



COVID 19 Quarantine



Workbook

Created by Lori Allen, LPC-S



*This workbook was completed
by the*

_____ family, on

_____ date

*It will serve as a family plan
and activity book as well as a
journal of our time together
during the quarantine.*

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Creating a Safe/Calm Down Space

It is important to have a space designated for family members to calm down and regulate their emotions whenever they are feeling upset, overwhelmed, angry, etc. Here are the steps to creating this space in your home.

Decide together on a room, corner, or area that is quiet and private. You can have one for adults and one for kids. Our spaces are:

Find soft, comforting items to put in this space such as pillows, stuffed animals, blanket, etc. We will include:

Find things that can be done while someone is in the space such as books, music, sensory toys, etc. We will have:

Create your family rules for the space such as "only 1 person in at a time", time limits on using the space, etc. Our rules are:



Color Breathing Technique

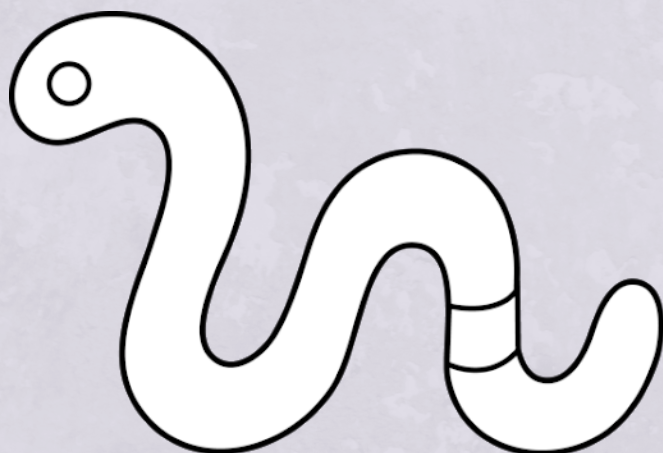
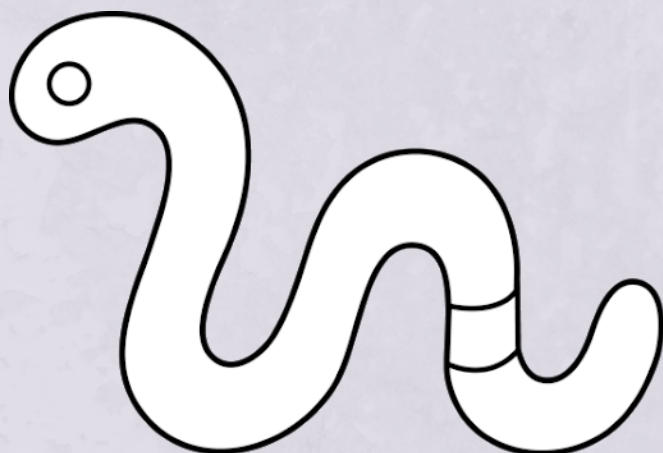
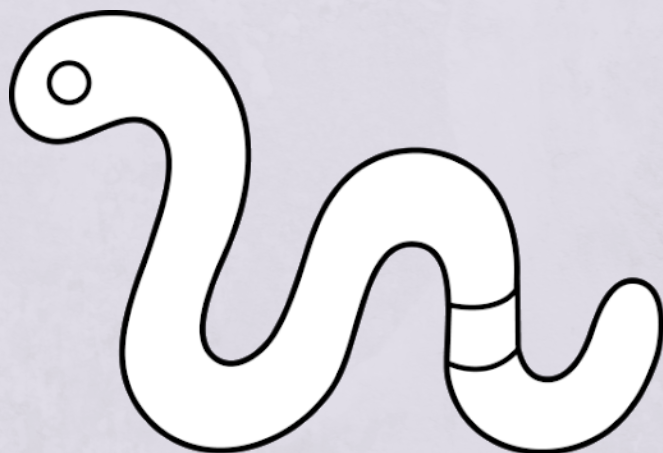
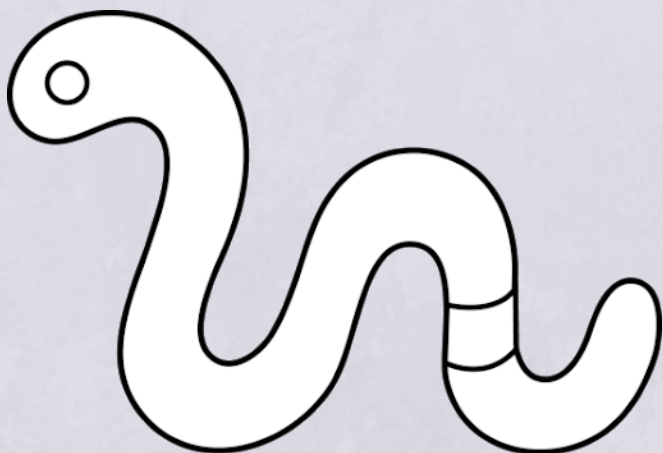
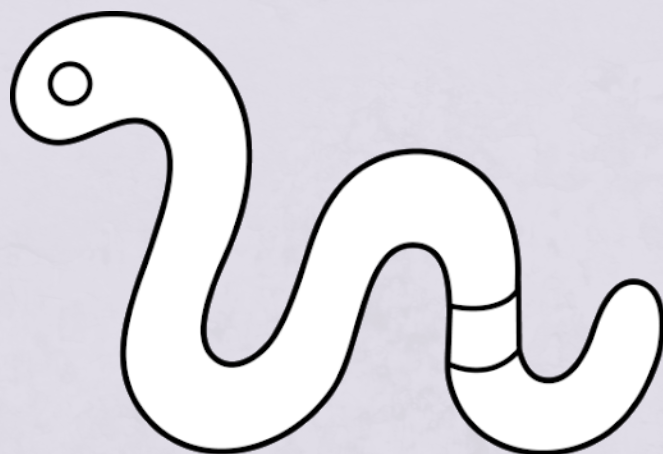
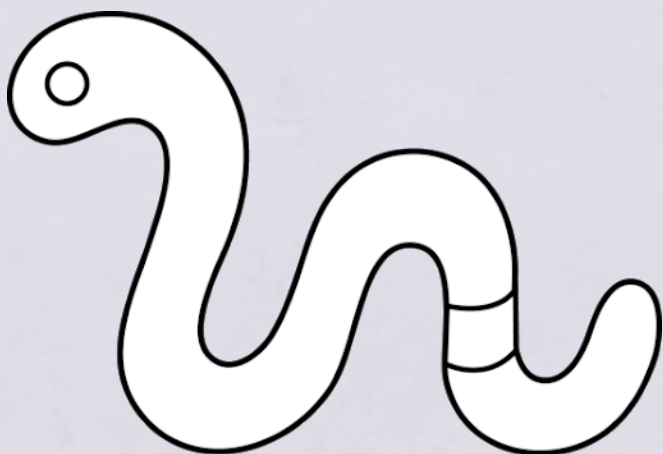
This technique can be used by anyone who needs to calm themselves. First, picture a color that represents peace, calm, safety, and contentment. Each family member can write their color here:

Now picture a color that represents stress, tension, anger, anxiety, etc. Each family member can write their color here:

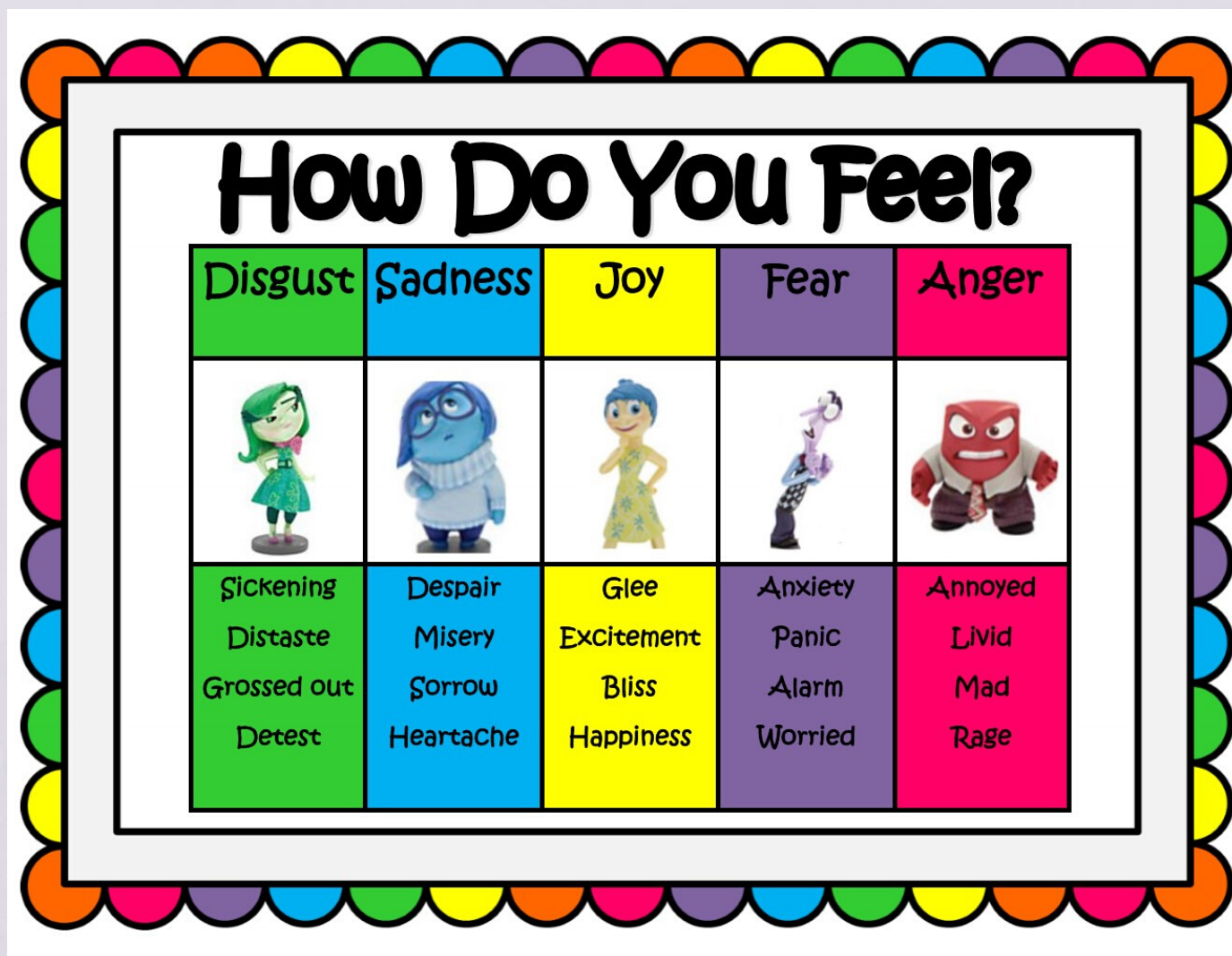
Now, close your eyes. When you breathe in, imagine yourself taking in air that is the color of peace that you chose. It is filling your lungs and bringing you a sense of peace and calm. As you breathe out, imagine breathing out the color that represents stress and tension that you want to release. Imagine it flowing out of you with your breath.

Worry Worms

Create a "Worry Box" from an empty kleenex box. You can decorate it as a family. Then each member of the family can write worries that they have on the worms below. Cut out the worms and place in the worry box. Print and copy this page to re-use as needed.



Feeling Zone Chart



Use this chart to help figure out what feeling zone you are in.

Feeling Zone Coping Plan:

*Write things that family members can do when they are in each zone.
Refer to the coping skills list for ideas.*

When we are in the green zone we can:

When we are in the blue zone we can:

When we are in the yellow zone we can:

When we are in the purple zone we can:

When we are in the red zone we can:

Coping Skills List

These are suggestions for healthy coping skills that can be used to help regulate emotions.

*Read a book
Go to the Calm Space
Do the Color Breathing Technique
Take a walk
Take a bath
Color
Plant some flowers
Play with a pet
Write a letter to a friend
Journal
Read Bible or Devotional
Pray
Arts and Crafts
Listen to Music
Watch a movie
Exercise
Call a friend or family member
Work on a puzzle
Clean or organize a space
Cook a healthy meal
List things you are thankful for
List the things you like about yourself*

Family Activity Plans

Write things that you would like to do as a family and plan a time to do them! Check them off when done!

Activity

Date/Time Planned

☐☐☐☐☐☐☐☐☐☐☐☐

Journal Template

Name:

Today's Date:

Today I feel:

I am thankful for:

The best thing that happened today was:

I am struggling today with:

I am worried about:

A goal I have is to:



Print and copy this page as needed for re-use

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Journal Template

Name:

Today's Date:

Write whatever you want in this space:



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