

# 15 ways we can help kids who are **WORRIED ABOUT CORONAVIRUS:**



Be available to talk.



Acknowledge worries.



Limit news exposure.



Stick to routines and boundaries.



Start or continue mindful practices.



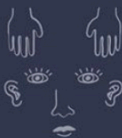
Set and track daily goals or habits.



Practice controlled breathing.



Try progressive muscle relaxation.



Use grounding strategies.



Set a timer for worries.



Write a story or draw a picture about defeating personified worries.



Use a journal or feelings tracker.



Avoid participating in worry rituals.



Avoid excessive reassurance.



Be mindful of your own worries.

COUNSELOR *Keri*