Corona Cards

A card activity to help kids stuck at home to cope.

28 question cards you can print and cut out, or view one at a time on a phone, tablet or computer

Joel Shaul, LCSW

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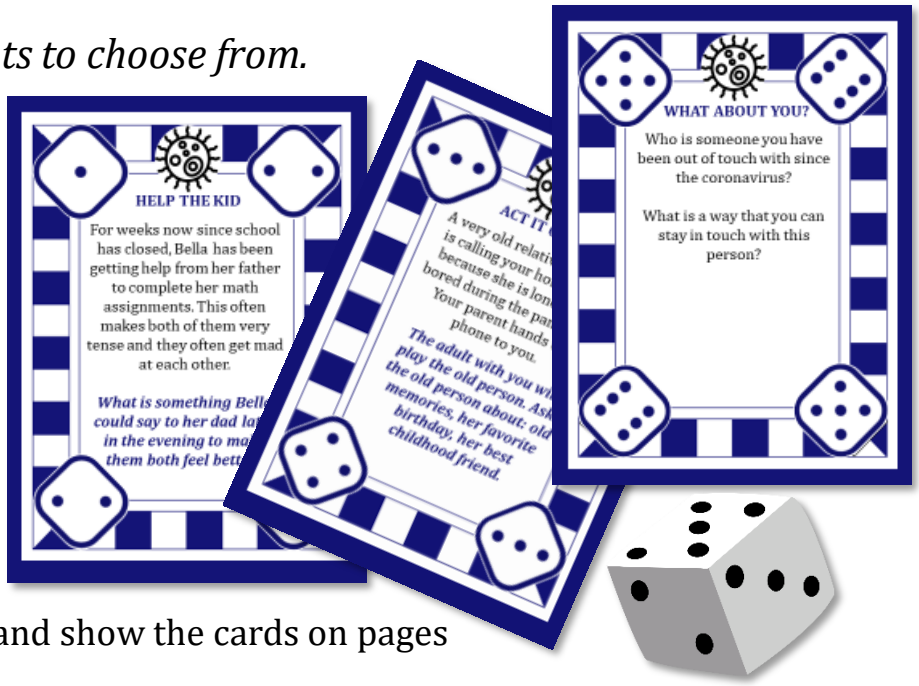
28 question cards to guide discussion and process social and emotional issues associated with the recent crisis.

Two different formats to choose from.



1 Print out the cards on pages 4 to 10 of this pdf and cut them out. Use dice to create a game-like activity.

2 Download the pdf and show the cards on pages 11 to 39 one at a time on a screen device.

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Suggestions:

Go through the cards and pick only the ones you feel will be helpful for the kids you are working with.

Use one die to guide selection of cards.

*Roll 1 or 2 means you get a *Help the Kid* card.
*Roll 3 or 4 means you get an *Act it Out* card.
*Roll 5 or 6 means you get an *All about You* card.

This activity can be used if you are a teacher or therapist providing services to a child remotely. Email the pdf link to the child's home and the child can view the same cards you are viewing on your own computer. Alternatively, use a screen-sharing application.

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HELP THE KID

Alex's father makes him sign a contract saying that during the Coronavirus pandemic, the boy may only play his video games two hours a day. After Alex finishes his two hours of playing, he feels so restless and bored!

What are some ideas for Alex?

HELP THE KID

The more time Annie spends stuck in the house with her little brother David, the more she feels annoyed with him. He constantly wants to play games with her and he even begged her to have a Nerf battle. When Annie hides from David for hours, texting her friends, this makes Annie's mom furious.

What is your advice for Annie?

HELP THE KID

On Saturdays, Jeremy feels good and relaxed wearing his pajamas until noon and his parents allow this. Since the schools shut down, every day feels like Saturday, and he wants to keep wearing his pajamas every day. When Jeremy's grandma yells at him and tells him to get dressed, this upsets him.

What is your advice for Jeremy?

HELP THE KID

Isaiah's dad lost his restaurant job when the pandemic started. He will probably get his job back later, but in the meantime, the family is short on money. Isaiah feels confused about the things his parents pay for all the time.

What are some things that parents pay for? What are some changes families make when there is less money?

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HELP THE KID

Maria's mom seems upset these days after phone calls with her friends. Some of Mom's friends have lost their jobs and they can't pay their bills. Maria wants to help her Mom but doesn't know what to do or say.

What are some ideas for Maria?

HELP THE KID

Ellie has always had lots of energy, and since the schools closed, she has been using the Wii for hours to move around and get exercise. Then the Wii breaks!

What are some things Ellie can do for exercise inside? What are some things that you can do in your own home?

HELP THE KID

Sam's mom's birthday is in two days and Sam feels sad. Dad always takes Sam out to buy Mom a present and then on the birthday they all go out to eat. This year they can't go out and there is not much money for presents.

What are some good things Sam can do to make a good birthday for his mom?

HELP THE KID

Brianna loves to go spend the night at Grandpa's house every Saturday. But Dad says now that she can't go there for a while because Grandpa needs to be careful to not catch any germs to make him sick.

How can Brianna deal with her disappointment? What are some things she can do to help her lonely Grandpa feel better?

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HELP THE KID

John yelled "I hate you! You're a terrible mom!" when she took away his phone after he broke rules about which websites he was allowed to visit. He now wants to say he's sorry and is thinking about sending an apology note.

What would a good apology note look like? Make up one for John and say it out loud.

HELP THE KID

For weeks now since school has closed, Bella has been getting help from her father to complete her math assignments. This often makes both of them very tense and they often get mad at each other.

What is something Bella could say to her dad later in the evening to make them both feel better?

HELP THE KID

Joseph has been texting with his best friend Ted every day since they shut the school down. Ted tells Joseph that he worries a lot about Coronavirus at night and has trouble sleeping.

What are some things that Joseph can say to his friend Ted?

HELP THE KID

Since the schools shut down and everyone had to stay at home, Melody has been eating differently. She has always liked to snack, but lately she snacks too much and she is gaining weight.

What are some things that Melody and her family can do to eat healthier?

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ACT IT OUT!

A very old relative of yours is calling your home often because she is lonely and bored during the pandemic. Your parent hands the phone to you.

The adult with you will play the old person. Ask the old person about: old memories, her favorite birthday, her best childhood friend.

ACT IT OUT!

When kids and parents are stuck at home together, parents get grouchy about cleaning up messes.

The adult with you will play the role of the kid and YOU will play the ADULT! Tell the "kid" to clean up their room and empty the dishwasher.

ACT IT OUT!

Kids stuck at home need reminders sometimes about important rules at home.

The adult with you will play the KID and you play the PARENT. You discover your kid has been eating in their room again and you actually found a bowl of Cheetos under the bed! Act out what to say to the kid.

ACT IT OUT!

Kids stuck at home sometimes forget rules and get in trouble.

The adult with you will play the role of the kid and YOU play the PARENT. You discover that your kid has been watching movies half the night on their tablet instead of sleeping. You had warned them before to not do this. Act out what to say to the kid.

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ACT IT OUT!

There are certain words that are useful when you are showing concern for people:

What's the matter?
That sounds awful.
What was the worst part?
You must feel so ____.
Can I help with anything?
I'm so sorry.

The adult with you will play a friend whose grandmother is sick. Use words to help her.

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ACT IT OUT!

Giving compliments is important to do when many people are going through hard times together.

Give compliments to the adult with you, who will play the role of

1. ***A teacher,***
2. ***A parent***
3. ***A relative***
4. ***A child***

ACT IT OUT!

The adult with you will play the role of an aunt or uncle who has recovered from coronavirus.

Pretend you are talking to the aunt/uncle on the phone. Ask them questions about what it was like, what were the hard parts, and how they feel now.

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WHAT ABOUT YOU?

People going through hard times often feel stronger when they think about other people who have also gone through hard times.

Can you think of a real-life story about a young person who did was brave and strong during a very tough time in their life?

WHAT ABOUT YOU?

People who are stuck at home, away from school and jobs, often forget to take care of themselves well.

Name some things you should do every day to:

1. Feel more rested
2. Get more done
3. Look and feel better

WHAT ABOUT YOU?

Who is someone you have been out of touch with since the coronavirus?

What is a way that you can stay in touch with this person?

WHAT ABOUT YOU?

What is something that an adult in your home often reminds you to do these days?

If that adult is with you right now, please ask them about this.

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WHAT ABOUT YOU?

Name some things you miss about your school.

1. A person who works there
2. A favorite class
3. A kid who was very funny

WHAT ABOUT YOU?

It is often said that people can get stronger by going through hard times.

What are some things about you that might get better or stronger because of the hard times you are going through because of the coronavirus?

WHAT ABOUT YOU?

During the time you have been stuck at home because of Coronavirus, what is something you have done that you feel proud of?

What is something you have done that you now feel kind of bad about?

WHAT ABOUT YOU?

What have been some of your highs and lows since you have been stuck at home?

Tell about times you felt:

*Excited
*Happy
*Relaxed
*Sad
*Worried
*Angry

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