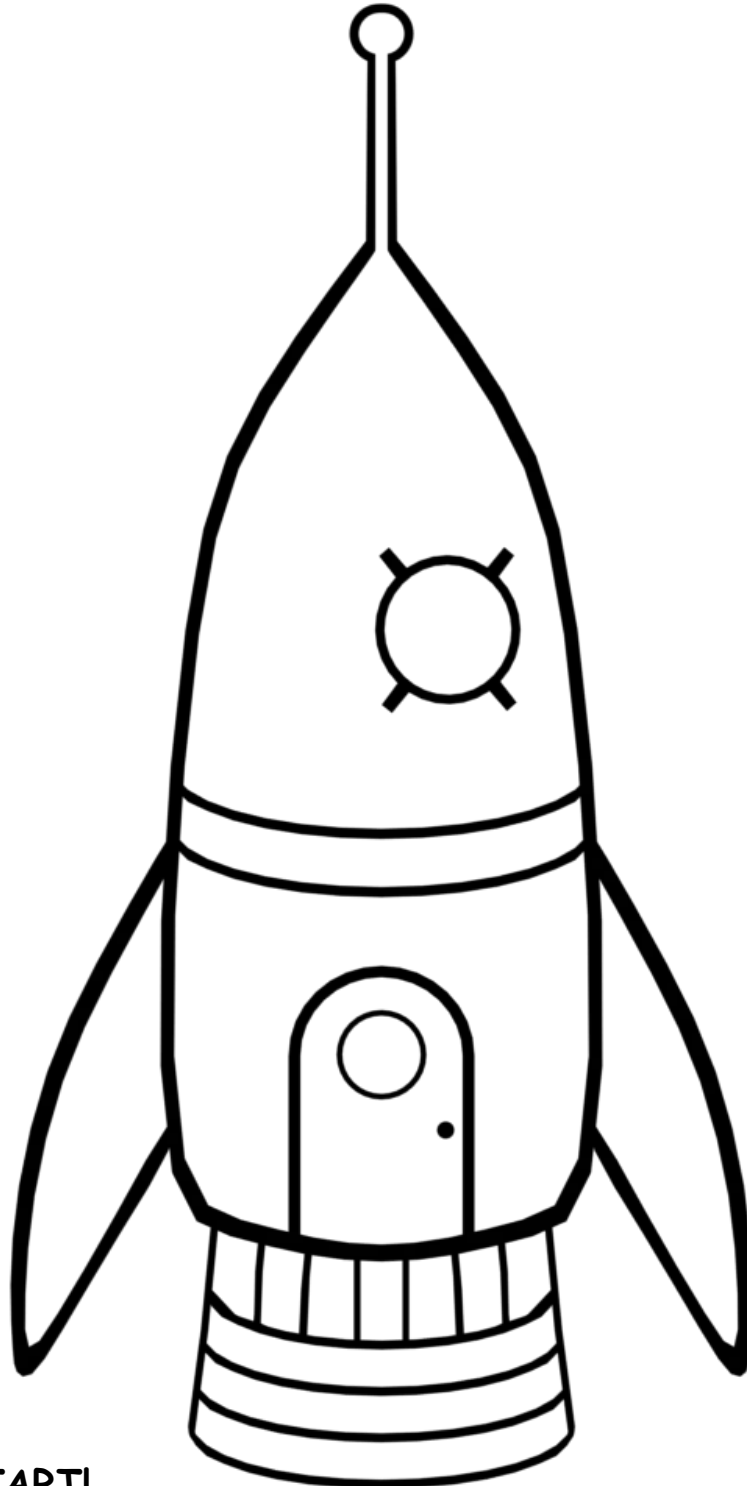


WE WELCOME YOU ON EXPEDITION CORONA 2020!

You too can become an explorer. In this journal you can write all your experiences and findings from your adventurous expedition to planet Corona!

Board this rocket with your family. You can name it and color it any way you want to.



3 - 2 - 1 - START!

IT IS TIME FOR YOUR FIRST ENTRY IN YOUR CAPTAIN'S JOURNAL!

Name: _____ Age: _____

Today's date: _____ Class: _____

Best friend's name: _____

Nickname: _____

Favorite movie: _____

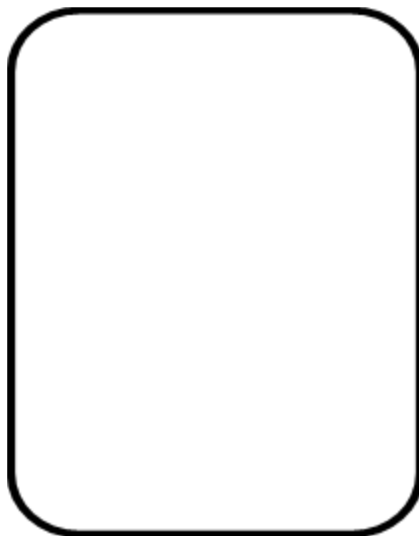
Favorite book: _____

Favorite food: _____

Favorite activity: _____

My hero or heroine: _____

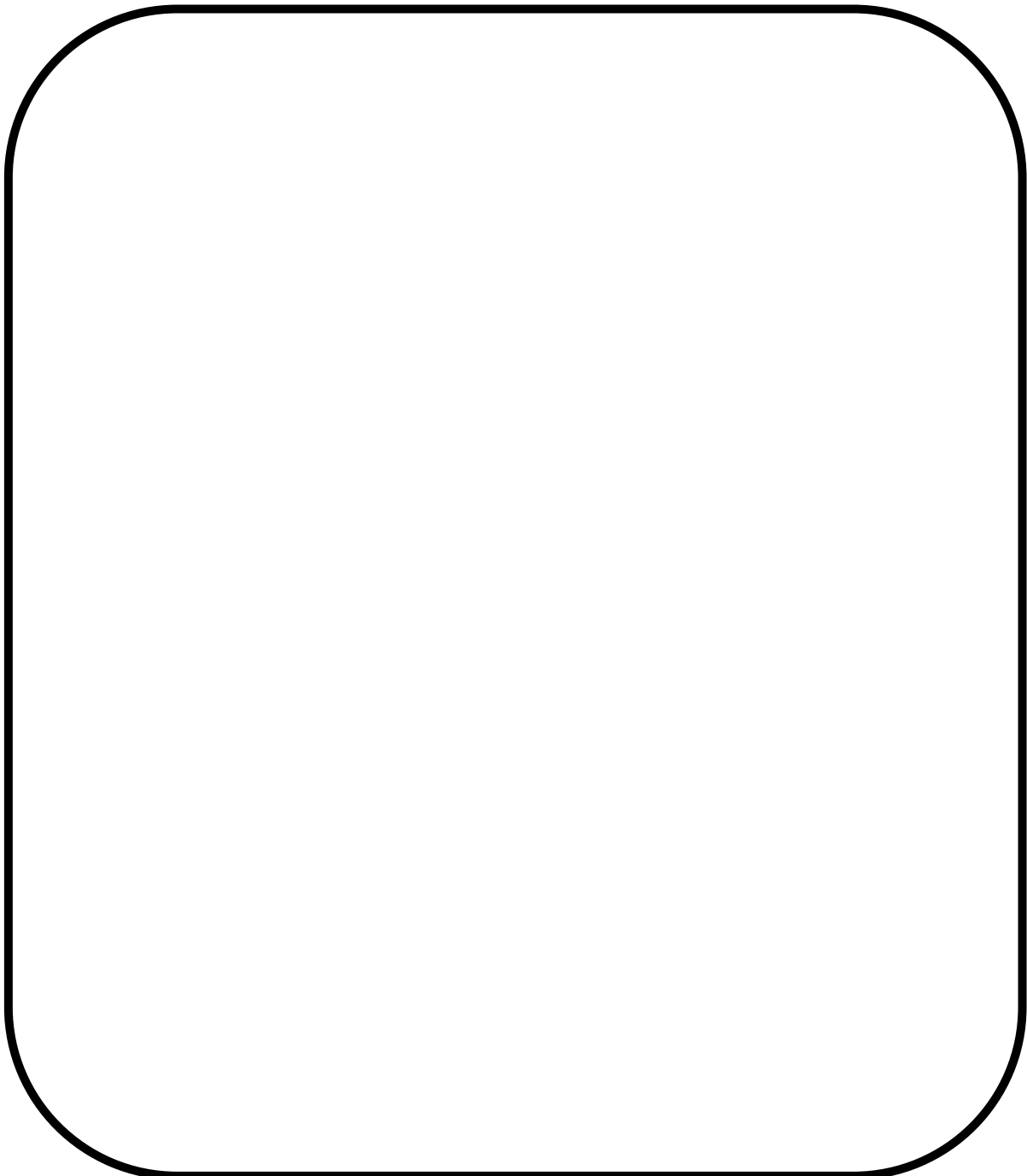
Profile picture:



THESE ARE THE FAMILY MEMBERS WHO ARE ON BOARD WITH ME:

I have been joined by (don't forget about your pets):

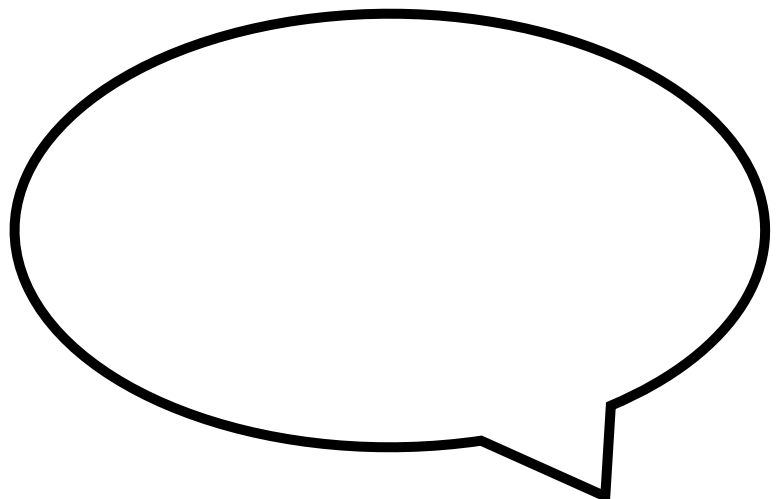
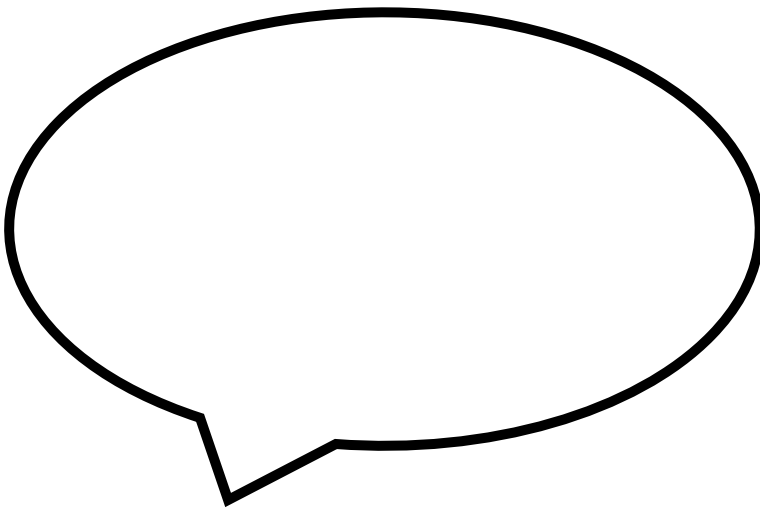
Here you can draw your family or you can glue a family photo in the frame (to remember these special times you and your family can wear face masks in the picture):



Who else is a member of your family, but isn't with you at the moment?

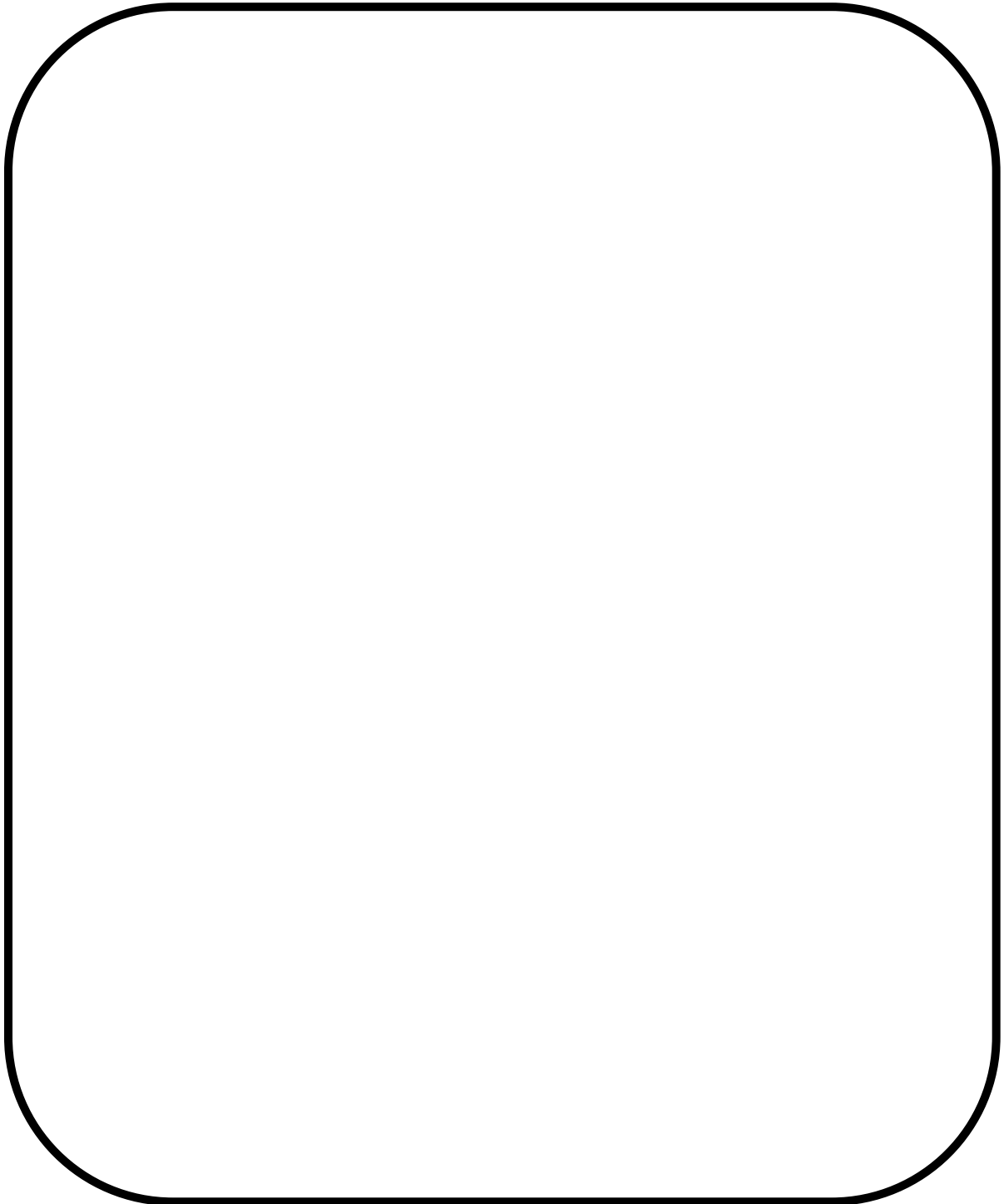


Who do you miss? You can write them a message!



Do you have a favorite place on your rocket? A corner, where you like to rest?

You can draw it, take a photo or write something about it:



Maybe you haven't discovered such a place, so try to explore your rocket, room by room, and find out where you feel good the most. Where do you prefer sitting, lounging... Maybe it's somewhere, where you're alone, or quite the opposite - where you're surrounded by your family?



Sometimes our favorite place („safe space“) is located somewhere else, where you can't go at the moment. So, try to settle down comfortably and relaxed - sit or lie down, as you please. Close your eyes and try to remember what it's like. If you haven't got one yet, try to make one up. You can imagine you're in it at this very moment... What is it like? What do you see? What do you hear and smell? When you want to, you can open your eyes, but keep your pleasant feeling of safety.

You can return to your safe space any time. You can draw it or tell your parents about it:

A large, empty rounded rectangular box with a thick black border. The corners are smoothly rounded, and the interior is completely blank, intended for a child to draw their safe space or write about it.

WHAT AM I EXPERIENCING ON THIS EXPEDITION?

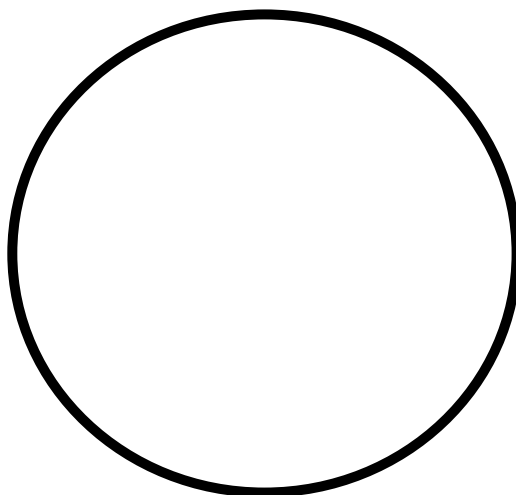


Every one of us is experiencing all kinds of emotions. Sometimes we're happy, sometimes we're sad, angry or scared...

What are you feeling right now? Express your feelings in any way you want.



You can imagine this circle is a pie. In it, using different colors, mark how strongly you are feeling various feelings - how big are the happiness, sadness, fear or anger parts at this moment.





What has made you happy recently? _____

What has saddened you? _____

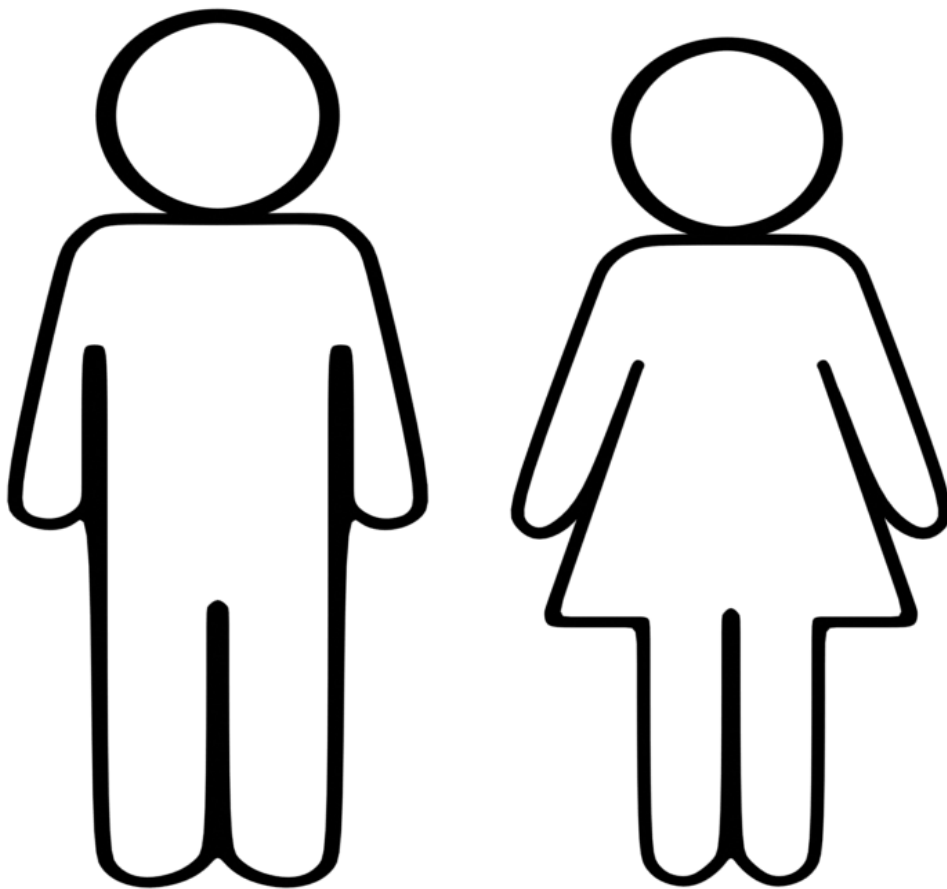
What has angered you? _____

What has frightened you? _____

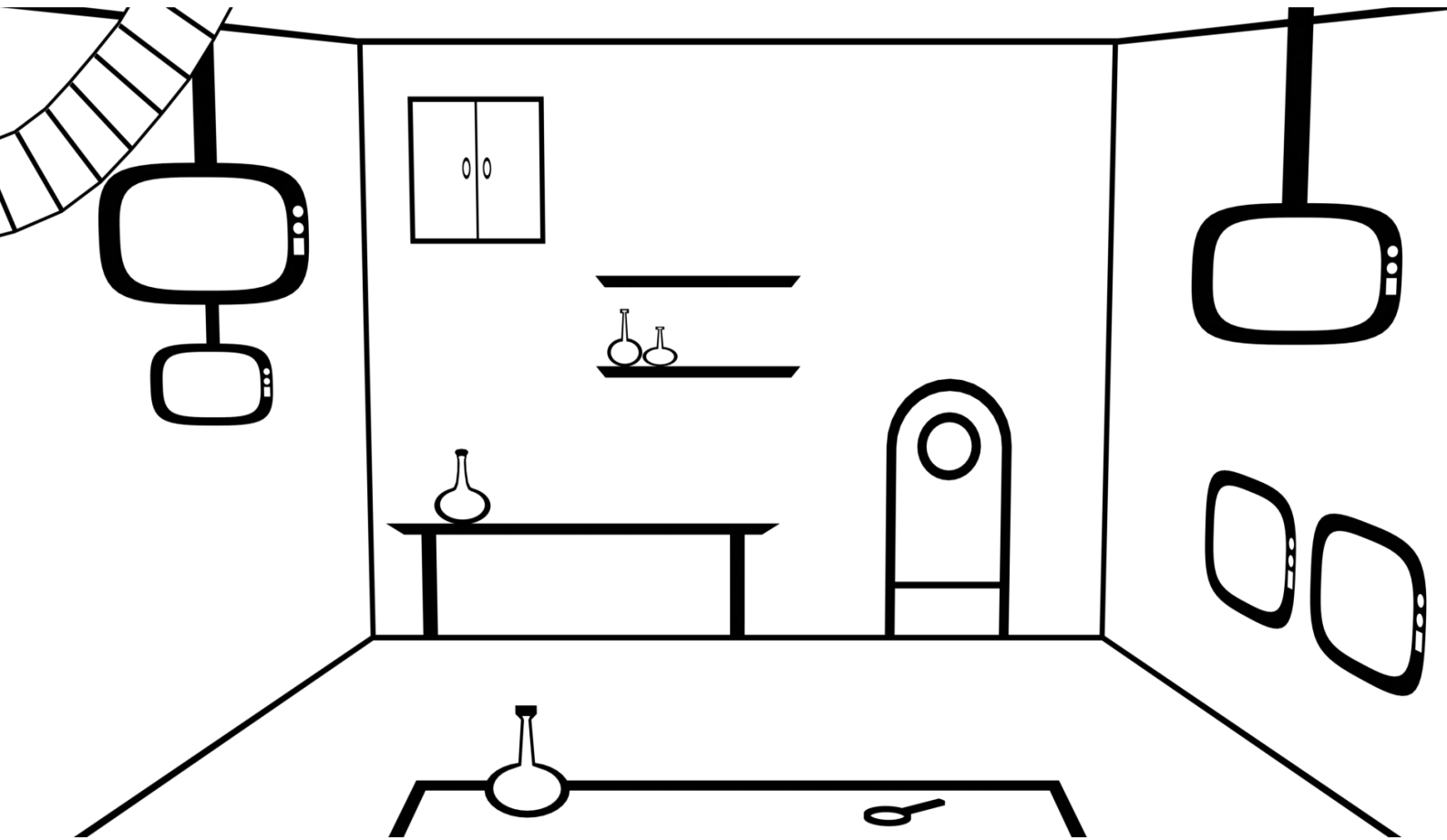
You can also write about it, or tell someone at home about it.



Did you know that all of our emotions „live“ inside our bodies? You can choose different colored pencils - one for each emotion, and try drawing, where in your body you feel those emotions the most.



THIS IS YOUR LABORATORY. YOU CAN EQUIP IT ANY WAY YOU'D LIKE:



Write or draw, what first comes to your mind, when you hear the word *coronavirus*:

A large, empty rounded rectangle with a thick black border, intended for the user to write or draw their response to the prompt above.

What do you know about it? _____

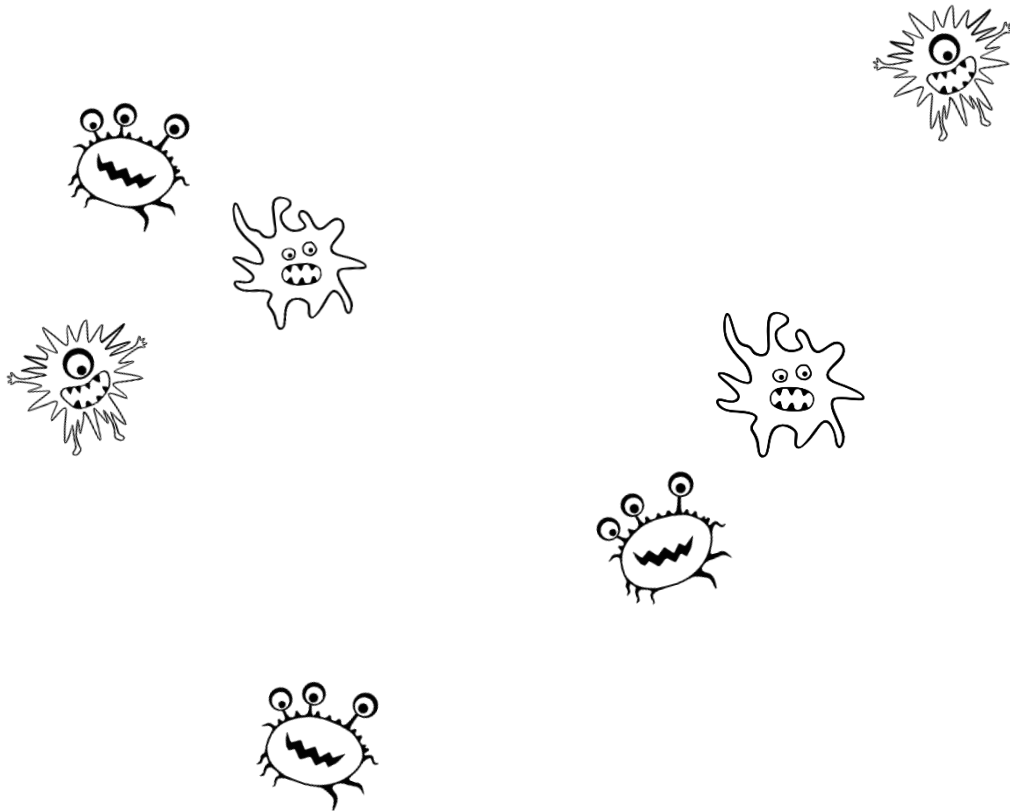
Draw or stick a meme (funny picture) about the coronavirus here:



Do you remember when you first heard about it? Do you remember the day quarantine started? What do you remember the most? You can draw or write about your last day in school.



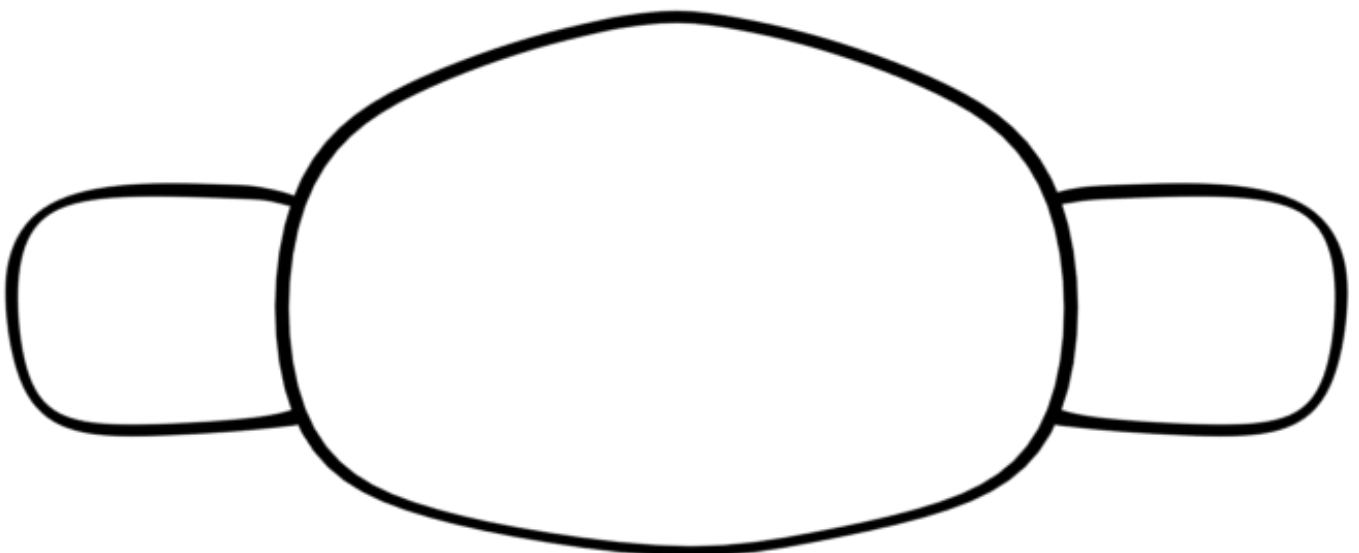
WATCH OUT! THERE ARE A FEW VIRUSANTS FLYING AROUND YOUR LABORATORY! TRAP THEM INSIDE YOUR TEST TUBES AND DON'T FORGET TO DRAW THEIR LIDS!



AS A TRUE EXPLORER YOU KNOW VERY WELL WHAT HELPS IN THE FIGHT AGAINST CORONAVIRUS:

A FACE MASK

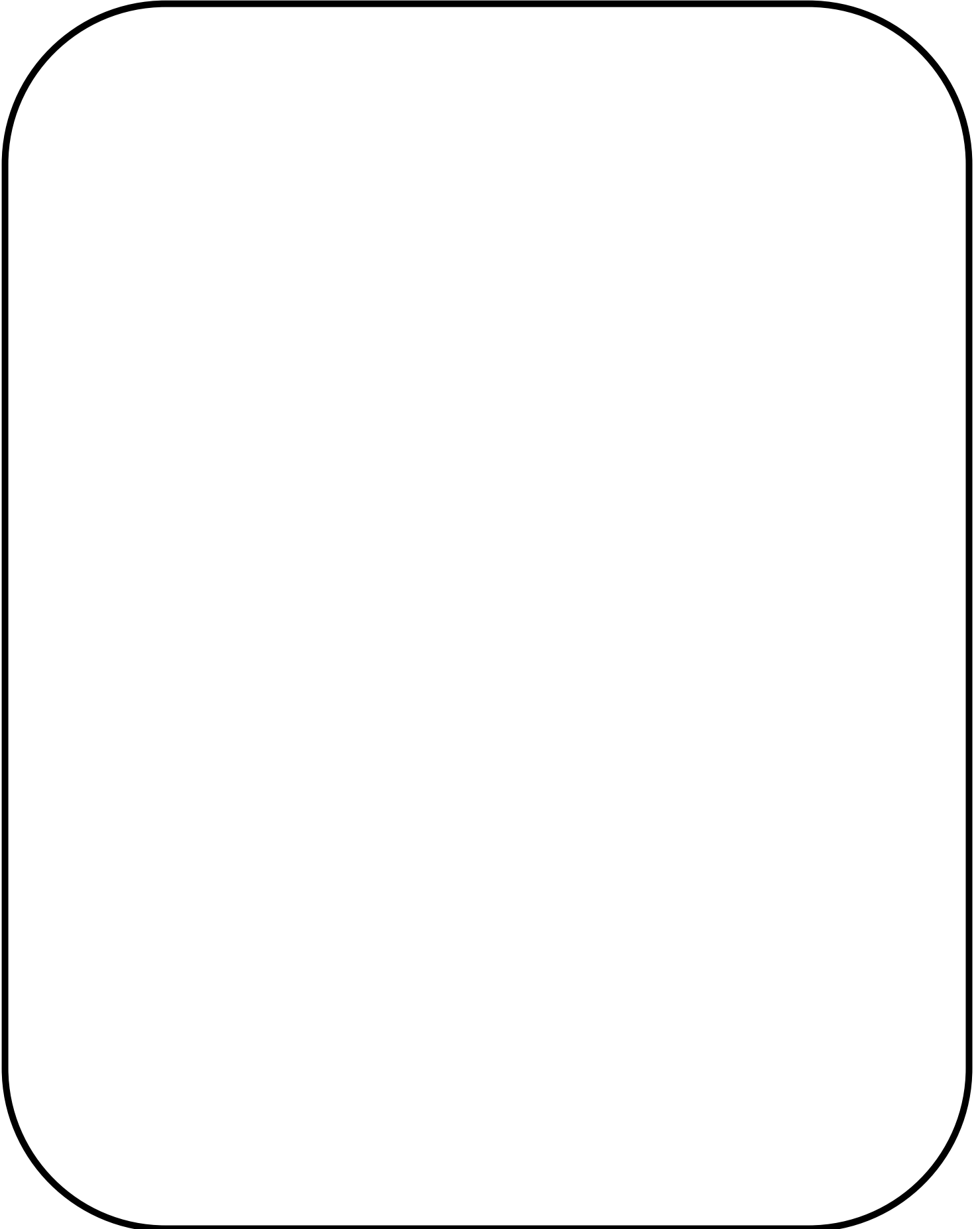
You can create and draw your own design for your mask.



WASHING YOUR HANDS

Here you can draw the outline of your hand. Color it in, if you want.

If you like drawing outlines of hands, here's enough space for hand outlines of all your family members!



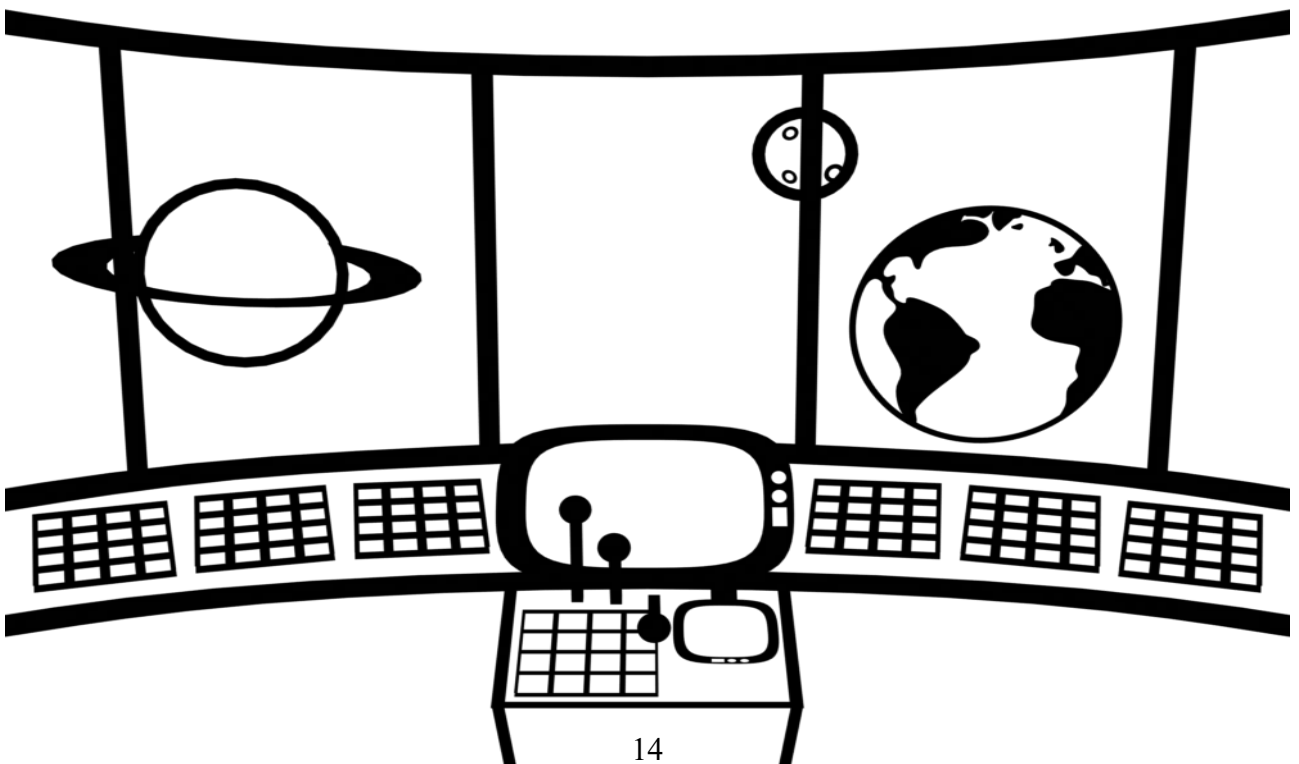
DISINFECTANT

Spray the Virusants with this rainbow disinfectant!



SAFETY DISTANCE

Is there someone you'd like to be in more contact with? In what way? (videocall, playing video games over the internet, chatting in a class group, phone calls, classic letters...)



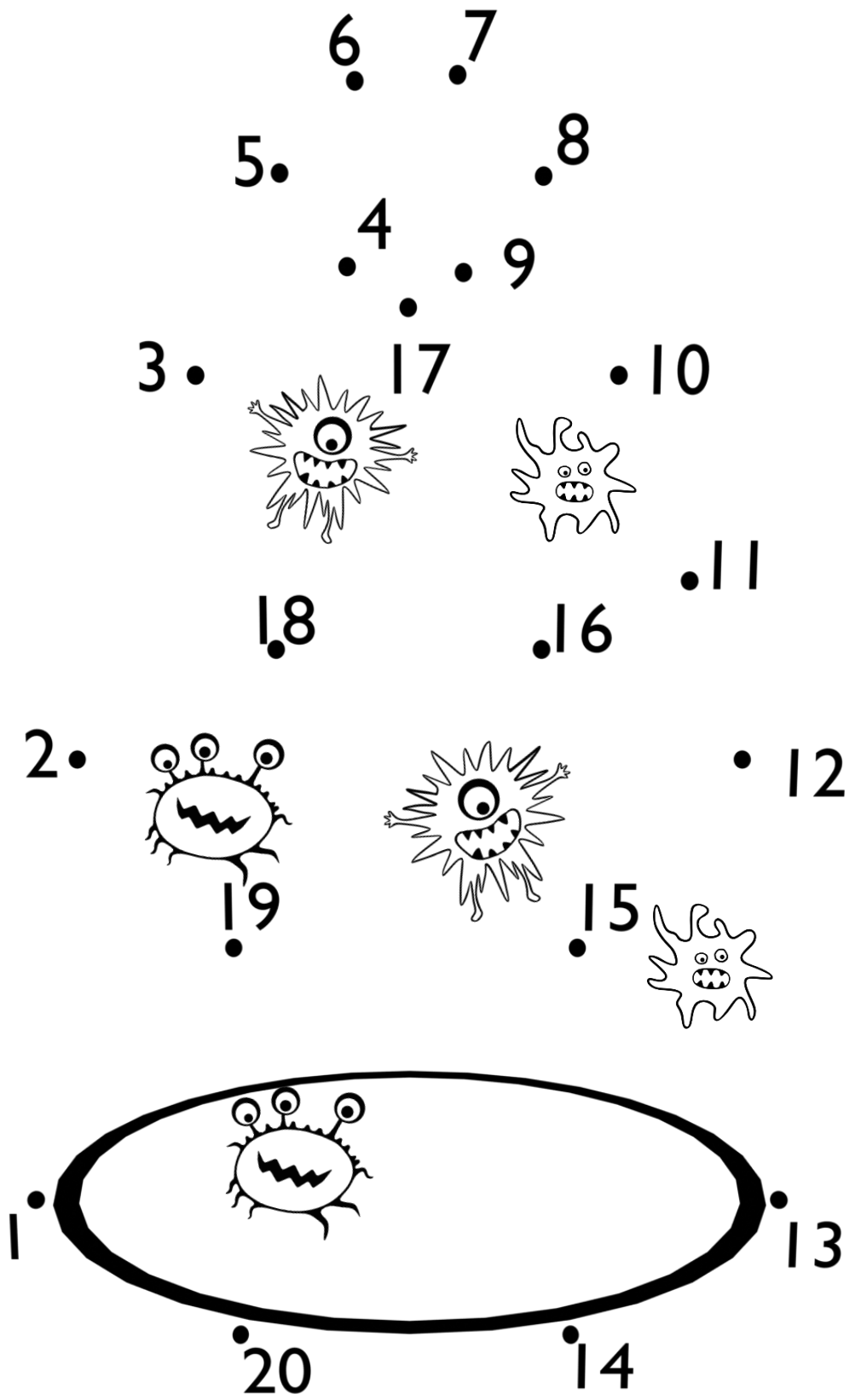
WHAT ELSE IS HELPFUL?

Being in a good mood, dancing, sleeping well, eating healthy food, resting, being creative, exercising, contacting friends, helping people, a good book and many other things!

Draw or write what helps you the most.

A large, empty rounded rectangular box with a thick black border, intended for a drawing or written response.

ALERT! EVEN MORE VIRUSANTS HAVE ESCAPED FROM THE LABORATORY! TRAP THEM IN THE CAGE, QUICKLY!



WELL, THAT WAS TENSE! WE SHOULD CALM DOWN!



BREATHING

When we breathe slowly and calmly it calms our thoughts and emotions. You and your parents can try this exercise: lie down and put your favorite plush toy on your stomach. Your parent counts to three while you're deeply inhaling, and then counts to three again while you're exhaling. When doing so, watch how your toy is traveling up and down on your stomach. You can also use your hand instead of a toy and watch how it travels up with your inhale and down with your exhale.

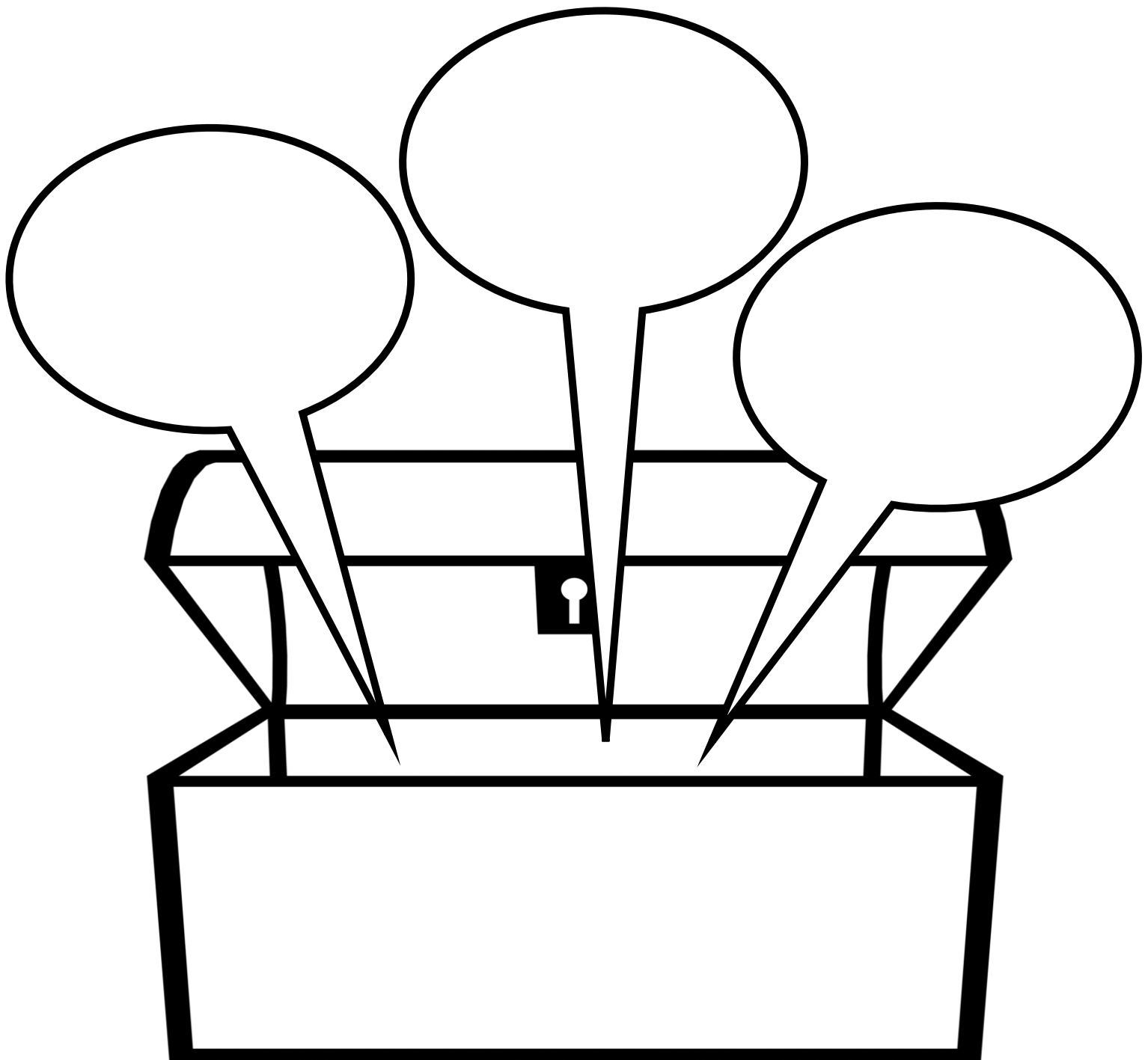
SUMMON YOUR ENTIRE CREW TO THE CAPTAIN'S BRIDGE! THE TIME HAS COME FOR A FAMILY CONSULTATION, BECAUSE YOU ARE NEARING PLANET CORONA.

Ask you parents, grandparents or other family members what it was like when they were your age. Ask what they liked, what were their friends like, what kinds of games they played... Do they perhaps have any photographs from those times? You can stick the photograph here or draw how you imagine they looked like.



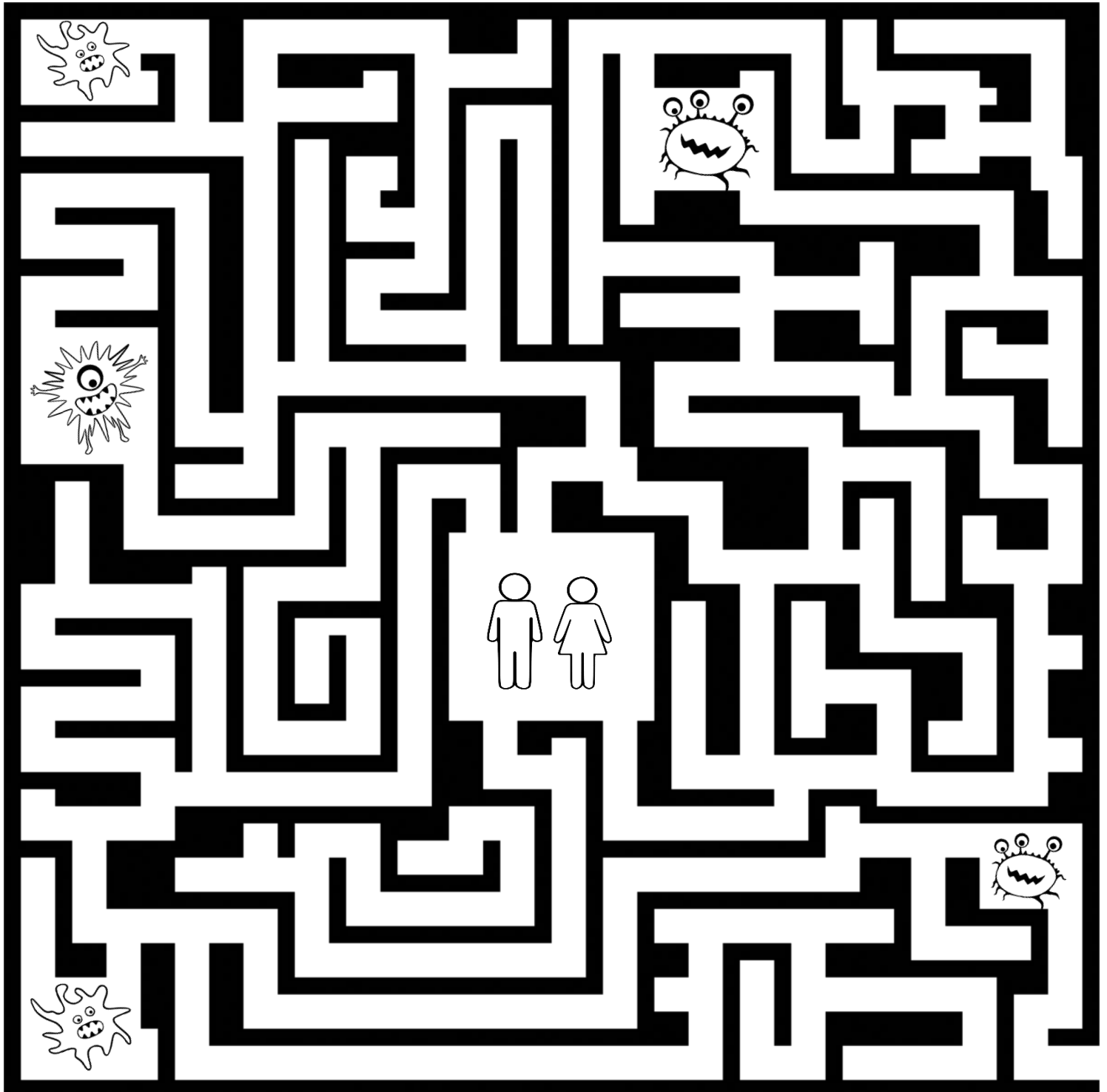
You can ask them which obstacles they had to overcome as children and what they found to be most helpful in those times.

As a family, try finding as many ways as you can to ease difficult times in life. You can write them all down in this chest, because advice like this is truly a family treasure...



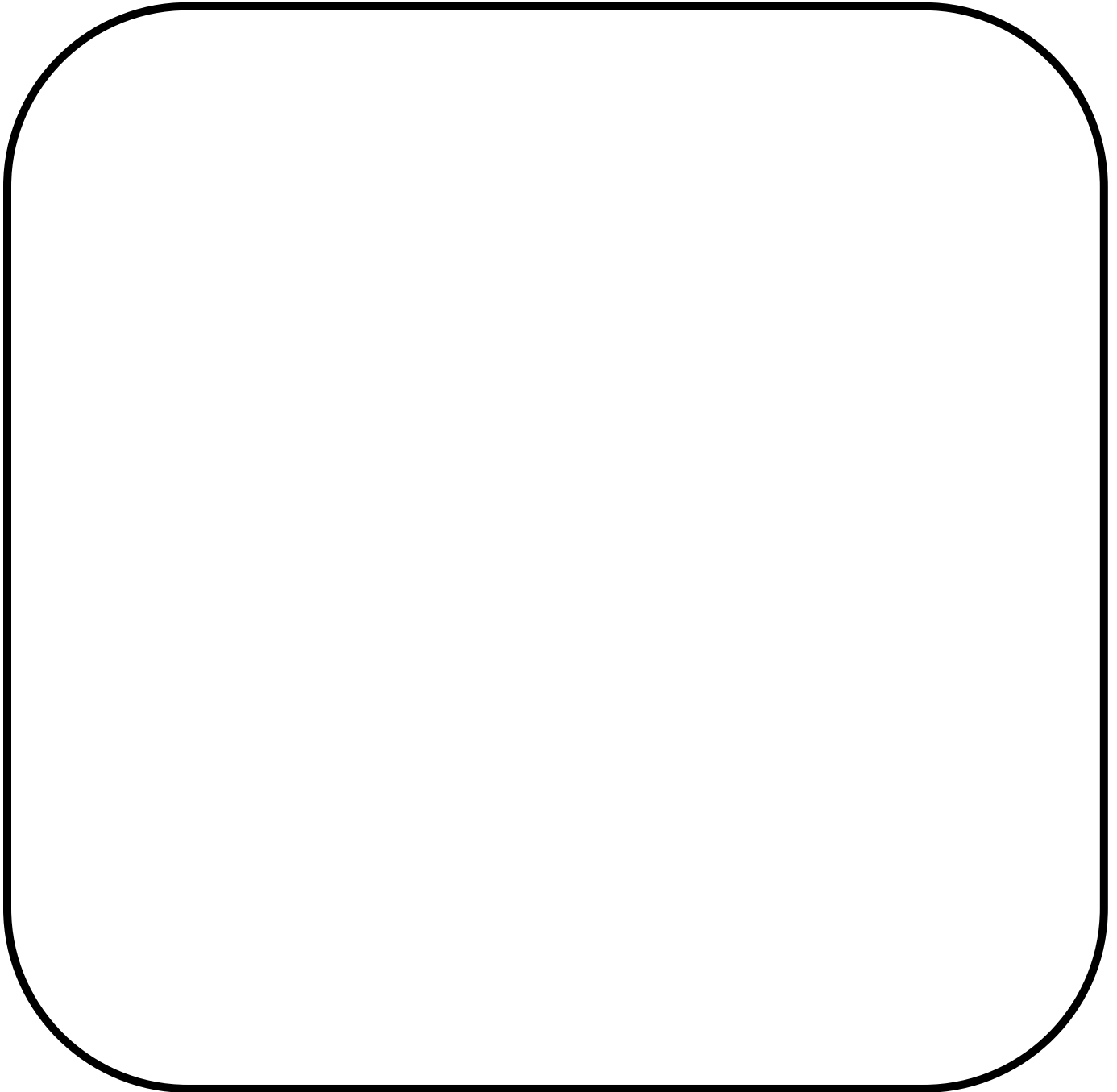
ASK THEM TO HELP YOU FIND A WAY OUT OF THIS LABYRINTH.
BE CAREFUL, A FEW LOOSE VIRUSANTS ARE HIDING IN IT!

Try making up more ways to get rid of them (putting a sticker over them,
coloring over them, cutting them out...).



WE HAVE ARRIVED! WE'RE LANDING ON PLANET CORONA.

You can draw it and unload all Virusants from you rocket on its surface!
Don't forget any of them!



WELL DONE!

**YOU CAN PLAY THIS WELL-DESERVED FUN GAME ON YOUR WAY
BACK HOME.**

A GAME OF SENSES

Prepare a dice. The numbers represent individual senses:

1 SIGHT, 2 SMELL, 3 TASTE, 4 TOUCH, 5 HEARING, 6 is a WILD CARD.



WILD CARD

Throw the dice. The number you threw represents one of the senses. Look around the room and find something that's pleasant to (1) look at, (2) smell, (3) taste, (4) touch, (5) hear/listen to. If you throw a 6, you can make up anything else you find pleasant. Play this game with your family.

EDUCATION IS OF GREAT IMPORTANCE FOR EVERY EXPLORER.

You can draw a picture of your school.



How do you like long distance schooling? _____

What are the pros and cons of such schooling? _____

Whom or what from school are you looking forward to the most? _____

LIVING IN A ROCKET IS AN ADVENTURE, BUT IT HAS ITS LIMITATIONS.

What can't I do now? _____

What CAN I do? _____

What am I missing? _____

What do I HAVE? _____

WE ARE NEARING OUR DESTINATION! WE WILL BE LANDING ON PLANET EARTH SOON! HOORAY!



You and your family have spent a lot of time in your rocket.

Of all the things you've experienced, which ones would you like to keep forever?

Have you tried anything new? (juggling, making pancakes ...) _____

HAVE YOU TRIED DOING THE SCARED PEPPER EXPERIMENT?

You will need:

- a bowl of water,
- pepper,
- toothpick,
- detergent.



Sprinkle the water's surface with pepper. Take a toothpick and dip it vertically in the middle of the bowl. What happened? Nothing!
Now dip the tip of the toothpick lightly into the detergent and dip it vertically again in the middle of the bowl. What happened this time?

YOU JUST WITNESSED WHAT HAPPENS WHEN VIRUSANTS GET FRIGHTENED BY SOAP - IT'S SCIENTIFICALLY PROOVEN!

HERE YOU CAN STICK PHOTOGRAPHS, DRAW PICTURES AND WRITE DOWN MEMORIES OF ALL THE WONDERFUL THINGS YOU'VE EXPERIENCED ON YOUR EXPEDITION:

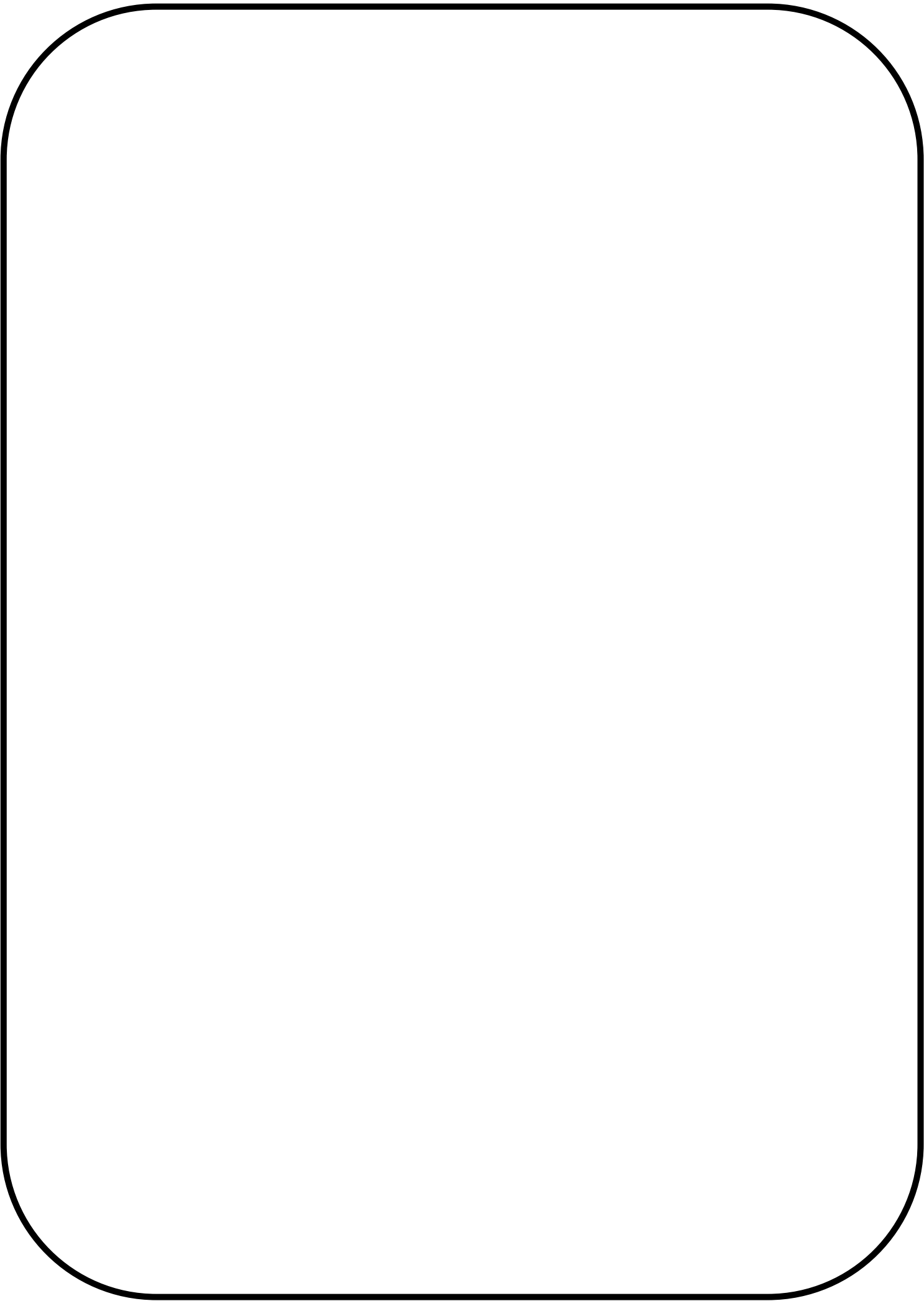


YOU CAN FINALLY EXIT THIS ROCKET. YOU'VE RETURNED TO PLANET EARTH.



This piece of paper is your exit platform. Step on it and close your eyes, if you want. Try to „watch“ how firmly you're standing, when your feet are touching the ground. You can imagine that you are a tree and that there are roots growing from your feet into the ground. You are standing really firmly. You can test how firmly (as a tree) you are able to stand in wind, during a storm, or even a tornado! You are deeply rooted into the floor.

NOW YOU CAN ASK SOMEONE TO DRAW AN OUTLINE OF YOUR FEET:

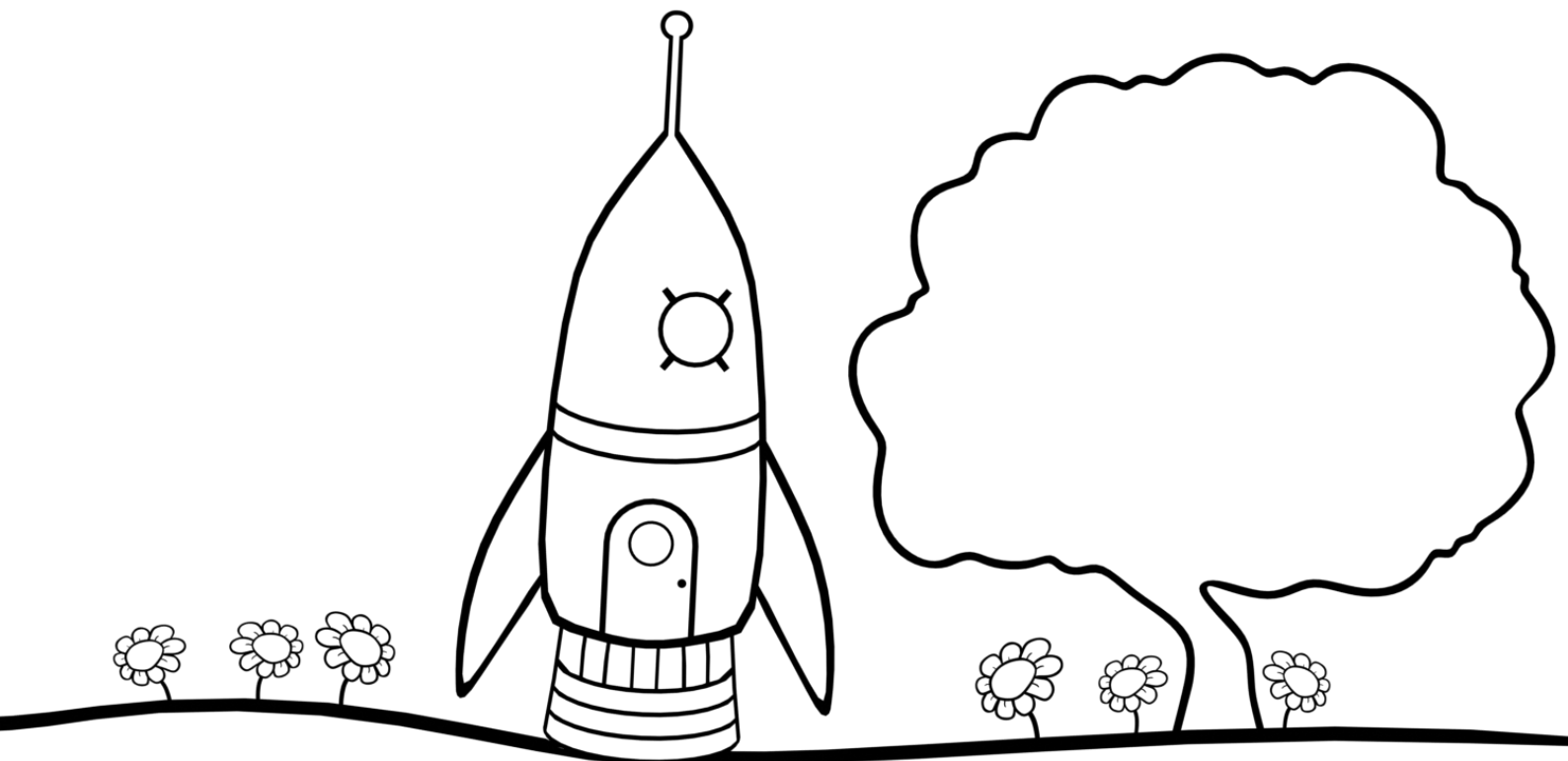


You can step into your outline and remember how firmly you are able to stand any time you'd like...

Are you standing? Is the outline finished? Now you can think of your own way to exercise!

YOU CAN DO A SOMERSAULT (FORWARD ROLL), DANCE OR JUMP LIKE A FROG!

THE EXPEDITION IS COMPLETE!



Dear parents!

You are holding a workbook for children, which is substantively focused on their experience of these unusual times. It offers a place, where your children can write down, how they have been experiencing these times, but also ideas how to cope with everything (as a family).

Every child is different. Some will want to fill the tasks alone, some will feel better if you take them head on as a family. Some like writing, some prefer drawing... The goal isn't to necessarily complete all tasks. We provide different approaches to some topics. There is a meaning to the order of the tasks, but you can skip the ones your children won't like.

Finishing the tasks should be fun for children. Becoming another „school obligation“ definitely isn't their purpose. Take advantage of your children's knowledge and skills, try doing them in a creative way. Let them become a tool that may help you open various topics in your family's debates.

When doing some tasks, your children will probably need your help (for example: when finding and copying photographs).

Some tasks will include this symbol:



This means that we advise you joining them.

We wish you lots of fun!

This workbook was created for you by:

Idea and text: child psychologists Mgr. Klára Veselská and Mgr. Dominika Kociánová (Alivio centrum, Prague, Czech Republic) and playwright MgA. Alice Čop (Slovenia)

English translation: Noemi Čop

We are truly thankful to Žiga Aman for his graphical design.

A special thanks for spontaneous children's ideas to Daniel Horský.