

MY PANDEMIC STORY

During COVID-19

Supporting children's mental health amid the pandemic
using truth and science



A guided activity workbook for the world's children, their families, teachers and caregivers. This simple and straightforward guide encourages safety, mental health, creative expression, learning and coping. Use it any time to help children and teenagers overcome and go beyond bad memories and fears, especially now during the Coronavirus pandemic.

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Guide for Parents, Grandparents, Teachers & Caregivers

This book derives from evidence-based experience helping strengthen the mental health of children, including disaster victims. Its purpose is to give networks of children and their adult helpers ways to guide children's mental and emotional strength, promoting children's healthy, active coping with stress.

You are part of a world, a nation and society which cares greatly about its children, its families, and those who work to help children. Yet it is not always an honest world. Many children don't understand fully or trust reasons given them why they are sheltering in place. Yes, it is truly to stop the spread of illness and deaths. The 2020 pandemic caused by the novel corona virus (COVID-19) has created one of the greatest challenges in history for all people on the planet. Responding to this challenge by working together as a trustworthy network for children may save hundreds of thousands of lives and at the same time do lasting social good. As a helper of children, it is your privilege to try to help them connect together with you at a time of great importance in their lives. You may help change a stressful, possibly traumatic situation into a constructive learning and coping experience, promoting trust, knowledge and emotional strength in the midst of disaster and political confusion. Getting mentally active by going past painful facts and memories, putting them in a bigger and positive perspective is an important step. Our focus is to build strength for the future without either dwelling on or forgetting the suffering. Remembering, curiosity, learning and planning are needed for children to help build a better tomorrow. Honesty is especially needed because as they grow and learn, today's children will realize that their governments had warnings of the pandemic. Governments could have prevented many of the COVID-19 pandemic deaths. The sense of betrayal by dishonest and deceptive leaders will add to their psychological pain. Adult honesty and even admissions of errors right now can reduce that pain and lead to constructive childhood development.

This workbook is for giving psychological first aid right now. When you engage with children in allowing an honest process of "shared remembering and problem solving" your presence, thinking and feeling together with the children can help them feel cherished and safer. The social glue provided by a family member, a teacher, caring friends or shelter workers helps connect and protect a child or any person from feeling helpless and overwhelmed. Here are some things to help you remember a helpful process if you are guiding a child or a group of children in the use of this book.

If you are back in school, draw a circle around the words that are true:

Since the pandemic happened, sometimes when I go to classes I feel like this:

Worried	Safe	Not Safe	Calm	Sad
Nervous	Tired	Afraid	Relieved	Lucky

Here is a drawing about something I learned in school:



My Personal Story



Now, here's my personal story, about things I might be the only one to know:

How I found out:

I heard of the pandemic from _____

Here are some things I learned about the pandemic:

I learned that COVID-19 causes _____

I know how to prevent getting sick from COVID -19 virus:

Ways to prevent infection, I _____

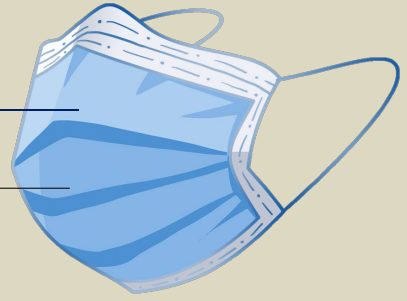
What I Was Thinking At The Beginning Of The Pandemic

Circle all the words in the boxes that describe how you felt.

Right after I learned about the pandemic, I felt:

Afraid	Nervous	Excited	Sad	Relieved
Happy	Upset	Frightened	Helpless	Dizzy
Guilty	Sweaty	Lonely	Sick	Hopeful
Numb I couldn't feel anything.		Worried	Shaky	
Glad		Alert	Bad	
Mixed up		Sorry for myself	My heart was beating fast	
Like I was in a dream		Tired	Angry at someone:	
Angry at myself		Clear minded	Sorry for others	

I saw many people feeling panicky and purchasing masks and disinfectants. When I saw that news, I felt



When my parents told me to wear a mask when we went out, I felt



When my parents told me to wash my hands, I felt

Most of the time I needed to stay at home and

I felt

I heard news that some sick people had died. I felt

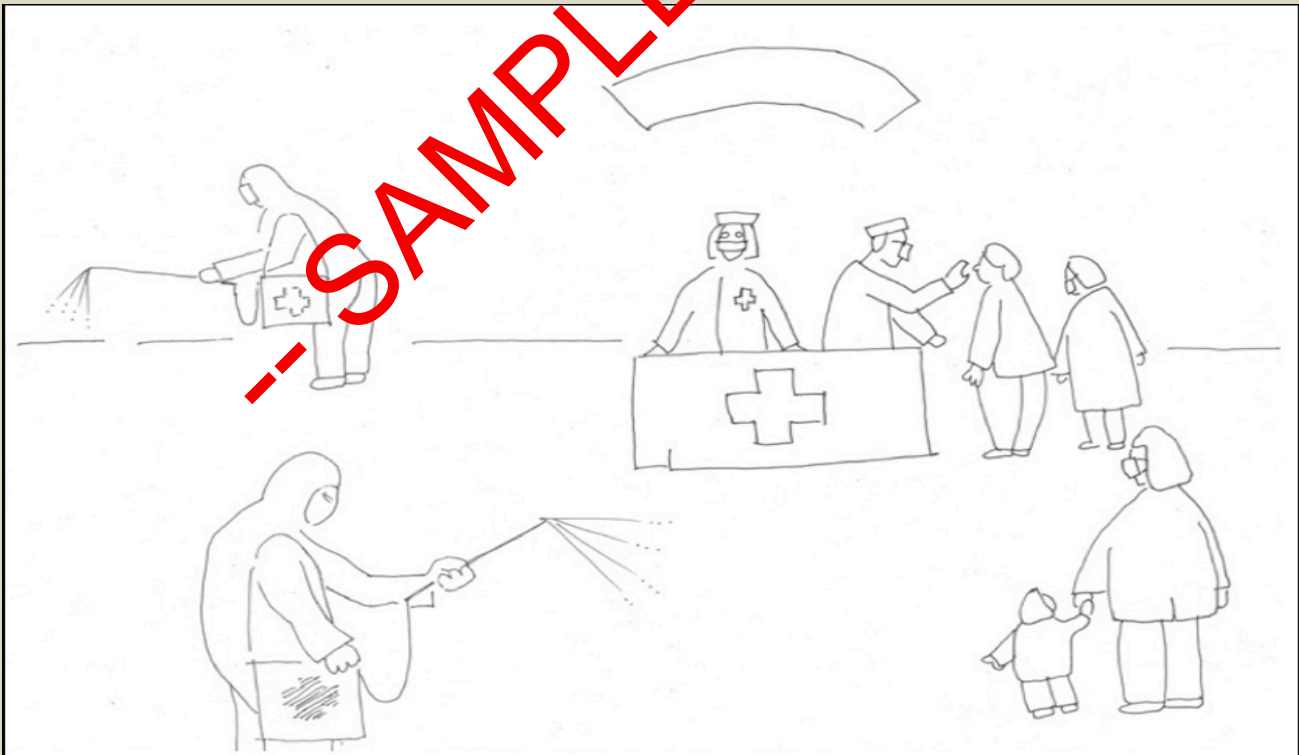
I heard news that many sick people had recovered. I felt

My school made new ways to continue our classes. I felt

More medical support



Preventive Measures that were Used to Stop the Spread



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I can ask for help. One day after the outbreak started, I needed help:

Here is a picture of me asking for help



This is what I needed help with: _____

WHEN DO CHILDREN NEED MORE HELP?

UCLA Brief COVID-19 Screen for Child/Adolescent PTSD ©

Name: _____ ID# _____ Age: _____ Sex: ☐Female ☐Male
Grade in School _____ School: _____ Teacher: _____
City/State _____
Interviewer Name/I.D. _____
Date (month, day, year) ____/____/____ (Session # _____)

The coronavirus illness has made a lot of people very scared and worried about their own safety and health, and the safety and health of their family and friends. To help me understand how you are doing with what is happening, I'd like to ask you some questions about some ways that we know people react to this kind of danger. For me to better understand your answers, it's helpful for me to ask you a few questions first.

Have you or someone close to you gotten very sick or been in the hospital because of this illness?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you or someone close to you been quarantined because of having symptoms of this illness?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you or someone close to you been told of a positive test for this illness?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does someone close to you work around people who might have this illness?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you or a family member had to move away from home because of this illness?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has anyone close to you died because of this illness?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If yes, can you tell me who? _____

Military Families

Has a military member of your family been deployed to a place where people have this illness?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you and your family been quarantined and made to stay on your military base?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has a military member of your family been unable to return home or leave a foreign country because of being quarantined or because of having this illness?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Has anything else happened to you/your family because of this illness that has been very upsetting?	<input type="checkbox"/> Yes <input type="checkbox"/> No
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Describe: _____

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