

COVID-19 and kids

A rainbow of emotions

chrichmond.org/covid-19



As difficult as the changes are for adults, kids are dealing with their own feelings coupled with the emotions they pick up from their parents. As kids process what's going on in their lives, it's normal for the sadness they're feeling to come out in ways that may look very different. Here's a look at how some of these responses to sadness may appear:



Anger

Leave me alone!

Why are you always bugging me?

Don't you have something else to do?

This is my room. Knock before you enter.



Apathy

It doesn't matter anyway.

I'm just going to watch tv.

I don't want to do my school work.

I'm not joining in the family phone call. I have nothing to say.



Boredom

There's nothing to do.

I don't feel like riding my bike.

I've already watched my Netflix shows.



Displaced frustration

Rrrrrrr, this is so annoying!

Why is the computer so slow?

I don't want a bagel. Why can't you ever make pancakes for breakfast?



Resistance

Why do I have to do this now?

I'm not reading for 30 minutes. Fine, I'll read one chapter and then I'm done.

You don't make me do all these chores any other time.