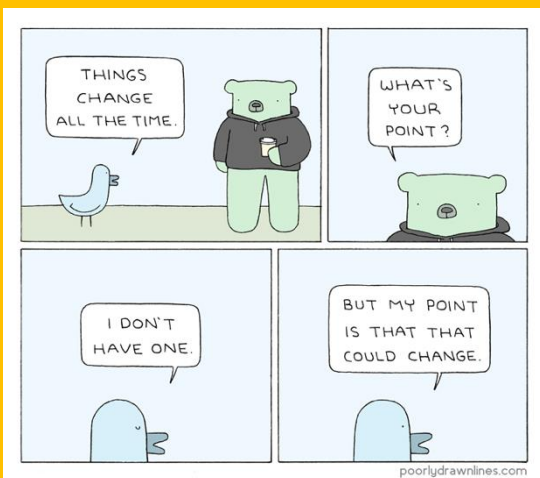
Some changes we don't mind, but sometimes change can feel very negative and annoying. Here a few tips on what you can do to deal with changes:



Other changes:

- _____
- _____

- Ask questions to people around you to know more
- Tell people around you how you feel, even if you feel sad, lonely, disappointed or frustrated
- Find someone you trust and let them know what you worry about
- Write about your worries in a journal
- Eat some healthy food you like yummy fruits or your favourite veggies
- Move! Play soccer, dance to your favorite music or ask someone near you to play a game of badminton
- Focus on the positive things



All about me



I am ____ years old

I stand _____ tall

I weigh _____

My shoes size is _____

My favorite



Food:

Fruit:

Toy:

Book:

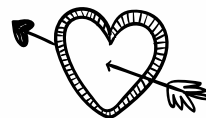
TV shows/movie:

Place:

Activity:

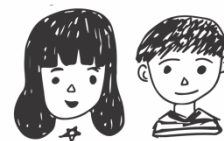
Song:

My family members are:



My best friend (s) are:

My favorite things to do with my parents are:



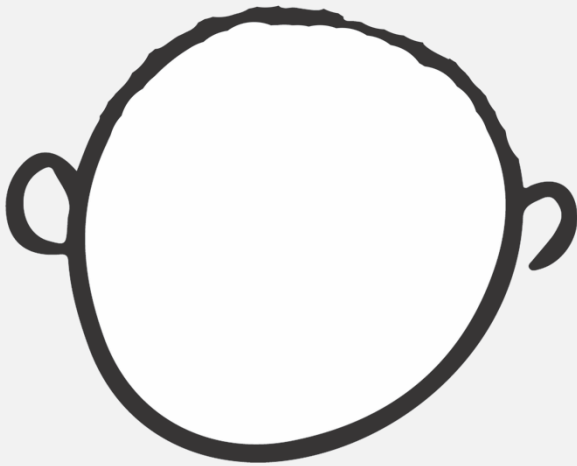
1.

2.

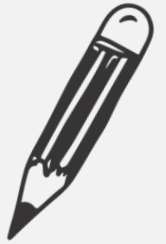
3.

How am I feeling?

What my face looks like



Circle the feelings you are having right now:



Loved, frustrated,
trusting, bored, afraid,
proud, sick, grouchy,
happy, lonely, brave,
relieved, tired, annoyed
worried, confused,
nervous, angry,
thankful, excited, sad,
stressed, surprised

The 3 things I am most worried about:

- 1.
- 2.
- 3.

3 things I am most looking forward to in the near future:

- 1.
- 2.
- 3.

A letter to myself in the future

Imagine yourself let's say when you are 35 years old. Maybe you will be married, maybe you'll have kids, or maybe you do it all differently. Write a letter to that older you with a few things you want to make sure you will remember even when you are an adult. Maybe it is something about the year 2020 or just a general thought that you wish adults would know.



Dear future me,

Shake off the blues

Circle the ones that works for you, and add any other ideas:

Close your eyes and imagine you are in one of your favourite places

Take a deep breath (or a couple of deep breaths)

Count from one to ten

Write about it

Watch a funny movie

Scream a bit (out loud or into your pillow)

Hug someone you love

Call or video chat with friends about your feelings

Get some exercise (jump up and down in your room, dance, kick a ball)

Talk to a caring grown-up about your feelings

Other ideas how you can get out of bad mood: _____

Who can you talk to when you feel scared, anxious, or upset?

- 1.
- 2.
- 3.

Interview your parents

You answered so many questions about yourself now let's try to get some answers from your parents. If you cannot reach your parents of course you can also do the interview with your grandparents, your aunt or any adult you care about. And you can of course interview as many as you want. Just use the empty pages at the end of the book to write down additional info.

- You are _____ years old
- You stand _____ tall
- You weigh _____
- Your shoes size _____
- You are working at _____

Your favorite



Food:

Fruit:

Book:

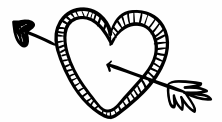
TV shows/movie:

Place:

Activity:

Song:

Tell me some of your favourite moments you spent with me:

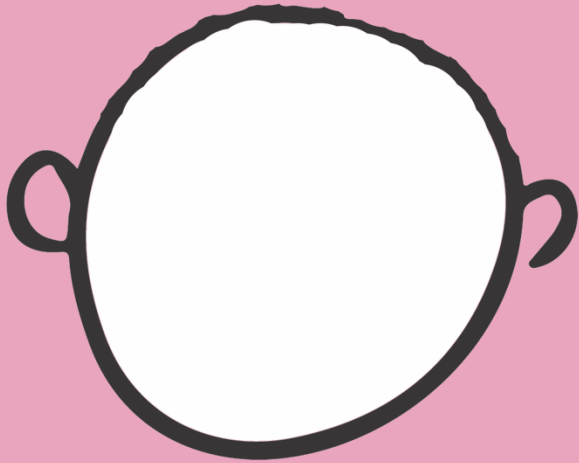


What did you usually do when you feel stressful or anxious?

- 1.
- 2.
- 3.

Interview your parents

What are your parents feeling recently?



Circle the feelings you are having right now:



Loved, frustrated, trusting, bored, afraid, proud, sick, grouchy, happy, lonely, brave, relieved, tired, annoyed, worried, confused, nervous, angry, thankful, excited, sad, stressed, surprised

The 3 things your parents worry about the most:

- 1.
- 2.
- 3.

3 things your parents look forward to most in the near future:

- 1.
- 2.
- 3.



A letter to your parents

Another letter, hmmm... But this is not to let you write a letter like the one required by your Chinese teacher. Instead, we encourage you to be creative and stir things up a bit. You can write about anything you rarely say to your parents verbally (like your inner feelings, positive/negative comments about parents, or things you'd like your parents to remember etc.). If you do not feel like writing a proper article, then get creative: comics, drawings, short phrases, or even record an audio letter on your mobile phone. You can present this letter to your parents on some special occasions as a little gift/surprise, e.g. their birthday, your birthday, a holiday or any day that might be special for you or your family.

What can our family do together to make the most of our time and deal with the stress brought by Covid-19?

Circle the ones work for you, and add any other ideas:



Set up some clear family rules early on together of do's and don'ts



Let each family member take turns to choose a whole-family activity.



Share household chores in a fair way- maybe put up a chore table.



Learn something new together. E.g. learn to say some things in a new language, or everyone tries to learn how to knit, or to juggle a ball.



Remind each other of the good things in life.

Other ideas: _____

Here are some ideas of things you can do together with your parents

Part 1

In-house activities:



Take photos of each in funny poses



Cook a meal together



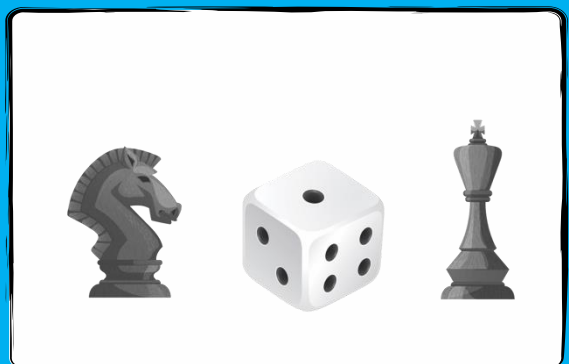
Make handicraft



Make a family tree



Teach one another some new dance moves



Play board games

Here are some ideas of things you can do together with your parents

Part 2

The following in-house activities are also easy to be carried out even if parents and children are apart:



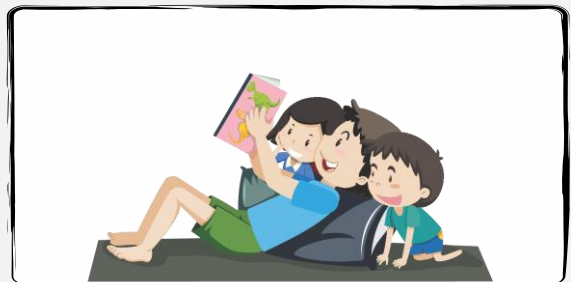
Watch a cartoon/movie and discuss afterwards what you liked, who your favorite character was, if there was a scaring moment in the movie etc.



Guess words/phrases through the description of body language.



Simple sports competition like how often you can skip a rope in one go, who can make the ping pong ball bounce on the racket more often, how many push-ups you each manage.



Tell each other stories or write a story together (e.g. you write half a page and then your mum writes have a page, before she passes it to your dad etc..).



Word chain games.

What is COVID-19?

You are probably tired of hearing about COVID-19, but here are just a few key things that we all should know.



A few key definitions

Coronavirus: a type of virus that can cause a disease and can spread between people

COVID-19: The disease that is caused by a newly discovered coronavirus. The disease can make people very sick.

Pandemic: when a disease spreads very quickly and affects a large number of people in many different countries.

Social distancing: limited physical contact with other people to hopefully reduce the number of people infected.

Quarantine: when someone who is or might be sick stays separate from other people so other people hopefully do not get sick

How does COVID-19 spread?

- Through the air in a sneeze or cough
- Through contact, like handshakes
- Be on surfaces, such as doorknobs or phones.

What are the symptoms of COVID-19?

Fever
Cough
Runny nose
Body aches
Sore throat
Shortness of breath
Loss of sense of smell



The virus has spread across many parts of the world, so people call it a "pandemic"

What can you do to keep yourself and others healthy?



1. Regularly wash your hands for 20 seconds with soap and water. Make it a habit to do so:

- Before and after every meal,
- Every time you been to the bathroom.
- Every time you get into school or home from the outside.

2. If you cannot wash your hands you can use hand sanitizer that contains at least 75% alcohol. But if your hands are visibly dirty or greasy look for water and soap first, and don't use hand sanitizer.

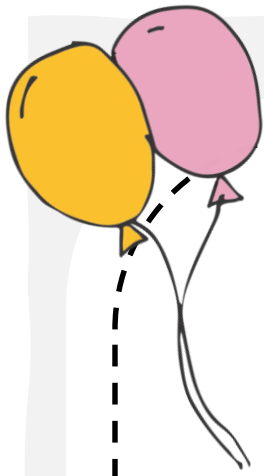
3. Keep your hands away from your face, especially your mouth, eyes, nose.

4. Cover your coughs and sneezes. Use a tissue or your elbow. Wash your hands or use hand sanitizer right after.

5. Keep at least 1 meter between you and other people.

6. If you have the symptoms, tell someone and seek the support from local hospital.

7. If you have a mask available you can wear it especially in crowded places, like when you take the bus or go into a shopping mall.



CERTIFICATE

Congratulation on finishing the workbook!

Name: _____

Date: _____

If you would like to share any of your thoughts with the people who made this book you can WeChat us or send us an email.

Also, we have a **small drawing competition** here! Send us your best drawing from this workbook to win a prize!

We will not use any of the information you share without getting your and your parents' permission first. In no cases will we reveal your name or any other information.



Please scan the QP code to contact us or send your drawing on WeChat!
Or email us at:
info@cccsr.com



瑞联稚博小助手 



A note to parents

Dear parents,

Thank you for downloading this children's workbook.

While 2020 is a challenging year for all, we do believe that with the support of parents, children will grow considerably in times of adversity once they are able to cope with stress and life changes with strengthened self-resilience. This is exactly why we developed this workbook and what we wish for, to enable children to reflect, act and grow.

Meanwhile, we hope this workbook could provide a great opportunity for open dialogues between children and parents, whether living together or not, to communicate feelings and emotions honestly, to have fun together through many stimulating activities, and thus foster closer parent-child relationships and go through this tough period of time hand in hand.

Before you pass on this workbook to your kid(s), we would like to give you some tips on how to use this workbook properly.

- Your child(ren) might find the reading a little bit tough, please be supportive and help them when they reach out.
- Give your kids enough freedom and privacy to read, write and draw!
- We suggest parents should be supportive when kids express their anxiety, be patient when kids ask for explanations or questions regarding life changes, COVID-19, or anything else, and be proactive when kids ask you to join an activity together. Most of all, try to create an enabling environment for children to fully utilise this workbook and have fun!
- If your children prepare some surprises for you in any form, remember to praise and show your appreciation expressively! It'd be an even greater idea to respond to your children's surprises by actions like doing his/her favorite activity together, or anything that makes him/her happy.

Hope you and your child(ren) liked this book! If you have any questions regarding the workbook, please feel free to contact us.



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The Centre team

Please scan the QR code to contact us on WeChat!
Or email us at: info@childrights-business.org