



# How to Cope with Your Healthcare HERO

This book belongs to: \_\_\_\_\_

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# BE A HERO

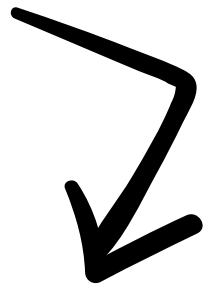
A hero is...

HEROES  
come in all  
SHAPES and Sizes!

TO BE A  
HERO MEANS...



my hero is:



\_\_\_\_\_.

# Dear Reader,

This activity book will take families on a journey to recognize the qualities they admire in their heroes and in themselves during a stressful time.

It can be hard and confusing when so many things in your life are changing at the same time: school being all on the computer, canceling plans and trips, or not visiting loved ones. You might have a lot of questions and feelings you haven't felt before. Talking about your feelings, asking questions, and learning more about what it means to be a hero during this time can help you feel better.

Heroes come in different shapes, sizes, ages, and uniforms. Once you think about all the abilities you admire in people, you will see that heroes are all around you!

This book will help you recognize heroic qualities in others and in yourself. It will also teach you coping strategies that you can use as we deal with the COVID-19 disease. There are also activity spaces and other ways to express yourself and your creativity.

We are giving you this book because you are a hero and are surrounded by so many special people that deserve appreciation and need the strength to keep fighting!

Sincerely,

Your Jackson Behavioral Health Hospital  
Child and Adolescent Psychology Team



# What Is a Coronavirus?

Coronaviruses are very contagious, meaning that they can spread easily to other people. The type of coronavirus now spreading around the world is called COVID-19, which affects everyone differently.

Some people do not even know that they have COVID-19! Others may feel achy, have a fever, stomachaches, or have a hard time breathing. Your hero helps others when they feel sick.

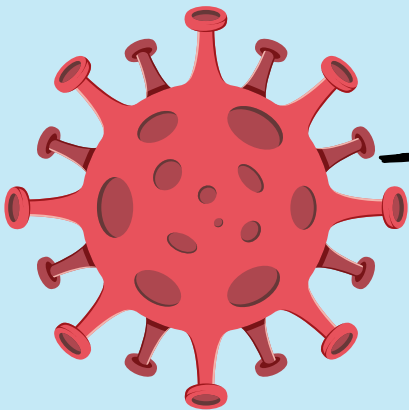
In this book, you will learn different ways that you and your hero can stay safe and healthy!

## Did You Know?

Did you know that “corona” is Latin for crown? Under a microscope, a coronavirus looks like a crown with spikes ending in little blobs.

Did you know there aren't a lot of COVID-19 cases in kids? If a kid gets the virus, it is usually mild. Mild means not very strong, like mild salsa, which is not very spicy.

Coronavirus  
and COVID-19



"Corona"  
in Latin =  
Crown

kids get  
mild cases



like how mild  
salsa is not  
very spicy

# Healthcare Workers Are IMPORTANT

Someone in your family decided to care for patients. Whether that person is a doctor, nurse, physician assistant, medical assistant, technician, or therapist, they are called **essential workers** because they have a **very important** role in taking care of people in need.

This means that their job is to protect, heal, and care for anyone who is sick, especially now during the time of COVID-19.

To do these things, your family member needs to be strong, dedicated, and brave. These are some of the qualities that make them a hero!

Who in your family  
works in the  
medical field?

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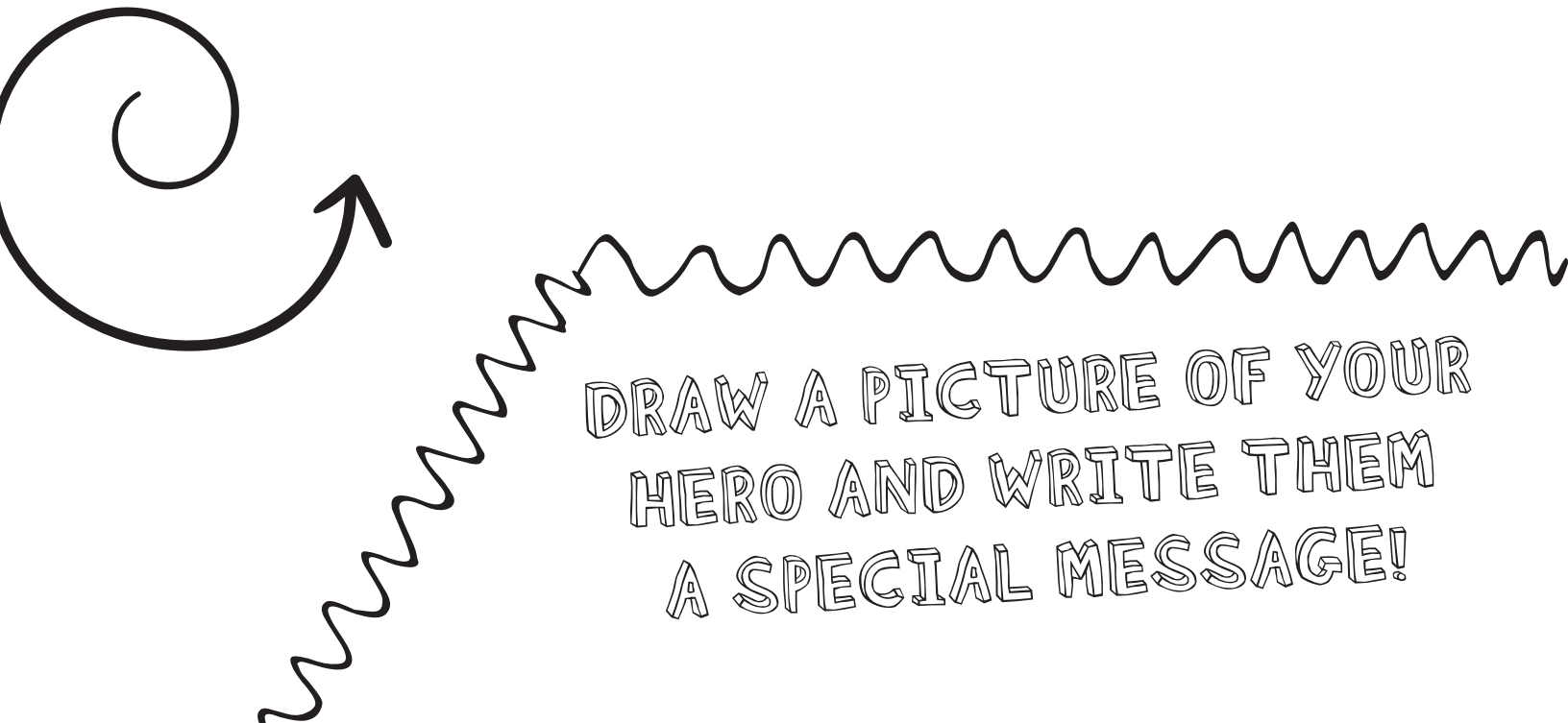
Family Member(s)  
Names:

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What type of  
work do they do?

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# YOUR HEALTHCARE HERO



DRAW A PICTURE OF YOUR  
HERO AND WRITE THEM  
A SPECIAL MESSAGE!



my hero is:

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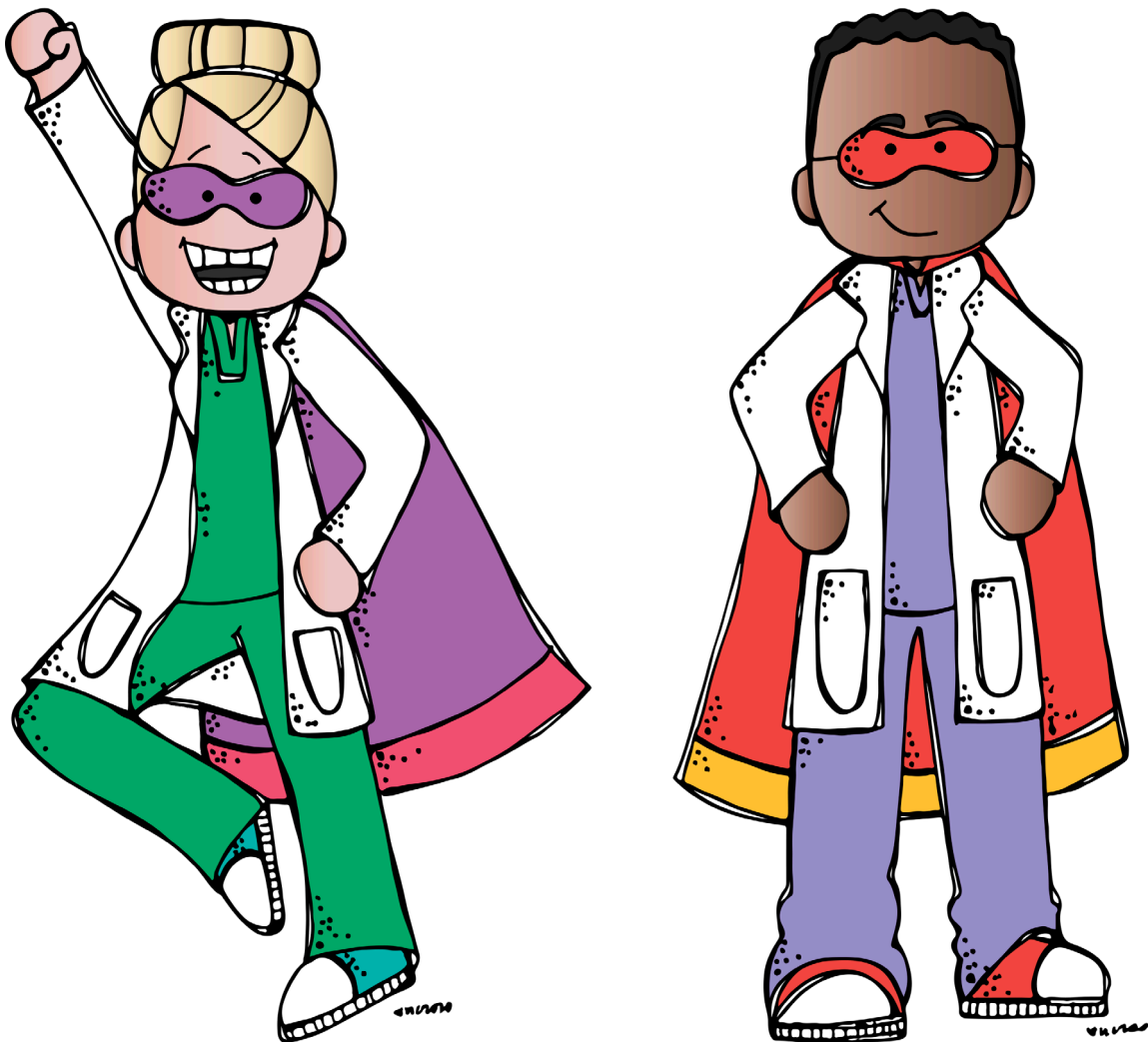
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# BE A HERO

It might be hard to see your healthcare hero leave to go to work with all these germs around.

It might feel scary and make you worry about their safety.

You can learn ways you can be a hero by doing your part to fight COVID-19 and protect yourself, your family, and friends!







# Steps to Help Yourself and Everyone Around You

1. Stay at home when you can.
2. Use your elbow when you sneeze or cough.
3. Use soap and water to wash your hands for at least 20 seconds at a time.
4. Keep at least a 6-foot distance from others when you go outside or travel from place to place, and wear a mask if required.
5. Keep your hands away from your face.

**H**ELPING

Use the word HERO  
as a way to  
remember the  
important things you  
can do to help!

**E**VERYONE BY



**R**EALLY WASHING OUR HANDS WELL  
AND BEING

**O**PEN TO NEW AND DIFFERENT  
ACTIVITIES

# How to Wash Your Hands



USE SOAP



PALM TO PALM



BACK TO HANDS



FINGERS



BASE OF THUMBS



FINGERNAILS



WRISTS



RINSE HANDS



DRY HANDS

# GLITTERY GERMS



*You'll need some help from an adult for this activity!*

## Experiment

### WHAT YOU NEED:

- Fine Glitter
- Moisturizer or Hand Lotion

### ADULTS - WHAT TO DO:

- Mix a decent amount of very fine glitter with moisturizer or hand lotion and have children rub it into their hands. Explain to them that the glitter represents germs.
- Have children move around the room, shaking hands, and touching items around the home that are easy to wipe clean later. Ask children to take note of what is happening. Are the glitter germs staying on your hand? Or are they being left on everything they touched?
- Ask children to wash their hands with water only. What happens? Try again with soap and water. What is more effective to remove the glitter germs?
- Use the worksheet to discuss and reflect on this activity.

# Worksheet

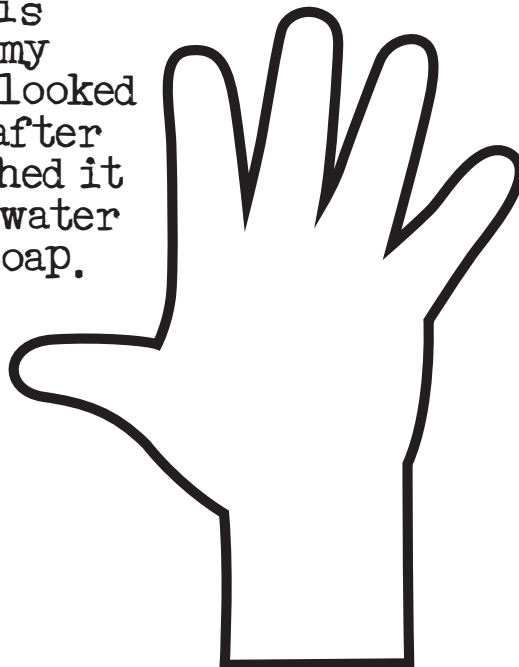
This is  
what my  
hand looked  
like covered  
in glitter  
germs.



This is  
what my  
hand looked  
like after  
I washed it  
with JUST  
water.



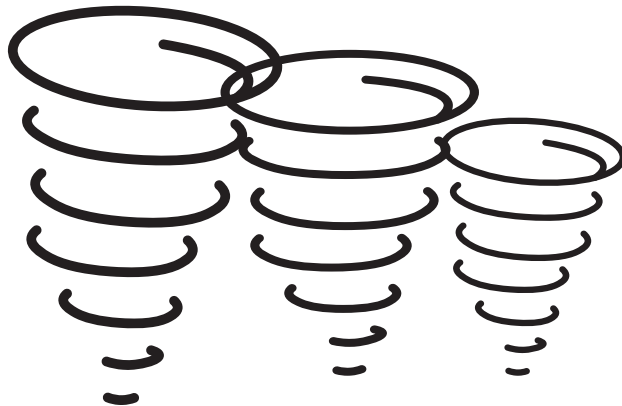
This is  
what my  
hand looked  
like after  
I washed it  
with water  
AND soap.



# Let's Think About It

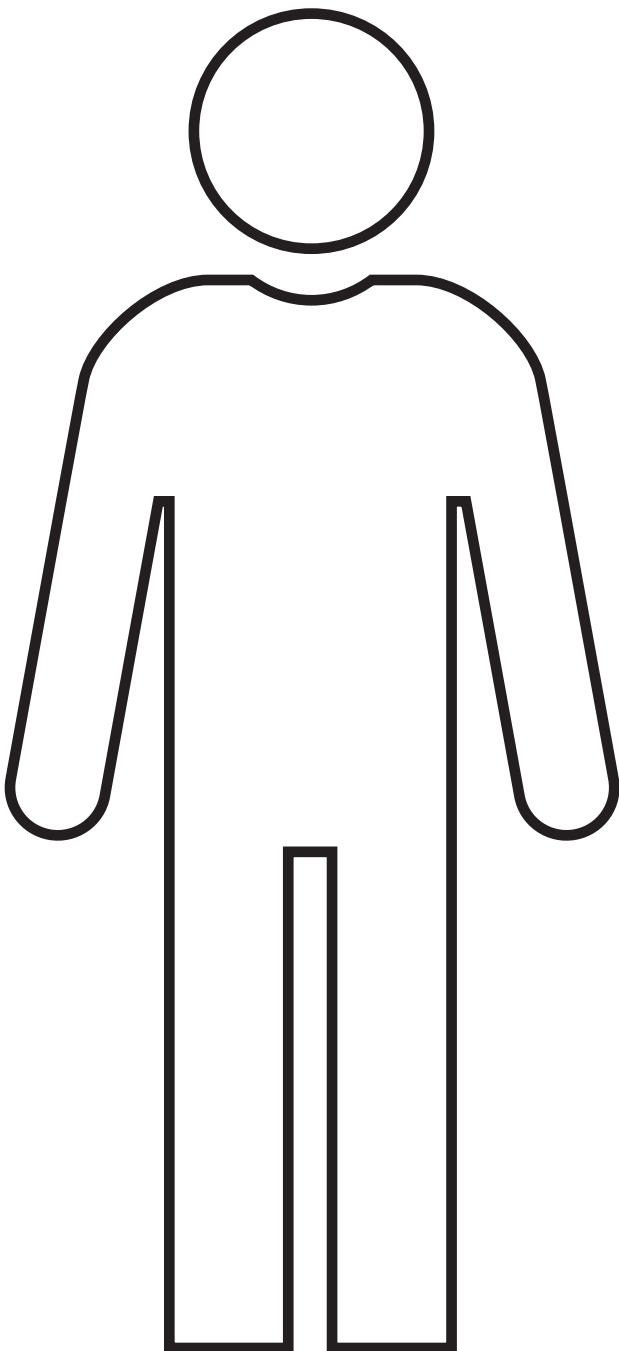
A lot of changes are happening, and life feels different right now. It is ok if you miss the way things used to be in your life. You might have a lot of thoughts swirling through your head, like a tornado...

- I keep feeling lonely and sad since I can't see my friends and family. Even when my healthcare hero comes home, I can't give them a hug.
- Why can't I just go outside and play with my friends and family like we used to?
- I keep having all of these worries and thoughts about getting sick or about my family member getting sick at work.



# Let's Draw It Out

Feelings are what we feel in our mind and body.  
Express your thoughts and feelings about  
COVID-19 using the color key below.  
Where do you feel these feelings?



BLUE FOR  
**SADNESS**



BLACK FOR  
**FEAR**



BROWN FOR  
**GUILT**



RED FOR  
**ANGER**



GREEN FOR  
**JEALOUSY**



ORANGE FOR  
**ANXIETY**



YELLOW FOR  
**HAPPINESS**

# Coming

You are not alone. Many kids and adults have the same thoughts and worries. It is important to share these with your family.

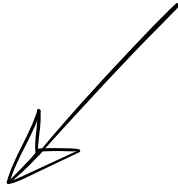
## Remember to GIVE:

Be Gentle

Act Interested

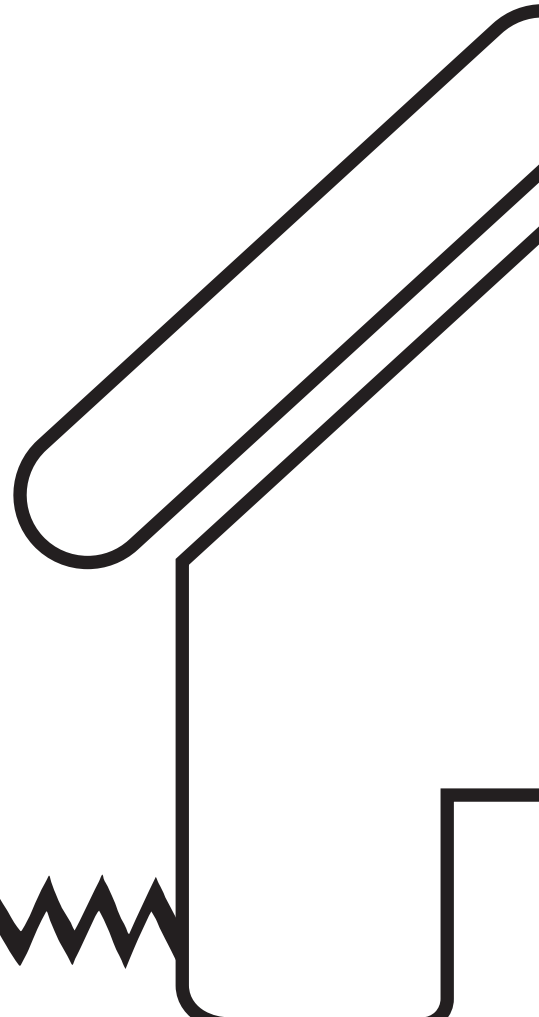
Validate (recognize emotions)

Include Everyone



### NOTE:

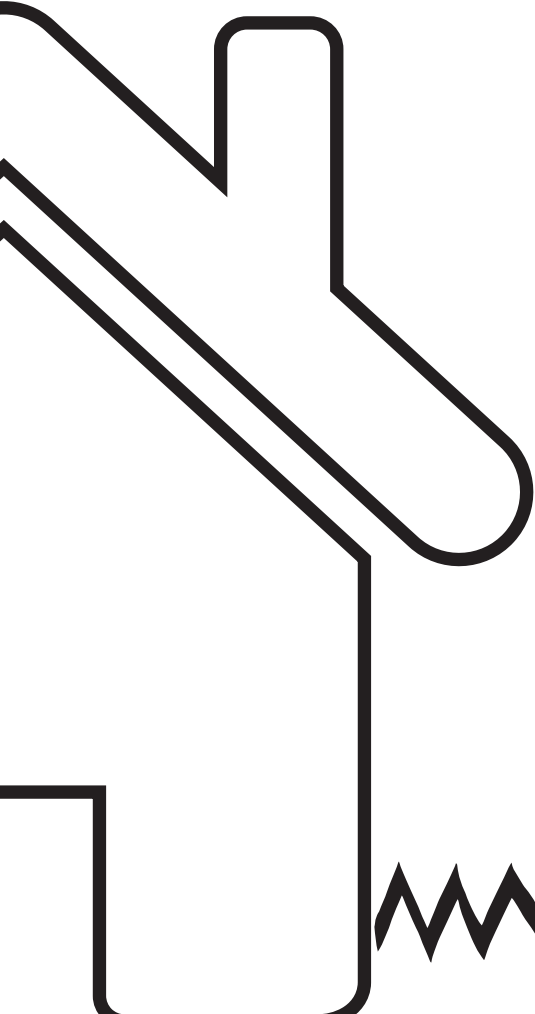
Remember this code word  
when my HERO comes home -  
Snickerdoodle!






# Together

Come up with a new family plan or routine to help with all the changes. It can be very hard not doing the typical things you used to do when your hero would come home, like giving hugs and sharing about your day. They might set up a new routine to take off their shoes, wash their hands, and change out of work clothes or they might sleep in a different room. They are trying to keep you safe and from getting sick!



It can be helpful to create a new way to say “**hi**” and welcome them home.

Set up a special code word that will let them know how much you care, or create new virtual routines, like singing a song, dancing, or reading a book.



Use the word **STOP** as a way to remember what to do when you feel upset.



**S**top and notice  
**T**houghts and feelings  
**O**ptions to keep me calm

Like breathing exercises, puzzles, or coloring...

**P**roceed, and **GO** do it!



MINDFULNESS



IS A SUPERPOWER WE ALL HAVE!

# Did You Know?

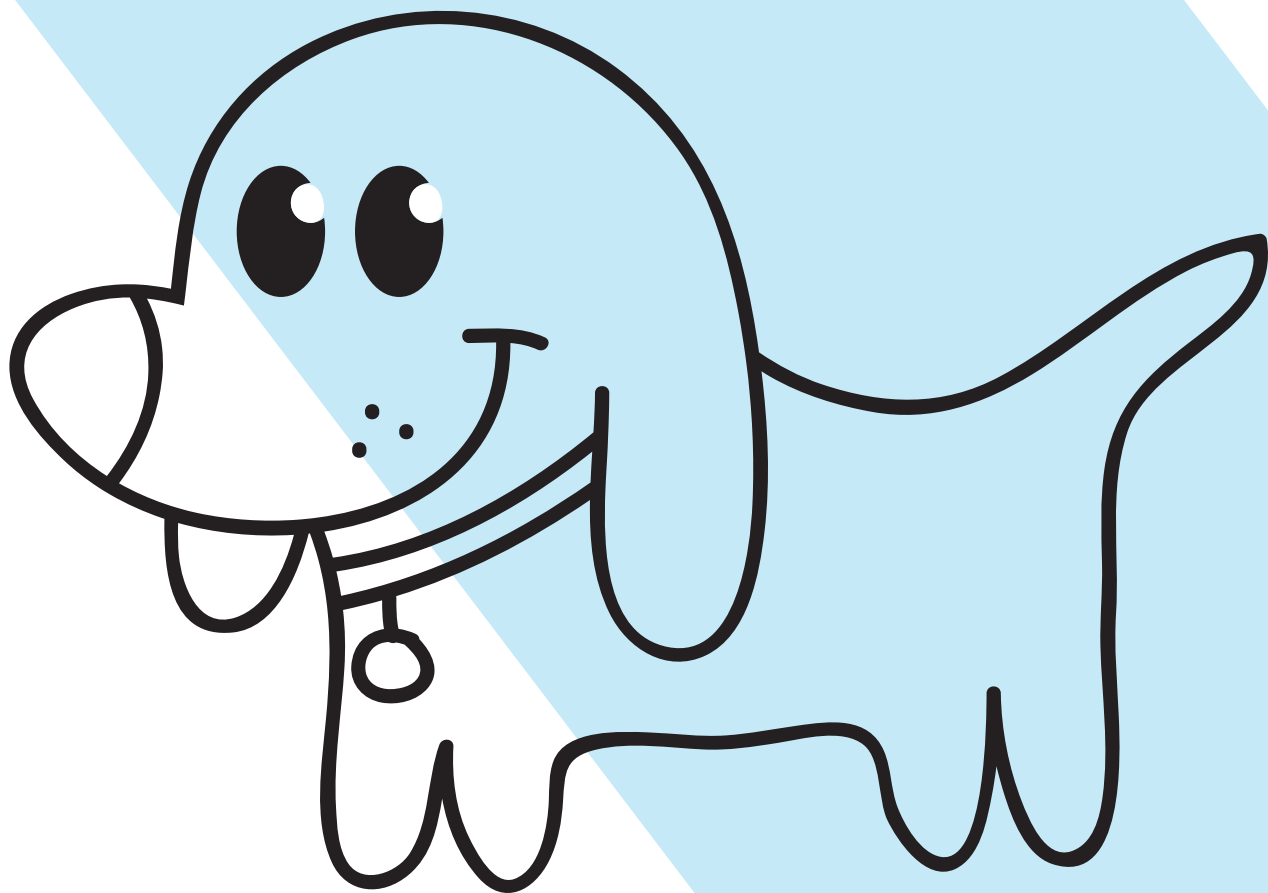
Sometimes your brain can act like an untrained puppy. It is like your thoughts are jumping all over the place and you never run out of energy.

These thoughts can make you feel worried or sad, and it can be really hard to pay attention.

We need to train your brain to slow down with **mindfulness**!

- **mindfulness** means to stop and notice what is happening in each moment.
- **mindfulness** can help you feel better.

Remember, just like training a puppy, it takes practice! The next few pages are filled with ideas on how you can practice mindfulness at home.

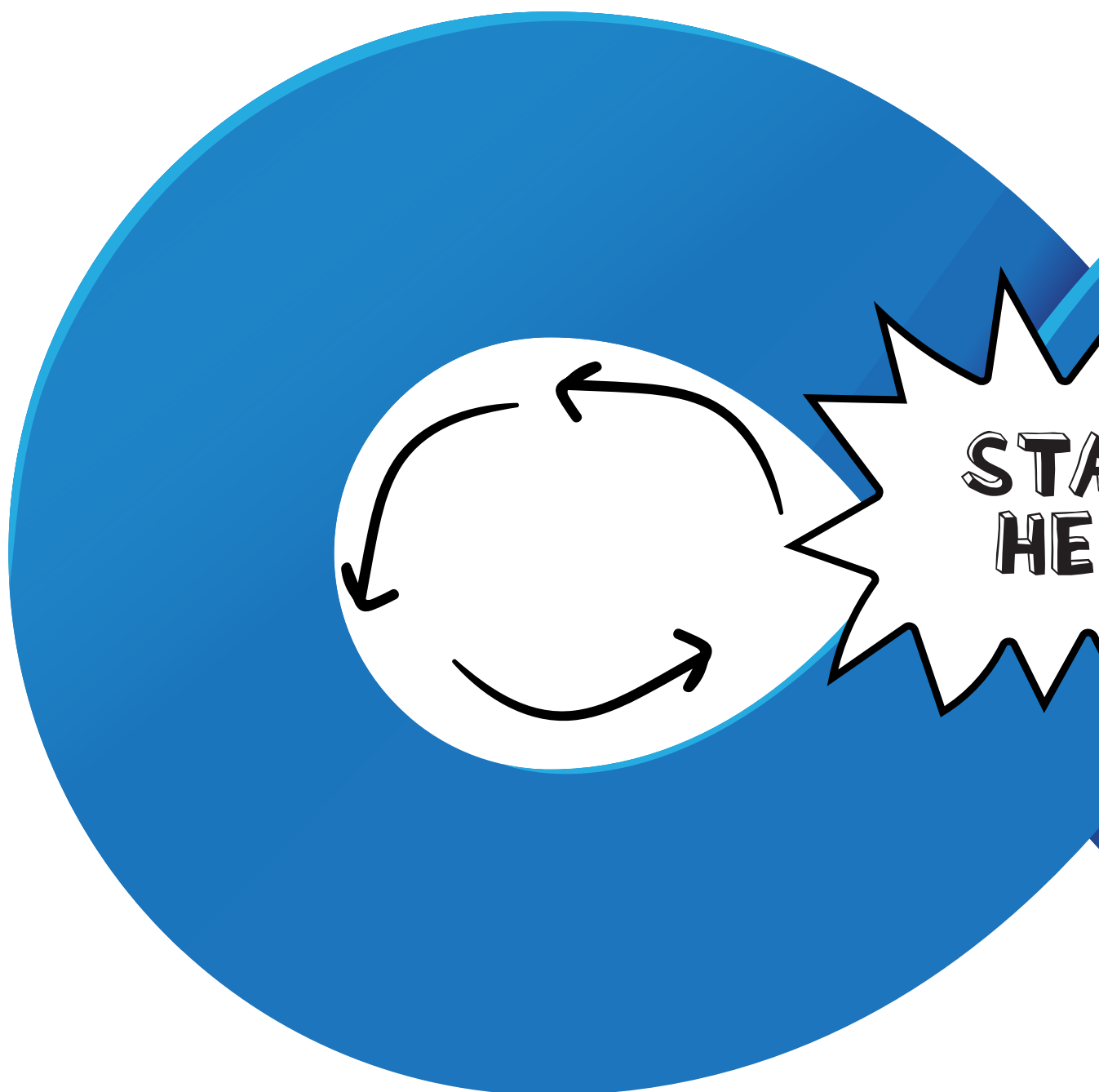


# **LAZY 8**

## **BREATHING EXERCISE**

Breathe In

Breathe In

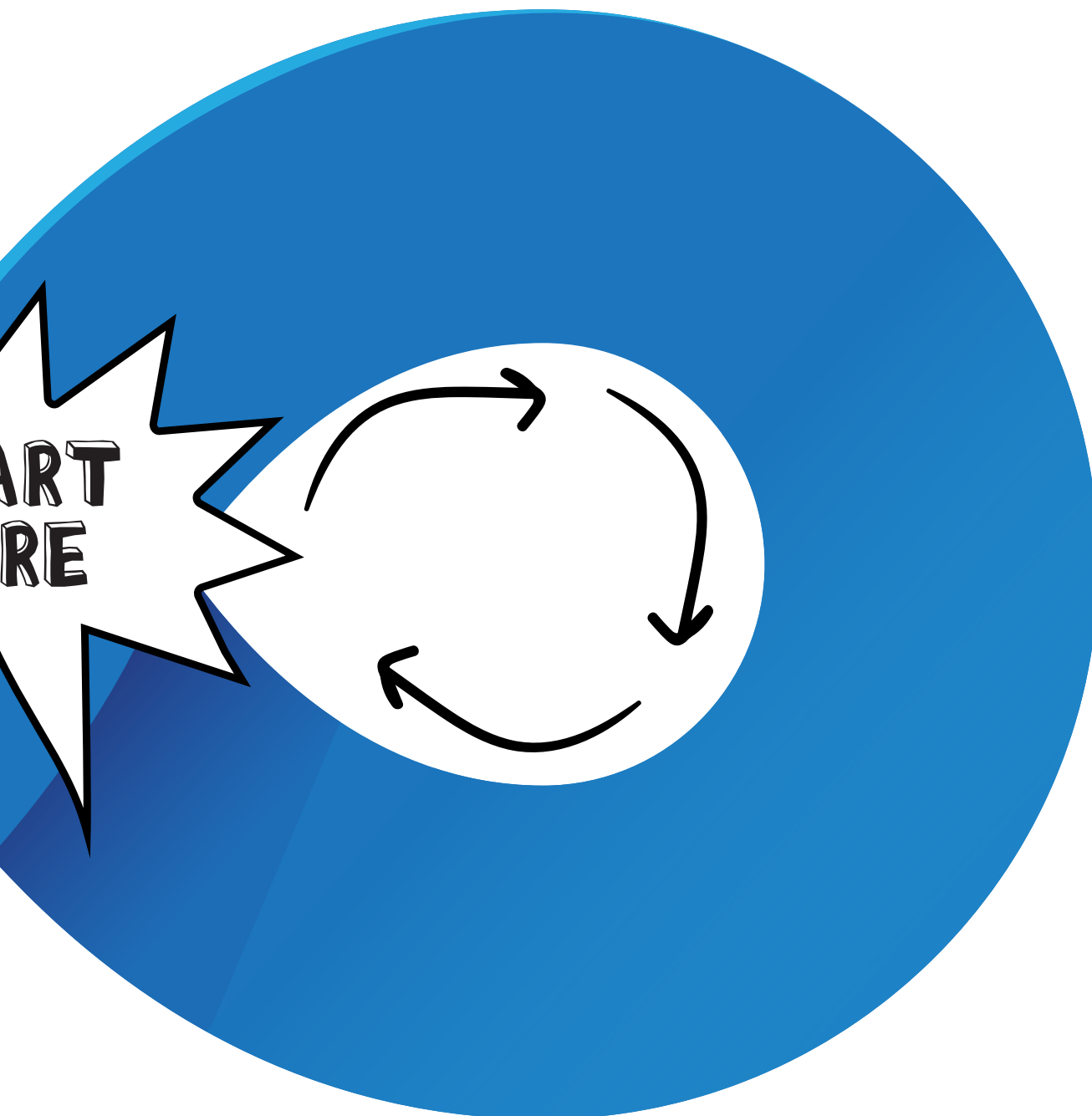


**STA  
HE**

Breathe In

Take **5** deep breaths and trace your finger over the Lazy 8.

Breathe Out



Breathe Out

Breathe Out

# Mindfulness Practice Exercises

## THE FEELING EXERCISE

Collect a couple of different items, like feathers, blocks, clay, or cotton balls. Choose items that are interesting to hold.

For one to two minutes, just notice what it feels like to have the object in your hand. Do you notice the texture, shape, color, or temperature?

Share what you observed with your family and write it down below.

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## MUSCLE RELAXATION

Sit in a comfortable position and notice how it feels to gently tense and release your different muscle groups. Starting at your feet, gently squeeze the muscles by pretending to squish mud on the ground, then slowly release. Next, gently squeeze your stomach muscles by pretending to squeeze through a narrow space, then slowly release. Now pretend that you are a furry, lazy cat and stretch your arms out in front of you, and slowly release. Finally, gently close your hands into a fist by pretending to squeeze a tennis ball and slowly release.



# GROUNDING

Sit in a comfortable position.

Look around and...

- Think about **5** things that you can **SEE**.
- Think about **4** things that you can **FEEL**.
- Think about **3** things that you can **HEAR**.
- Think about **2** things that you can **SMELL**.
- Think about **1** thing that you can **TASTE**.

Share what you observed with your family and write it down below.

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# SEARCH

Learning new skills is a great way to pass the time. Use the word search puzzle below to discover different skills you can practice whenever you feel scared or worried.

P	R	L	W	N	F	C	K	R	P	T	K	C	O	Y	M	H	R	C	F
H	S	K	Z	R	O	X	H	Z	W	I	Y	E	P	K	X	W	P	T	N
X	B	N	F	I	I	E	G	L	G	W	B	T	T	C	A	F	F	G	N
F	P	J	S	R	A	T	M	W	J	J	F	U	W	A	K	Q	R	W	P
P	W	N	Q	Z	W	T	E	L	S	C	C	P	P	I	T	Q	G	Y	T
R	A	P	W	Y	Y	Y	L	R	B	L	I	S	F	V	M	I	Q	B	N
P	Y	Z	N	T	H	N	G	O	O	U	T	S	I	D	E	Z	D	R	Z
L	X	A	V	S	C	Z	A	J	J	U	F	A	U	I	T	E	H	E	L
M	K	O	G	E	D	H	K	I	D	T	B	C	L	M	H	P	A	A	M
U	F	D	B	H	G	U	R	Y	E	G	A	J	F	S	N	W	V	T	H
A	Q	C	I	D	B	V	A	L	A	U	J	C	H	Z	Y	C	K	H	D
P	A	N	G	D	Q	N	V	F	F	J	P	Y	O	P	M	O	B	E	X
O	T	F	I	M	P	V	G	Z	C	Y	P	Y	A	U	O	A	S	C	Z
F	K	M	W	O	W	Y	C	M	E	T	T	T	S	C	S	R	X	N	N
F	G	V	H	A	S	M	E	M	J	R	X	S	P	D	C	N	Q	A	W
G	M	J	M	B	S	Z	B	L	C	L	M	Z	D	H	Z	U	E	D	V
F	S	Y	U	R	Z	B	B	N	R	X	Q	I	X	G	H	L	Z	O	I
P	S	W	N	M	E	A	S	W	C	I	V	D	Q	W	C	E	U	O	I
X	C	Z	V	F	K	A	H	T	B	H	Q	K	W	A	X	J	L	X	U
D	E	G	D	E	Y	H	D	R	O	F	S	B	T	N	G	I	M	U	L

## SKILLS TO FIND

MEDITATE  
MUSIC  
GO OUTSIDE

CLEAN  
READ  
WRITE

STUDY  
NAP  
BREATHE

COOK  
BAKE  
DANCE

# THIS

Doing certain things, like jumping, squats, and running can be great ways to get moving. Use the word search puzzle below to discover different activities you can do — make it a competition and see how many you can do compared to your family members!

P	A	D	Y	X	T	B	Q	V	E	Y	C	H	N	W	Y	O	L	N	C
J	M	P	P	O	P	E	W	N	D	C	C	I	G	H	B	Q	U	S	T
P	H	C	L	Q	G	X	V	O	X	T	J	R	K	V	J	M	E	I	O
U	A	V	A	A	A	A	D	M	S	O	A	L	U	S	N	G	R	U	L
I	K	U	U	M	J	L	B	S	Y	E	L	K	L	N	N	V	E	D	M
P	I	S	R	T	R	M	N	H	O	H	Y	M	O	U	C	U	U	K	J
H	E	D	Y	S	W	P	Z	P	I	K	R	C	L	K	U	H	I	J	G
P	Z	R	E	E	U	S	G	A	I	Q	N	P	D	Q	G	S	E	L	N
G	U	O	C	E	Z	Z	A	B	U	R	P	E	E	U	B	O	J	S	C
N	P	C	S	N	S	S	L	M	Z	K	Z	S	Q	U	A	T	S	F	O
M	U	S	N	K	M	E	K	I	B	R	V	D	S	L	E	N	Y	K	W
X	S	D	U	H	Z	B	N	R	Y	B	F	I	Y	J	C	D	O	T	K
M	H	D	D	G	L	M	J	R	F	Q	O	Z	X	Y	S	K	R	Y	C
L	U	L	Y	I	H	W	N	J	Y	S	D	C	R	T	M	T	Z	Y	R
W	P	I	W	H	T	D	E	P	Z	E	W	G	E	G	S	B	H	G	P
K	S	U	M	K	M	P	R	R	B	P	Z	P	P	O	R	I	N	P	L
Z	T	B	P	C	L	M	C	C	R	C	S	Q	U	Q	K	D	I	P	C
D	S	T	K	A	T	Y	J	N	Y	M	T	B	J	R	P	N	S	N	Z
Y	I	Z	N	G	I	V	X	H	Z	K	J	U	M	P	S	V	L	K	E
V	S	K	U	Z	B	R	X	F	T	N	R	Y	P	G	S	I	Z	T	B

## ACTIVITIES TO FIND

JUMP  
SQUATS  
PUSHUPS

BIKE  
CRUNCHES  
STEPS

RUN  
PLANK  
HIGH KNEES

LUNGES  
BURPEE  
YOGA

# What's Your Name?

## HOW IT WORKS:

- Spell out your name and complete the activity listed for each letter.
- For a bigger challenge, include your middle name and do each one twice!
- You can use a family member's name, favorite character's name, or animal name.

**A**

Jump Up and Down  
10 Times

**B**

Spin Around in a Circle  
5 Times

**C**

Hop on One Foot  
5 Times

**D**

Run to the Nearest Door  
and Run Back

**E**

Walk like a Bear  
for a Count of 5

**F**

Do 3 Cartwheels

**G**

Do 10 Jumping Jacks

**H**

Hop like a Frog  
8 Times

**I**

Balance on your Left Foot  
for a Count of 10

**J**

Balance on your Right Foot  
for a Count of 10

**K**

March like a Toy Soldier  
for a Count of 12

**L**

Pretend to Jump Rope  
for a Count of 20

**M**

Do 3 Summersaults

**N**

Pick Up a Ball  
without Using Hands

**O**

Walk Backwards 50  
Steps and Skip Back

**P**

Walk Sideways 20 Steps  
and Hop Back

**Q**

Crawl Like a Crab  
for a Count of 10

**R**

Walk Like a Bear  
for a Count of 5

**S**

Bend Down and Touch Your Toes  
20 Times

**T**

Pretend to Pedal a Bike with your  
Hands for a Count of 17

**U**

Roll a Ball Using Only Your Head

**V**

Flap Your Arms Like a Bird  
25 Times

**W**

Pretend to Ride a Horse  
for a Count of 15

**X**

Try and Touch the Clouds  
for a Count of 15

**Y**

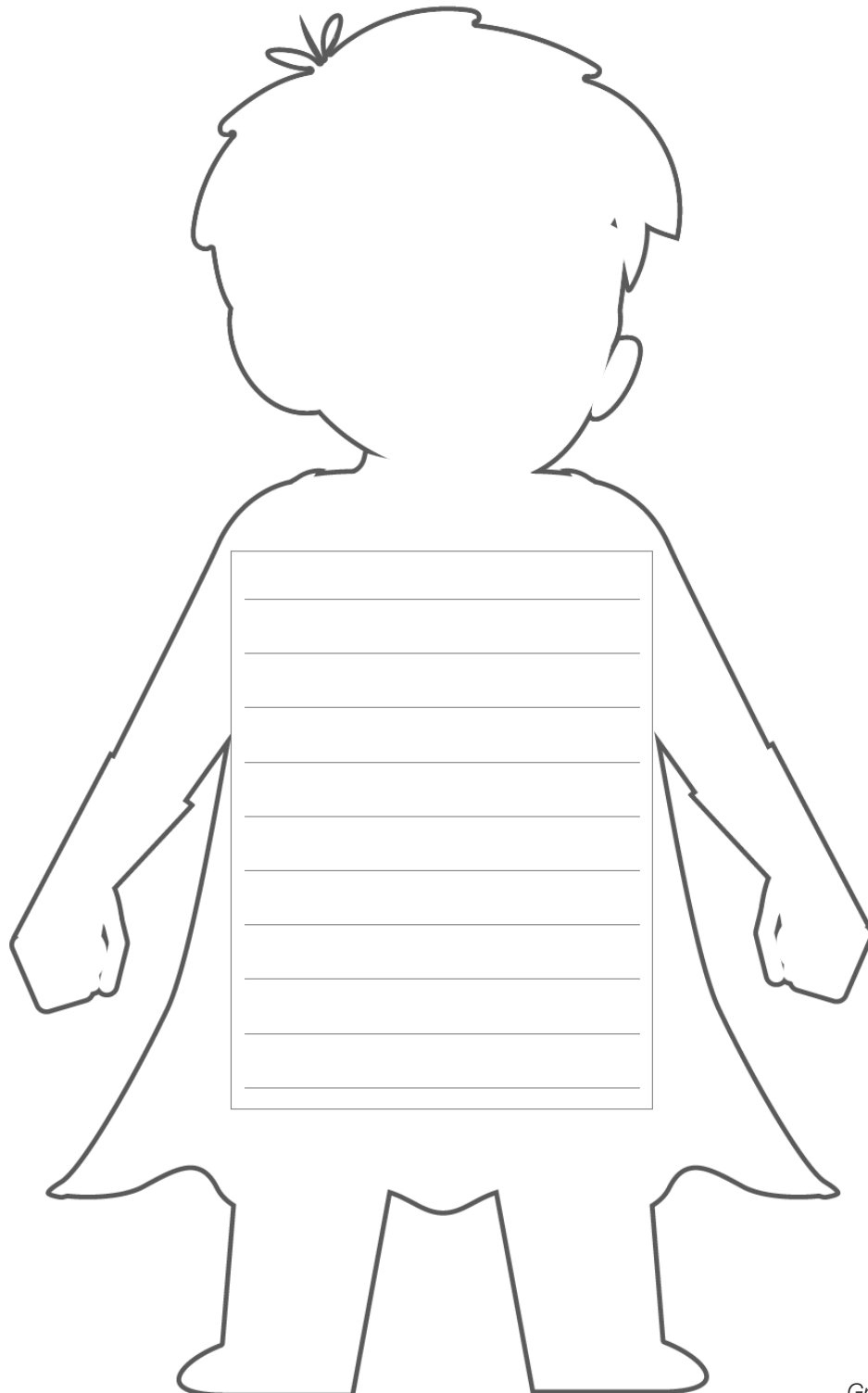
Walk on Your Knees  
for a Count of 10

**Z**

Do 10 Pushups

# YOU Are a HERO, Too!

Color in and write down the super qualities that make YOU special and how you can help during this time at home.



# YOU Are a HERO, Too!

Color in and write down the super qualities that make YOU special and how you can help during this time at home.

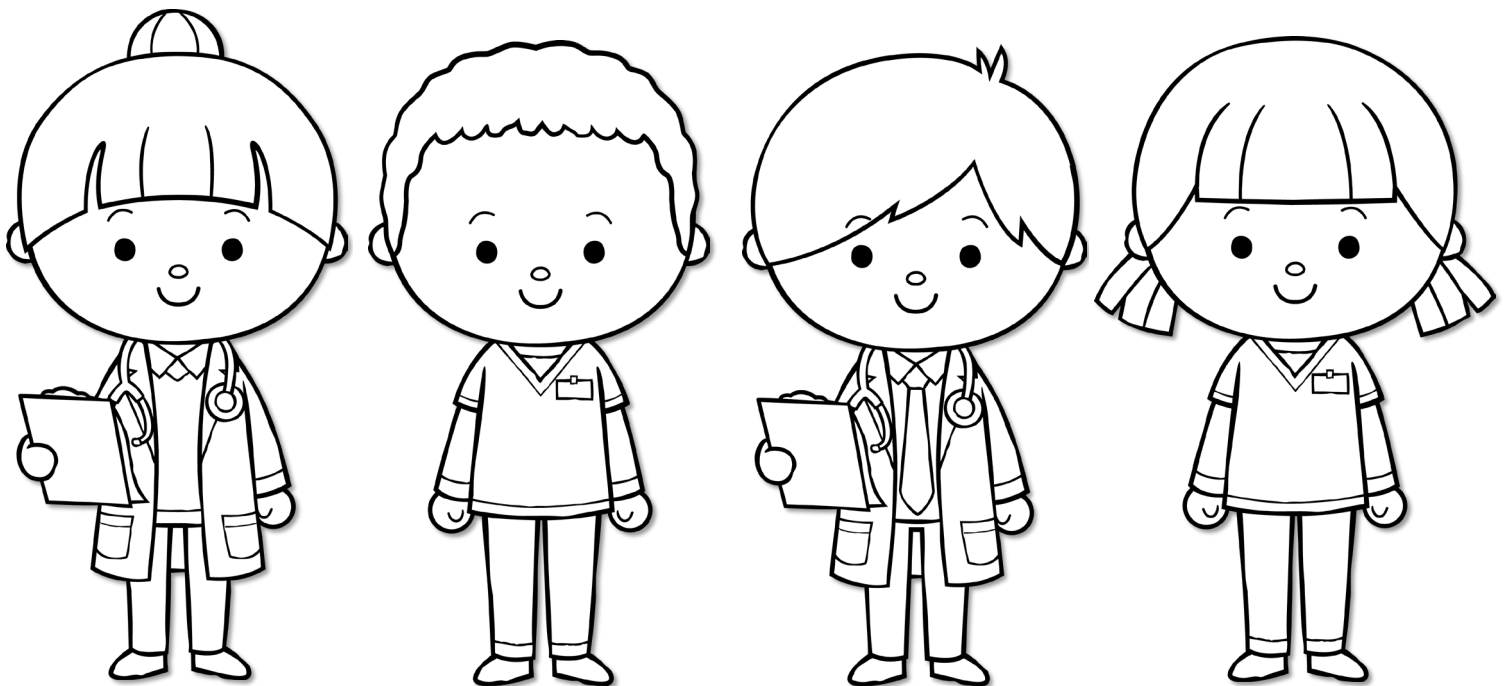


# Congratulations!

Now you are a hero just like your healthcare hero!

Together, you can keep each other safe, supported,  
and protect others from germs.

Keep practicing the skills you've learned and keep talking to your family  
and friends about any thoughts or feelings you have as you  
continue to go through this different time in your life.





# *Adults, We Thank You!*

Remember, together we will get through this!

This book was written by Carolina Avila, PsyD, Natalie Delgado, MS, Jennifer Schonberg, MS, and Isra Malik, PsyD, from Jackson Behavioral Health Hospital as a token of thanks to our dedicated healthcare workers providing lifesaving care during the COVID-19 pandemic.

If you or your loved one needs additional support, please visit [JacksonBehavioralHealth.org](https://JacksonBehavioralHealth.org).

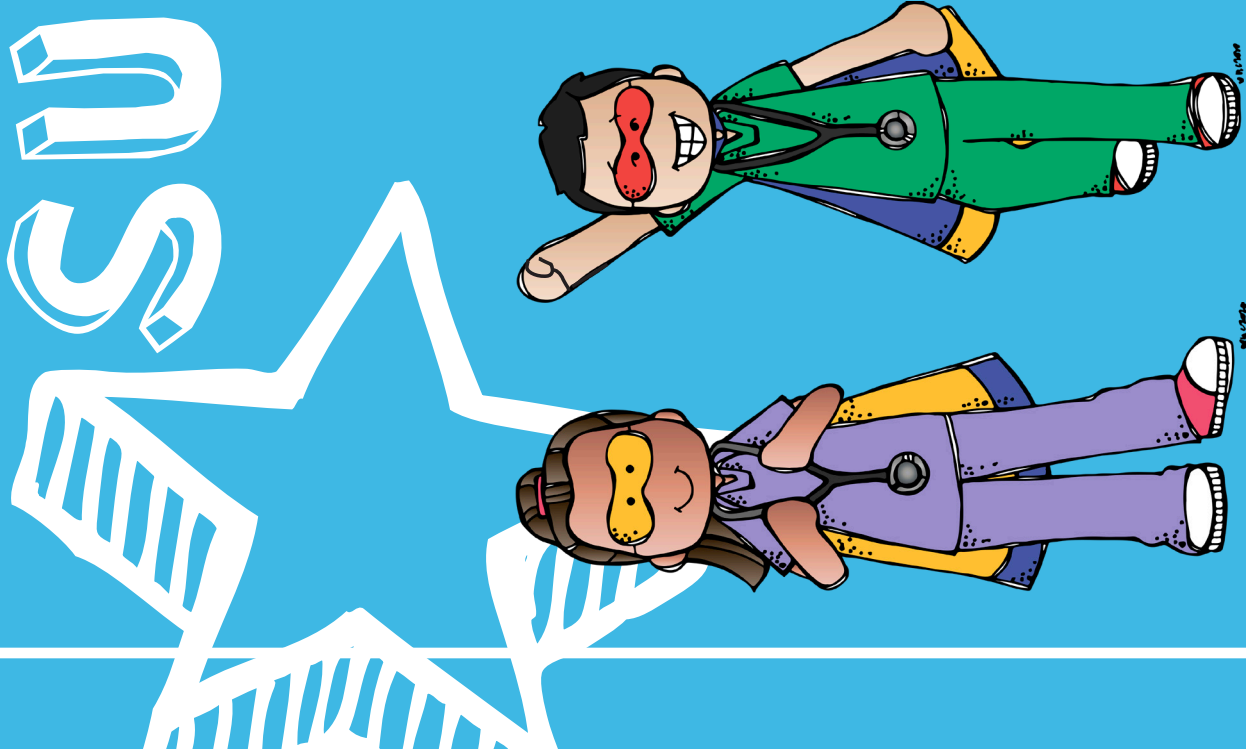
We also provide telehealth services.

To schedule an appointment, please call 305-355-7048.





# SUPER HERO!



Presented To \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

Jackson  
HEALTH SYSTEM

Jackson  
BEHAVIORAL  
HEALTH HOSPITAL

[www.JacksonHealth.org](http://www.JacksonHealth.org)

