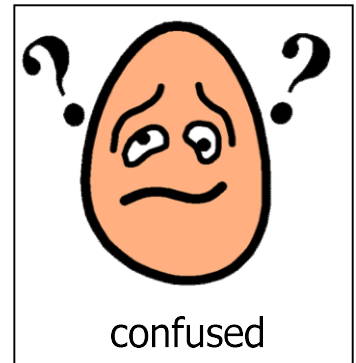
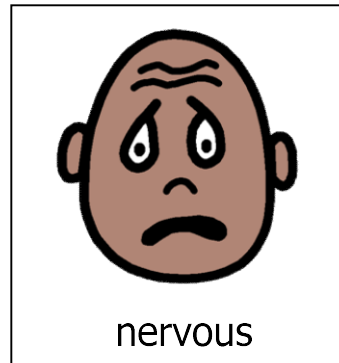
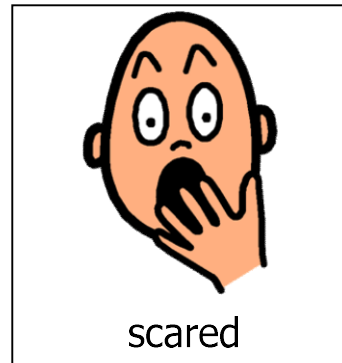
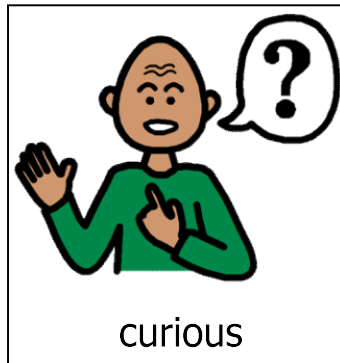
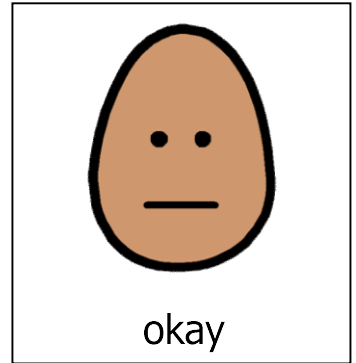
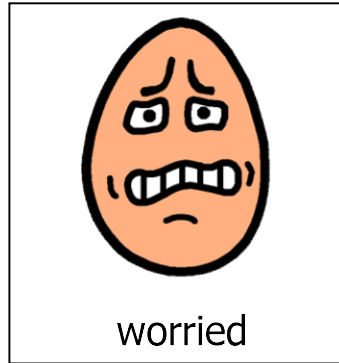
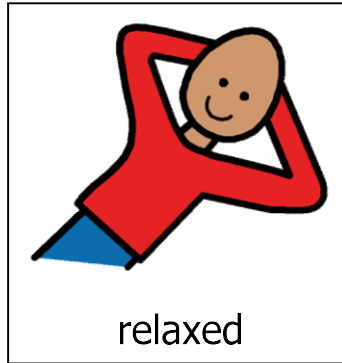
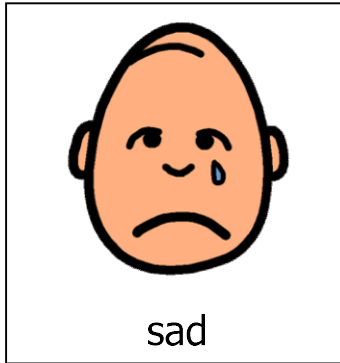
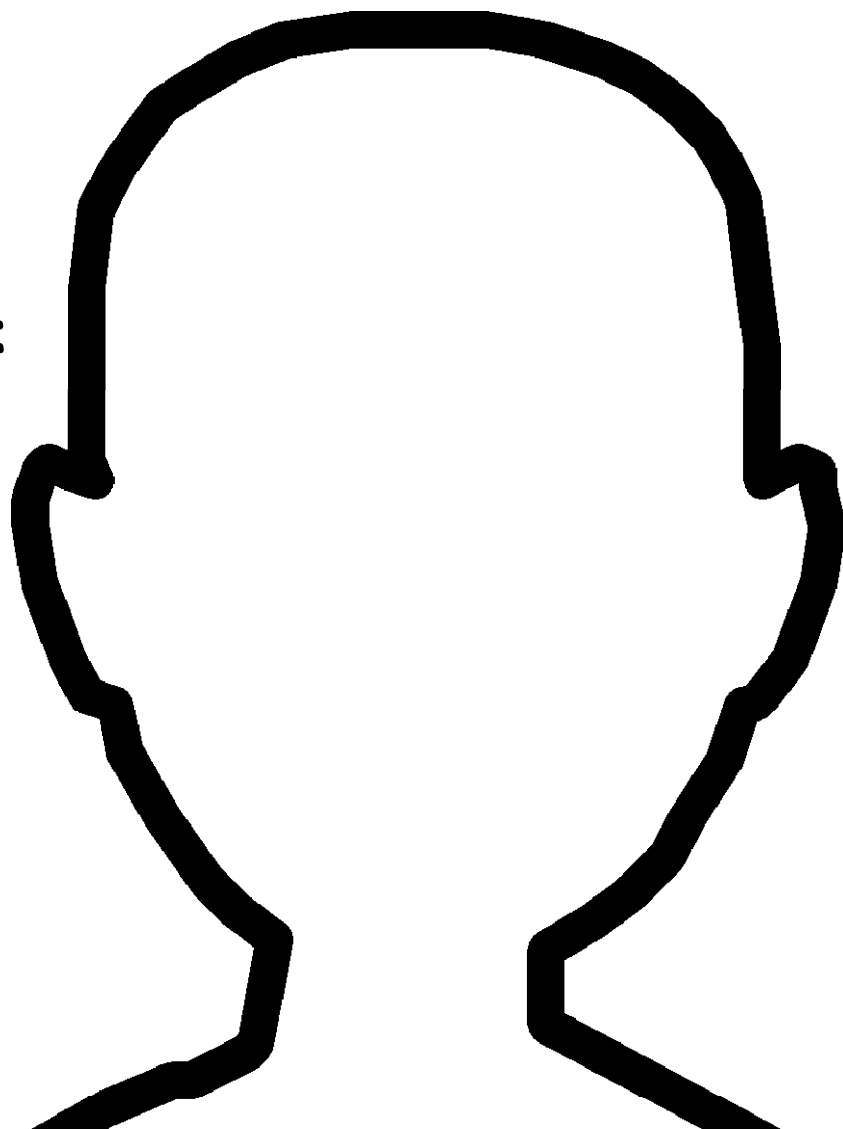


When I hear about Covid19 I feel:

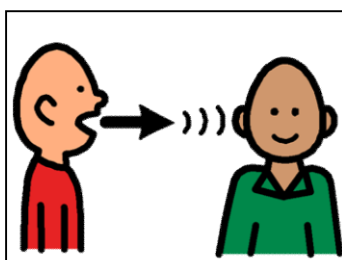


Covid19 makes me feel:

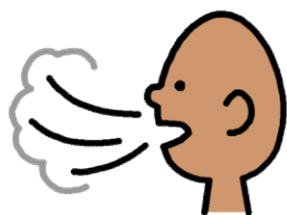
Draw it here:



When I feel like this I can:



Talk to someone



take some deep breaths



play a game



go outside



hug my toy



listen to music



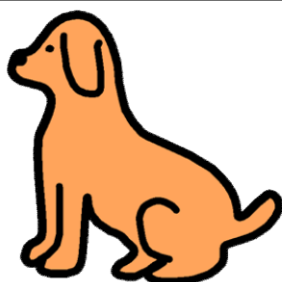
call family or friends



dance



sing



play with my pet

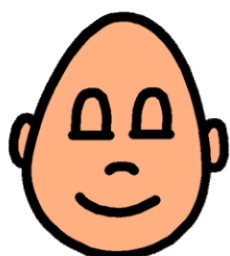


watch TV



make something

After this I will feel:



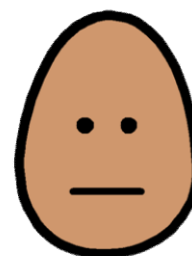
calm



happy



relaxed



okay

Signed _____

