



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BOUNCING FORWARD

Activities to Foster Resiliency During COVID-19

WELCOME

We know things might be very different for you during this time, and you might be having lots of different thoughts and feelings about it. You might love learning in new and different ways and having more playtime, and you might miss your school, friends and outside activities. You might feel all of these things at once, and you might feel one way one day (or one hour) and another way the next day (or hour)!

Lots of grown-ups and kids are experiencing many emotions and feel like they are changing often. One of the best ways we can take care of ourselves is by thinking and talking with others. This can help us get our feelings out and not feel so alone.

We made this journal as a special way for you to think, write and draw about your thoughts and feelings while also trying some new things at home! Once you are done, this journal will be filled with memories from this unique time in history!

This activity book belongs to:

The people I want to share this activity book with:

Date I started my activity book: _____

Draw a picture of where you would like to store your activity book.



When during the day do you think you will want to work on these activities?

Where do you think you might want to work on it (in your room, at a table, outside)?

BEFORE YOU GET STARTED...

Here are a few things to think about as you get started with your journal! These are ideas that would be great to talk and think about with your family!

1. What things are the same or different from before staying home a lot?
 - What do you like the most and least?
2. What schedule do you have now that you are home a lot?
 - What do you like and dislike about the schedule?
3. What has been the most fun thing you have done since staying home?
 - What else would you like to do while you are home?
4. How have you been taking care of your body?
 - What have you done outside?
 - How have you been exercising or eating healthy foods to give you energy?
5. Have you been able to connect with friends or family that are not home with you?
 - If not, who would you most want to connect with (check with a grown up to see if you can make that happen with a phone or computer)?
6. Have you been able to help others, in your home or in the community?
 - How did you help and how did it feel?
7. Do you have any worries or things you are thinking about a lot?
 - If you haven't already, who can you talk with about these things?
8. What do you feel grateful for or happy about?



**YOU ARE ALREADY OFF TO A GREAT
START! LET US GET WORKING ON
SOME ACTIVITIES!**

TOPIC 1: GOALS

Use the chart below to set goals you would like to complete over the next few weeks. If you planned to share your activity with someone, invite them to come up with ideas to!



GOAL JUST FOR ME

WHAT I WILL DO FOR EXERCISE

I WILL TAKE CARE OF MY EMOTIONS BY

THINGS I CAN DO WITH OTHERS

HOW I CAN HELP OTHERS

GOAL FOR GETTING OUT IN NATURE

DEEPER DIVE

Most of the activities in this book are designed to be an introduction to the topics and ways to start including some of the activities into your daily life. For some, this may be all you are interested in, and that's great! We are excited for you to start exploring.

Others may want to take a deeper dive to think about explore a little further. We have included prompts with the symbol below to let you know this is an opportunity to dive deeper with additional questions.



Before identifying goals, consider a couple of questions:

- **What are you good at?**
- **What do you enjoy doing?**
- **What things are important to you?**
- **What are some things you would like to improve?**
(For yourself, your community)
- **How do you think you could start to make these improvements?**
- **What would show you that you are making progress?**
- **If your plan doesn't work, what will you do?**

GOALS LOG



Draw a picture of you doing one of your goals each week.
Log what motivated or inspired you.

WEEK 1

A large, empty square box with rounded corners, intended for drawing and logging for Week 1.

WEEK 2

A large, empty square box with rounded corners, intended for drawing and logging for Week 2.

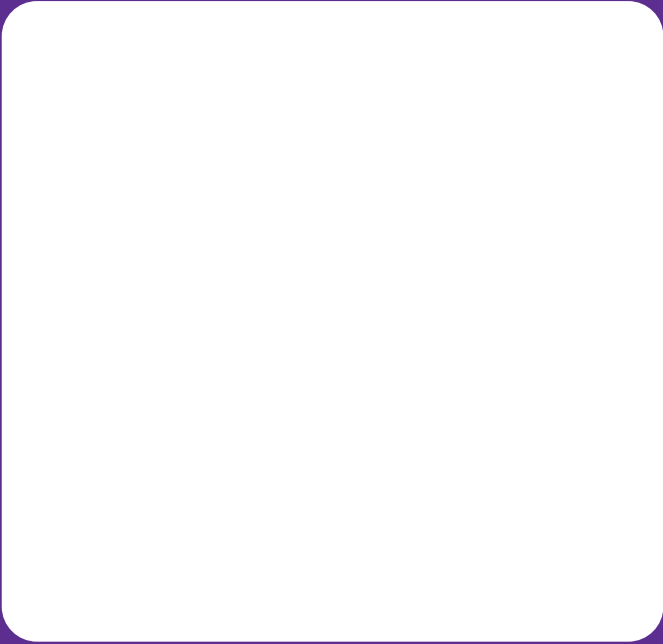
WEEK 3

A large, empty square box with rounded corners, intended for drawing and logging for Week 3.

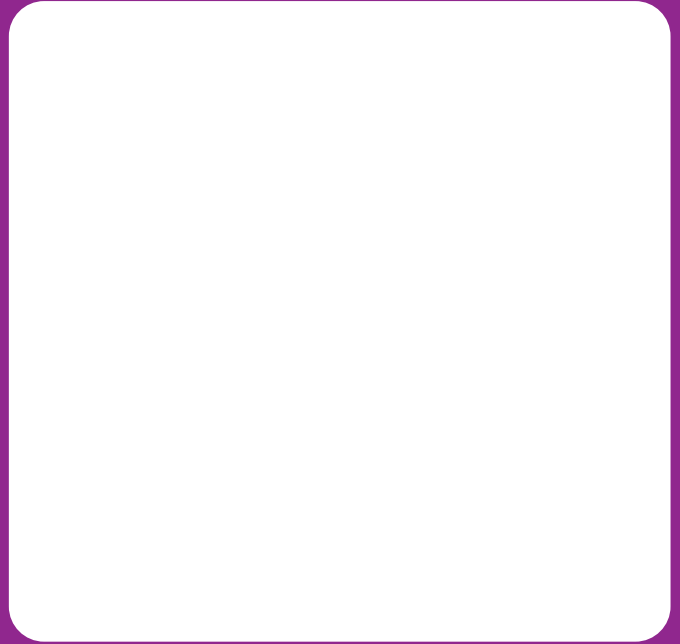
WEEK 4

A large, empty square box with rounded corners, intended for drawing and logging for Week 4.

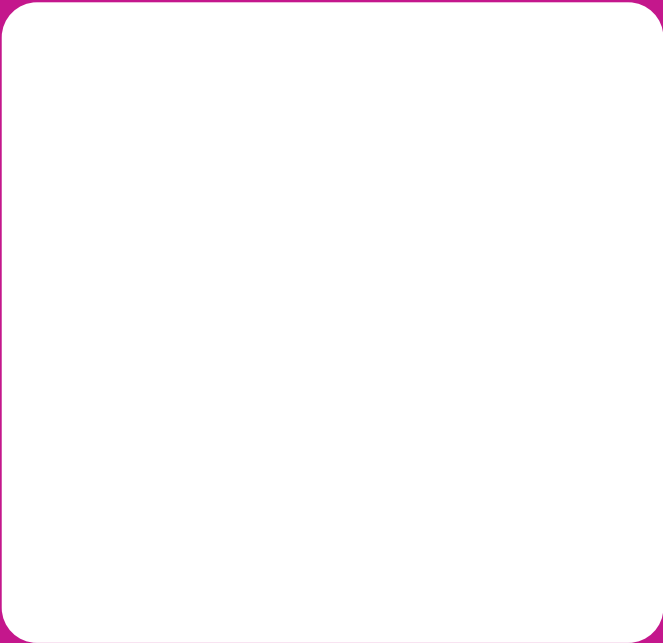
WEEK 5



WEEK 6



WEEK 7



WEEK 8



MOTIVATION

Do you ever just feel like not doing something?

Sometimes it can be hard to get going or to complete a goal. It is helpful to think of things that help to motivate you when you are not feeling up for the task. Using the space below brainstorm ideas to try when you are not feeling motivated. Some ideas to think about are:



- **Brain Breaks:** 5–10 minutes doing something you like to get your mind of the task
- **Mantras:** Statements or positive affirmations you can say to yourself
 - “I know I can do this”
 - “It’ll only take 5 minutes”
- **Personal Rewards:** Think of ways to reward yourself when you complete a goal like a personal dance party or having a favorite snack



TOPIC 2: EMOTIONS

Activity 4: Mood Tracker – Using the tracker below, we will keep track of how we are feeling day to day. This can be used with our feelings chart and the “Planning for Our Emotions” activity, so that we can start to learn to name our feelings, and then do activities that we know can make us feel better.



EXCITED



WONDERFUL



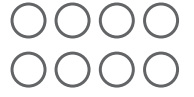
WORRIED



HAPPY



DISGUST



COOL



PAINED



INSPIRED



HURT



TIRED



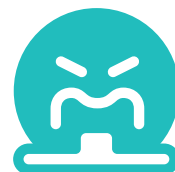
ANGRY



SLEEPY



GREAT



ILL



SAD



BLESSED



CUTE



SCARED



SILLY

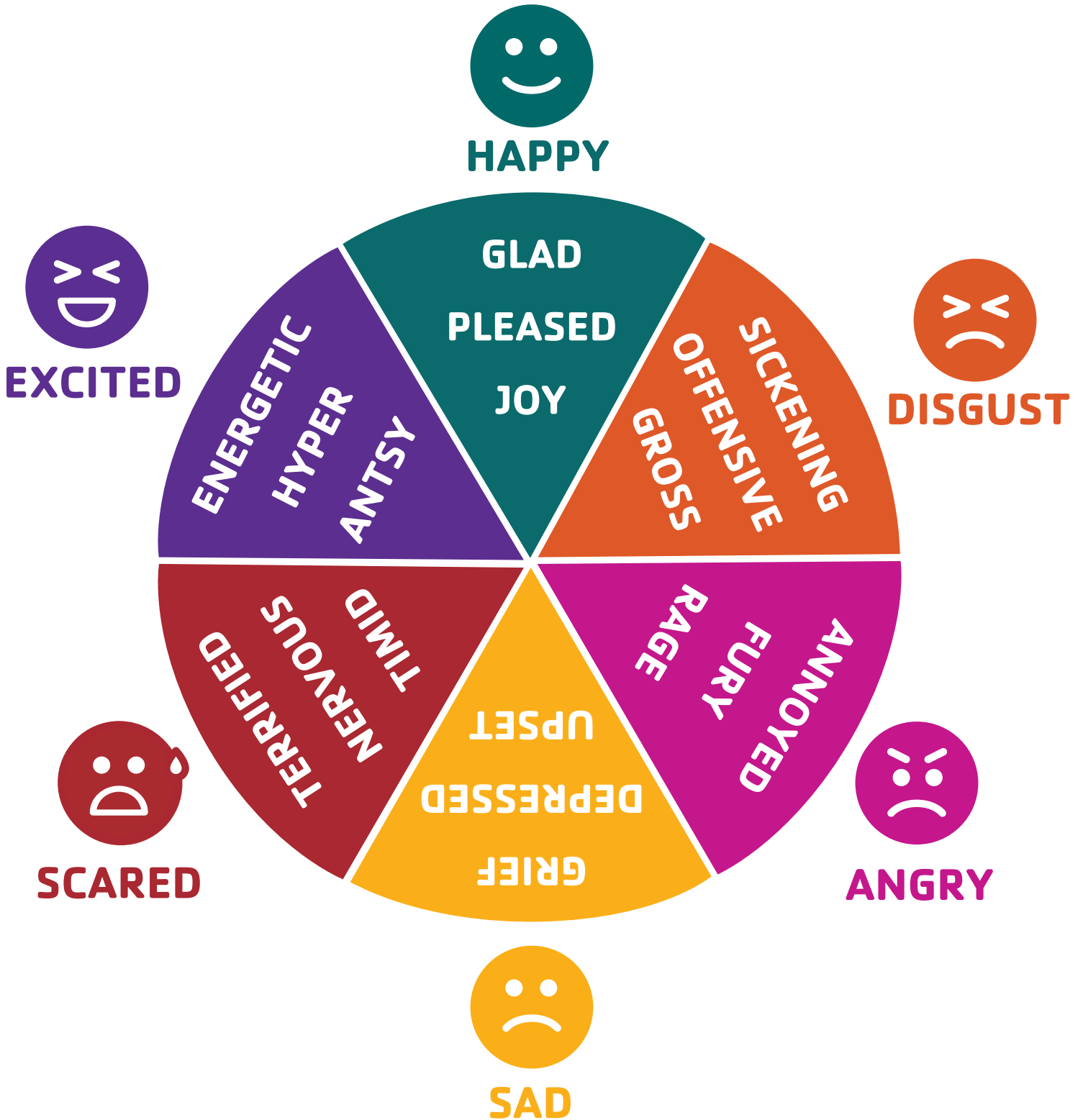


BORED



MY FEELINGS CHART

When we are filled with emotions, it can be hard to talk about what we are feeling. It can be helpful to have a feelings chart like the one below to point to and show someone (a friend or relative) how you are feeling when it's hard to get the words out.



Using the space below (or your own creative idea with items you have at home) to create your own feeling chart. You can draw faces, add pictures of your family, or create a collage from magazines to make it your very own.



Once you have created your own emotions chart (or wheel), list situations or experiences when you often feel that way.



PLANNING OUR EMOTIONS

Sometimes emotions sneak up on us and it can be hard to know what to do. Think of some ideas of what you can do when you feel these emotions. Some ideas to try may be talking to a friend, practicing a breathing exercise, or doing a fun activity. There is an extra space so you can share ideas with a friend and list them here.

NAME:

NAME:

SAD

ANGRY

SCARED

LONELY

ANNOYED

STRESSED

TOPIC 3: COMFORT

When there are many changes all at once, it can feel stressful and confusing. Something that can be helpful is to think about the things that help you to feel comfortable and safe. What are some things that make you feel good?



**SONGS THAT
HELP ME FEEL
CALM**



**BOOKS &
MOVIES THAT
HELP ME FEEL
GOOD**



**ACTIVITIES
THAT HELP ME
FEEL SAFE AND
COMFY**



**MY FAVORITE
FOOD & DRINKS**



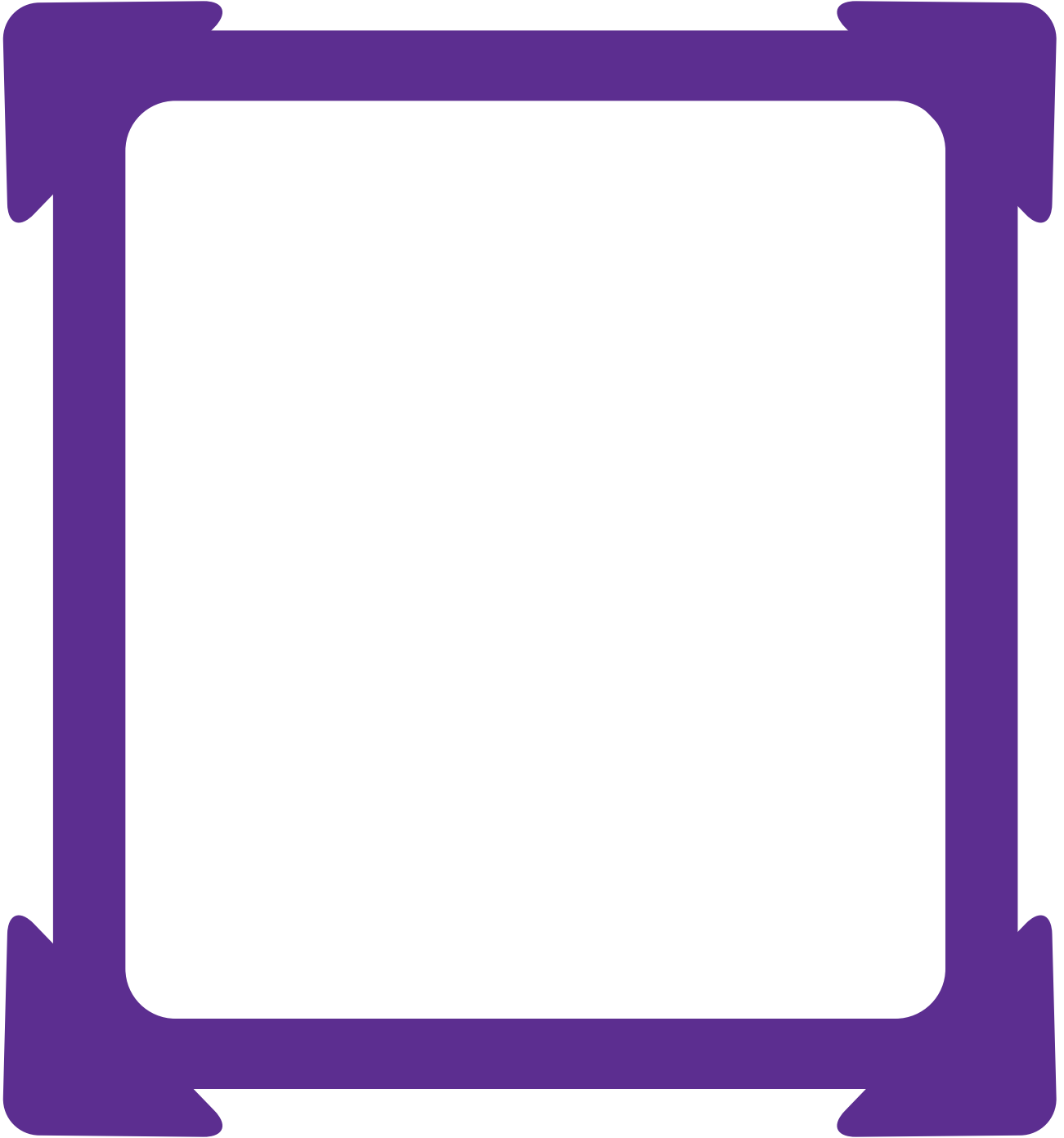
**THINGS I DO
WITH OTHERS
THAT MAKE ME
FEEL HAPPY**



**THINGS I CAN
TEACH SOMEONE
OR LEARN FROM
SOMEONE ELSE**

PEOPLE & PLACES THAT MAKE ME FEEL SAFE

Draw a picture of your safe place.



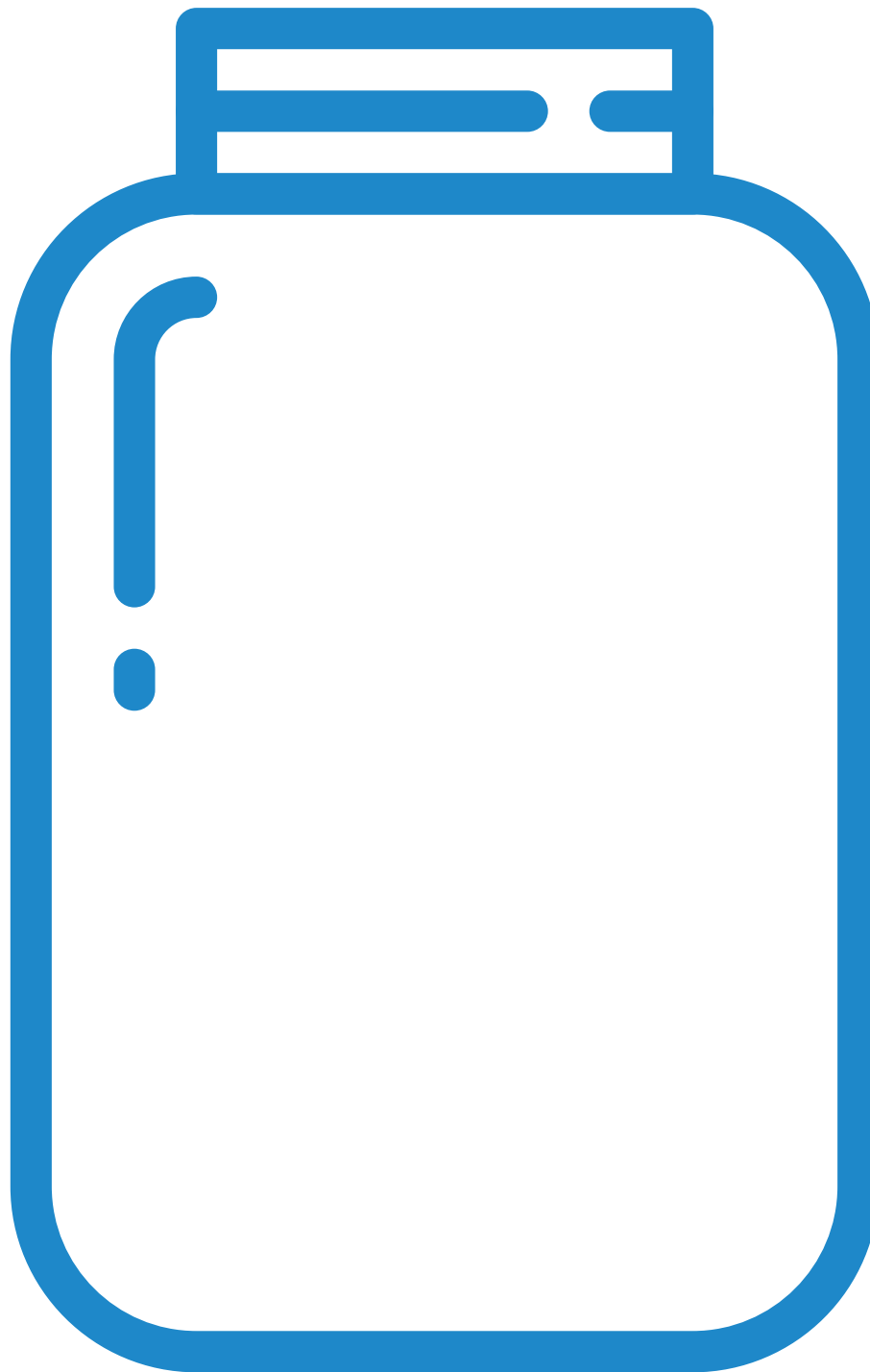
Using your drawing, find a comfortable space and start focusing on your breathing. Imagine you are in your safe place. What does it look like; what can you hear; what do you see? After spending some time imagining being in your safe place, use your feelings chart to check in on how you feel.

**Create a collage of pictures of people that help you feel safe.
If you don't have pictures, draw your own!**



TOPIC 4: GRATITUDE

Create your own Gratitude Jar: For this activity, we will be reflecting on things we feel grateful for. You can get a jar from home and decorate it however you like, or you can use the image below to draw the things you feel grateful for.

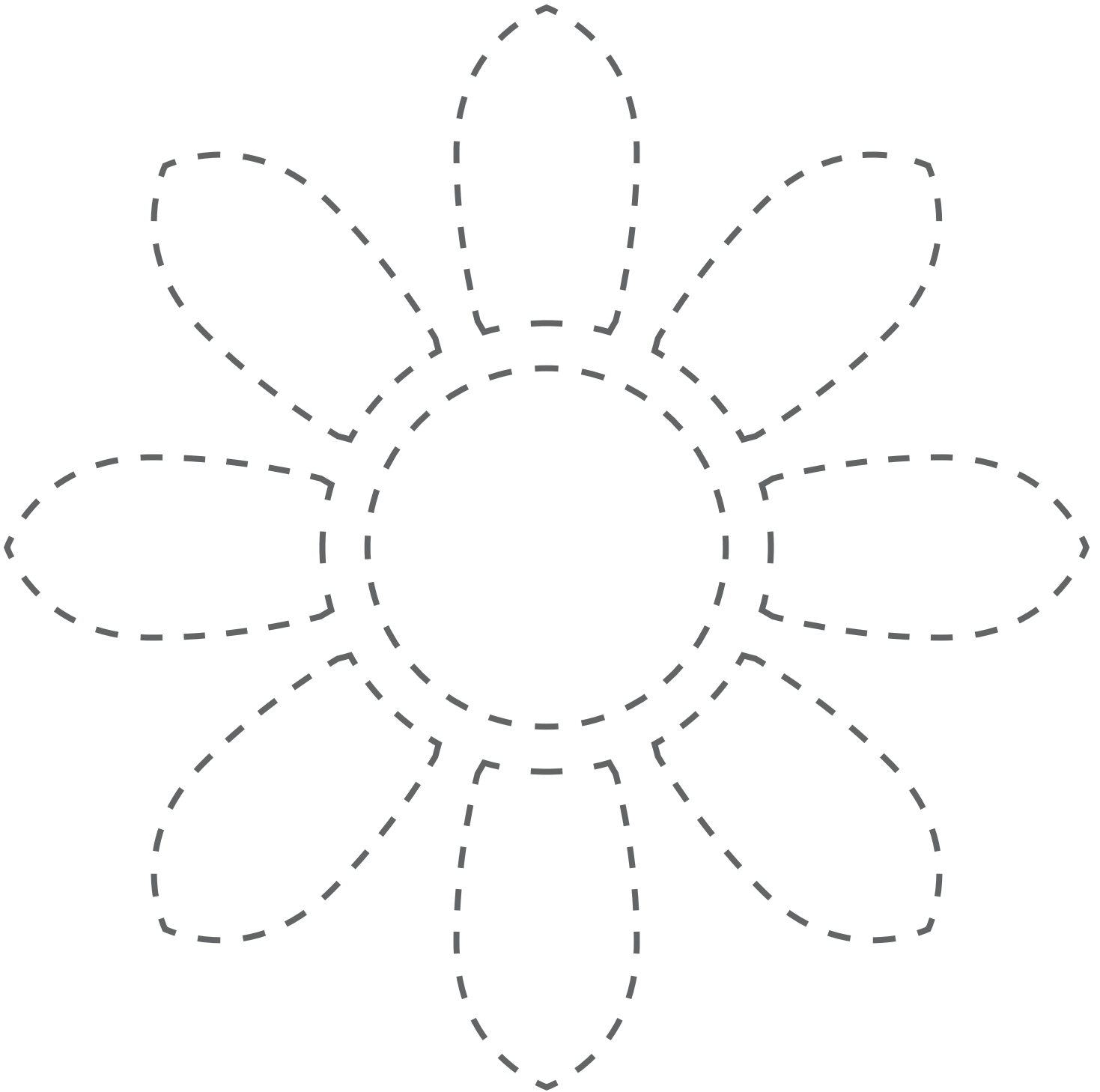


Another option is to think about things you are grateful for being able to do when you are not staying at home. You can draw what you're looking forward to once we are able to leave our houses more often.

PEOPLE I AM THANKFUL FOR...

Another way to practice gratitude is to think about the people in your life that you are grateful for. You can make a list of names or get more creative! A couple ideas are to create a collage of pictures or use construction paper to create a flower using the petals to list all those you are thankful for. You can include pets, teachers, and friends!

Feel free to cut out the template below as a guide.



APPRECIATION

A way to show others that you feel grateful for them is to do an act of service for them or sharing a note of thanks. Some ideas are to send thank you letters, helping with a project or doing something nice.



Use the space above to come up with ideas for ways you can show appreciation to the people you are thankful for. Add one or two to your goals to try to accomplish by the end of Summer.

TOPIC 5: RELATIONSHIPS

Activity 5: Interview a grown up or good friend (if you could interview an animal, how do you think they would answer/person you admire? Etc.)

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING DISTANCE LEARNING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED: _____

YOUR NEW FOUND FAVORITE FAMILY ACTIVITY:

FAVORITE FOOD TO MAKE: _____

FAVORITE TIME OF THE DAY: _____

GOAL/S FOR AFTER THIS:

COMMUNICATING WITH BUDDIES VIRTUALLY

The time we are spending at home has made most of us start thinking about finding new ways to interact with our friends and loved ones. One of these ways is using video calls like Zoom or FaceTime. For this activity, use a video call program to call a friend! (With adult permission, of course!)

Here are some suggestions for things to talk about:

1. What is something you can't wait to do once you're able to connect in person?
2. What is something that you think will be very different when we are able to start leaving our houses more?
3. What are some ways you think you have changed in the last few months?
4. Have you developed any new hobbies? How have you been keeping yourself entertained?
5. Or anything you can think of! If the conversation goes off topic or you find something else in common, feel free to explore that!



DIFFERENT POINT OF VIEW

An important skill for building friendships and connecting with others is understanding someone else's point of view. Do you know the phrase "to walk a mile in someone else's shoes?" Point of view is about thinking about how that other person may be thinking and feeling.

Use this chart to practice thinking about another person's point of view. Think about an event or activity you did with someone else like watching a movie or an opponent from a different sports team. List what you thought and felt about the situation and do the same for the other person.

Describe the situation: _____

Your Name:

What were you thinking?

How did you feel?

Other Person's Name:

What do you think they were thinking?

How do you think they felt?



You can keep practicing by doing the same activity with characters from a book. Read the story then fill in the thoughts and emotions of different characters.

TOPIC 6: WORRIES

Worries and stress can feel big and overwhelming. Sometimes it can feel like thoughts about worries are unstoppable. You may notice your worries growing because you can't stop thinking about the same thing over and over. Maybe you feel like you can't stop talking about a topic.

A great way to help your brain turn off the worries is to create a container to lock up your worries. This can be a box or a can with a lid. Then when you start to feel worried, write down or draw whatever is making you feel worried then lock up the worry in the container. Some kids even like finding a time of day, especially right before bed, to unload all their worries. You can ask your parents or other family members to do this with you so you can talk about the worries you're feeling.

You can make your container your own by decorating it. Make it your own by making it look like a 'Worry Monster' or 'Fear Garbage'.



Use this space to design your worry container.

THOUGHT BUSTING

Thoughts are the voice inside your head and the things that you say to yourself. Often we have thoughts without even noticing them. Sometimes these thoughts can be worries or show up as negative thoughts about ourselves. This activity is to help you challenge these thoughts by noticing when they come up then thinking differently about the situation.

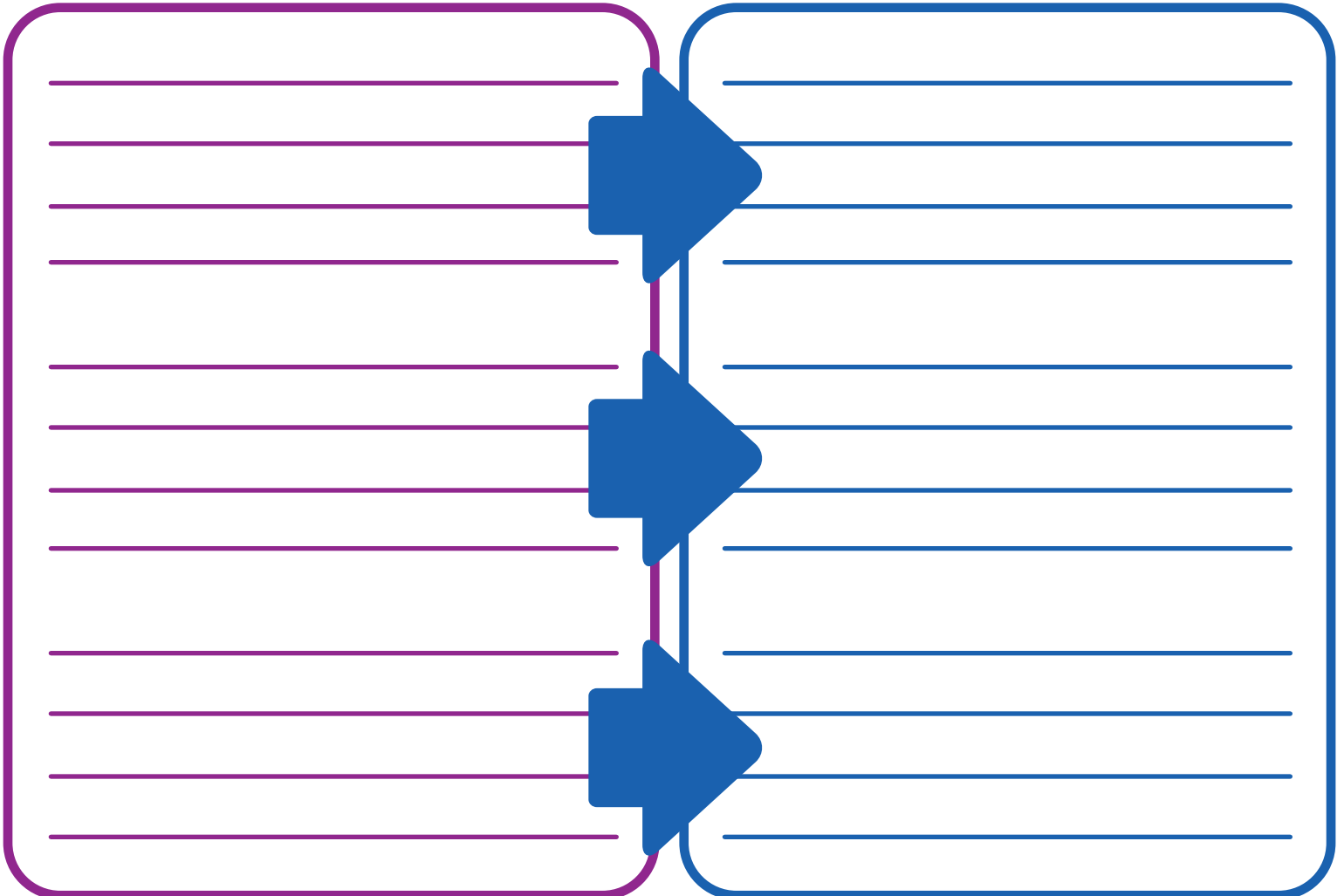
This activity can be helpful to do with a partner like a family member or friend to help you think through the alternatives: What else could be true?



**NEGATIVE
THOUGHTS**



**WHAT ELSE
COULD BE TRUE?**



The form consists of two large, rounded rectangular boxes. The left box has a purple border and contains ten horizontal purple lines. The right box has a blue border and contains ten horizontal blue lines. Three large blue arrows point from the right side of the purple box to the left side of the blue box, indicating a flow of information from negative thoughts to alternative perspectives.

HAPPY BRAIN/WORRY BRAIN

In the space below, draw an outline of a brain. Now, make a line down the middle. Label one side "Happy Brain" and then label the other side "Worry Brain." Add pictures, drawings or words on each side that fit into each category. For happy brain, you might put things you like to do or times you feel happy. For the worry brain, you might put things about coronavirus.



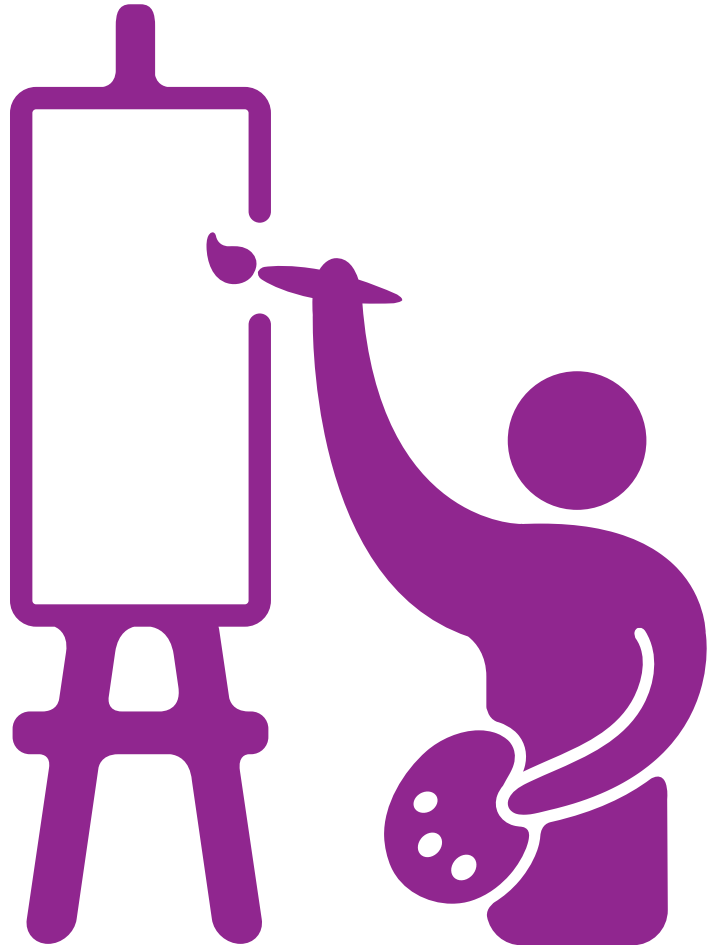
When do you notice you start to shift into worry brain? How does your body feel when you are in worry brain? What are the things that help you get back to happy brain? Use your feeling chart to check in with what emotions you experience when you are in either side of the brain.

TOPIC 7: CREATIVE EXPRESSION

A great way to express how we are feeling or just blow off steam is through art. Use your imagination to express yourself through art, and then share with someone if you feel comfortable. Try to pick your top 3 you want to complete while you're at home. Here is a list to get you started:

Suggestions to get you started:

1. Paint a Scene of a Place You Like to Visit
2. Pick a Topic or Emotion and Create a Collage
3. Write a Story
4. Make your own Comic
5. Write a Poem
6. Create your own Song
7. Play an Instrument
8. Update the Lyrics to a Favorite Song
9. Make and Act out a Play
10. Have a Dance Party



**If you don't see something you like, don't let that stop you.
You can do anything you can think of!**

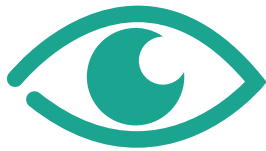
TOPIC 8: MINDFULNESS

Mindfulness is a practice of being present in the moment. It is like a superpower you can strengthen by focusing your attention on specific sensations, one at a time.

Practicing this skill can help to feel more calm and less worried.

5 THINGS

You can start practicing by using the 5 things method. Follow the guide below:



**NOTICE 5 THINGS
YOU CAN SEE**



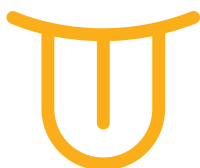
**NOTICE 4 THINGS
YOU CAN FEEL**



**NOTICE 3 THINGS
YOU CAN HEAR**



**NOTICE 2 THINGS
YOU CAN SMELL**



**NOTICE 1 THING
YOU CAN TASTE**

MINDFUL WALK

Take a mindful walk around your house or outside (with an adult's permission). Pay attention to your different senses. When you get back, Fill in the grid below with what you felt, saw, heard, smelled and tasted.



Mindfulness takes practice over time and helps with increasing focus and managing feeling stressed. Continue to practice, but next time, try to only focus on one sense at a time. Use the space below to track what you notice is the same or different.

**DRAW OR WRITE
WHAT YOU FELT**

**DRAW OR WRITE
WHAT YOU SAW**

DRAW OR WRITE WHAT YOU HEARD


**DRAW OR WRITE
WHAT YOU SMELLED**

**DRAW OR WRITE
WHAT YOU TASTED**

TOPIC 9: SELF-ESTEEM

There are a lot of things going on that we can't control during this time. Remembering the things you can control and that you are good at can help you feel positive.

WHAT I LIKE ABOUT ME:



A large, rounded rectangular box with a thick orange border. On the left side, there is a white thumbs-up icon.

THINGS THAT MAKE ME FEEL STRONG:



A large, rounded rectangular box with a thick dark red border. On the left side, there is a white flexing arm icon.

I FEEL SMART WHEN:



A large, rounded rectangular box with a thick red border. On the left side, there is a white lightbulb icon.

THINGS I'M GOOD AT:



A large, empty rectangular box with rounded corners and a thick orange border, intended for writing. A small orange pencil icon is positioned in the top-left corner of the box.

ACTIVITIES I LIKE TO DO FOR OTHERS:



A large, empty rectangular box with rounded corners and a thick orange border, intended for writing. A small orange icon of two stylized human figures is positioned in the bottom-left corner of the box.

THINGS I DO THAT MAKE ME FEEL BRAVE:



A large, empty rectangular box with rounded corners and a thick orange border, intended for writing. A small orange icon of a stylized superhero figure is positioned in the bottom-left corner of the box.

WEEKLY LOG

Each week keep track of activities you've done that make you feel good about being you.

WEEK 1
S M T W T H F S
● ● ● ● ● ● ●

WEEK 2
S M T W T H F S
● ● ● ● ● ● ●

WEEK 3
S M T W T H F S
● ● ● ● ● ● ●

WEEK 4
S M T W T H F S
● ● ● ● ● ● ●

WEEK 5

S M T W T H F S



WEEK 6

S M T W T H F S



WEEK 7

S M T W T H F S



WEEK 8

S M T W T H F S

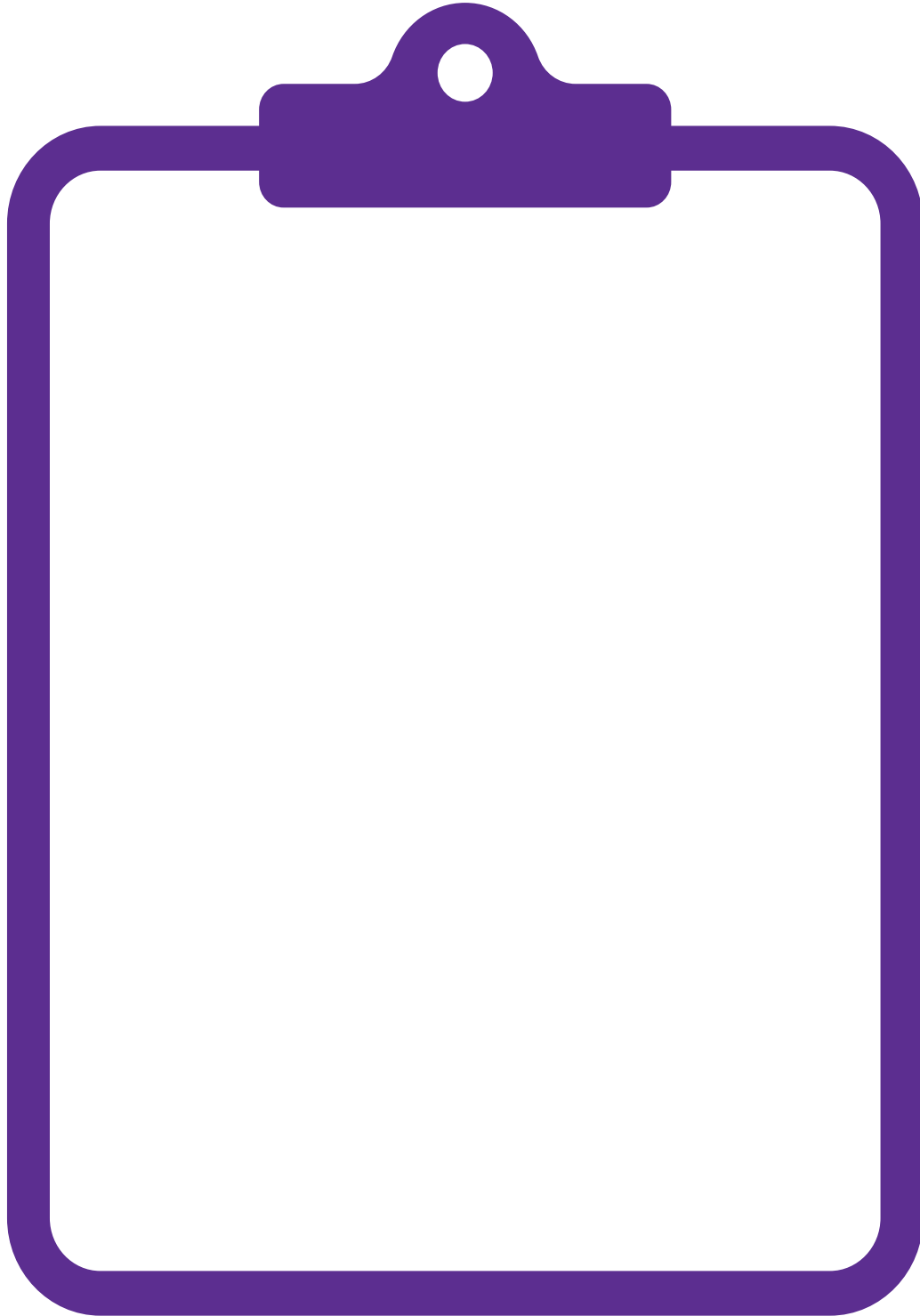


ALL ABOUT ME!

In the space below, plan out an **All About Me Poster**. Include pictures of you and the people in your life. Add in drawings or cut outs of things you like. Make it your own!

TOPIC 10: COMMUNITY

One of the best ways to stay connected is by making people in our community smile. What are some things you have seen people do for their communities to keep them uplifted, or to communicate while keeping a safe distance? This activity will be a way for you to think of an idea for your own community



Come up with one thing you can do for someone or a group of people, and put it into action! Use your imagination to come up with something unique for your community or try an idea you have seen! Some ideas include writing letters, leaving messages in chalk on the sidewalk or making a poster for your window, participating in or starting a teddy bear scavenger hunt, or making a post-it wall for people to leave messages!

COMIC BOOK

Now that you've come up with a list of ideas for what to do in your community, create your very own comic book showing the story of you putting an idea into action. Use the blocks below or create your own.



Doing something for your community can make a huge impact!
How can you create your comic with you as the hero?

RANDOM ACTS OF KINDNESS

Use the bingo board below to come up with ideas for random acts of kindness you can do in your community. We put some ideas down to help get you started. Your community might be your neighborhood, your class or your family. It's up to you to choose.

B	I	N	G	O
				LEAVE A NICE NOTE FOR SOMEONE
READ OR WRITE A STORY FOR SOMEONE ELSE				
		FREE SPACE		
			PLAY A GAME WITH SOMEONE IN YOUR HOME	



Now get started and start doing your ideas!

Each time you complete an idea, mark off the box (and try to get a BINGO! Or better yet BLACKOUT!)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR MISSION: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.