Staying Safe, Happy, and Healthy

Colouring Book for Children During the COVID-19 Outbreak

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Staying Safe, Happy, and Healthy

Colouring Book for Children During the COVID-19 Outbreak

Developed by the International Organization of Migration and
Metanoia Mental Health Services and Resource Center
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Mingalarbar, Children!

We are very happy you are here to colour and learn about Staying Safe, Healthy, and Happy during COVID-19 outbreak. This is a challenging time but we can overcome it together. This is the time that we can support each other and take care of ourselves as best as we can.

When using this book, do remember……

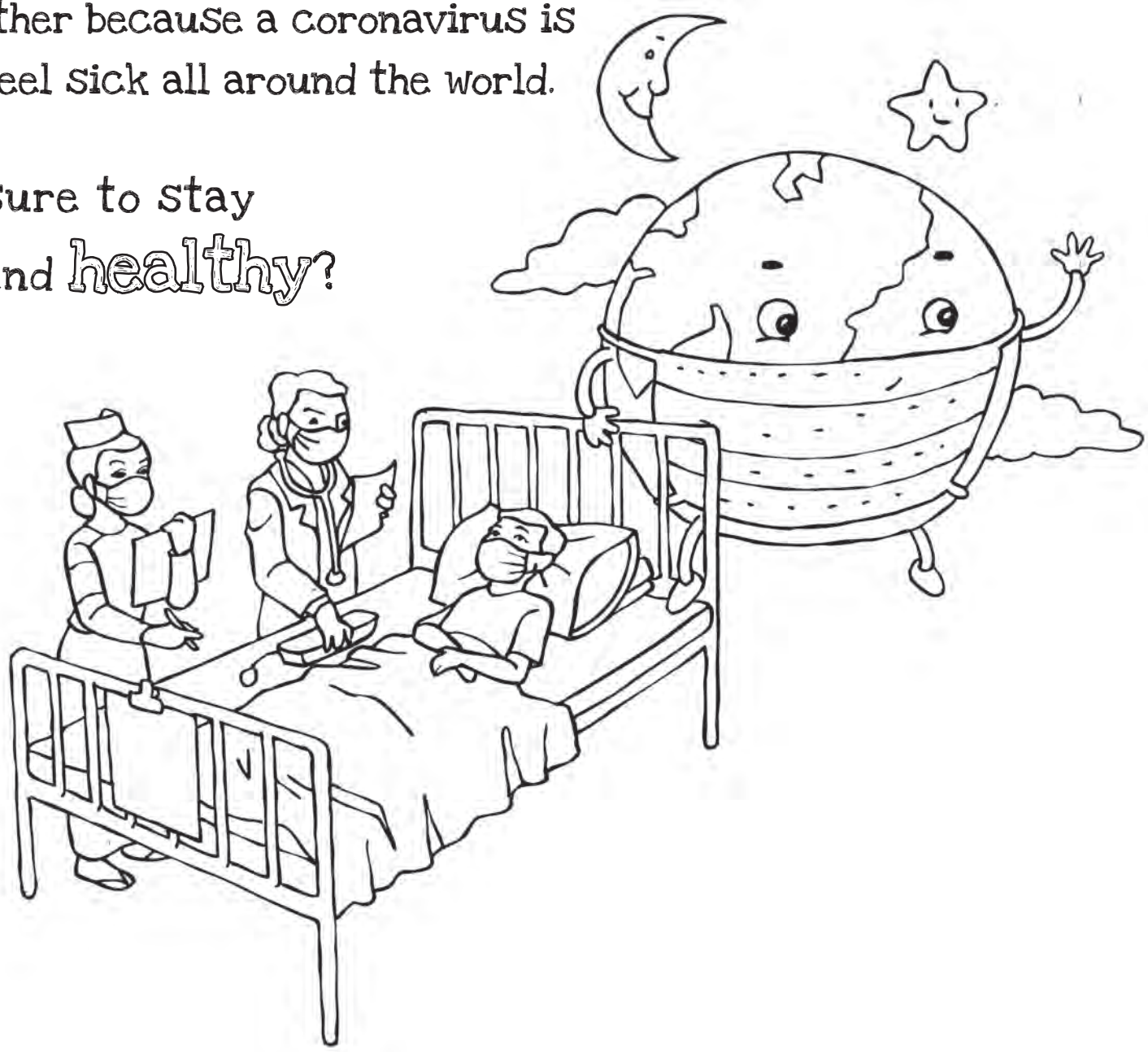
- To read the first part of the book which has words and instructions. You can read it by yourself or with a parent, an older sibling, or with a teacher.
- To share the book with your siblings and other family members. There are plenty of drawings to colour and activities to do.
- To colour and draw however you like, the creation is yours.

Enjoy!
IOM and Metanoia

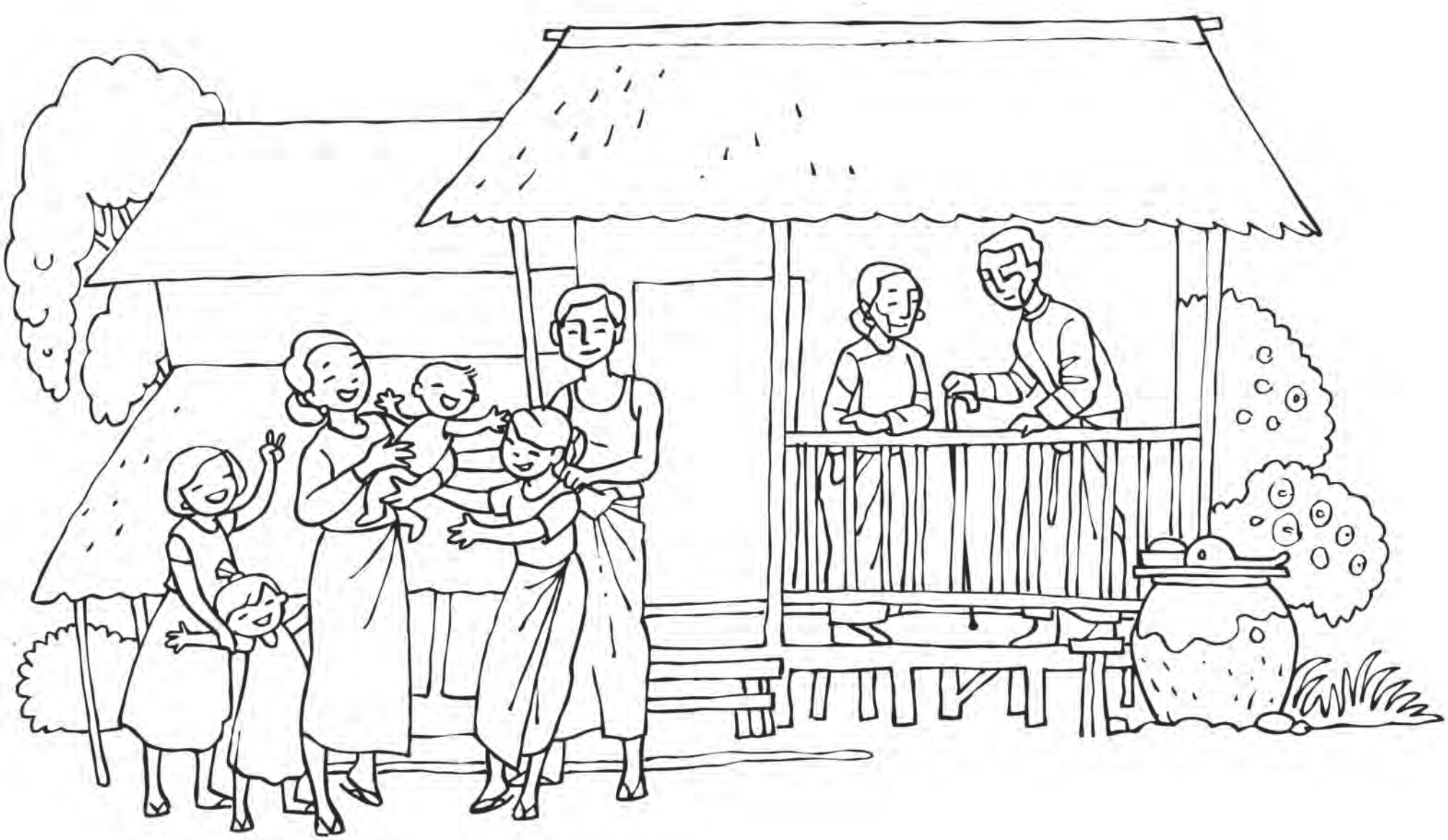
Part 1:

It is important for us to stay safe right now and take care of ourselves and each other because a coronavirus is making some people feel sick all around the world.

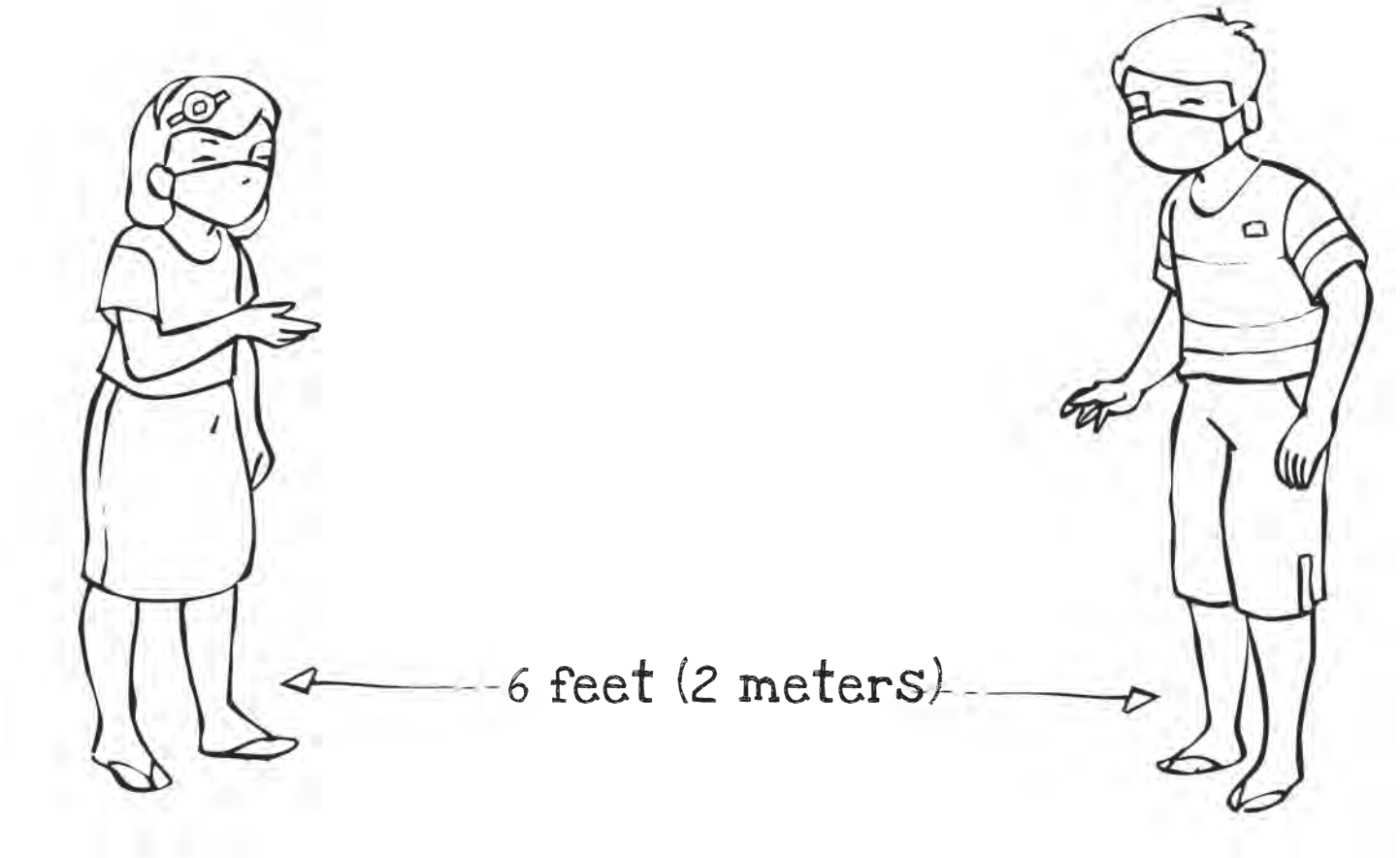
How can we make sure to stay **safe**, **happy**, and **healthy**?



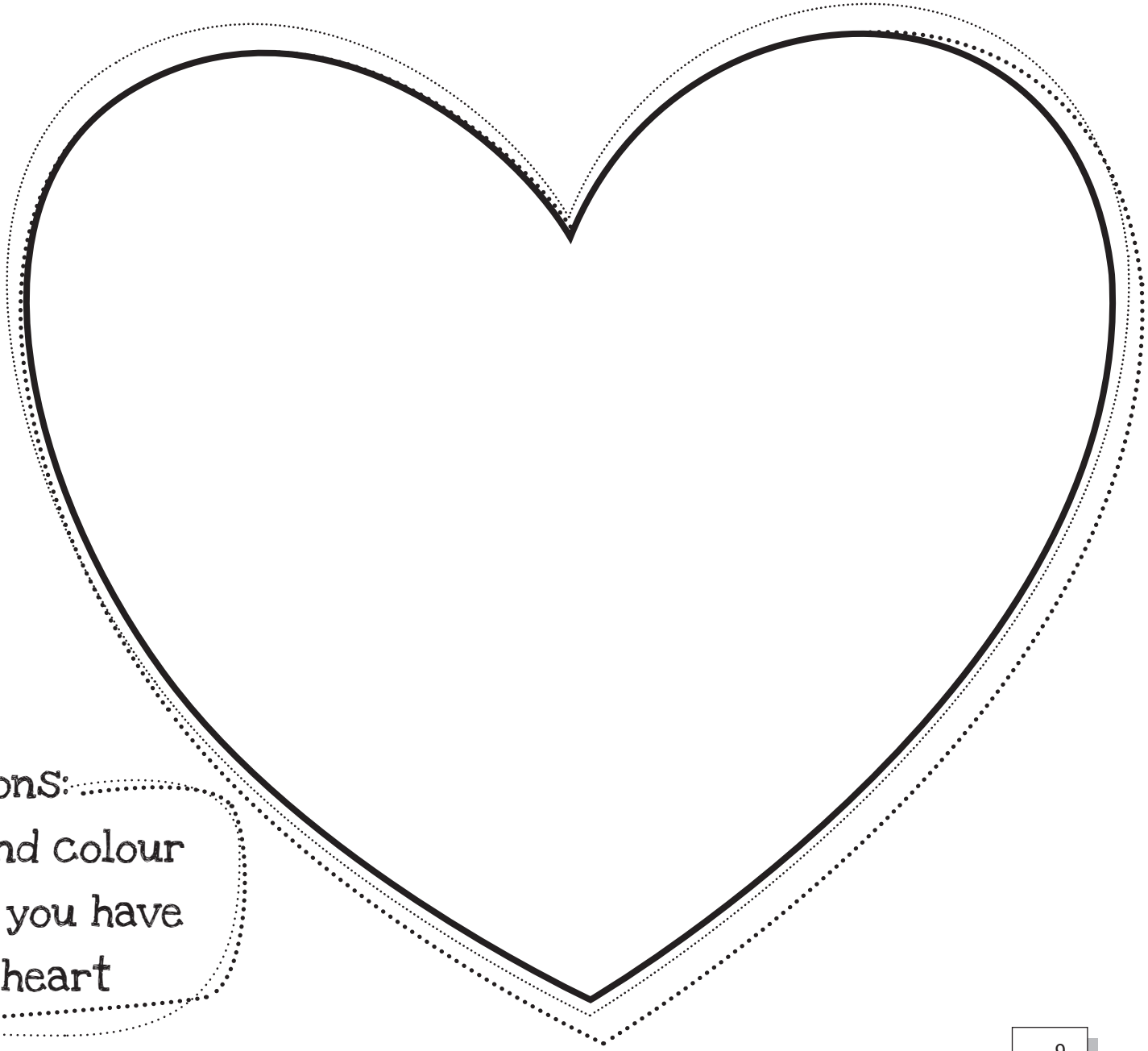
It is important now to stay safe with our families until things get better.



Because we care about our friends it is important to **stay at least 6 feet (2 meters) apart** from them for now, until it is more safe.



We may be far from our friends,
but we can still keep them
very close in our hearts.

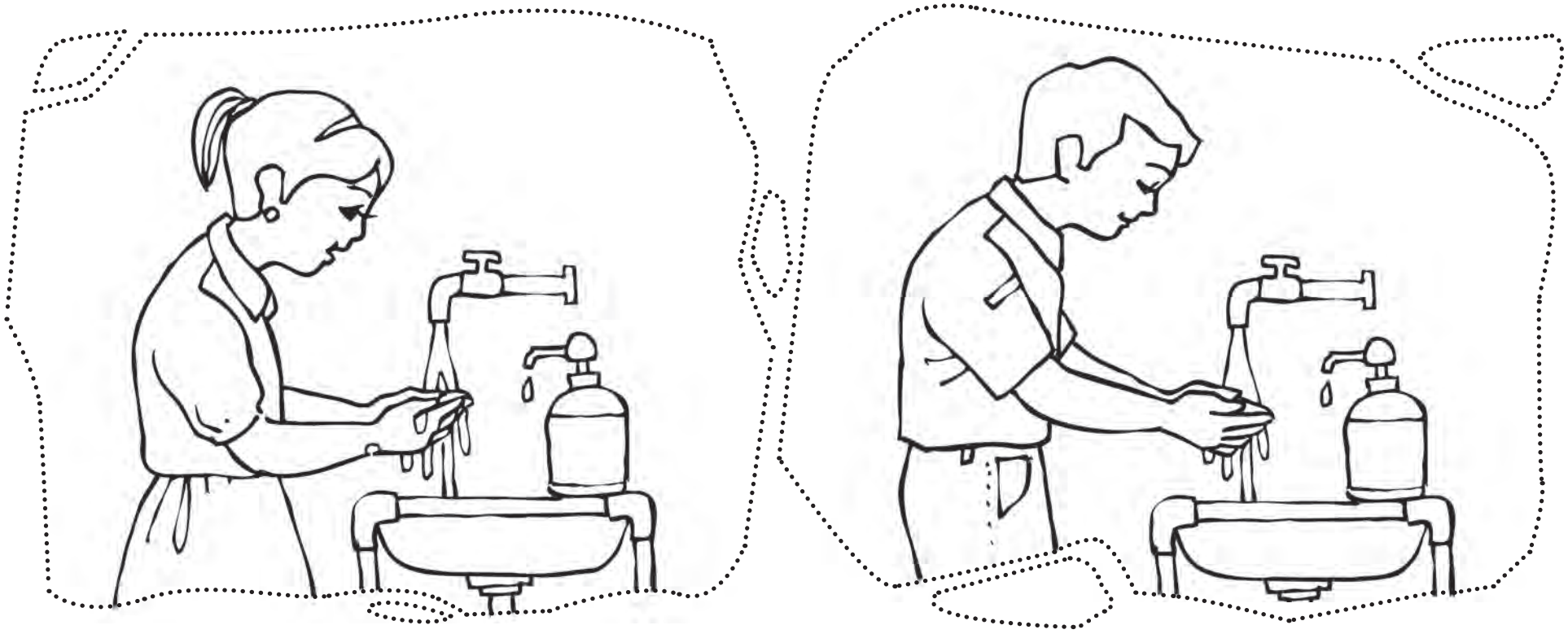


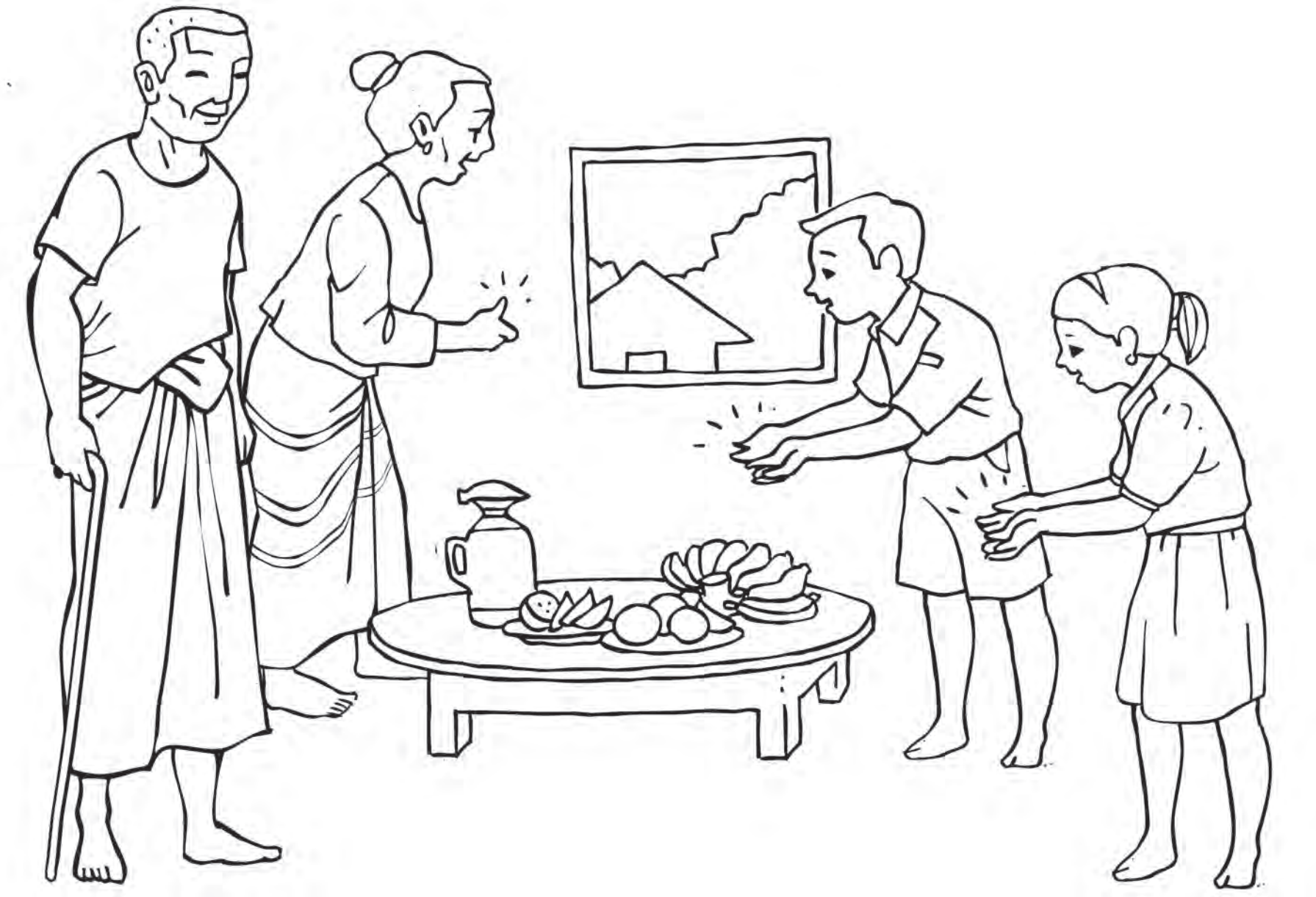
Instructions:

You can draw and colour the people that you have inside your heart

To protect the people we love,
let's Cough or Sneeze into our
bent elbow or into a tissue.

To protect ourselves and the people around us,
let's wash our hands frequently
with soap and water.



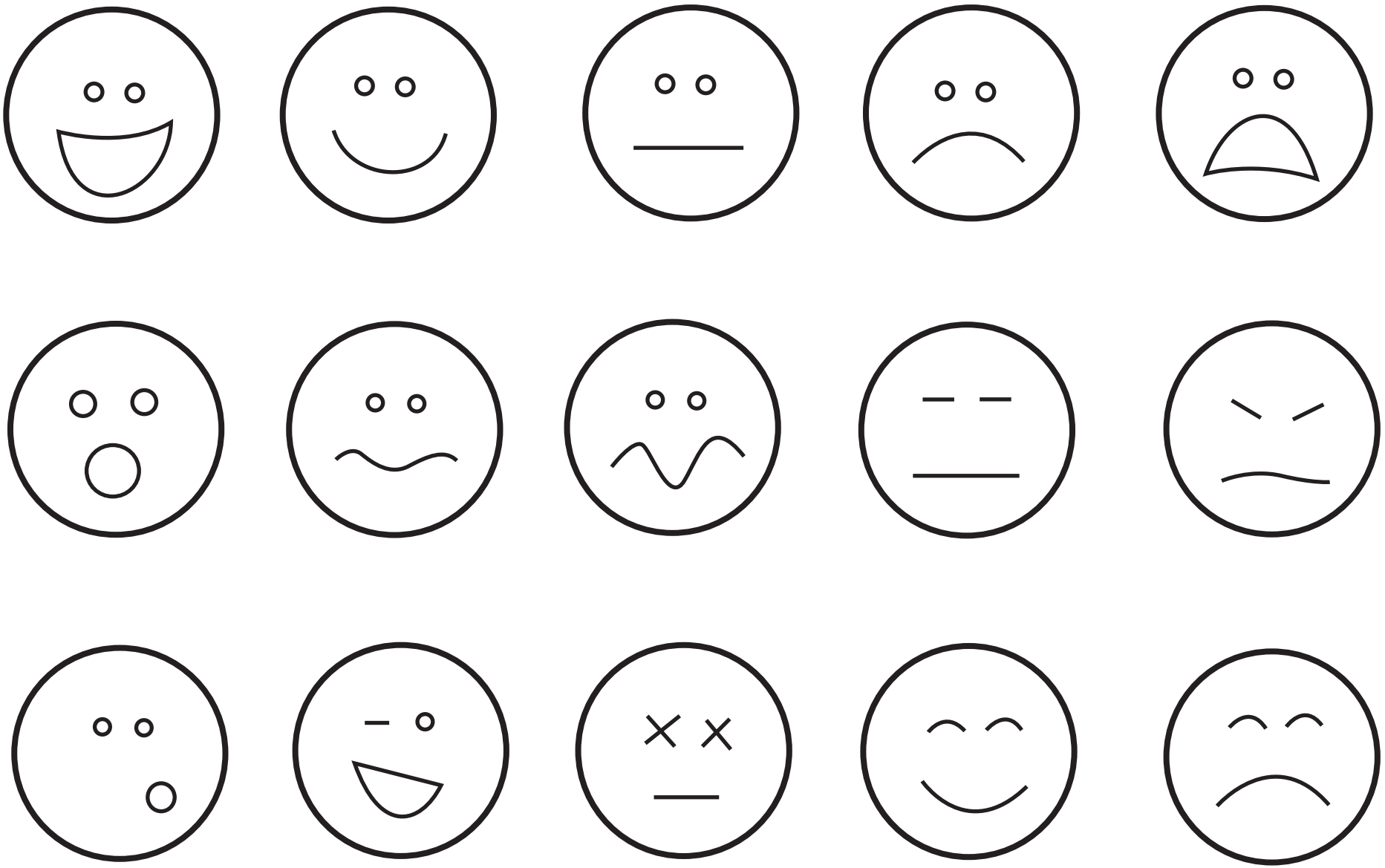


It is ok to be afraid and feel sad because of the coronavirus. There are things you can do to feel better, safer and more calm. Remember that

"the heavy rain will pass".

It is ok to feel whatever emotions you feel.

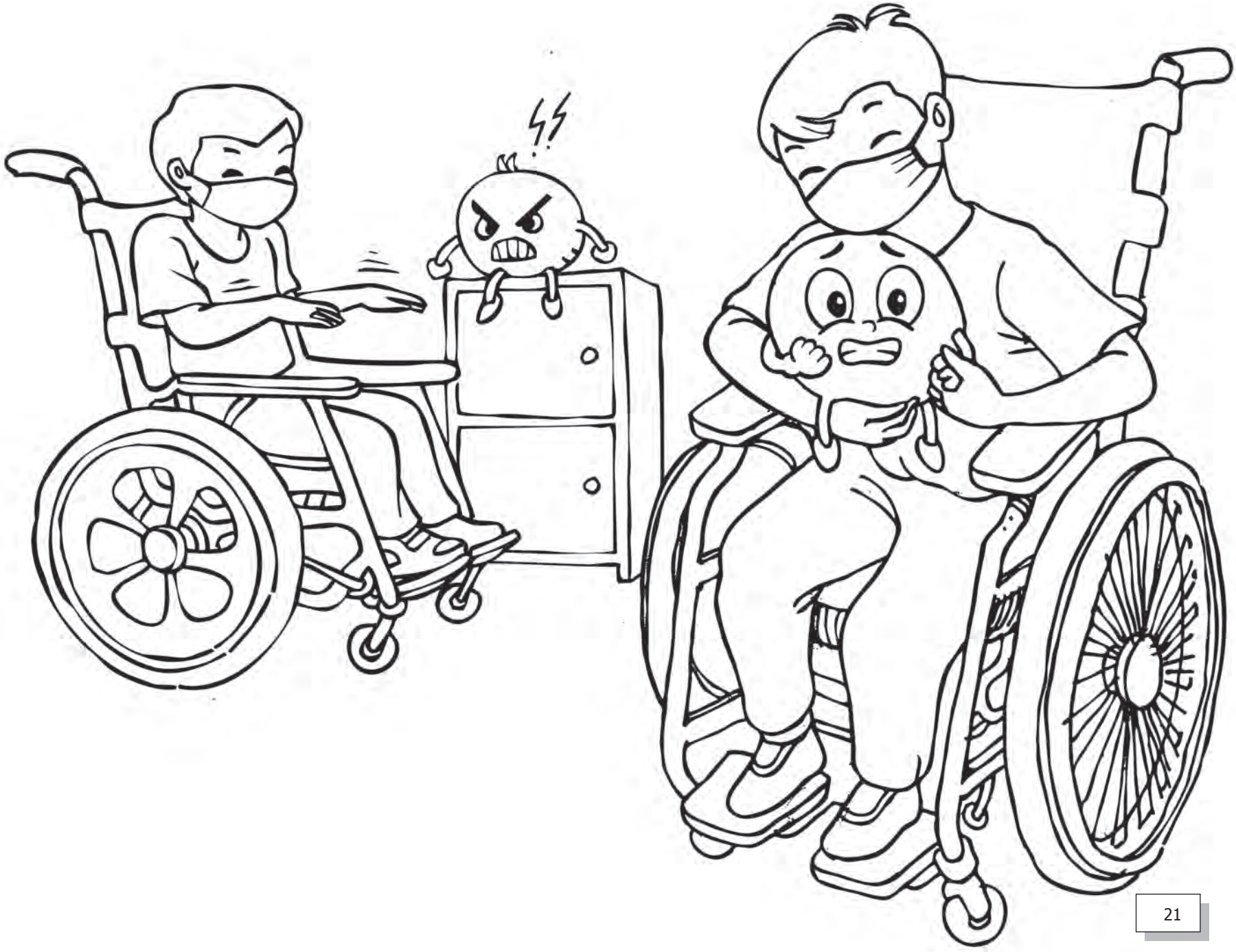
Instructions:
Which colour represents each of these emotions to you?
Colour your little emotions.



Think about a time when you are doing something you like.

You can imagine this when you feel afraid and sad and you can feel better.

When our little emotions become too much,
we can Soothe and Calm them down.
We can give Space and be kind
to our emotions.



Let's feel better by moving our body!

Instruction:

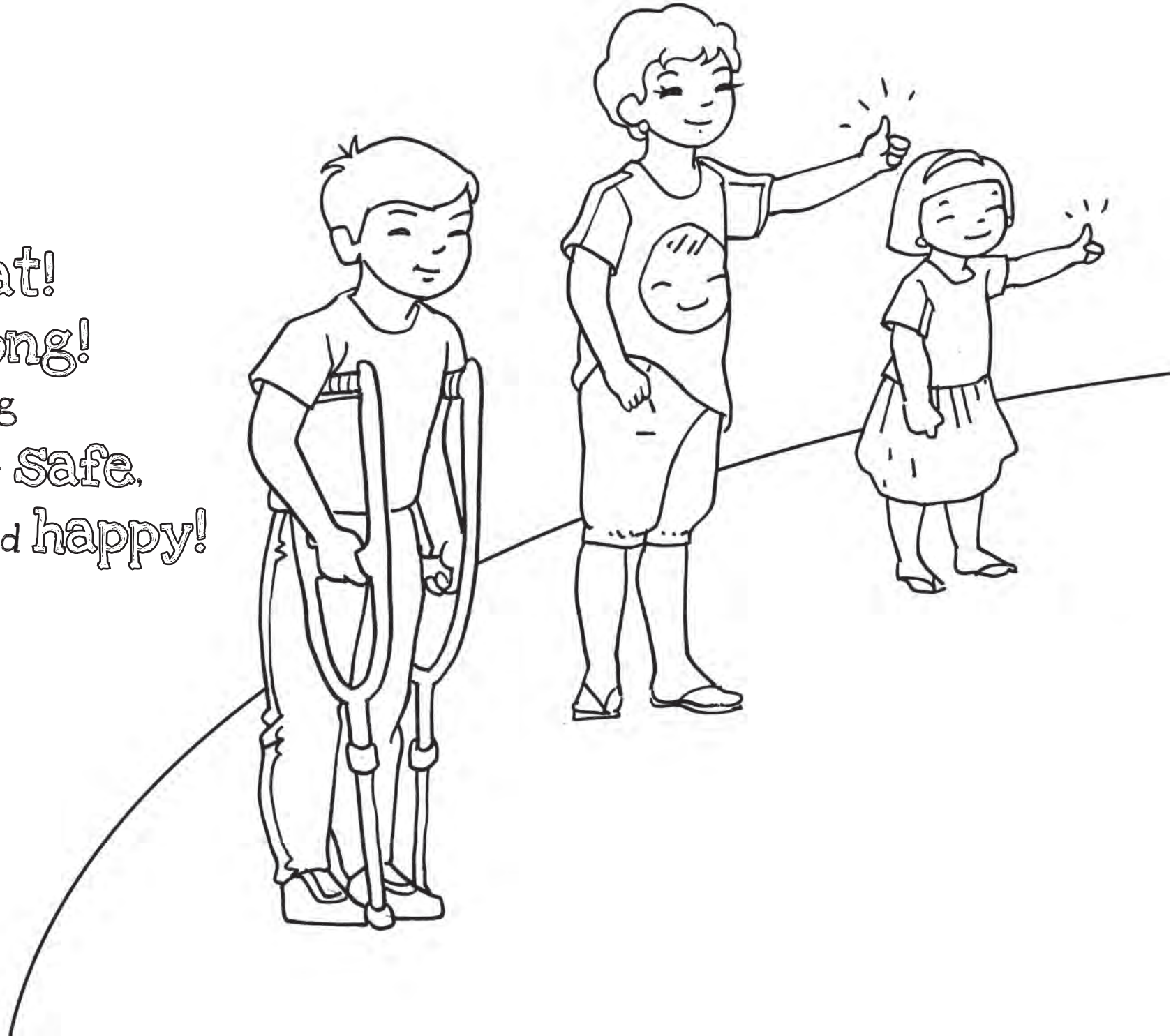
Stand up and move your body in anyway you want.
You can shake your body, jump up and down or dance around.

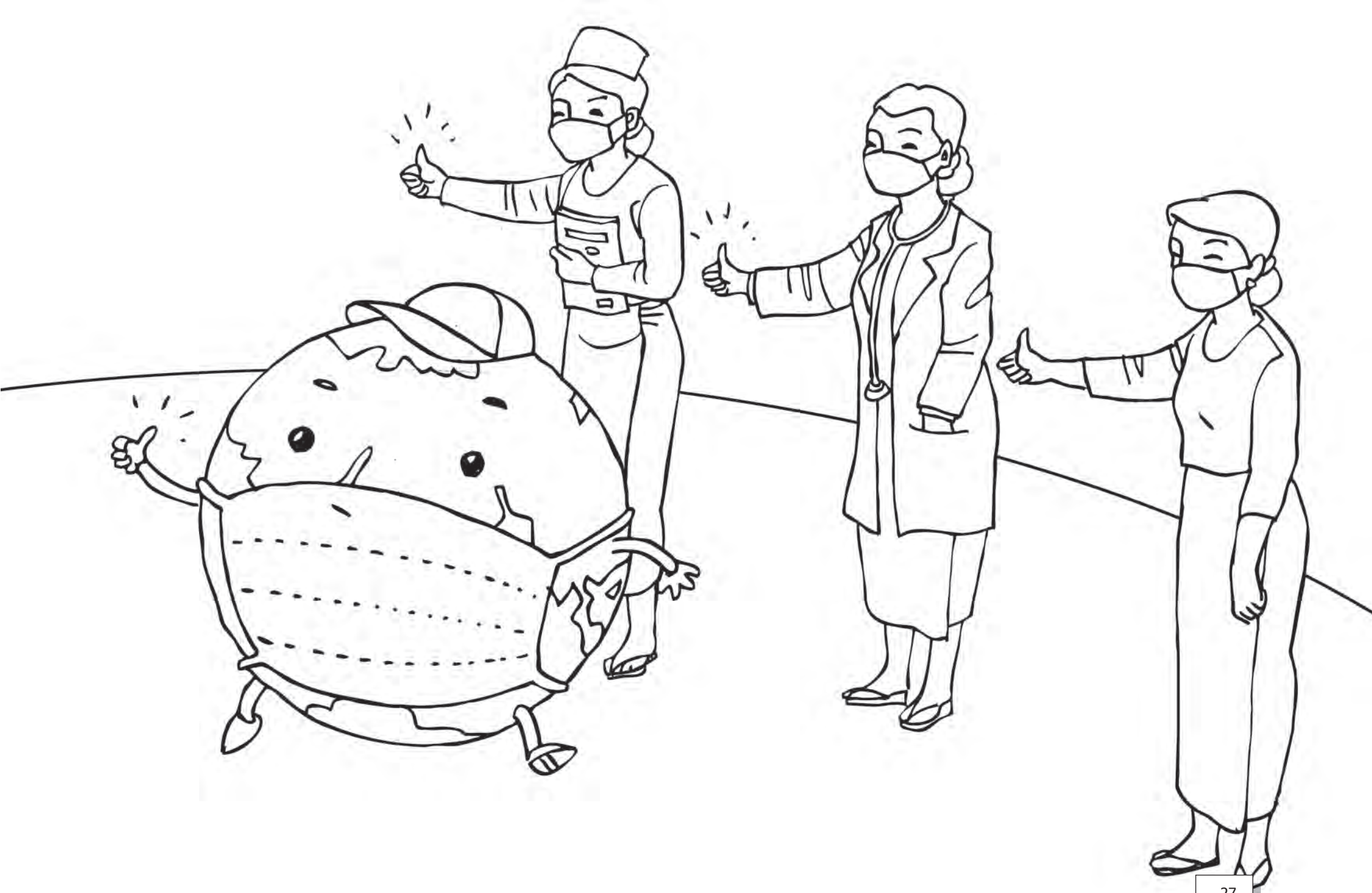
Let's feel better by
taking a deep breath!

Instruction:
Imagine taking a deep deep smell of
a sweet smelling flower.

And then,
imagine slowly blowing a big
bubble.

You are great!
You are strong!
You are helping
the world stay safe,
healthy and happy!



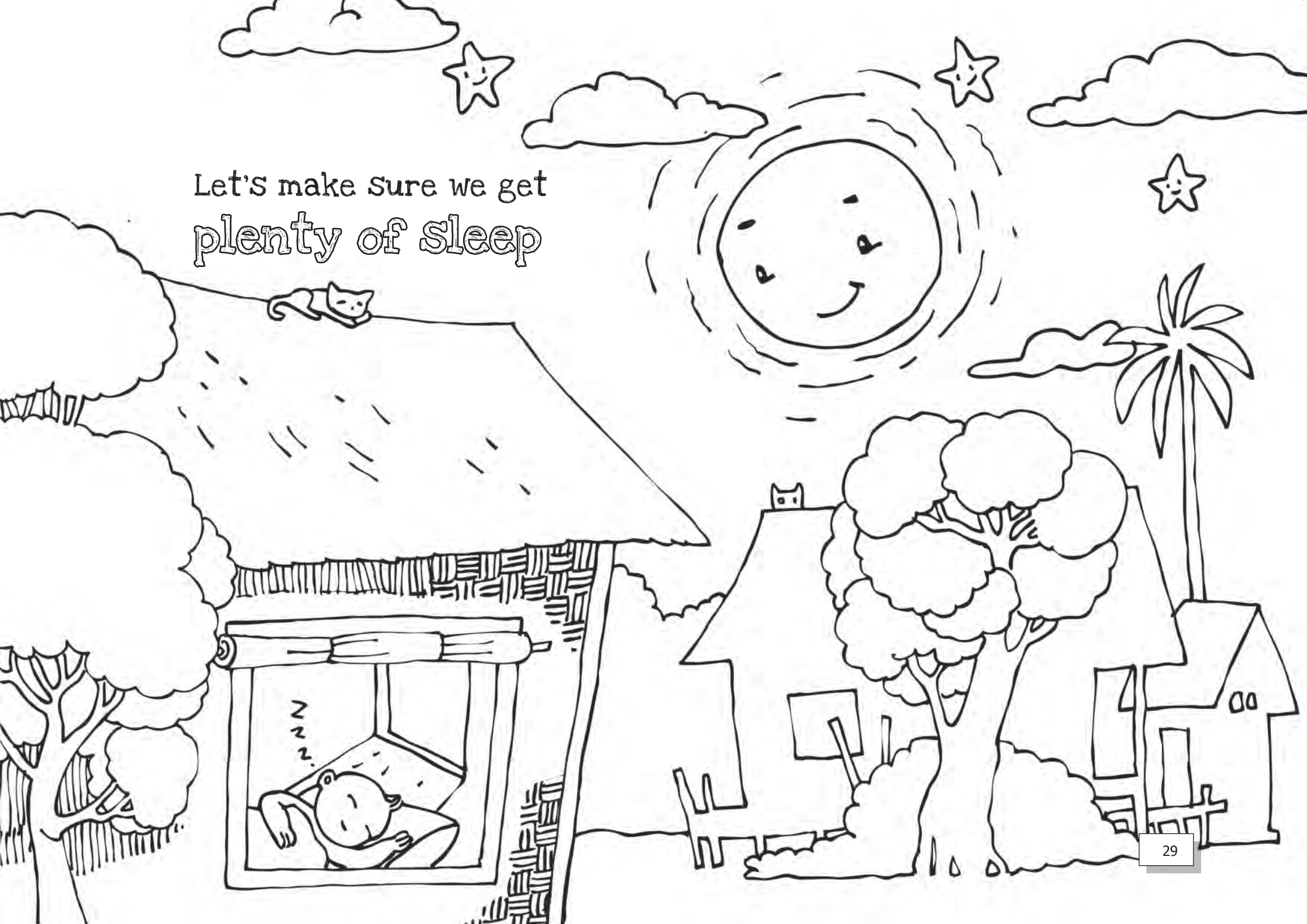


Let's remember to take care of ourselves everday.

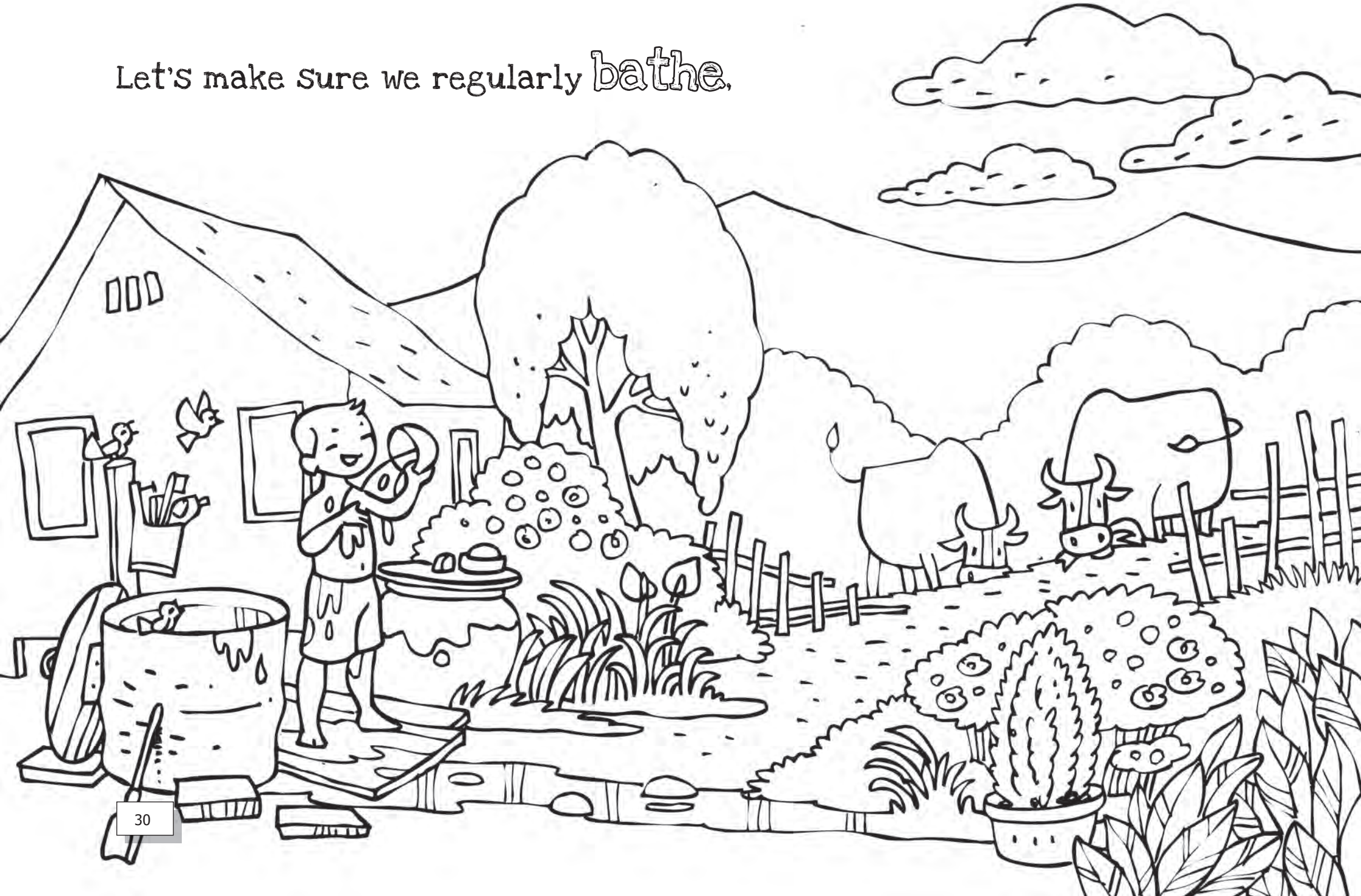
Remember to drink water
because it is good for us.

Let's make sure we get

plenty of sleep

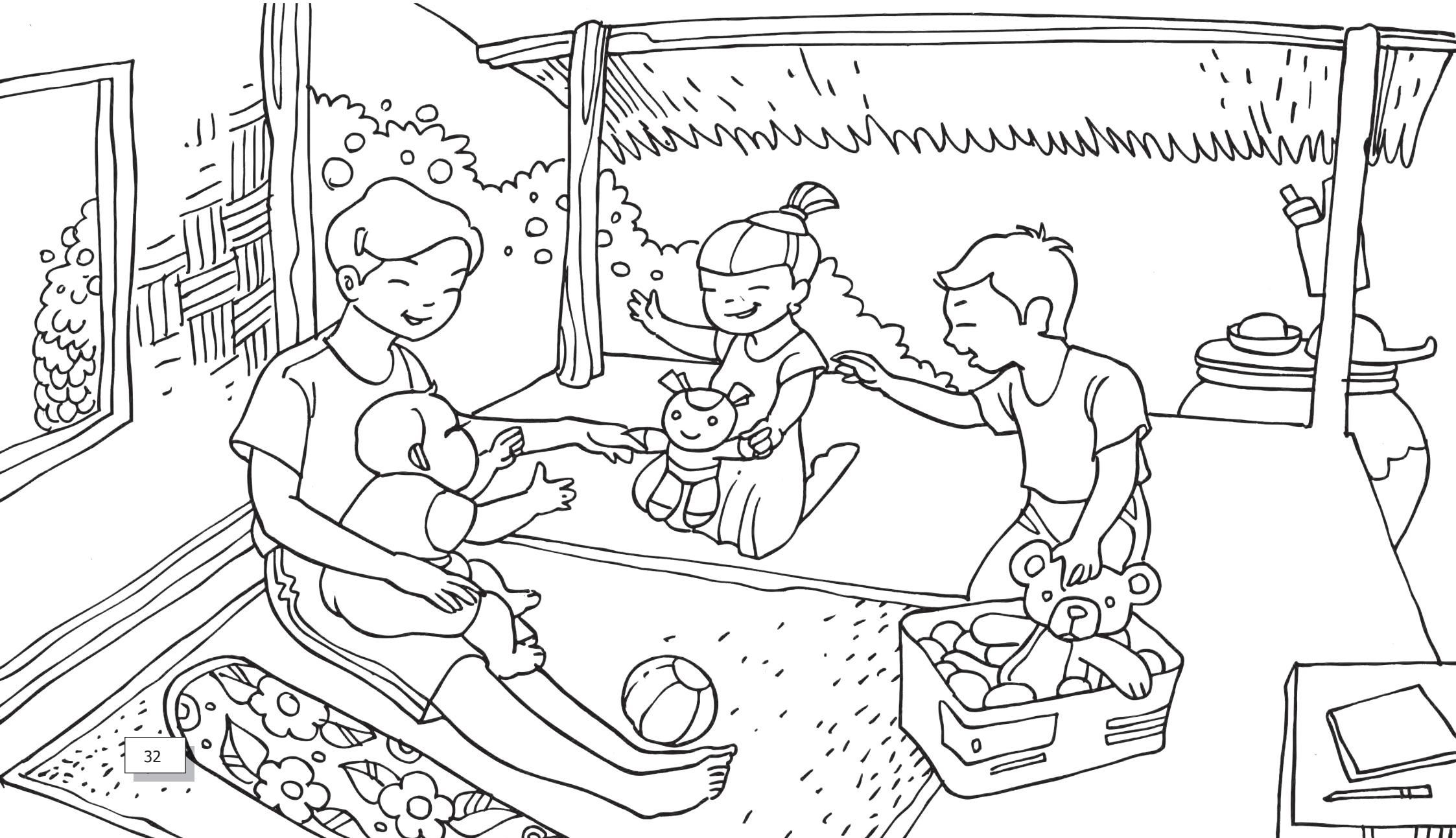


Let's make sure we regularly bathe.

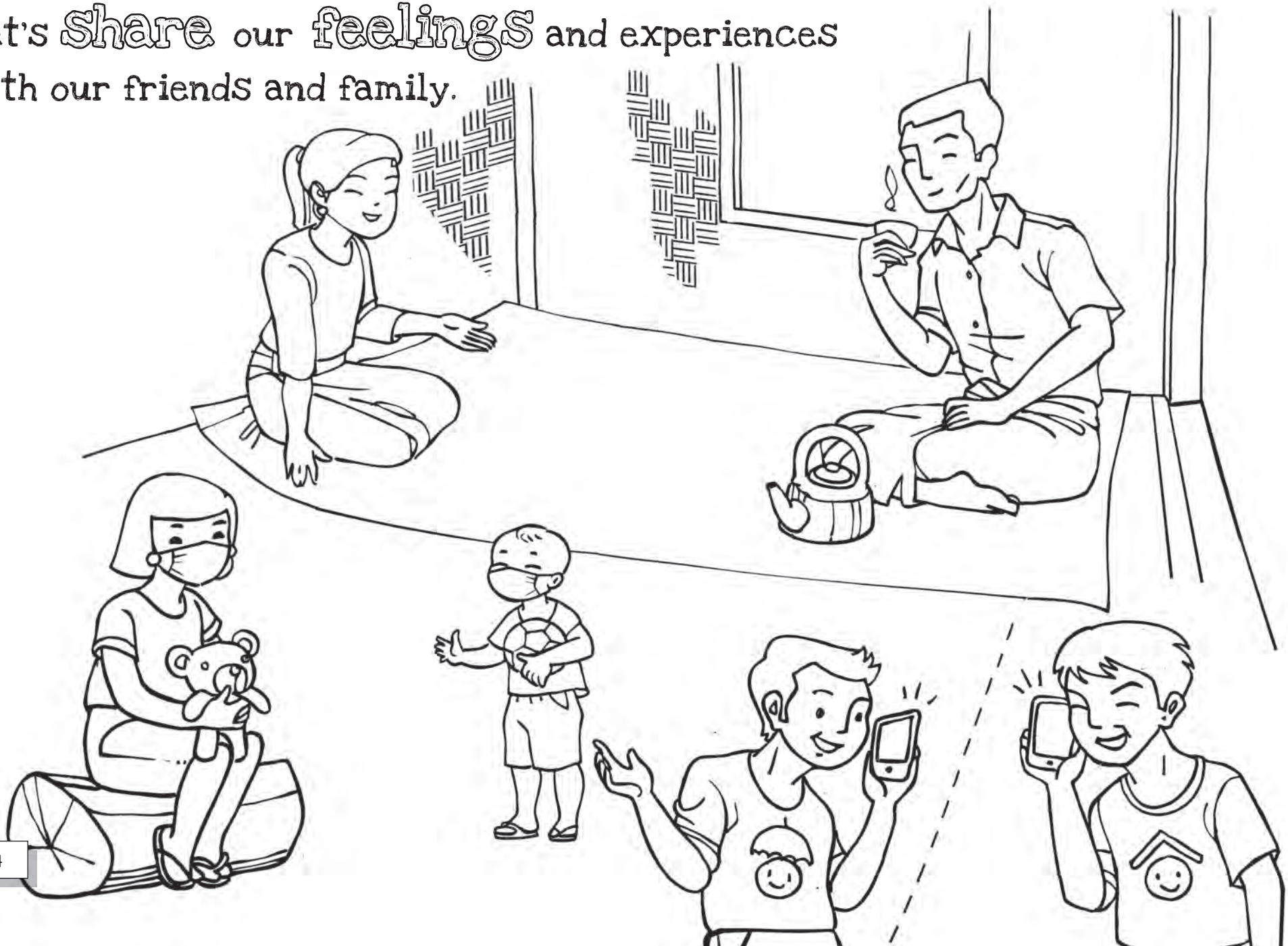


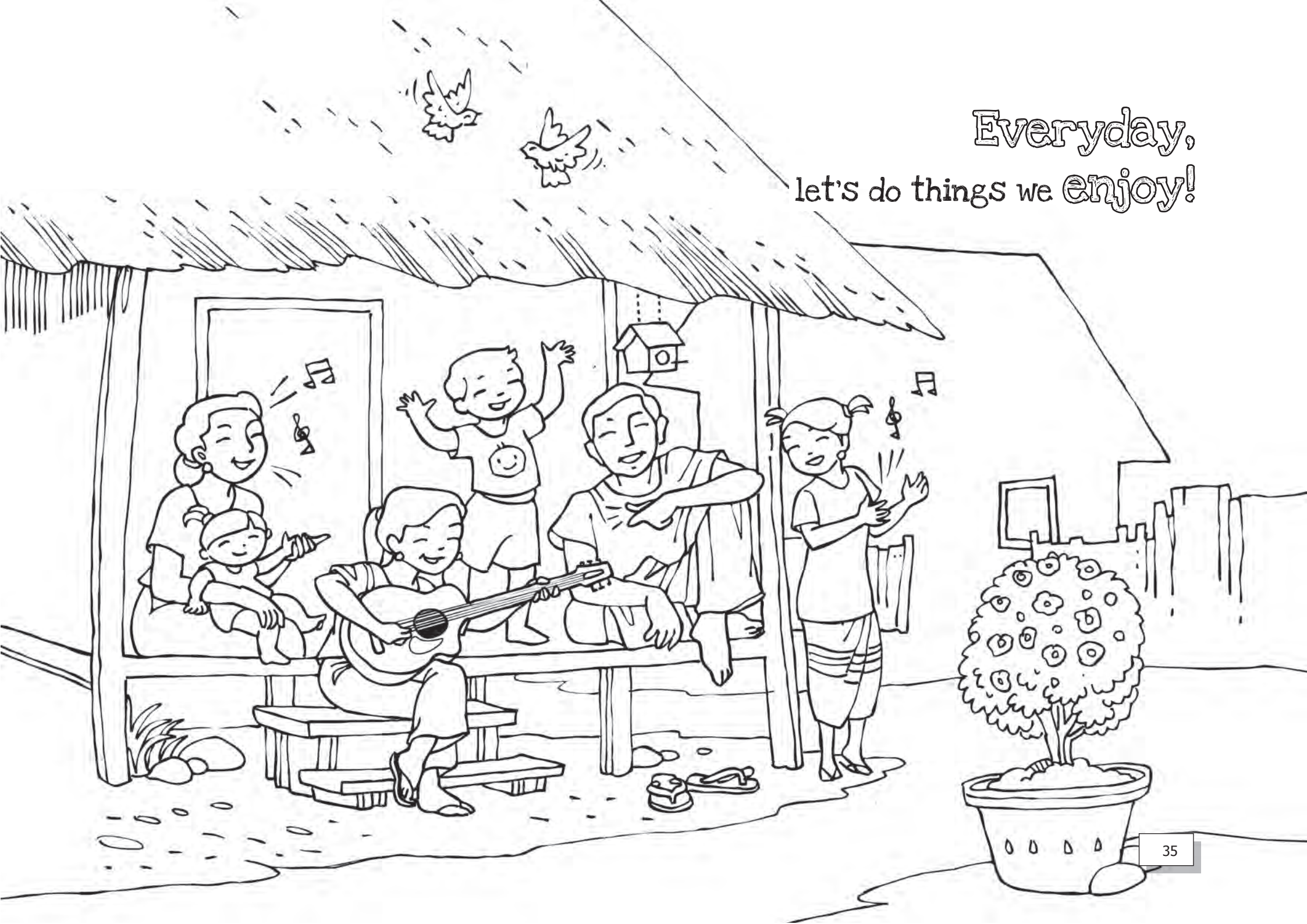
brush our teeth and
groom ourselves

Being kind and helpful to others can also make us feel better.

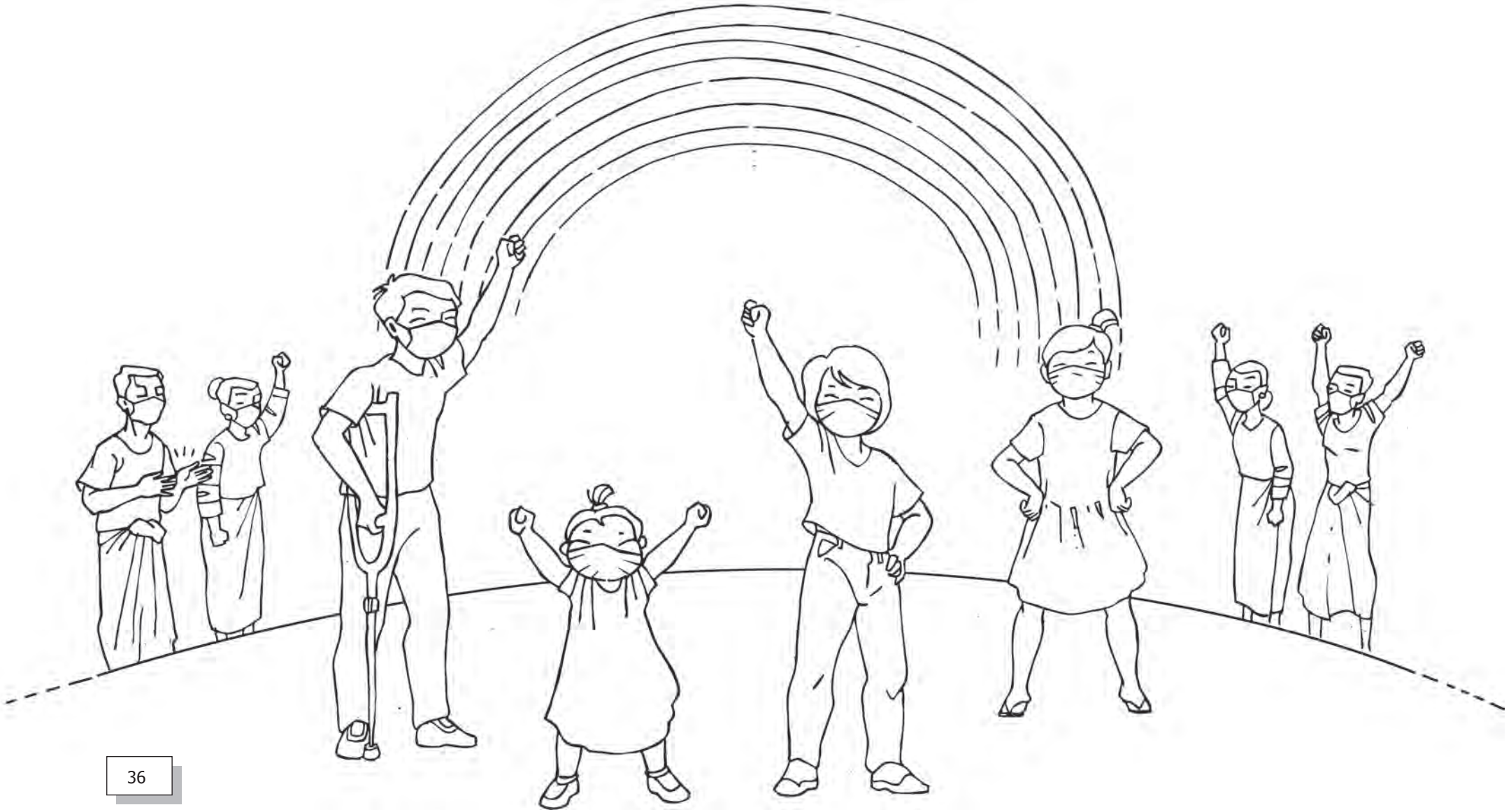


Let's share our feelings and experiences with our friends and family.



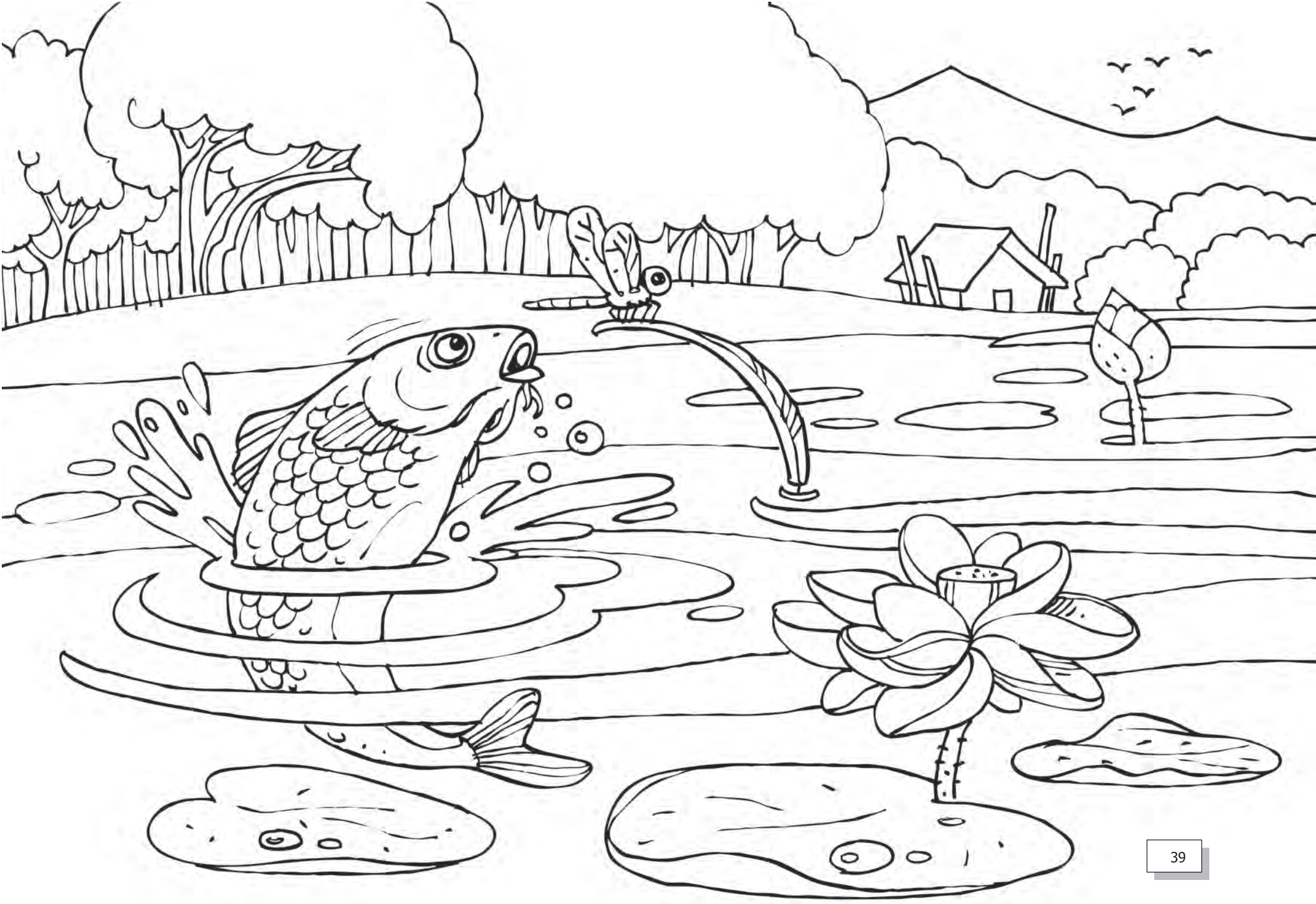

Everyday,
let's do things we enjoy!

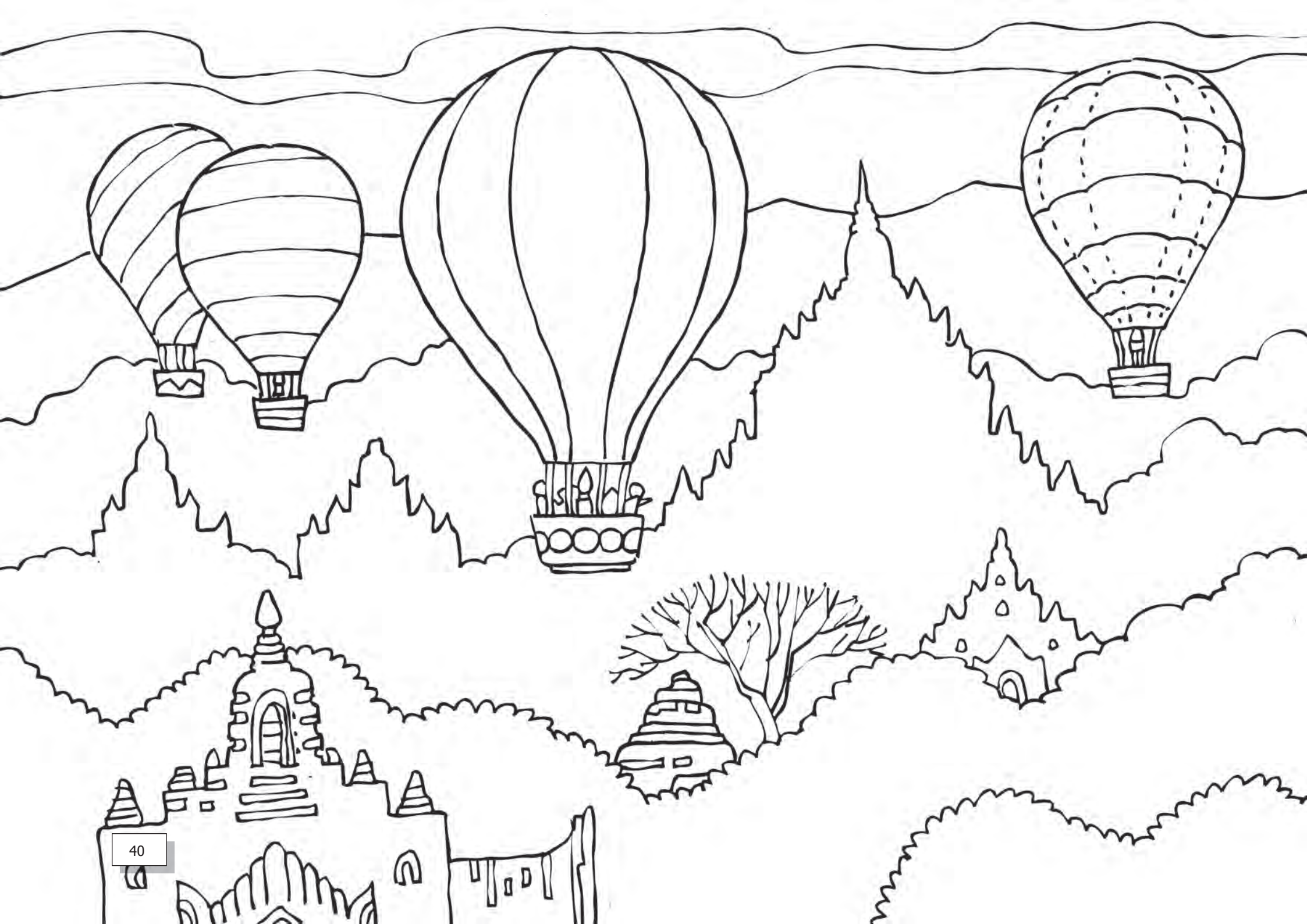
Everyday, let's feel proud of what we have done and
feel great about what we have achieved!

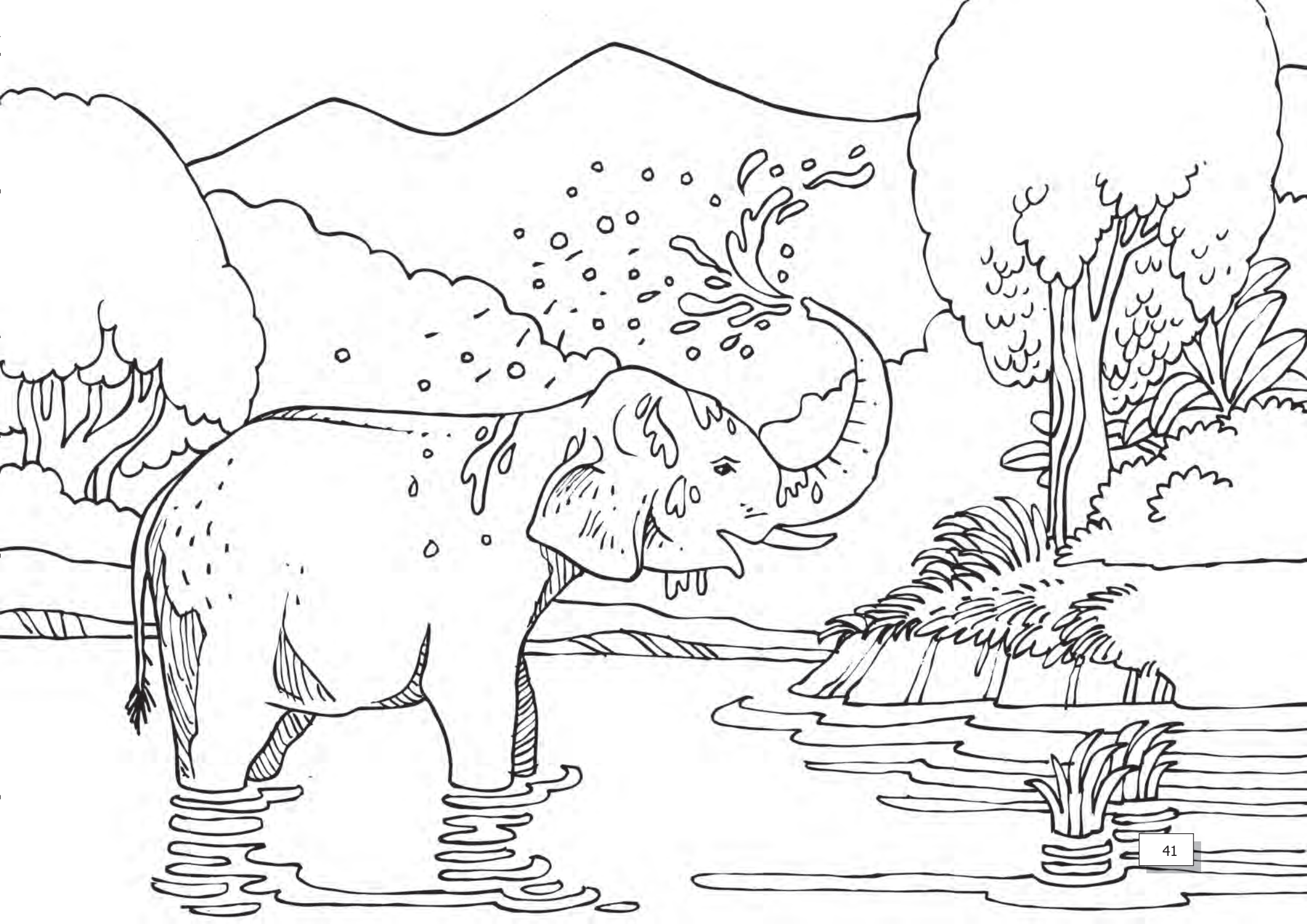


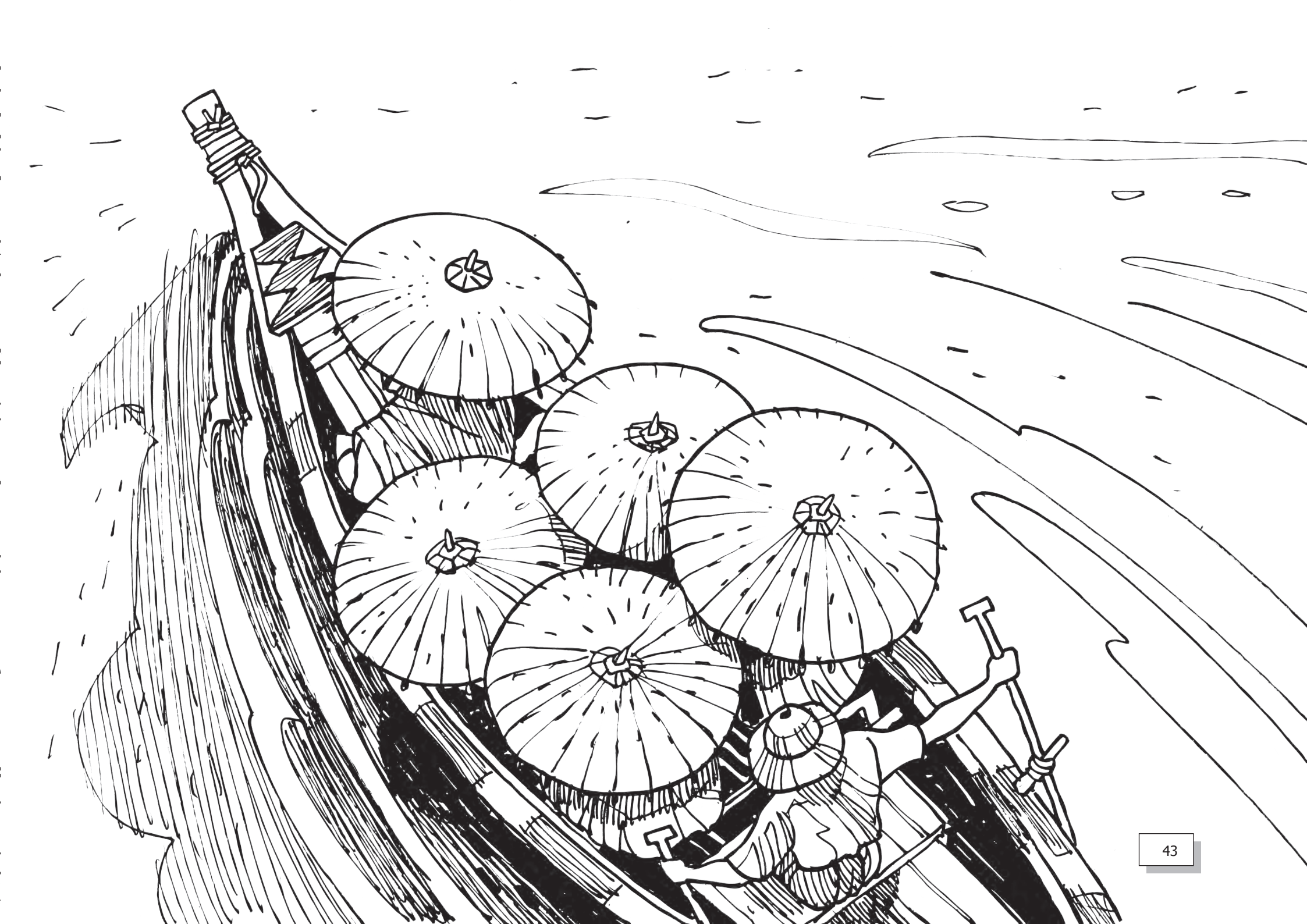
Part 2:

Recreational colouring









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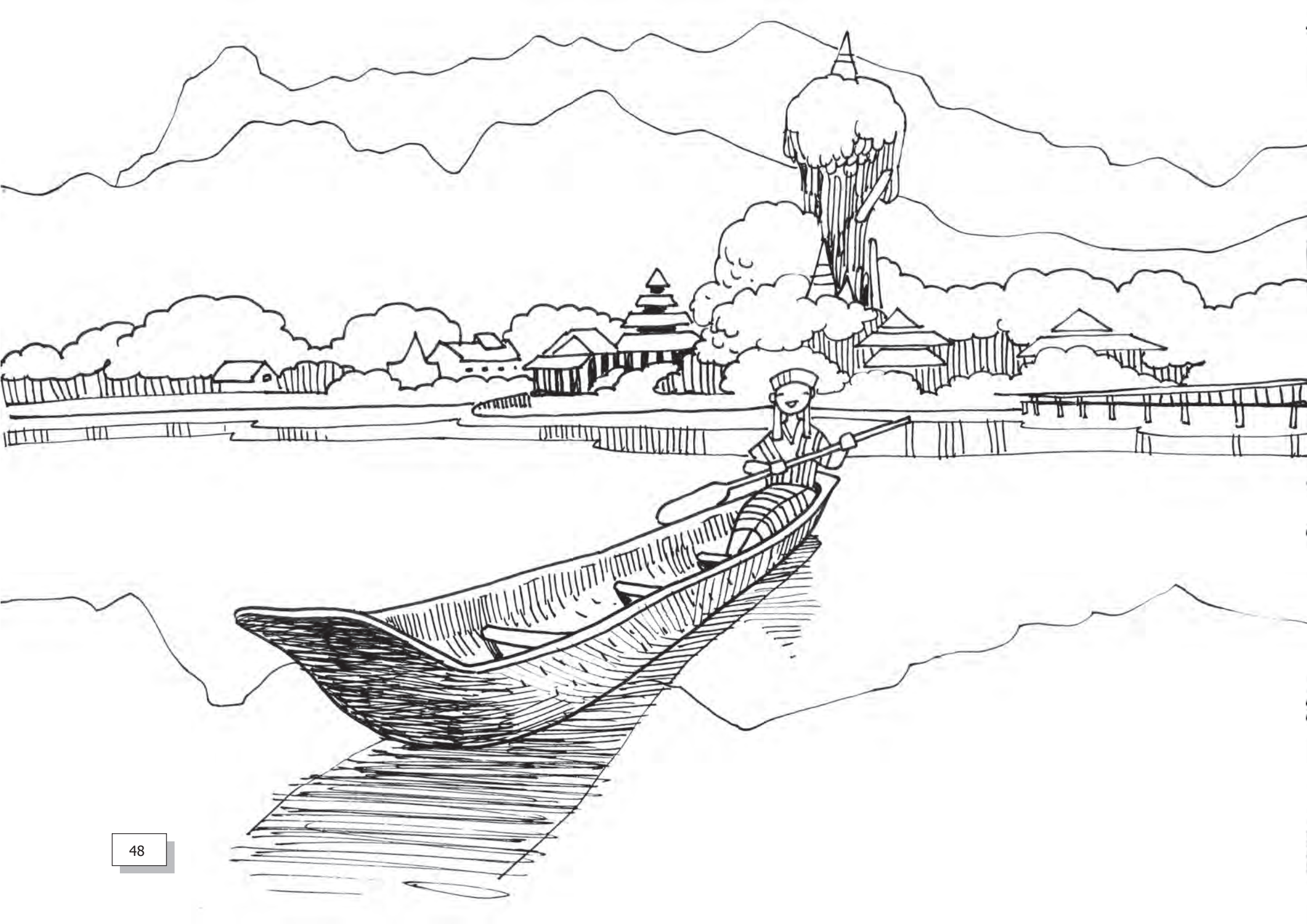

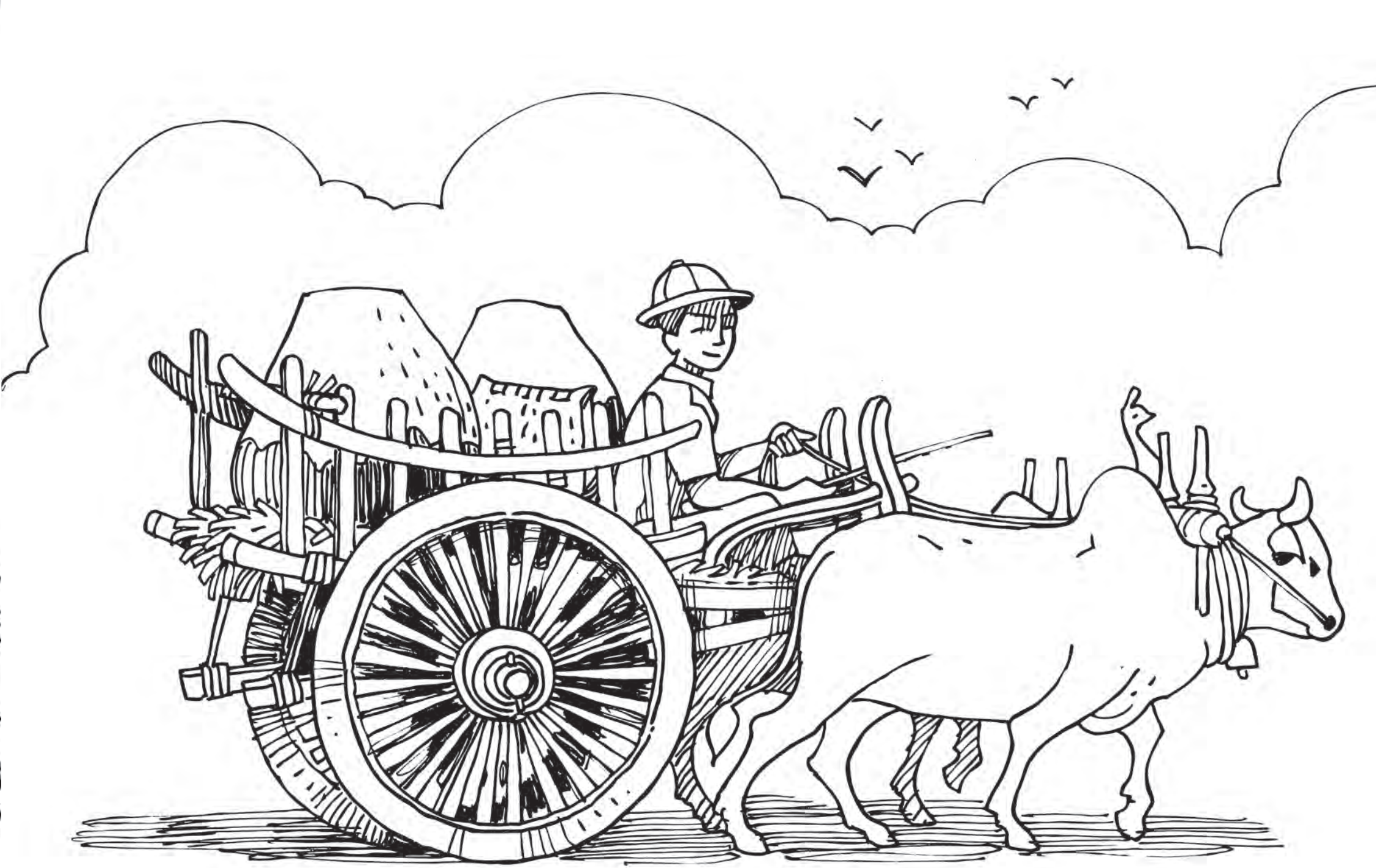
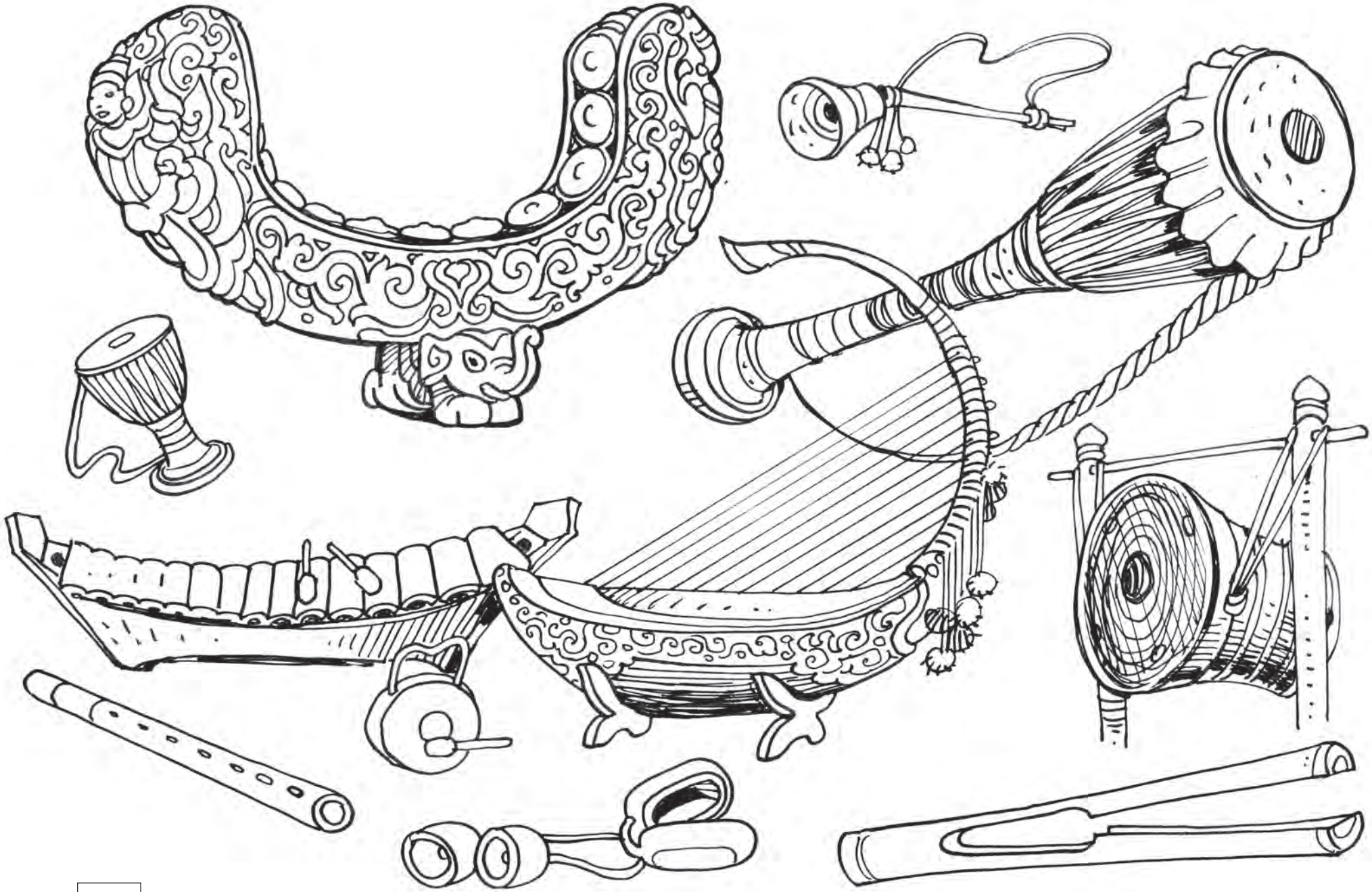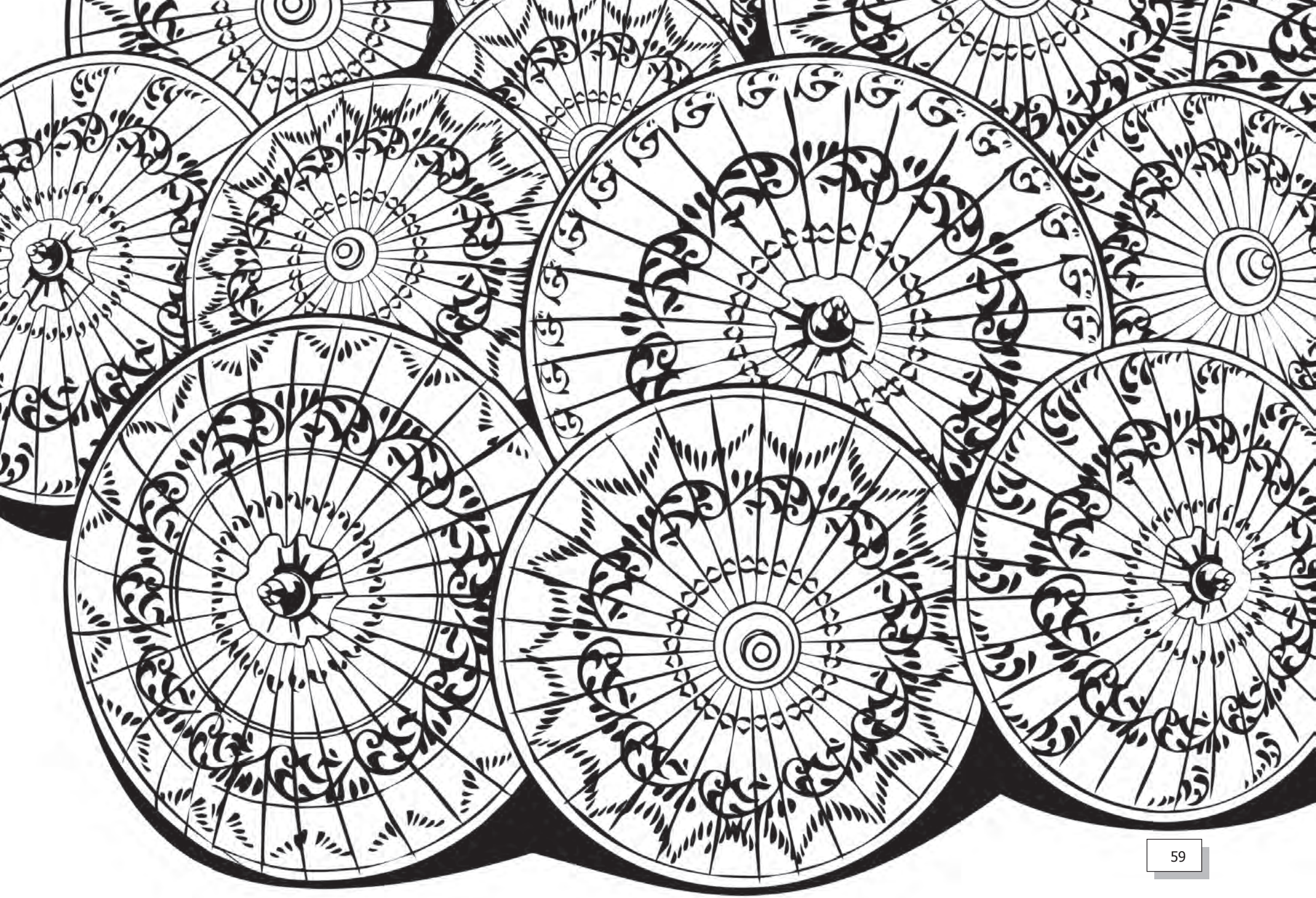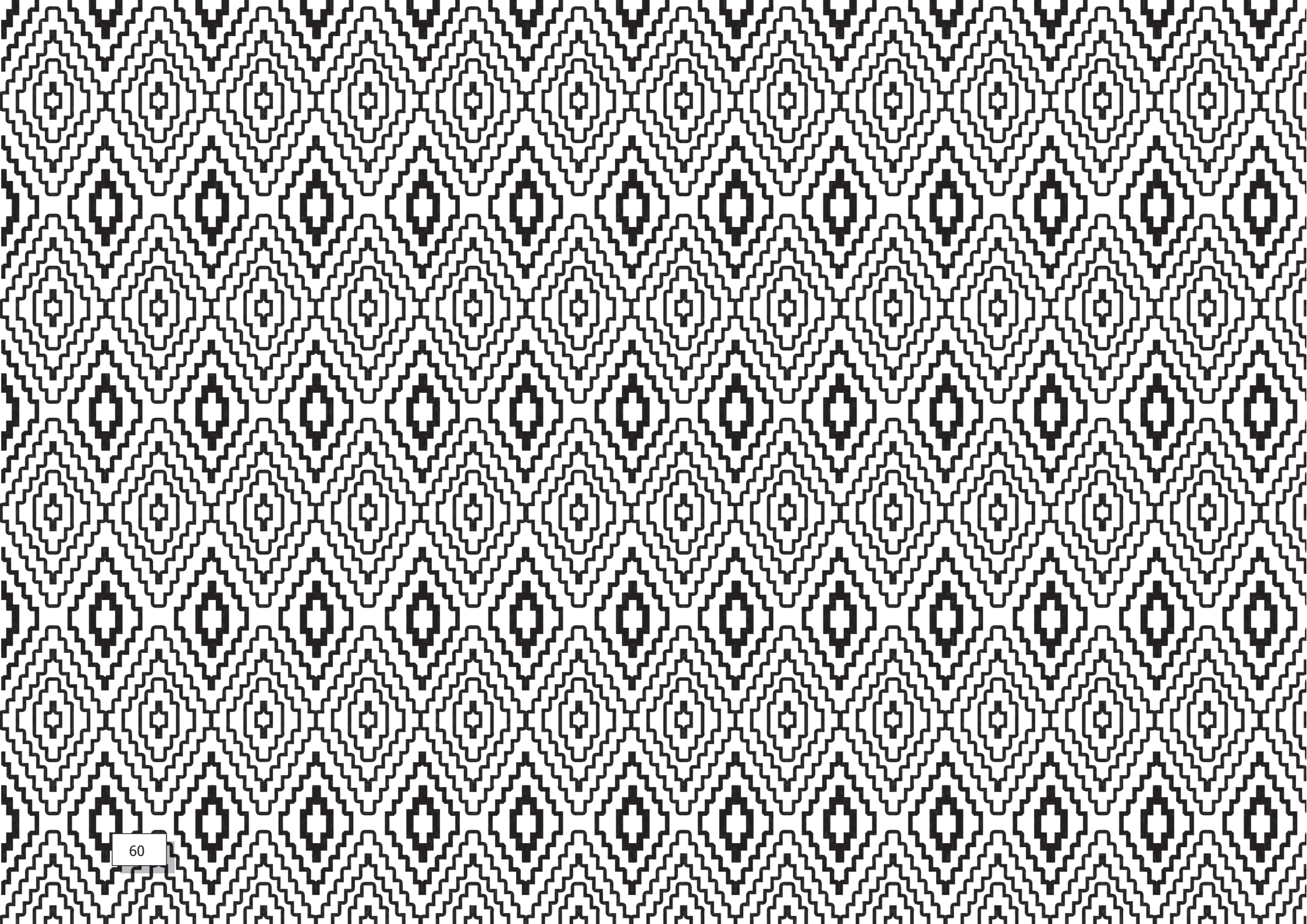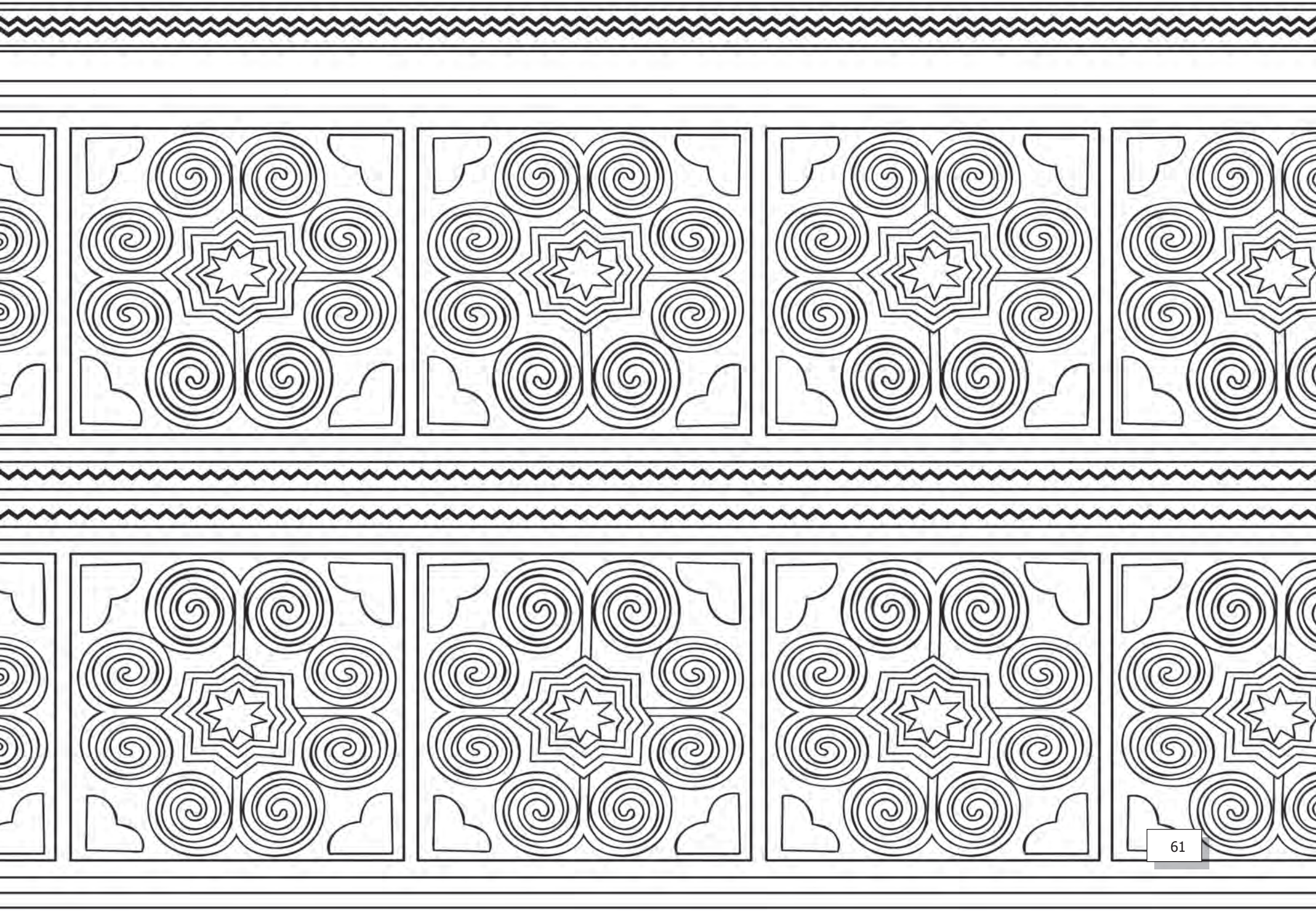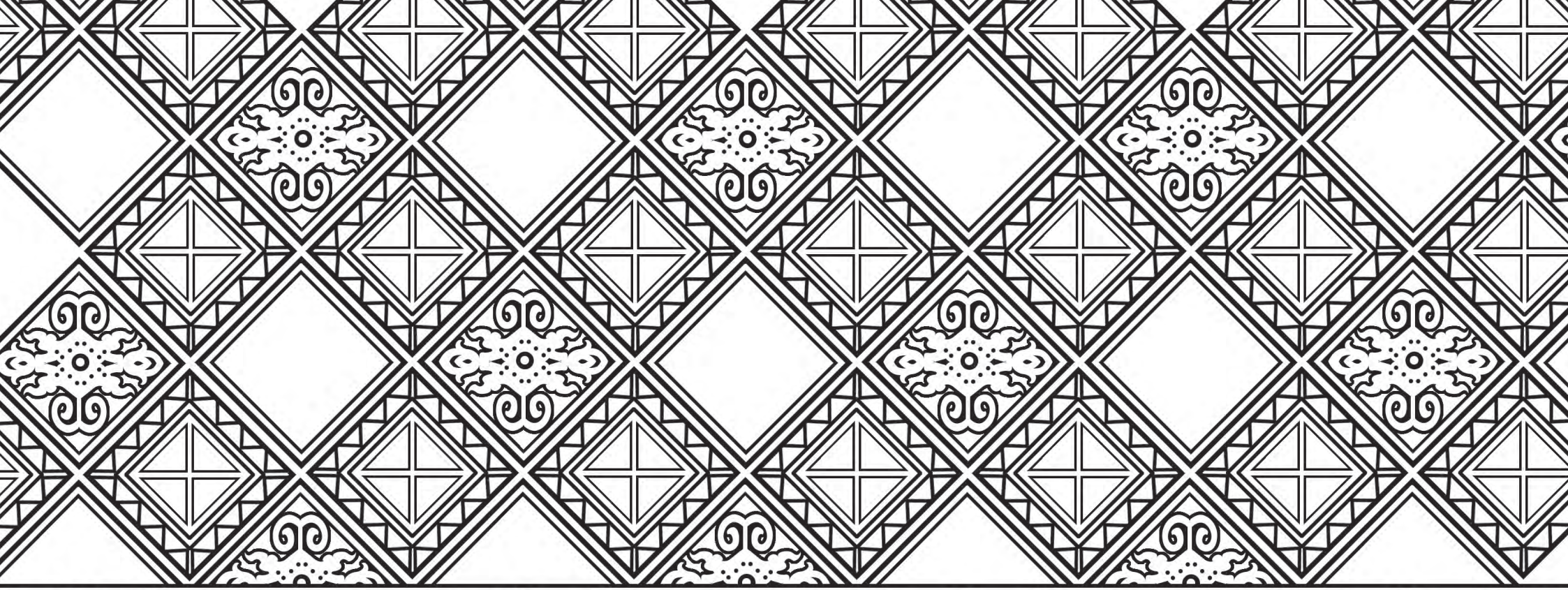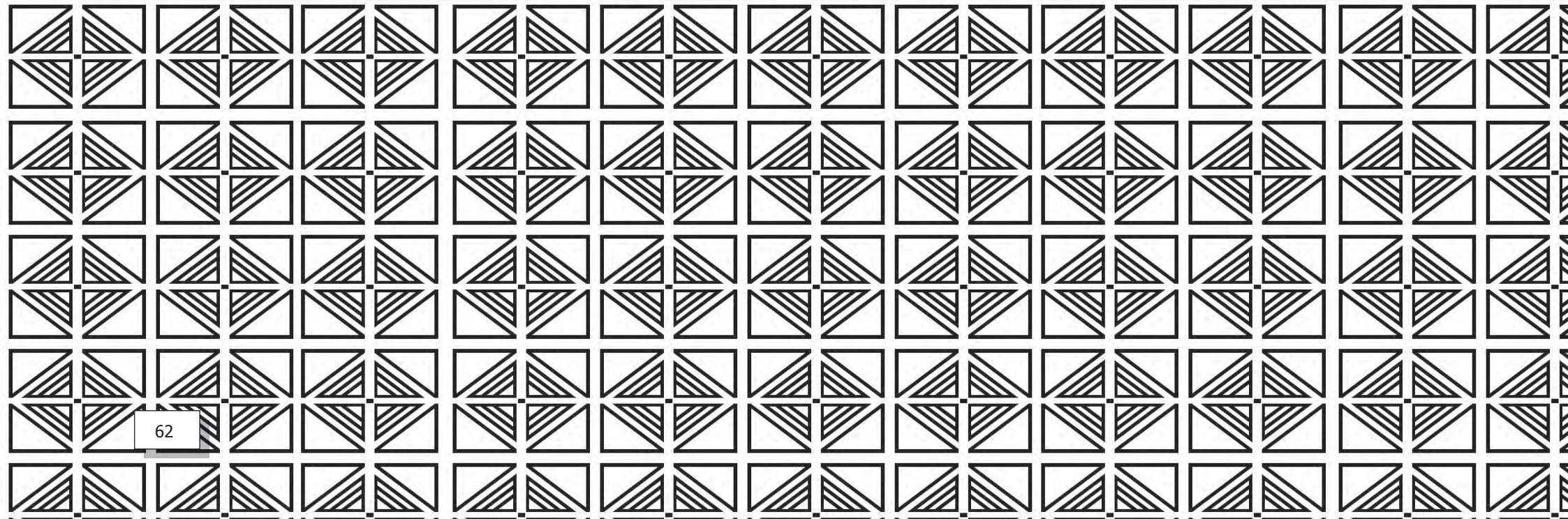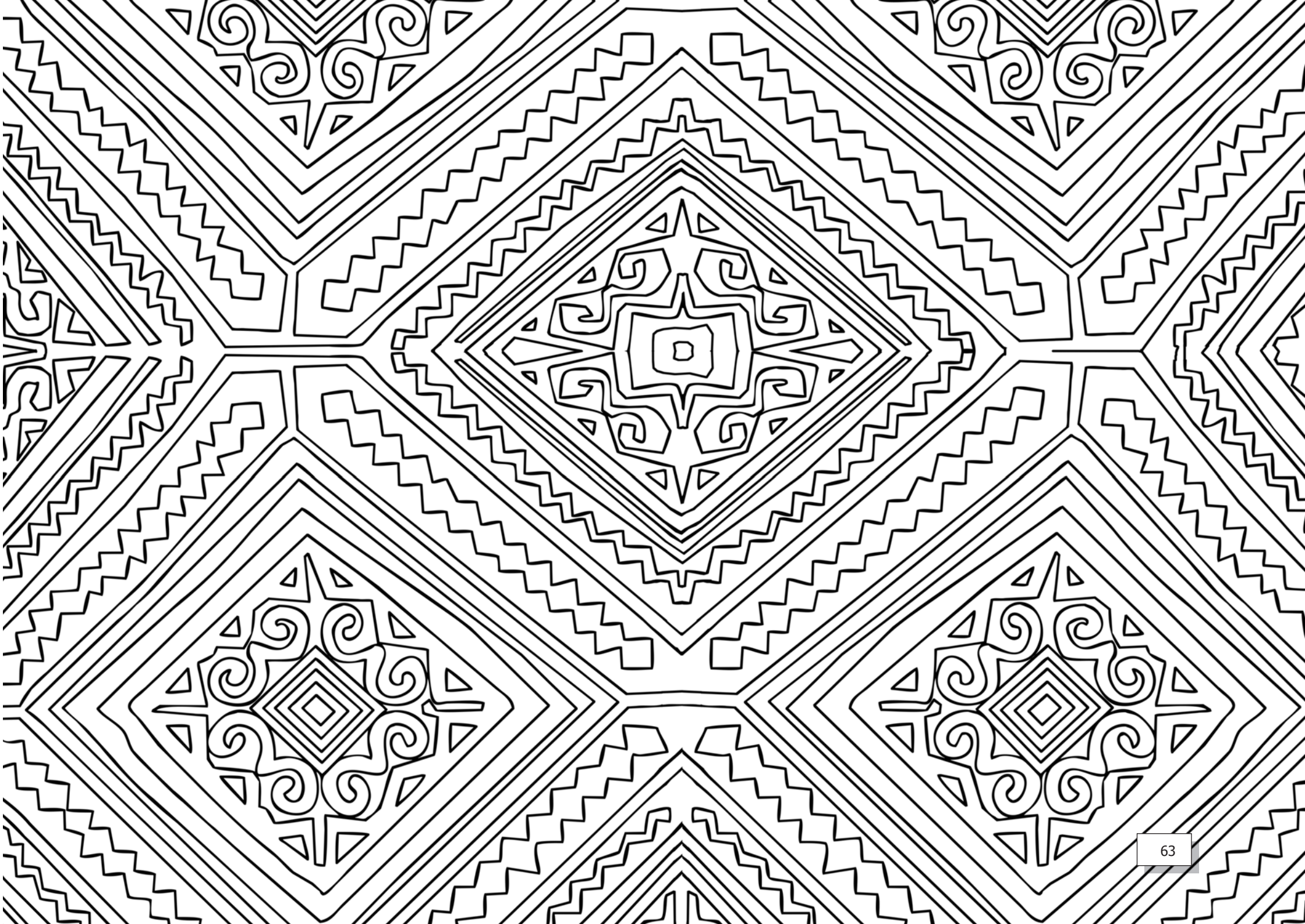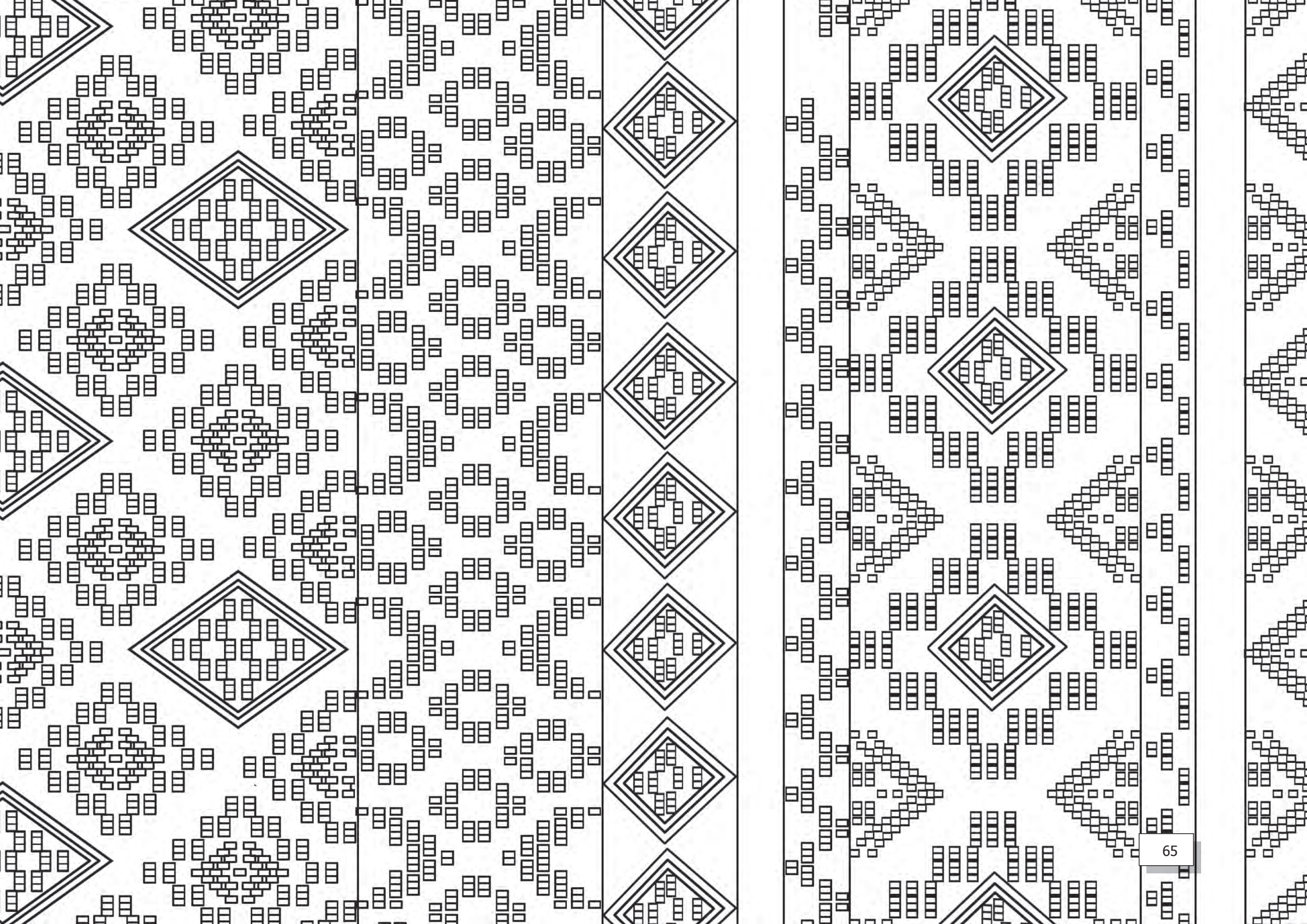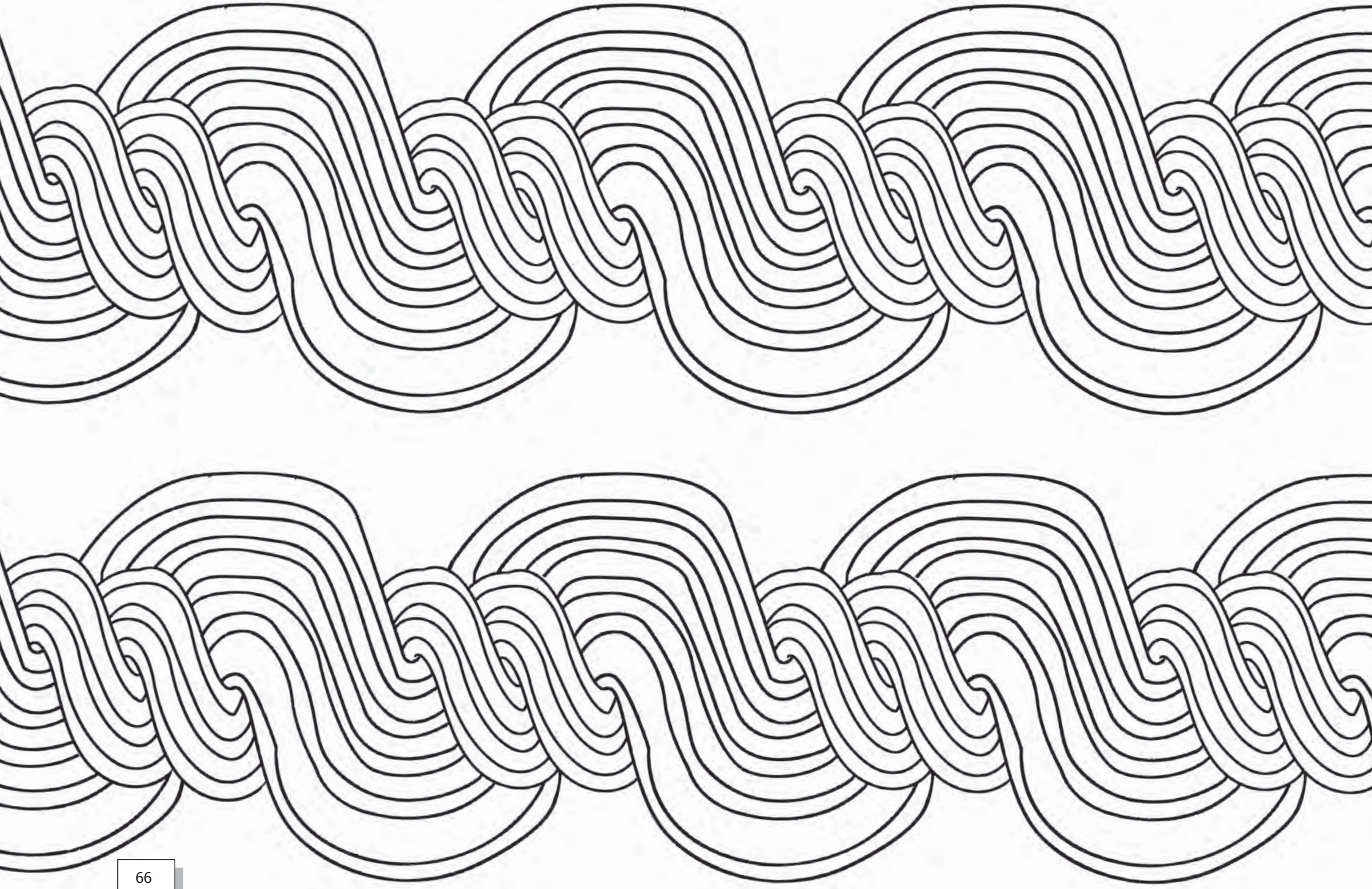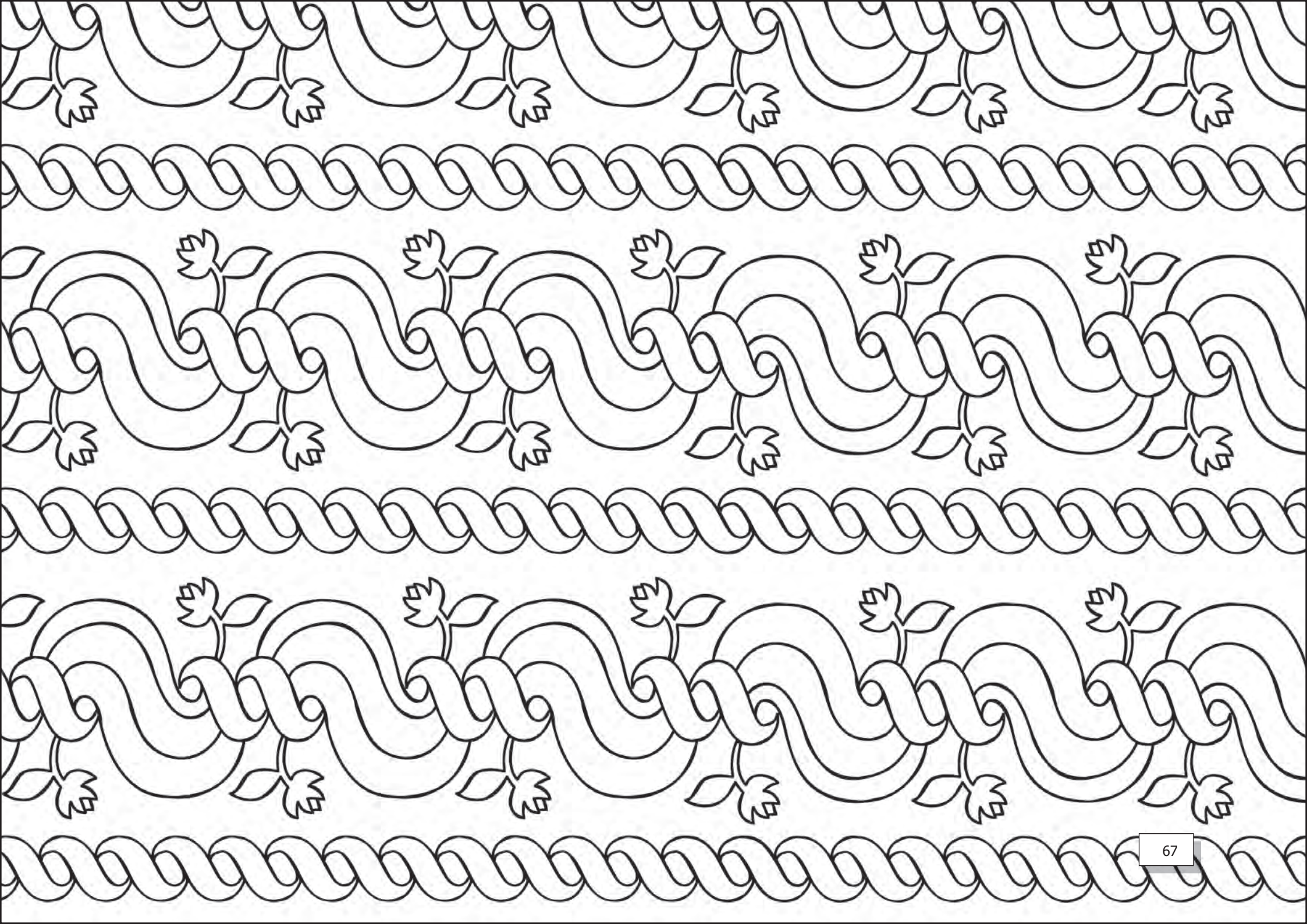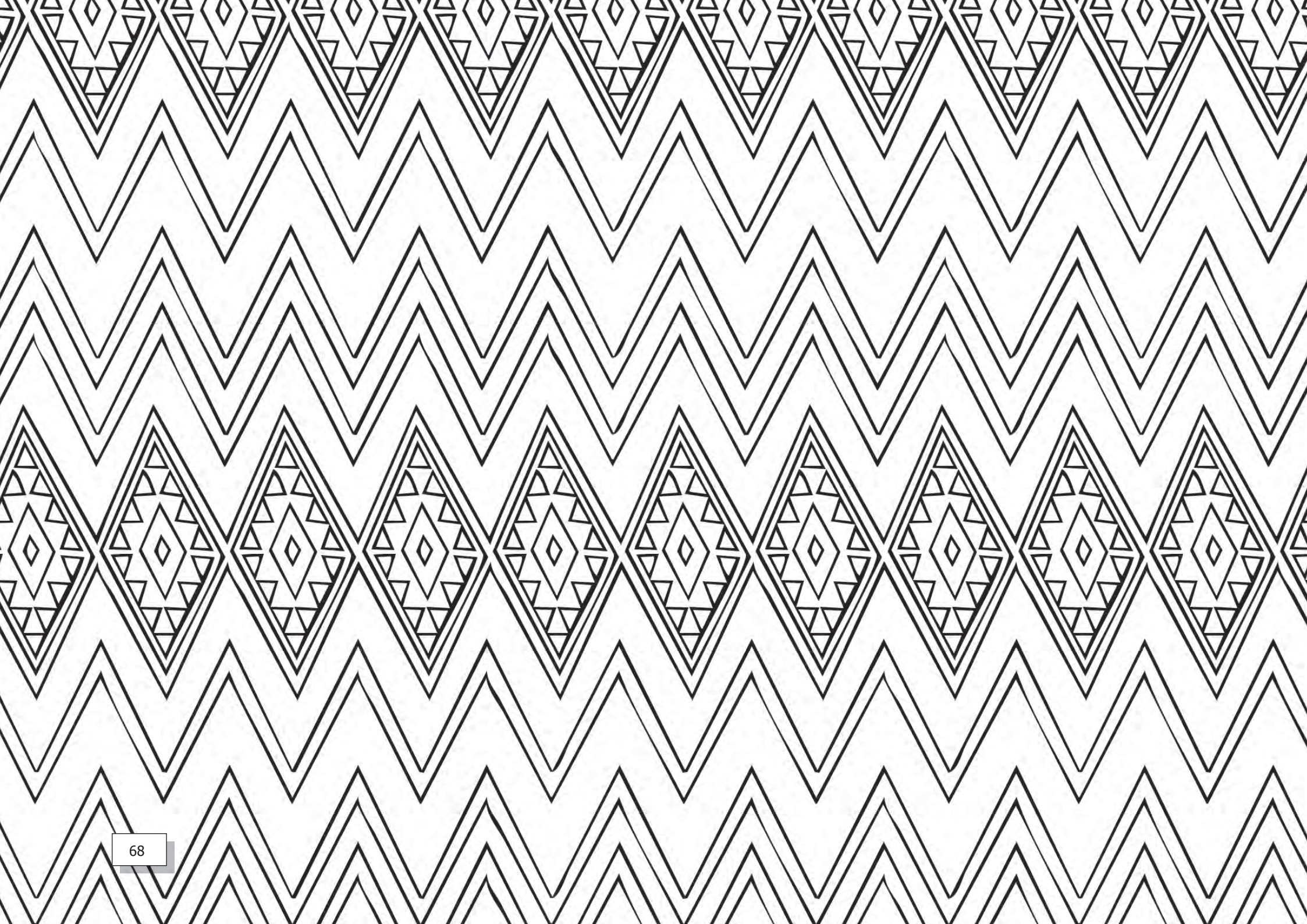
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