




Commissioned by




Name: _____

MANAGING UNCERTAINTY

THANK THE HELPERS

Think of all of the people that have been helping us through this time. Brainstorm a list of helpers in your community (e.g., doctors, nurses, police officers, firefighters, grocery workers, delivery people, janitors, etc)...

HELPERS	HOW THEY HELP US

Pssst... when you think about all of the people out there helping, it may help you feel better during uncertain times.



REFLECTION:

Which type of helper was new to your list?

How might you thank the helpers in your community?

How does it feel to let others know you appreciate them?

Write a thank you note or draw a picture for a helper telling them how much you appreciate their help during this time.

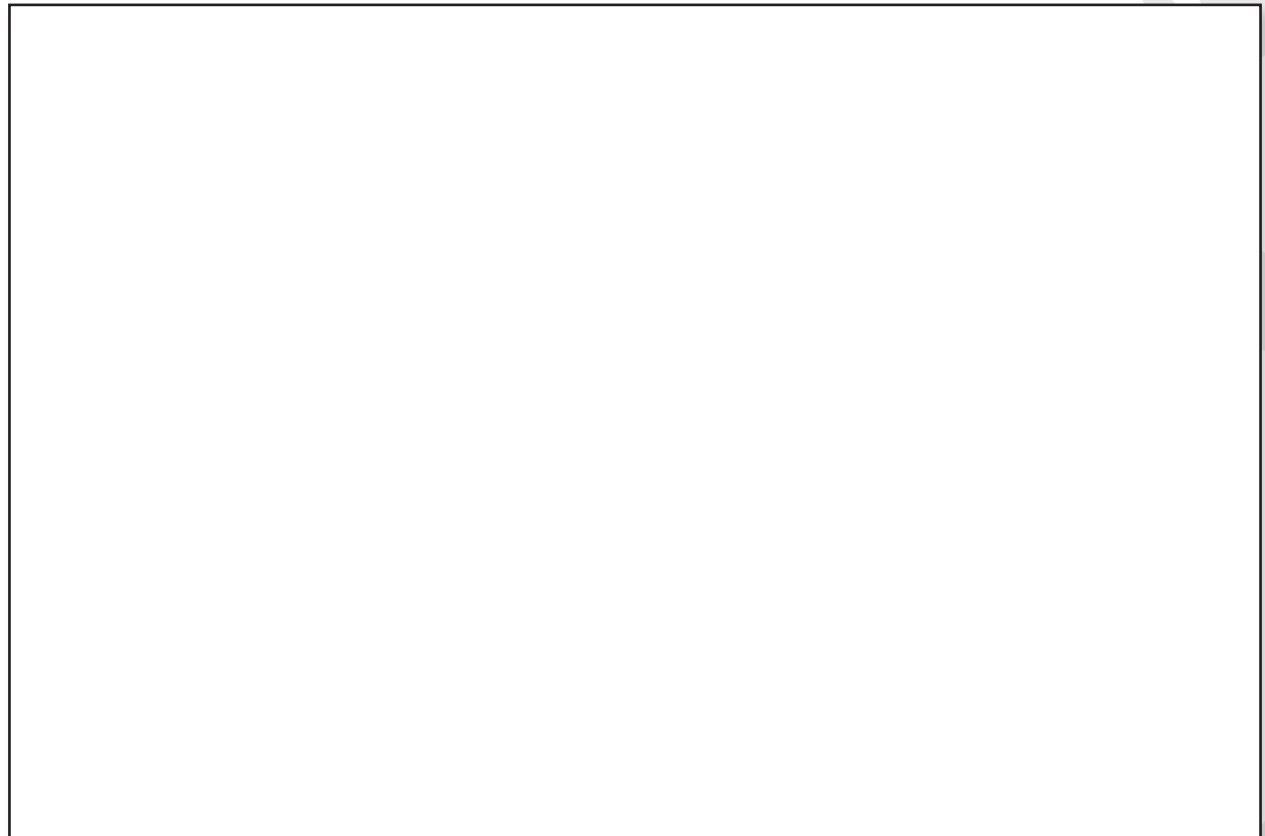
Dear _____,

I am thankful for your help because _____

_____.

You are really good at _____. Thank you for taking care of our community!

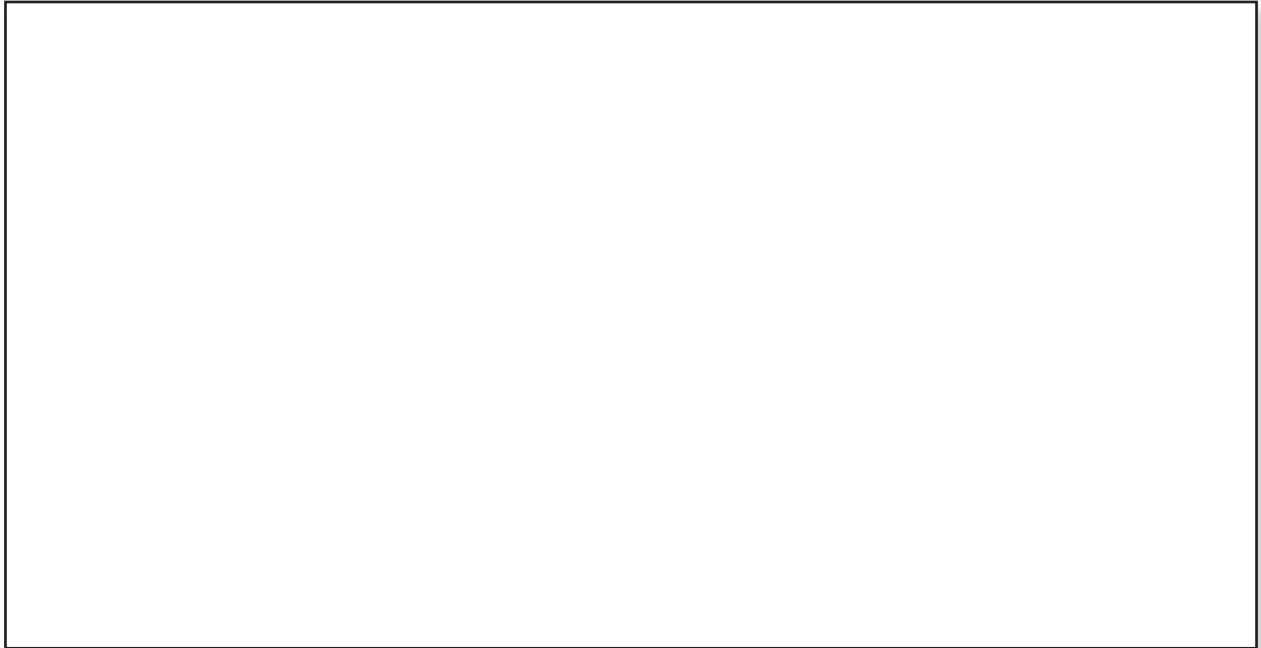
From,

A large empty rectangular box with a black border, intended for drawing or writing a picture or note for a helper. In the background, there is a faint, light gray illustration of a gear and a hand holding a pencil.

JOURNAL ENTRY:

What change happened during this time that ended up being really great?

Or...Draw and/or write about something that changed during quarantine that ended up being really great.



REFLECTION:

What were your original thoughts when you experienced the changes of quarantine?

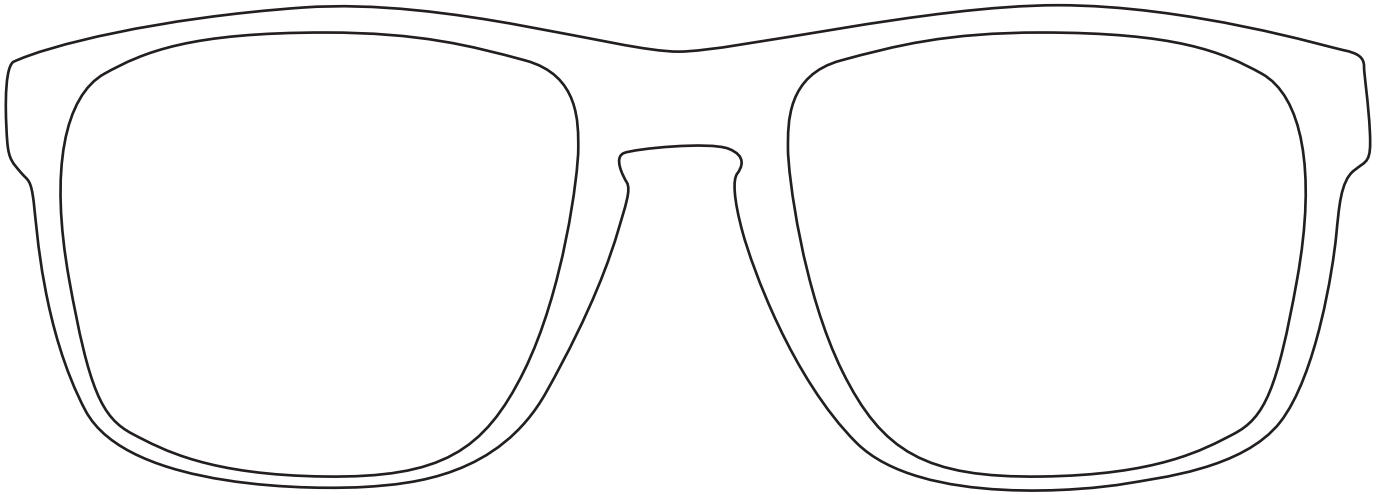
How did the change end up turning out well?

Did you have to change your thinking about the quarantine? If so, how?



Managing Uncertainty

Draw two great things that happened during quarantine in the lenses below.



I choose
the
bright side!

