



STAY

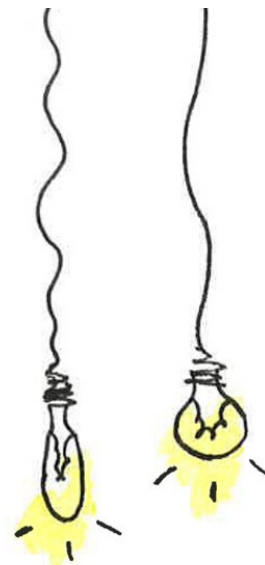
HOME

KIT

PART 2

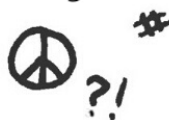


YOUNG 
caregivers
ASSOCIATION



- "Hi!

Times like this make us feel a bit worried and lonely. We understand that some young caregivers may already feel isolated, lonely, and anxious. This means times like this may be extra hard. That is why we wanted to create a kit for you to complete at home in your down time, in between online classes and staying busy. Being home and social distancing can be hard - but we want to make it as enjoyable and stress free as possible. We hope this kit helps! And remember, we will get through this together!



SOCIAL SHEET

Name:
Relationship:
Phone number:
Address:

Name:
Relationship:
Phone number:
Address:

Name:
Relationship:
Phone number:
Address:

Name:
Relationship:
Phone number:
Address:

When something happens,
who do you think of calling?
Keep track of all those
people here!

Name:
Relationship:
Phone number:
Address:

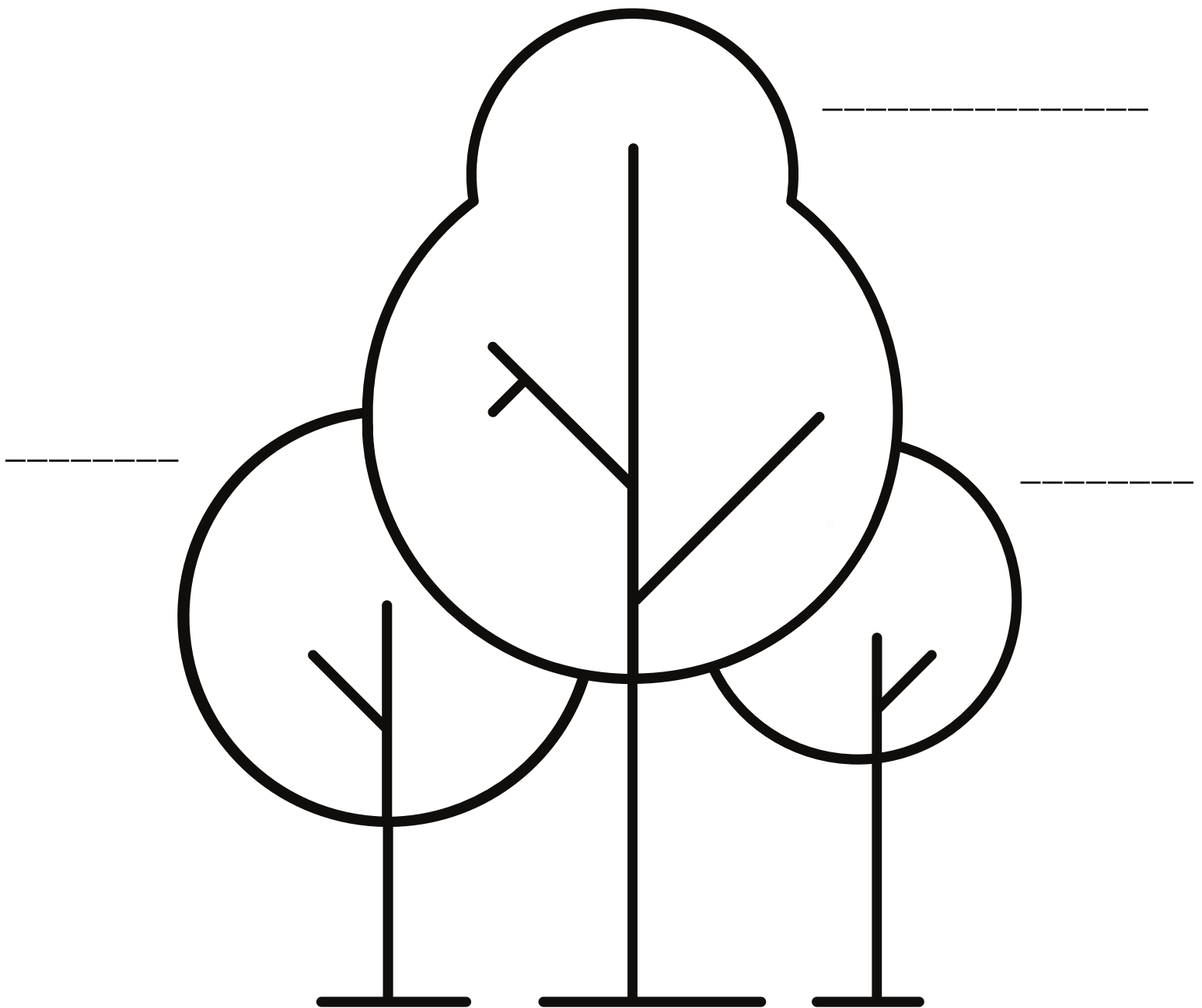
Name:
Relationship:
Phone number:
Address:

Name:
Relationship:
Phone number:
Address:

GROW YOUR OWN

What do you wish grew on trees?
Write on the lines, and draw on the trees!

Example: French Fries (yum)



CHEF CHALLENGE



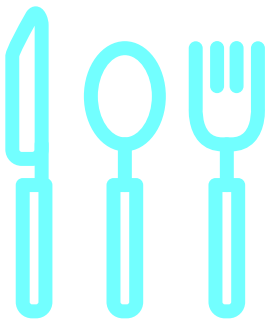
Picture yourself as a homemade master chef! Can you make an full meal out of the food in your house? Take time to look inside your fridge and cupboards, write the ingredients that catch your eye and make your favourite, creative social distancing recipe - get cookin'!

INGREDIENTS:

Cooking time:

Feeds how many:

RECIPE STEPS:



5 ACTIVITIES YOU CAN DO WITH THE PERSON YOU HELP AT HOME

As we spend lots of time with our families, we spend a lot of our time helping and caring for our loved ones. What are 5 fun activities you can do with the person you help?

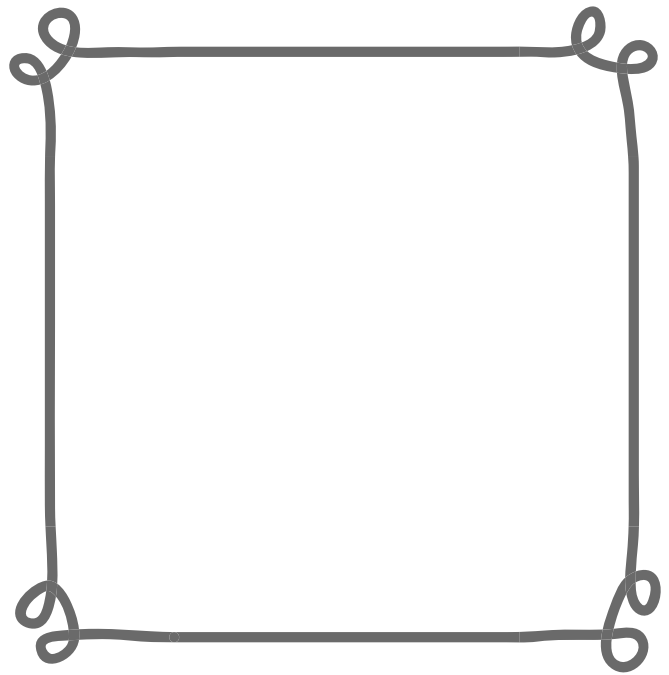
1.

2.

3.

4.

5.

















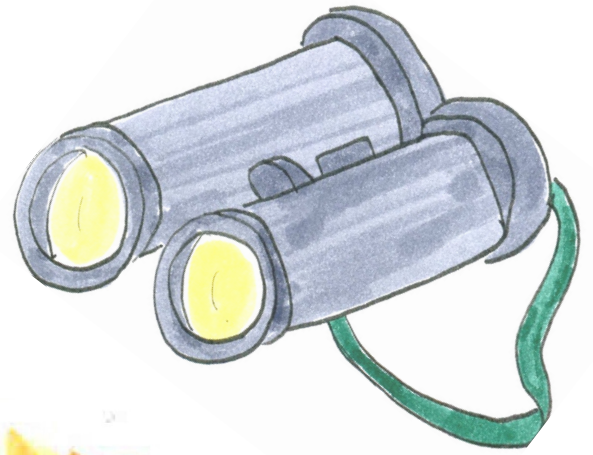
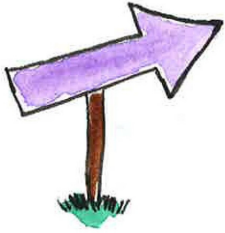
Draw you and your family member
doing one of the activities!

WHAT HAS CHANGED IN THE WORLD AROUND YOU?

There has been a lot of changes lately, from staying home to online school.

*What are some of the biggest changes?
Circle if they are a good or bad change.
Then write how you have been dealing with them!*

What has changed:	<input type="checkbox"/>  or  <input type="checkbox"/>	How have you been dealing with it?
	 	
	 	
	 	
	 	
	 	
	 	



**“CHANGE THE WAY YOU
LOOK AT THINGS
& THE THINGS YOU
LOOK AT CHANGE”**

- Wayne W. Dyer



**In your own words, what do you think this
quote means?**

FILL IN THE BLANKS

Complete the list below! Use it to fill in the blanks of the following page to complete a letter to a famous person about how you have been coping with all your life changes.



1. Favourite celebrity: _____
2. Your nick name: _____
3. A city: _____
4. Past tense verb: _____
5. Noun (thing): _____
6. Adjective: _____
7. Present tense verb: _____
8. Present tense verb: _____
9. Verb: _____
10. Verb: _____
11. Verb: _____
12. Verb: _____
13. Happy adjective: _____
14. A place: _____

Noun: A person, place, thing, animal or job.

Example: Telephone, mom, pig, hospital

Adjective: A word that describes the noun.

Example: A funny pig (funny is an adjective)

Verb: A word for an action - can be passed tense or present tense.

Example: Run (verb) is running (present), ran (past).

Adverb: A word that describes the verb.

Example: I quietly run (quietly is the adjective)

"CHANGE" MAIL



FILLED IN BY: _____

Insert the words you wrote on the previous page to complete this letter.

Dear _____,
Word 1

My name is _____ and I live in _____.
Word 2 Word 3

I am writing to tell you that the coronavirus has _____ across the
Word 4

world. But here, we're ready with a _____ medicine that helps
Word 5

deal with this _____ virus. There has been lots of changes such
Word 6

as _____ our hands and _____ the grocery stores.
Word 7 Word 8

This virus is NO joke. But one of the best ways to _____ with
Word 9

all the changes happening is to remember to smile, laugh and

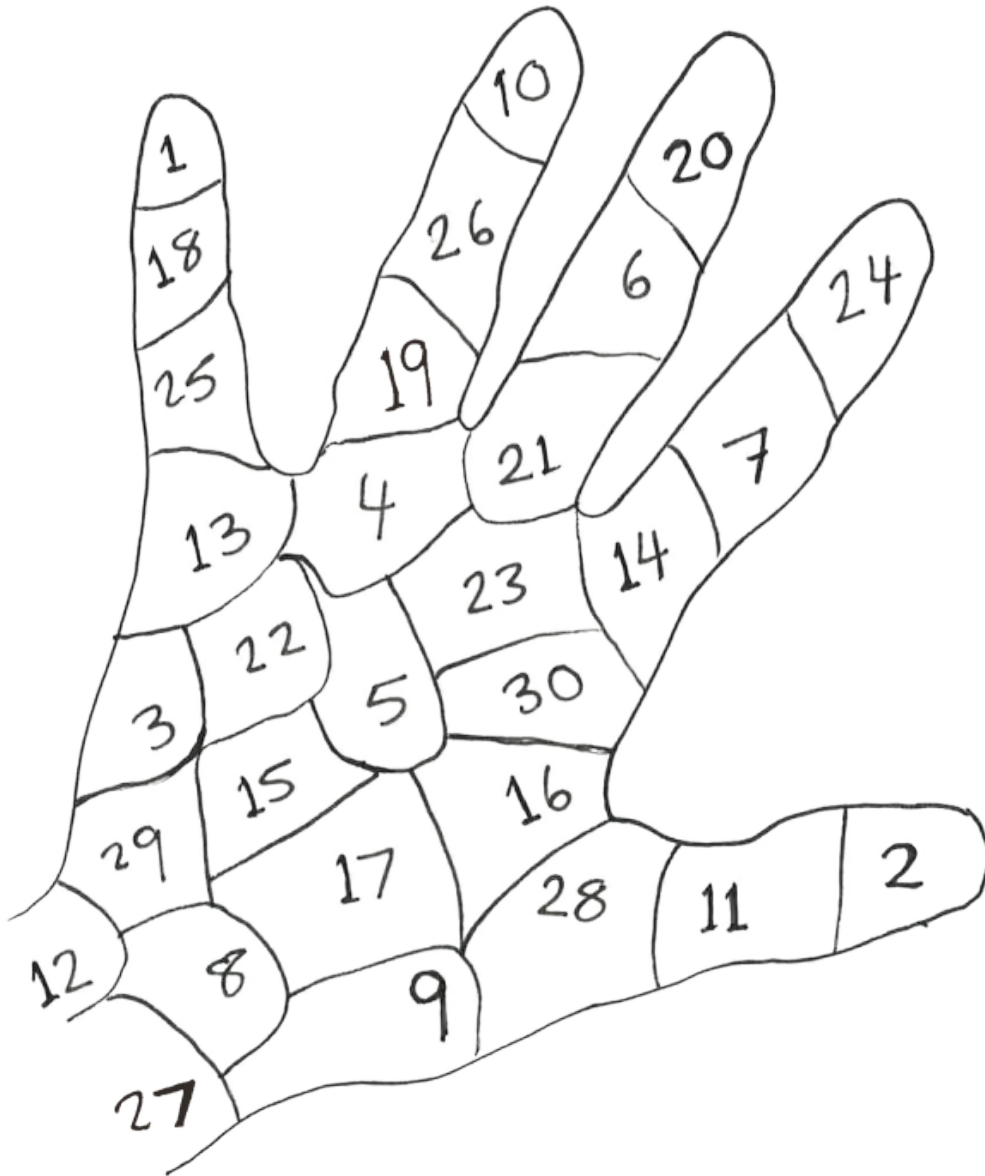
_____ everyday. I hope this ends soon, so I can
Word 10

_____ and _____ just like I used to, and that all the sick
Word 11 Word 12

people can be _____ again! Please do your part to end the
Word 13

spread by staying at _____.
Word 14

HELPING HAND TRACKER



This hand has 30 sections. Use this page to track how often you help your family. When you do something helpful, colour the proper section. Example: On your first day, colour the number 1, and then repeat each day all the way to 30. If you are very helpful, you will have a very colourful helping hand by the end!

POSITIVE WORD SEARCH

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

ACCEPTANCE
 FREEDOM
 FRIENDSHIP
 FUN

GENEROUS
 HAPPY
 HEALTHY
 HOPE

JUSTICE
 KINDNESS
 LOVE
 PEACE

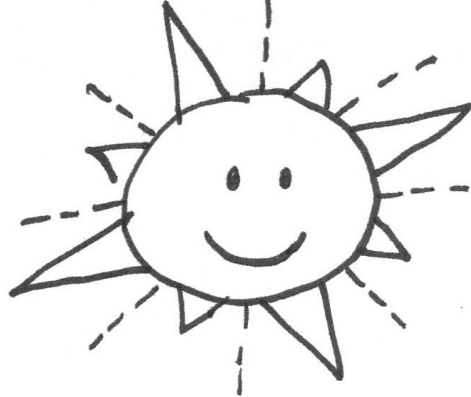
POSITIVE
 SHINE
 SMART

FIND

your

SAFE

Place



WE ALL NEED REMINDERS...

You are
strong.

You are
brave.

You are
smart.

You are
helpful.

You are
not
alone.

Everyone
feels sad
sometimes.

It is okay
to cry.

Change
can be
good.

You
matter to
a lot of
people.

You
have
talents.

Self care
is not
selfish.

Your
feelings
matter.

It is okay
to be
scared.

Don't be
so hard
on
yourself.

You are
unique
and
special.

You are
important.

Some
things
are out
of our
control.

Having
feelings
isn't
being
weak.

Life isn't
always
easy...

...but it is
always
worth it!

UNTIL WE MEET AGAIN...

Thank you for putting effort into your Stay Home kit, and more importantly - thank you for staying home! It is so important in times like these we remember that we are in this together. We are staying away from each other so we can be together again soon.

For more information, please visit:
youngcaregivers.ca

Stay in tune with our social media for more videos, crafts, games, check-ins, and live posts.



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