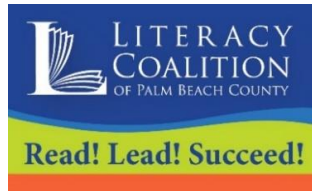


READ and THINK before you ACT.



Leading through Reading

Dealing with Change (3-5)

READ



Sometimes we are excited and happy when change happens. Many times, we feel nervous and uncertain when things are new or different.

There are many changes happening lately because of the coronavirus. It is important for you to think and talk about how you feel about those changes. If the changes that are happening make you feel nervous or confused about facts, read [Coronavirus: A Book for Children](#) by Elizabeth Jenner, Kate Wilson & Nia Roberts.

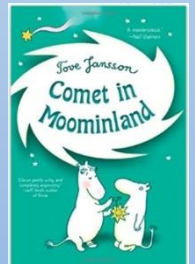
When change makes us stop going places, having things, and seeing people that we would rather not give up, it can make us feel loss, sadness, and grief. People usually say they are grieving if they lose someone they love, but grieving can follow any type of loss. For example, some people are grieving because the spread of coronavirus has caused the loss of daily routines, school, work, and special plans.

Whenever you are feeling sadness and loss because of changes in your life, it is important to:

- Allow yourself to feel what you feel
- Be patient with yourself
- Keep a routine which includes exercise
- Eat and rest well
- Practice mindfulness and relaxation exercises

Read to escape from stress!

[Comet in Moominland](#) by Tove Jansson may be the perfect book to make you feel better. Moomin and his friend are afraid of the arrival of a comet that could be the end of their world. When the comet does arrive, there is no crash. They realize that their fears had been misplaced.



THINK

Have recent changes been making you feel nervous or sad? How can you bring more calmness in to your day?

ACT

To help you to feel relaxed, breathe deeply while trying this muscle relaxation exercise:



Start by gently squeezing and tightening the muscles in both of your feet. Then, slowly release.

Next, squeeze the large muscles in your calves for five seconds, then gently release.

Working your way up your body, squeeze your thigh muscles for five seconds, then gently release.

Continue the squeeze and release process up your body with your stomach, hands, arms, shoulders, and neck.

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacyabc.org