



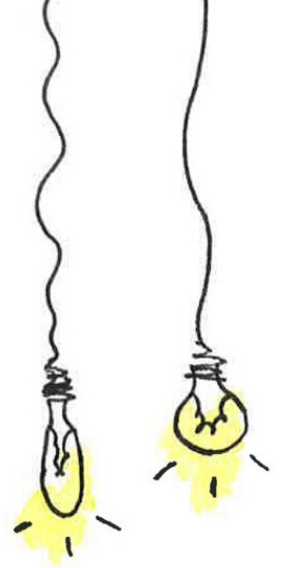
STAY HOME KIT



We will get through this together!

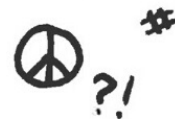


YOUNG 
caregivers
ASSOCIATION



- '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!



JOURNAL IDEAS!

Journaling is a good way to keep your brain sharp and to reflect on all your thoughts! During times like these, we may be experiencing a lot of confusing feelings, and journalling keeps us mindful and thoughtful.



Week 1:

What is one activity you tried during social distancing that you wouldn't have done normally?



Week 2:

What do you miss about school? What are you looking forward to once social distancing ends?

Week 3:

If you could go anywhere in the world, where would it be and why?

Week 4:

Who are you at home with? What is the best thing about the people you are home with?

Week 5:

What was your favourite meal from this week? If you had to eat the same breakfast, lunch and dinner everyday, what would you want for each meal?

Week 6:

What is the best part of your life now? Where do you see yourself in 10 years?



Week 7:

How are you feeling? How have your feelings changed from your first week off until this week?

SOCIAL DISTANCING MAY LOOK LIKE...

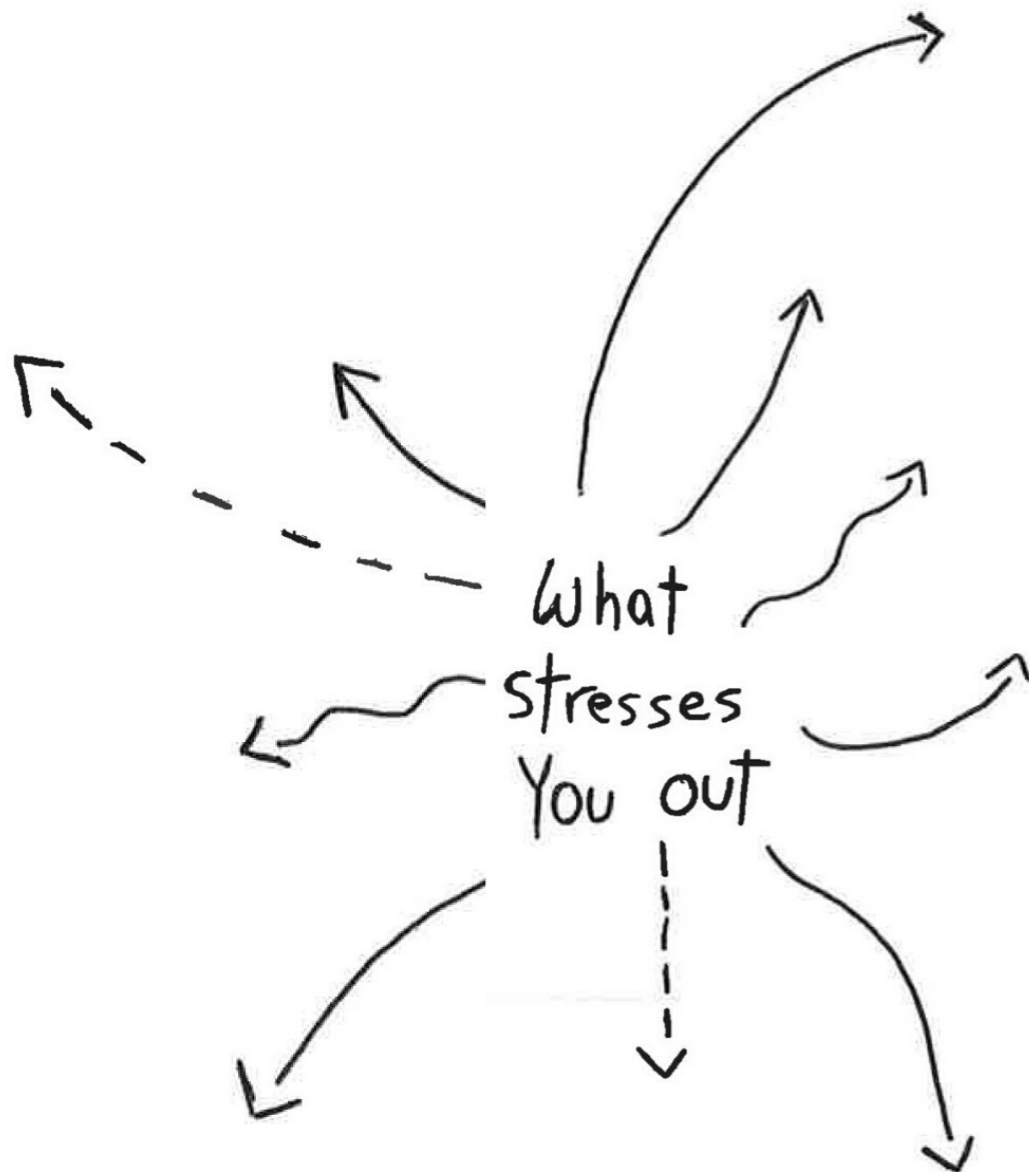


"I miss my friends and teachers, and wish I could go out and play."

BUT SOCIAL DISTANCING FEELS LIKE...



"I am doing my part in keeping my community safe. I want everything to go back to normal, and it will!"



Draw
what you
do to make
yourself
feel better...



EVEN WHEN YOU FEEL DOWN, YOU CAN BE STRONG!



S

STOP what you are doing!

T

TAKE a deep breath in and let it out.

R

RELAX your mind and your body.

O

OPEN your eyes and your mind - what is it that has you feeling down?

N

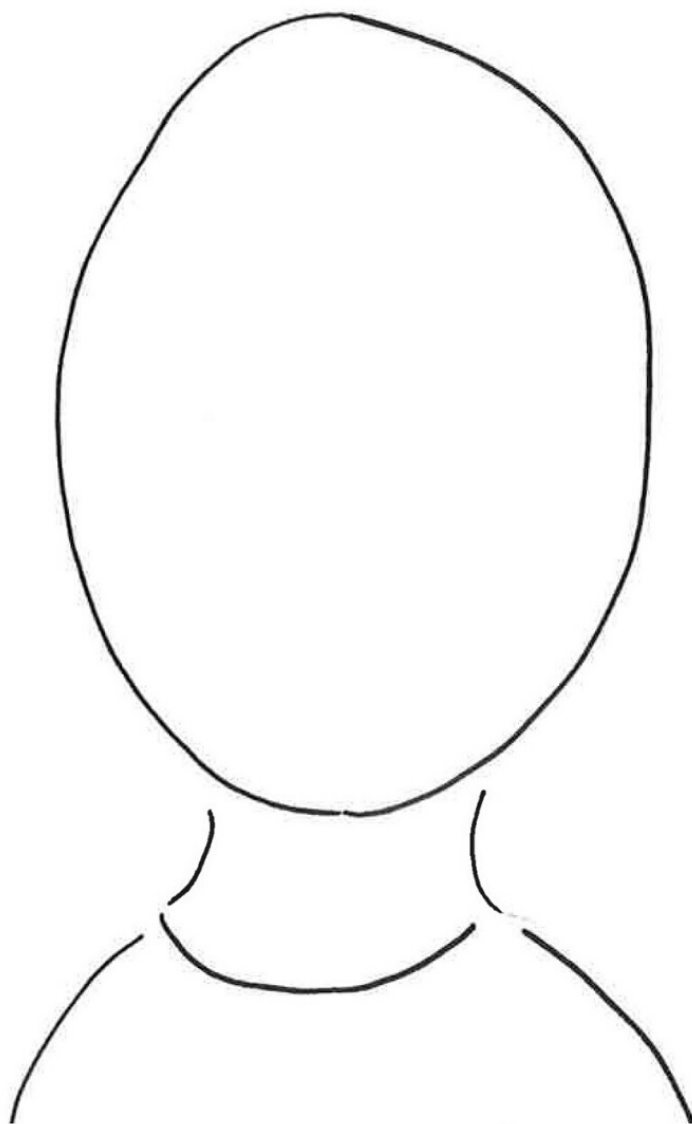
What do you NEED to help you feel better?

G

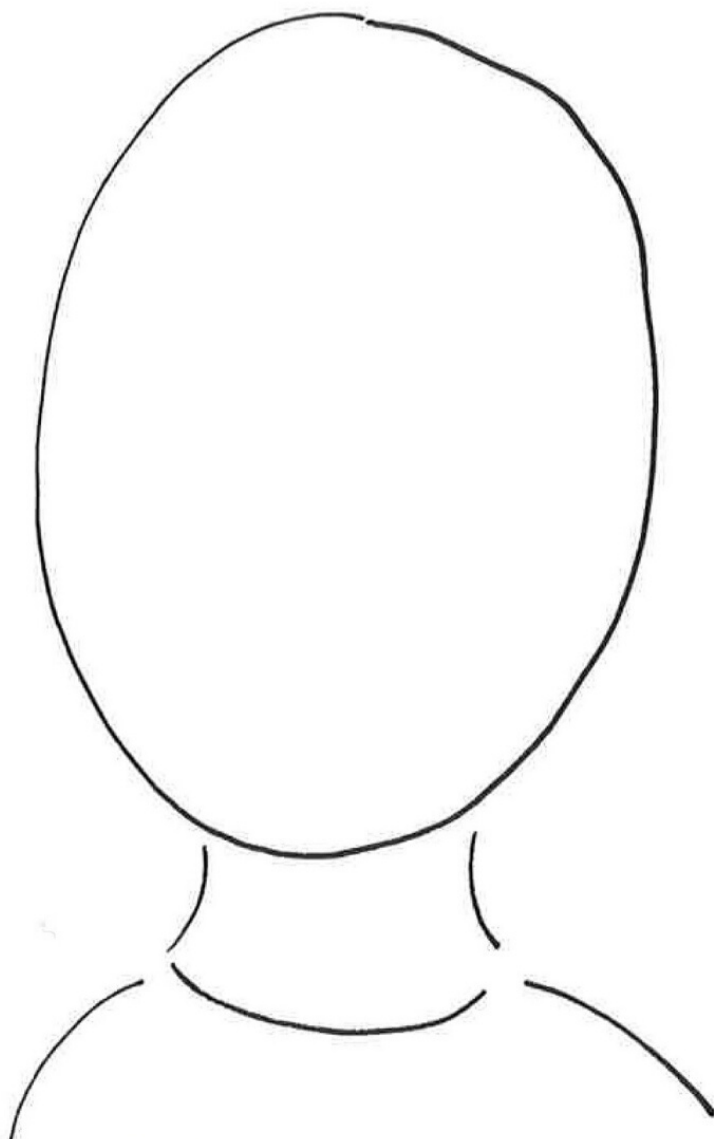
GO - take a break from what is making you upset and remember you are strong.



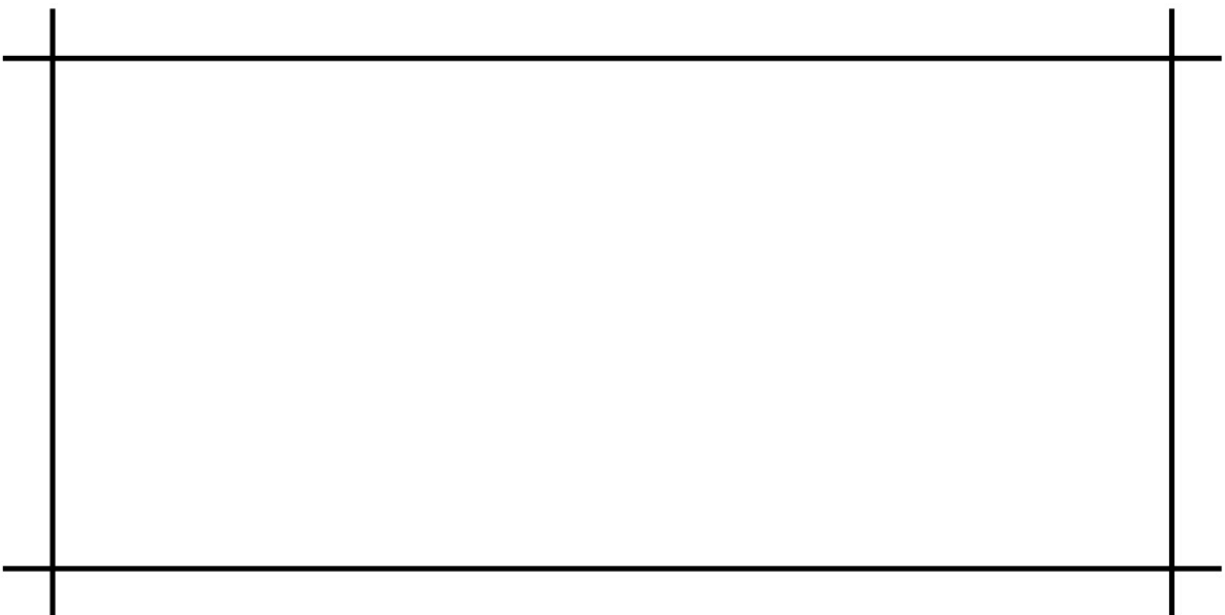
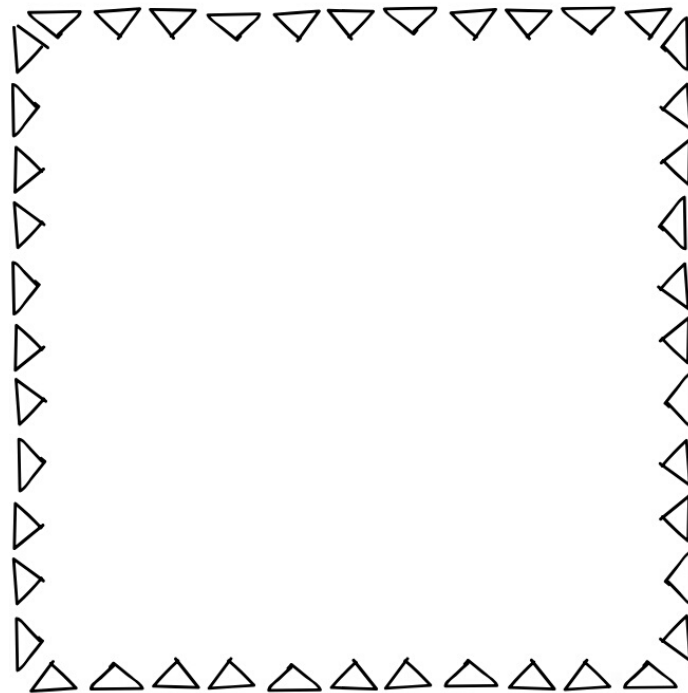
How you
look
on the
OUTSIDE, -



How
you
feel
on the
INSIDE



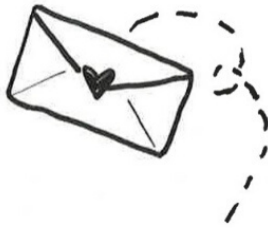
DRAW YOUR FAMILY DOING YOUR FAVOURITE "STAY AT HOME" ACTIVITIES!



WHO DO YOU MISS THE MOST?

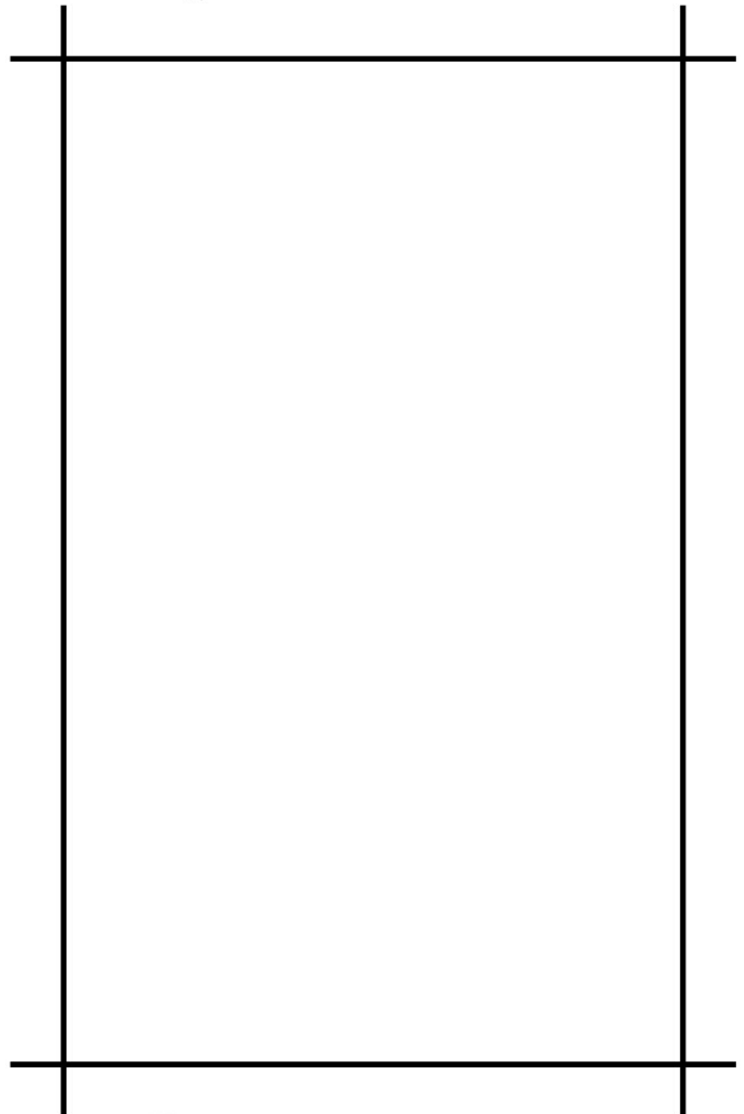
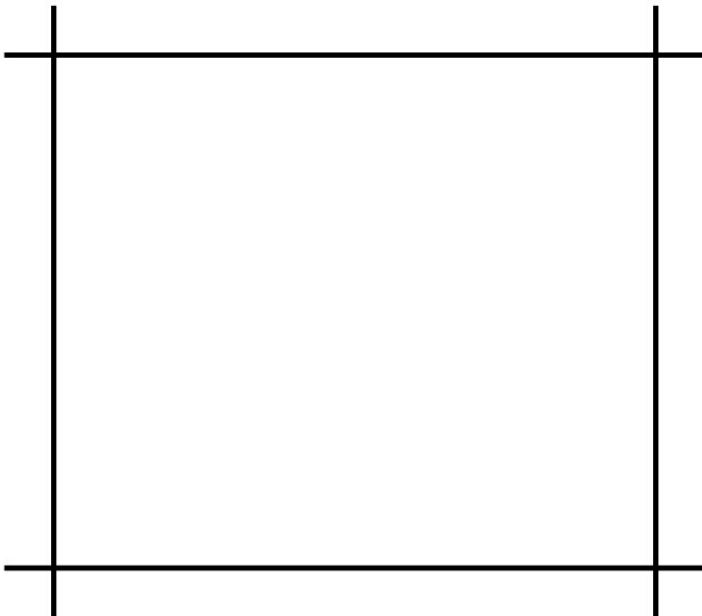
Being at home can mean being away from people we love. Who do you wish you could see right now?

THEIR NAME:



WRITE A LETTER
TO THEM!

DRAW THEM HERE



LIST 8 THINGS YOU ARE GOING TO DO ONCE SOCIAL DISTANCING ENDS!

1.

2.

3.

4.

5.

6.

7.

8.

SPRING IS HERE!



Visualize and design your dream garden. Where will you plant the potatoes? Where will you plant the carrots? What fruits and vegetables would you grow? What will you have a lot of? What will you only grow a little of?



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What type of flowers and plants will you plant?





A LETTER TO THE CORONAVIRUS!

Date: _____



To the Coronavirus,

It is me, _____. Since you have come to Canada,
we have made sure to _____.

There has been a lot changes lately - for example: _____
_____. This makes me feel _____
but I know we will be okay because _____
_____.

When I first heard of you, I thought _____
but now I think _____.

To make sure you aren't going to spread any more, I make sure
to _____ and _____
every single day.

In time, we will say goodbye to you and hello lots of peace,
_____ and happiness. We are strong!

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.



YOUNG 
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ASSOCIATION

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