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

What do you wish grew on trees?
Write on the lines, and draw on the trees!
Example: French Fries (yum)
Picture yourself as a homemade master chef! Can you make a 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:
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!

<table>
<thead>
<tr>
<th>What has changed:</th>
<th>How have you been dealing with it?</th>
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“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?

________________________________________

________________________________________

________________________________________

________________________________________
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)
Dear ________________,

My name is ________________ and I live in ________________.

I am writing to tell you that the coronavirus has ______ across the world. But here, we're ready with a ______ medicine that helps deal with this ______ virus. There has been lots of changes such as ___________ our hands and ___________ the grocery stores.

This virus is NO joke. But one of the best ways to ________ with all the changes happening is to remember to smile, laugh and ________________ everyday. I hope this ends soon, so I can _______ and _______ just like I used to, and that all the sick people can be _______ again! Please do your part to end the spread by staying at ______________.

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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!
Find your Safe Place
<table>
<thead>
<tr>
<th>You are strong.</th>
<th>You are brave.</th>
<th>You are smart.</th>
<th>You are helpful.</th>
<th>You are not alone.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyone feels sad sometimes.</td>
<td>It is okay to cry.</td>
<td>Change can be good.</td>
<td>You matter to a lot of people.</td>
<td>You have talents.</td>
</tr>
<tr>
<td>Self care is not selfish.</td>
<td>Your feelings matter.</td>
<td>It is okay to be scared.</td>
<td>Don't be so hard on yourself.</td>
<td>You are unique and special.</td>
</tr>
<tr>
<td>You are important.</td>
<td>Some things are out of our control.</td>
<td>Having feelings isn't being weak.</td>
<td>Life isn't always easy...</td>
<td>...but it is always worth it!</td>
</tr>
</tbody>
</table>
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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