The YUCKY Bug

Virus Safety, Worry & Coping Skills Assembly







Hi!
Welcome!

Mrs. Greene

School Counselor

How are you feeling?

The YUCKY Bug



By: Julia Cook

Let's watch!
https://safeYouTube.net/w/lA32

The Magic 5!

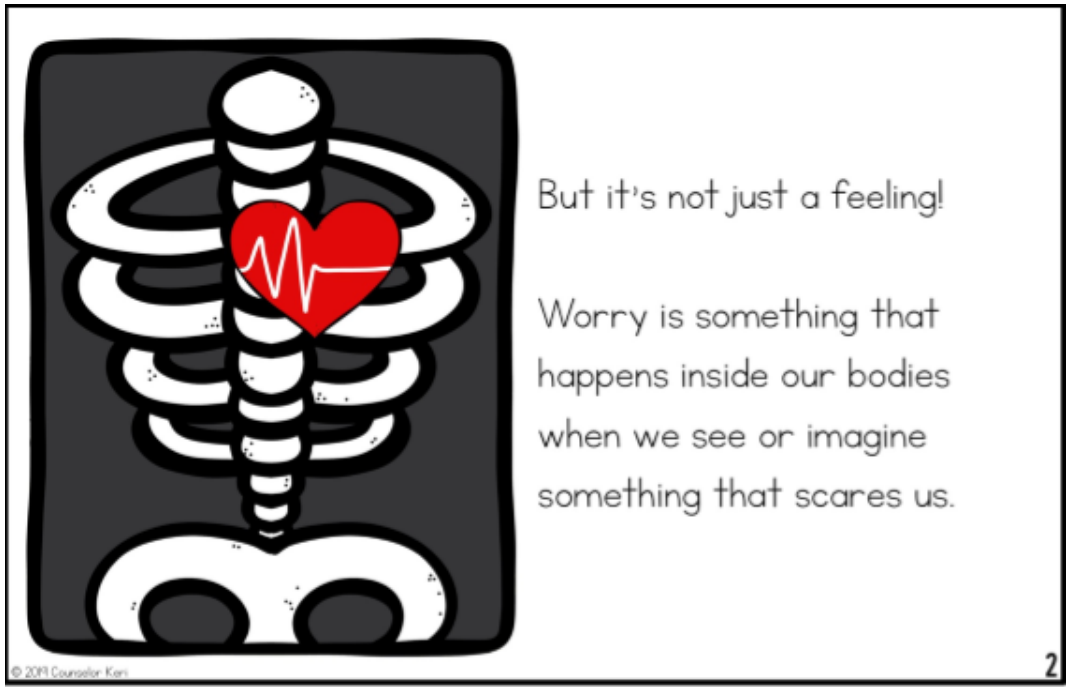


1. Stay at home when you get the chance
2. Use your elbow when you sneeze or cough
3. If your hands touch things that others have touched, use soap and water to wash them off
4. Keep a distance from others when you go outside or travel from place to place
5. Keep you hands away from your face

Let's talk about Worry

- What do you think worry means?







So what is worry, really? Worries are thoughts, emotions, or images that we have in our minds or feel in our bodies that cause distress.





Worries can be big or small fears about anything.



Worries can take over our minds and make it hard to think or even act.



Worries can give us sensations inside our bodies too.



When we feel worried, our brains expect something scary to happen, so our bodies react **even if there isn't really something there**. It can feel this way all the time or just some of the time. But when we feel worry, we can feel it in our whole bodies!

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Headaches
Dizzy
Tired
Sweating
Hard to breathe
Dry mouth
Tight throat/choking feeling
Tight neck
Heart racing
Loss of appetite or very hungry
Upset stomach
Butterflies in stomach
Need to go to the bathroom
Sweaty palms or trembling hands
Jelly legs
Pins and needles
Body gets very hot or very cold
Sweaty feet

IN OR OUT OF MY CONTROL?

- There are all sorts of things we can find ourselves worrying about. Some of these things are in our control, and we have the power to do or change something about it. Some things we worry about are out of our control and there is nothing we can do to change the thing we find ourselves worrying about.

If our worries are about things we are in control of, we can make positive changes.





When we worry about things we can’t change or control, they DON’T change. We only put a lot of energy into worrying.


The future


My words


What others think


The way I talk to myself


Where I put my attention


My skin color


FIRST AID
Diseases


My behavior


My tone of voice


Other people's words


How I treat others


The past

Self-Talk Statements

- Practice this statement!
  - **I can't control _____, but I can control _____**
  - *For example:*
    - I can't control sickness, but I can control if I follow the magic 5.

When we worry about things that we can't control, we don't get anywhere! We spend a lot of energy worrying about something we have no control over. But **we can stop this pattern with our self-talk statements.**

Coping Skills:

The way you work through and deal with something hard; this usually involves working through some big emotions

Coping TOOLS: What Helps Me

- [ ] Read A Book or Magazine
- [ ] Hug or Climb a Tree
- [ ] Journal or Write a Letter
- [ ] Use Kind & Compassionate Self-Talk
- [ ] Make a Collage or Scrapbook
- [ ] Rest, Nap or Take a Break
- [ ] Go on a Hike, Walk or Run
- [ ] Take Good Care of the Earth
- [ ] Drink Water
- [ ] Play a Board Game
- [ ] Do Something Kind
- [ ] Make and Play with Slime
- [ ] Discover Treasures in Nature
- [ ] Take a Shower or Bath
- [ ] Exercise
- [ ] Drink a Warm Cup of Tea
- [ ] Forgive, Let Go, Move On
- [ ] Practice Yoga
- [ ] Garden or Do Yardwork
- [ ] Jump on a Trampoline
- [ ] Cuddle or Play with Your Pet
- [ ] Practice Gratitude
- [ ] Do a Puzzle
- [ ] Blow Bubbles
- [ ] Smile and Laugh
- [ ] Ride a Bike or Skateboard
- [ ] Create Origami
- [ ] Cook or Bake
- [ ] Ask for Help
- [ ] Talk to Someone You Trust
- [ ] Weave, Knit or Crochet
- [ ] Build Something
- [ ] Get a Hug
- [ ] Visualize a Peaceful Place
- [ ] Stretch
- [ ] Make Art
- [ ] Use Positive Affirmations
- [ ] Take Slow, Mindful Breaths
- [ ] Clean, Declutter or Organize
- [ ] Use Aromatherapy
- [ ] Cry
- [ ] Try or Learn Something New
- [ ] Listen to Music
- [ ] Use a Stress Ball or Other Fidget
- [ ] Get Plenty of Sleep
- [ ] Kick, Bounce or Throw a Ball
- [ ] Take or Look at Photographs
- [ ] Eat Healthy
- [ ] Play Outside
- [ ] Sing and/or Dance

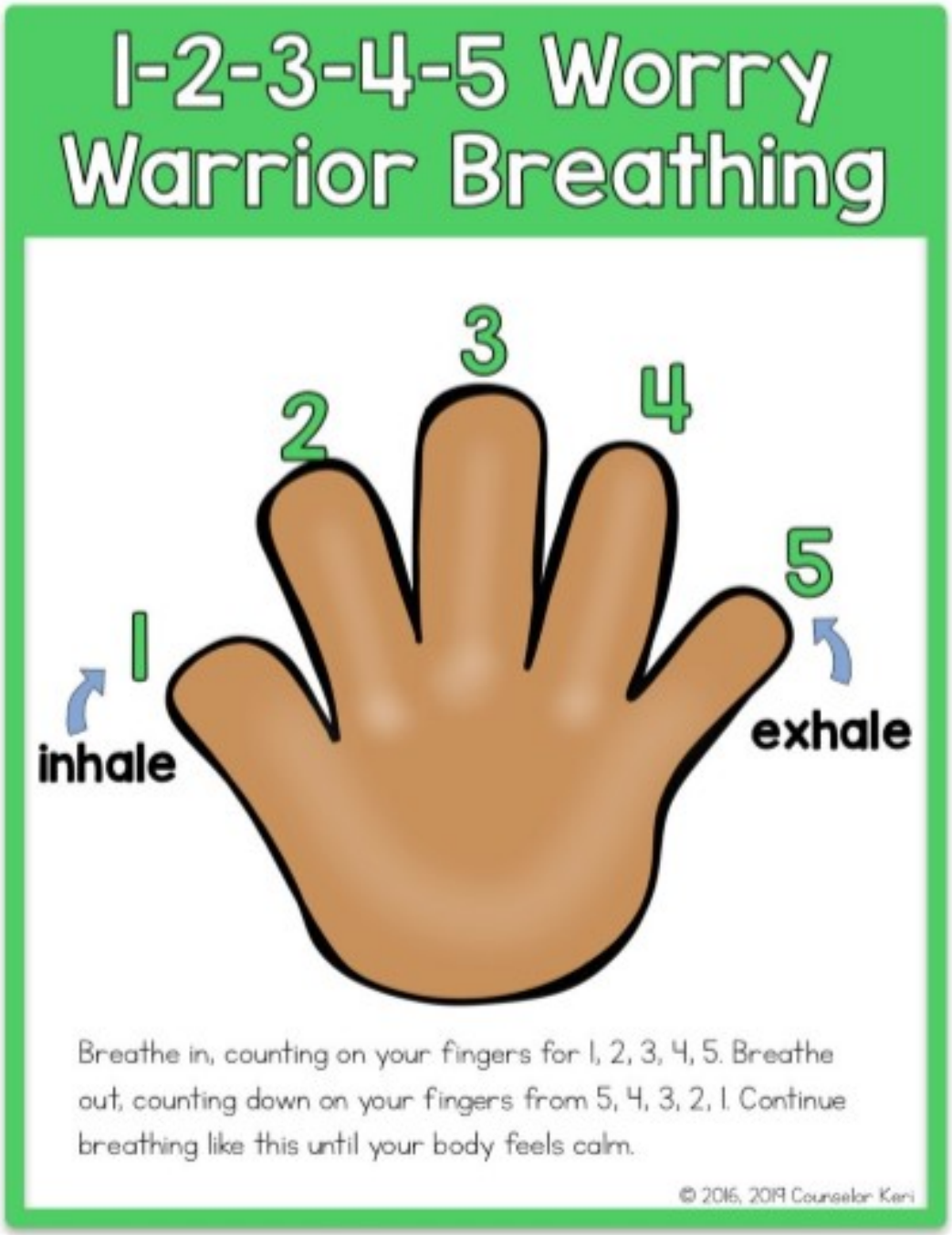
Grounding!


SENSES


I can use my senses to connect to the world around me:
What do I feel?
What do I hear?
What do I smell?
What do I see?

Controlled Breathing!





Pick one that works for you!

Birthday Cake Worry Warrior Breathing



Imagine you have a big birthday cake in front of you. Breathe in through your nose to smell the sweet, delicious cake. Breathe out through your mouth, gently blowing the candles. Repeat this until your body and mind feel calm.

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Pinwheel Worry Warrior Breathing



Hold your pinwheel in front of your mouth. Take a deep breath in through your mouth and blow it out slowly into the pinwheel. Blow your breath out completely. Watch the pinwheel spin with your breath. Repeat until your body feels calm.

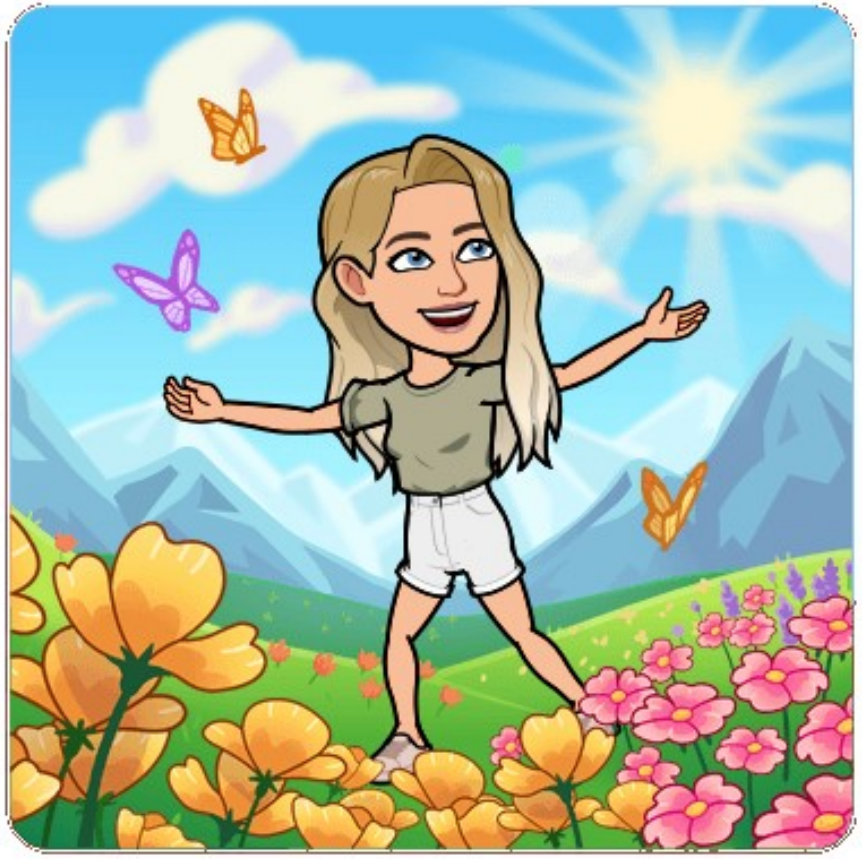
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Rainbow Worry Warrior Breathing



Place your finger on the inhale cloud. As you breathe in, trace your finger slowly along the purple arch. When you reach the exhale cloud, blow out your breath as you trace your finger slowly over the top pink arch. Repeat until your body feels calm.

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POSITIVE Thinking

'Thinking positive thoughts' is one of the most POWERFUL coping skills you can practice.

Let’s practice focusing on a positive!

What are you going to do with your extra time at home?



Do Something Active!



What are fun things you like to do to stay active?

Talk to a Trusted Adult



- Talking to an adult when you are struggling with feelings is SO IMPORTANT! That is why it is #1!

- Some feelings are too big, complicating or confusing to figure out on our own

- Just saying what we are thinking and feeling out loud can help us feel better. Pretty simple, right?

- Remember- **The Magic 5!**

- Remember- **do not focus on worries out of our control!**

- Remember- to **have coping skills ready** and in mind for when you need them!

- You got this! **Together, we are strong!**



