

# CORONAVIRUS CARE KIT

In response to the Coronavirus we have developed this Care Kit. The aim is to ease the load for parents, by providing them with some easy wellbeing activities, which are suitable for the whole family.

**Remember it is wellbeing that is the priority right now, not school work.**

These activities can be done on their own, or can be complemented with our **Character Strength Cards, Gratitude Journals and Calm Corner Cards.**

*take care  
and stay  
safe*



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## PERMA-H WELLBEING TOOLS

During these challenging times there is a lot that we cannot control. When our basic needs for safety, shelter and food are met then our wellbeing is something that we can influence and prioritise.

PERMA is a wellbeing theory developed by Martin Seligman, the founder of Positive Psychology. This acronym stands for: positive emotions, engagement, positive relationships, meaning and accomplishment (we have added health). The more PERMA-H we have in our day, the better our wellbeing. Below are some PERMA-H suggestions, and wellbeing activity cards. Try to incorporate some of these into your week or come up with your own ideas on what enhances your PERMA-H.



### P - Positive Emotions

Do something that feels good.  
Savour, practise gratitude.



### E - Engagement

Do somethings that interests you.  
Use your character strengths.



### R - Positive Relationships

Connect with others.  
Practise kindness.



### M - Meaning

Do something for others. Leave a note or drawing for someone on their pillow or on the footpath in chalk.



### A - Accomplishment

Focus on the process of learning not just the outcome. Write 'What Went Well' each day.



### H - Health

Move , sleep, eat well and meditate.  
Try 'Just Dance' and 'Smiling Mind.'

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## CHARACTER STRENGTHS

This list of Peterson and Seligman's (2004) twenty four scientifically validated character strengths can be referred to in the activities below.

### CREATIVITY

Using your imagination and coming up with original ideas.

### CURIOSITY

A desire to learn new things.

### LOVE OF LEARNING

Having a love for acquiring new information.

### OPEN-MINDEDNESS/JUDGMENT/CRITICAL THINKING

Thinking things through and being open to different people and ideas.

### PERSPECTIVE/WISDOM

Knowing what is important in life and offering good insights. The ability to look at the big picture, rather than be narrowly focused on micro-matters.

### BRAVERY

Showing courage and standing up for what is right.

### ENERGY/ZEST

Having enthusiasm for life and living it to the full.

### PERSEVERANCE

Not giving up when things become challenging.

### AUTHENTICITY/HONESTY/INTEGRITY

Being honest and true to yourself.

### SOCIAL INTELLIGENCE

The ability to understand how others are feeling, and adapt well in different settings.

### KINDNESS

Enjoying helping others.



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## CHARACTER STRENGTHS

### FAIRNESS

Treating people equally.

### TEAMWORK

Working well with others.

### LEADERSHIP

Encouraging, supporting and providing direction to others.

### SELF-REGULATION

The ability to manage your emotions and behavior.

### FORGIVENESS

Giving others a second chance and not holding a grudge.

### HUMILITY

Knowing what you are good at without having to brag about it.

### PRUDENCE

Exerting caution over decisions.

### GRATITUDE

Appreciating what you have and being thankful when good things happen.

### HUMOUR

Enjoying laughter and trying not to take life too seriously.

### APPRECIATION OF BEAUTY AND EXCELLENCE

Noticing and enjoying the beauty in nature and life. For instance appreciating the singing of a bird, sunsets, musicians, actors, scientists.

### SPIRITUALITY

Thinking deeply about life and having faith in something that reassures you. This may or may not involve religion.

### HOPE

Expecting the best for your future.

### LOVE

Valuing close relationships with others.



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## ACTIVITY

### Character Strengths

Use your creativity to write a story about a strength. For instance you might write about a character persevering, being brave or kind. Choose (from the strength cards on the wall) the strength you will write about and place it on your desk. You may also like to illustrate your story. Strength Cards can be purchased at [www.growingstrongminds.com](http://www.growingstrongminds.com) or you can make your own.



## ACTIVITY

### Character Strengths

Who do you admire? It might be a family member, friend, scientist, musician. Research or interview them. What strengths do they demonstrate? How could you have more of one of those strengths?" Write or draw your answers.



## ACTIVITY

### Character Strengths

Think about a challenging situation at school - learning something new, a disagreement with a friend, losing at sport etc. What strengths helped you deal with it? Write or draw about it. How could this strength help you now manage homeschooling?



## ACTIVITY

### Character Strengths

Choose the strength that you will focus on this week. It might be one you like, want to develop, admire in someone else. Write down 2 new ways you will use this strength this week. You might like to set a SMART goal, visit our website for ideas: [www.growingstrongminds.com](http://www.growingstrongminds.com)



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## ACTIVITY

### Gratitude

Write about 3 -5 things that you are grateful for this week. Try to focus on people and experiences over objects. Explain why you are grateful for each.

Younger children can draw 2 things they are grateful for. Create your own Gratitude Journal or purchase one of ours at [www.growingstrongminds.com](http://www.growingstrongminds.com).

Think about this activity at the beginning of the week, so as you are on the lookout for things that go well throughout the week.



## ACTIVITY

### Exercise/Health

What exercise will you do today? Try to exercise every day. Some free ideas are : YouTube Just Dance; Cosmic Yoga; Challenge yourself with squats, planks, sit-ups, star jumps; handball; ping pong on the dining table; walk/run around the block.



## ACTIVITY

### Kindness

What acts of kindness can you perform this week? Aim to do 1 per day. Perform kind acts for both yourself and others. Examples for yourself: say kind things to yourself - write a list; exercise; drink plenty of water; go to bed early; read a good book; meditate.

Examples for others: make and email a thank you card to your teacher; do chores without being asked - make a siblings bed; draw a kind message on the footpath in front of your house for other kids to see. Visit 'The Kindness Pandemic' Facebook page for more ideas.



## ACTIVITY

### Mindfulness/Health

What mindfulness will you do today? Mindfulness helps us focus our attention, making it easier for us to learn. It also calms our brain. Try to schedule mindfulness into your day. You could mindfully hang out the washing, do the dishes, make your bed, mindfully walk through the house. Do this by focusing all your attention and thoughts on the activity and doing it slowly. Try a mindful meditation from Smiling Mind.



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## ACTIVITY

### Savour - Positive Emotions

When we experience positive emotions it boosts our immune system. One way to feel good is to savour the good times. You can savour a conversation, a hot shower, yummy food, music, sunshine, anything.

Focus all your attention on it, using as many senses as possible. What does it sound like, feel like, what can you see, taste and smell? Store this experience in your memory bank and call on it when you are feeling down.



## ACTIVITY

### Relationships

Positive relationships have the biggest impact on our wellbeing. Whilst we are physically distancing we need to be socially connecting. What relationship would you like to enhance today? It might be with a friend, family member, teacher. If possible you could have a mindful conversation with this person where you really listen to them, or you could perform a kind act - send a grandparent a video of you singing/dancing, write/tell a friend/teacher or parent what strengths you admire in them. Play a game with a sibling that you know they enjoy.



## ACTIVITY

### Engagement/ Accomplishment

Which character strengths will you use today to inspire you to learn? Do you want to persevere more and finish off a task? Do you want to be kinder to yourself and say helpful things? Do you want to be brave and take some risks in your learning, try something new? Do you want to be more creative or curious? Perhaps you could sing your times tables. (Times table songs are on YouTube). Choose 1 school task and match the strength you are going to use to help you complete it.



## ACTIVITIES

### What Went Well (WWW)

Make a list at the end of each day of 3 things that went well and why. Share these with your family. They may be big or small e.g. I had yummy porridge which gave me energy, I learnt a new maths strategy, I did a mindful meditation for 5 minutes ( 1 minute longer than yesterday) and felt relaxed afterwards, I helped my sister with her school work which made me feel good and mum happy! Younger kids can draw or discuss WWW.

A second activity could be to research good news stories e.g. [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org)



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*What are your top 5  
character strengths?*

1 .....

2 .....

3 .....

4 .....

5 .....



IF YOU ARE 10 YEARS AND OLDER YOU CAN FIND OUT BY TAKING THE VIA SURVEY AT  
WWW.VIACHARACTER.ORG. PARENTS CAN HELP YOUNGER CHILDREN IDENTIFY THEIR  
STRENGTHS BY CHOOSING FROM THE LIST ABOVE THE STRENGTHS THAT ARE  
MOST THEM, ENERGISE THEM & ARE OFTEN USED.

WHEN WE KNOW AND USE OUR STRENGTHS IN DIFFERENT WAYS IT  
ENHANCES OUR WELLBEING.




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TOTALLY GOT  
THIS!




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*Physically  
distancing,  
socially  
connecting.*



What have you done today to connect with someone?  
Use your creativity strength!



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BE  
KIND



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What strength will you  
use today to help you...

DO  
Amazing  
— THINGS? —



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