

COVID-19 (coronavirus)

6 Tips for Coping with the Stress



It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.



Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

**Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.*

***Adapted from the International Federation of Red Cross; data from the World Health Organization*

Need someone to talk to
during this difficult time?
You are not alone!

Just need to talk about things that you are feeling?

-Warm Line **1.800.698.2392**

Are you having a Crisis?

-24 Hour Crisis Line **1.800.884.2298**

-National Suicide Prevention Hotline **1.800.273.8255**

- Text **"hello"** to **741741**

Remember you are not alone, you matter.

Pacific County Resources:

Utilities:

- PUD
 - o Offices are closed, but if you need to speak to a customer service representative call
 - North County - (360) 942-2411
 - South County - (360) 642-3191
 - o Pacific County PUD will stop disconnecting, door tags and charging late fees for all of April.
 - Customers are still responsible for charges with regular monthly billing. Payment plans/arrangements can be made.
- Peninsula Sanitation (covers all Pacific County except for city limits of Raymond)
 - o (360) 642-2541
- City of Raymond
 - o Office Closed to public, available by phone (Monday- Friday)
 - o 230 2nd Street Raymond, WA 98577
 - 360-942-4100 (City Hall)
 - 360-942-4104 (Utilities)
 - 360-942-4102 (Court)
 - o Any payments can be made online at cityofraymond.com or outside the building in the drop box
- City of South Bend
 - o Office closed to the public, available by phone Monday – Friday 7:30 AM-4:00 PM
 - o 1102 W First Street South Bend, WA 98586
 - 360-875-5571
 - o Utility bills and municipal court payments can be made online at www.southbend-wa.gov. or outside of the drop box
- City of Long Beach
 - o Office Closed to public, available by phone Monday- Friday 8:00-5:00
 - o 115 Bolstad Avenue W Long Beach, WA 98631

- 360-642-4421

- o Payments can be made online at <https://www.longbeachwa.gov/> or outside city hall in the drop-box

- City of Ilwaco

- o Office Closed to public, available by phone Monday- Friday 8:00-5:00
- o 120 First Ave N Ilwaco, Washington 98624

- 360-642-3145

- o Payments can be made online at <https://ilwaco-wa.gov/> or outside of city hall in the drop-box

Food:

- Jack's Country Store

- o 26006 Vernon Ave #4022, Ocean Park, WA 98640
- o Online order forms can be found at <https://www.jackscountrystore.co/groceryorder-2.aspx>



- Ocean Park Food Bank

- o Only one family/person in the lobby at a time
 - 10:00-2:45 Tuesday- Friday
 - 360-665-6567
 - 1601 Bay Ave Ocean Park, WA 98640

- North Pacific County Food Bank

- o Only 8 people allowed in the building at a time
 - Thursdays 3:00-6:00
 - 360-942-4726

- 1899 Park Ave Raymond, WA 98577
- Legacy Community Outreach Food Bank
 - Wednesdays 2:00-5:30
 - 360-875-6688
 - 227 Water St, South Bend, WA 98586


Financial:

- Unemployment
 - o <https://esd.wa.gov/unemployment>
 - o <https://esd.wa.gov/newsroom/rulemaking/covid-19>
 - o <https://esd.wa.gov/newsroom/covid-19>
 - o [https://esdorchardstorage.blob.core.windows.net/esdwa/Default/ESDWAGOV/Unemployment/COVID-19 Applications CheckList.pdf](https://esdorchardstorage.blob.core.windows.net/esdwa/Default/ESDWAGOV/Unemployment/COVID-19%20Applications%20CheckList.pdf)
- TANF
 - o Temporary Assistance for Needy Families (TANF) provides temporary cash for families in need.
 - o To see if you qualify, apply through their website <https://www.washingtonconnection.org/home/> or call their customer service line 1-877-501-2233
- Bank of Pacific info
 - o <https://www.bankofthepacific.com/home/contact-us/coronavirus-covid-19-update>
 - Long Beach Branch; 360-642-3777
 - Ocean Park Branch; 360-665-5255
 - Raymond Branch; 360-942-4904
- Key Bank Info
 - o <https://www.key.com/about/announcements/coronavirus-information.jsp>
 - Long Beach Branch; 360-642-2377
- Raymond Federal info
 - o <https://www.raymondfederalbank.com/COVID-19>

- Raymond Branch; 360-942-3444
 - Long Beach Branch; 360-642-4464
 - South Bend Branch; 360-875-5504
- Great Northwest Federal Credit Union info
 - o <https://www.greatnwfcu.com/blog/2020/3/17/branch-lobbies-to-close>
 - For the pacific county branches call 1-800-533-8396

QUINGO

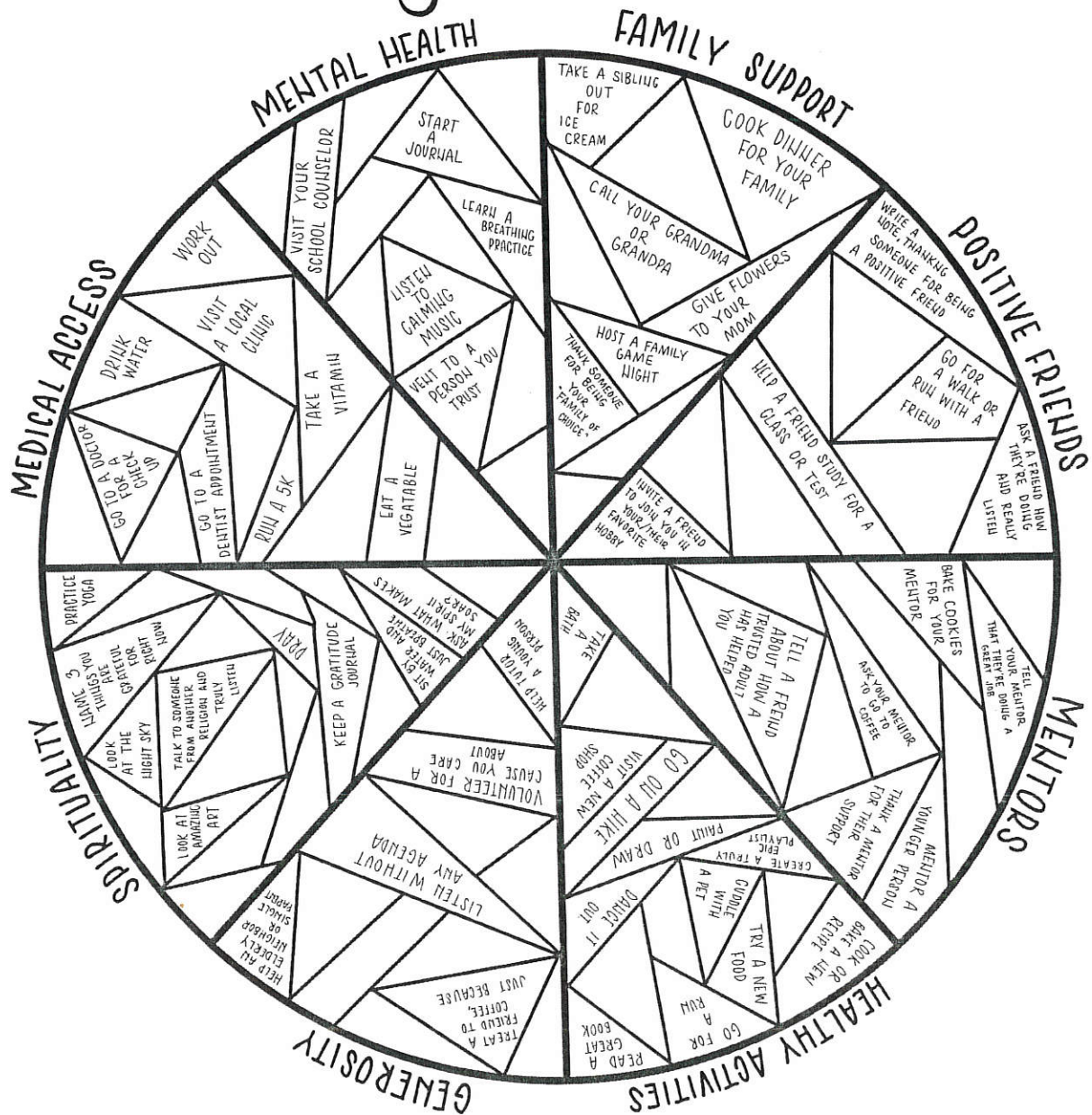
quarantine bingo!

take a 30 minute social media break	hydrate! ($\frac{1}{2}$ your weight in ounces per day)	breathe in some fresh air	draw the people, places, + things that give you strength	do a yoga or workout class online	learn to bake or cook something
read a good book	up to you! What did you do? _____ _____ _____	write down 3 things you're grateful for	tell someone you love them	take a shower or bath	Practice box breathing in for five hold  hold out for five
Add the National Lifeline to your phone: 1-800 273 8255	look up videos of baby animals	make a cup of tea (or 1 for a family member)	organize a cluttered place in your home	journal or write a poem	eat a meal together—even over video
get out of your pjs and put on a favorite outfit	take your meds + remind others to do the same	check in on a neighbor	up to you! What did you do? _____ _____ _____	try a new hobby	do a puzzle or play a game
move your body and stretch	sing or dance (the shower counts!)	listen to fun or calming music	write a card of appreciation to someone	donate \$ online to a local food pantry	email a note of thanks to first responders—nurses, police, firefighters in your area
check in with someone about how you're both feeling	up to you! What did you do? _____ _____ _____	create a secret code + write a note to someone else	watch a really good movie	make a good old fashion pillow fort	check in with your mentor by phone or email

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- what do you need?

strength check in



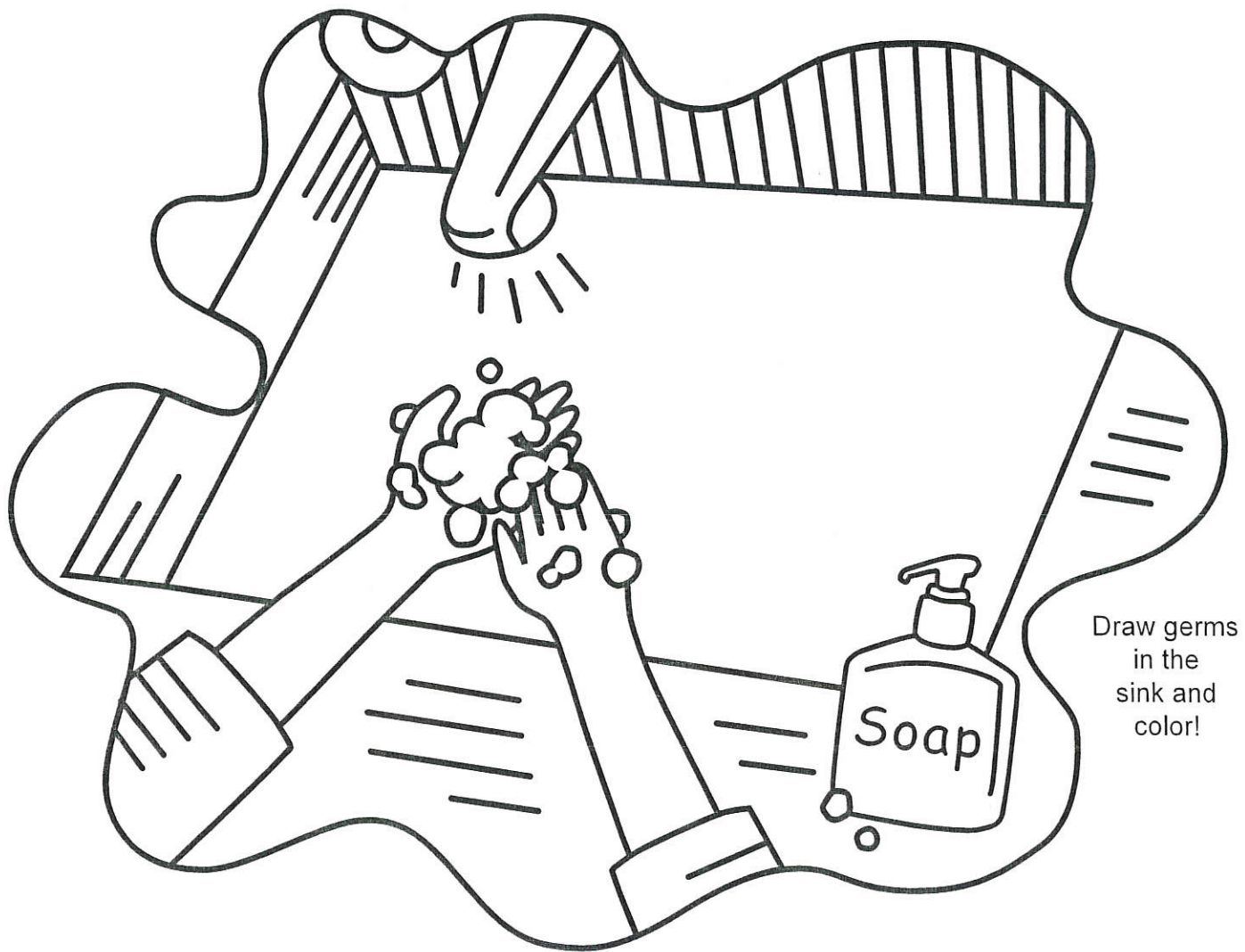
DIRECTIONS:

COLOR IN THE ACTIVITIES ACCORDING TO THE INSTRUCTIONS BELOW.
FILL IN BLANK SPACES WITH OTHER WAYS TO PRACTICE STRENGTH

- ☐ = Activity I regularly do
- ☐ = Activity I've done recently
- ☐ = Activity I'd like to try

SINK THOSE GERMS

Wash Your Hands!



Draw germs
in the
sink and
color!

ACTIVITY SHEET

WASH YOUR HANDS AFTER...



1. Playing with pets.



2. Using the bathroom.



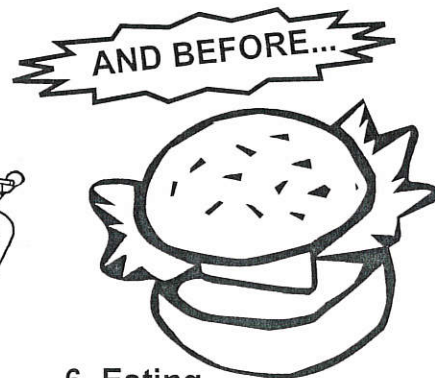
3. Sneezing, blowing your nose or coughing.



4. Touching a cut or open sore.



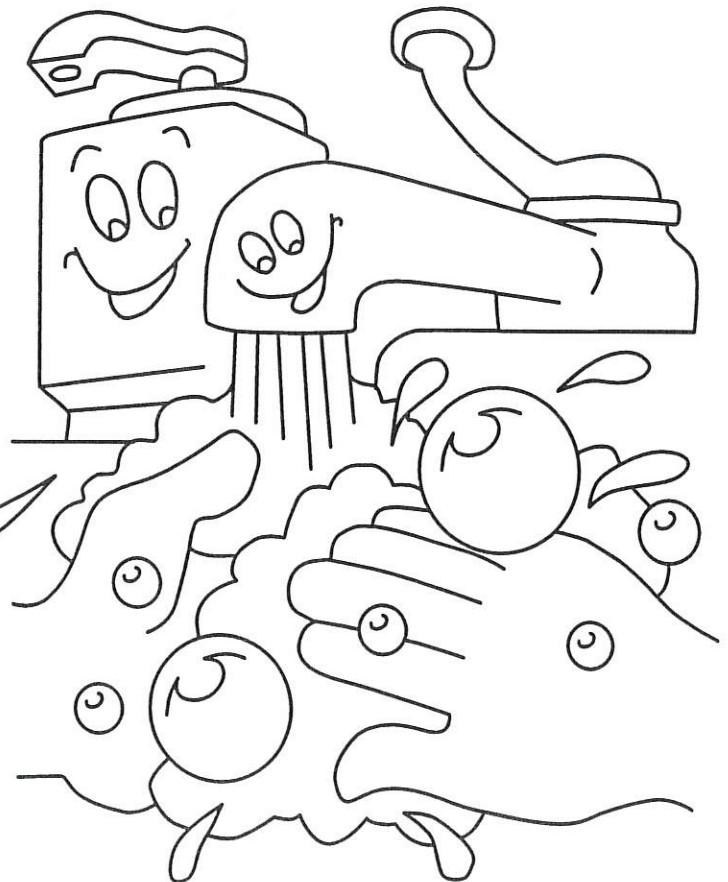
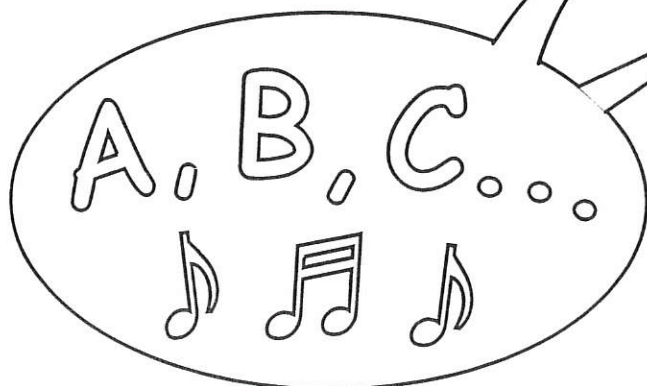
5. Playing outside.



6. Eating

HERE'S HOW:

1. Wet your hands with WARM water.
2. Soap and scrub for 20 seconds — say the alphabet slowly.
3. Rinse and dry.



OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



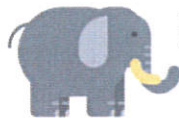
CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!



DANCE PARTY!

Dancing is a great way for kids to get exercise, express their creativity, communicate feelings, and enjoy music. Try some of these dance ideas together!

Freeze Dance

Kids dance like they can't stop, and then freeze like a statue.

- Put on music and have everyone dance.
- Stop the music suddenly—everyone freezes in place!
- Repeat by restarting and then stopping the music again.



Retro Moves

Invite kids to learn your favorite dance choreography from the past.

- Teach your child the basics, then put on some music and boogie!
- Ask your child to show you the dance he or she did in class. Can you guess what he or she is imitating?



The “Add-On” Dance

Together, make up a dance, step-by-step. Can everyone remember the moves?

- The first dancer does a dance move (“jump up and down,” for example).
- The next dancer adds a move (“jump up and down...then spin around”).
- Continue to add steps. When the dance has at least three moves, perform it together.



Find more games and activities at pbskids.org/pinkalicious or thinkpinkalicious.com

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DINOSAUR TRAIN

Make Dinosaur Feet

Have you ever wanted to stomp around like Buddy or tip toe like Tiny? Compare the differences between Tyrannosaurus rex and Pteranodons while making your own prehistoric model feet out of tissue boxes!

Materials

- ☐ empty tissue boxes (one for each foot)
- ☐ duct tape
- ☐ paint or decoupage materials
- ☐ scissors
- ☐ sponge, craft foam, or cardboard for toenails
- ☐ Tacky glue or hot glue

Directions

1 Before you begin the activity, look at pictures of a Tyrannosaurus rex and a Pteranodon in books or on the Internet. Take a close look at their feet for inspiration for this project! How are they different? How are they the same?

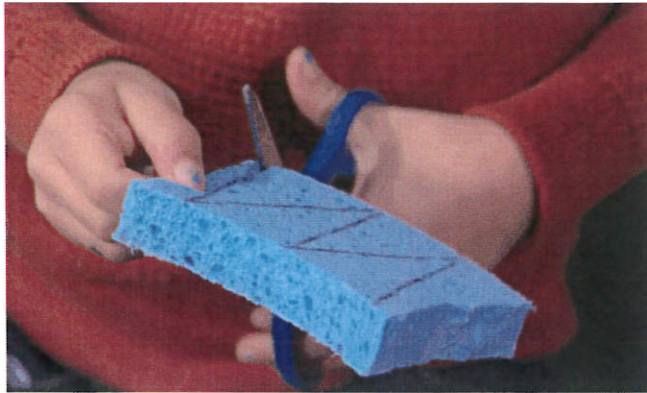
2 Take two empty tissue boxes. Use the duct tape to create the right size opening for each foot. This ensures that your child's foot fits inside without slipping and also reinforces the box.



3 Decorate by painting or gluing tissue paper to the boxes. Allow them to dry.



4 Once dry, cut triangles out of a sponge, craft foam, or cardboard — six triangles for a T. rex and eight triangles for a Pteranodon. These will be the dinosaurs' toes.



- 5** Glue three triangles to the front of each tissue box for T. rex feet or four triangles to the front of each tissue box for Pteranodon feet. Time to roam the house!



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<https://www.pbs.org/parents/crafts-and-experiments/make-dinosaur-feet>



THE CAT IN THE HAT

Play a Scent Memory Game

Put your nose to the test with this scent matching activity! Our sense of smell is called olfaction, and it can help children make connections with their surroundings. By using their sense of smell, kids can investigate and distinguish between different objects and materials.

Materials

- ☐ Three or four objects with pungent smells. Some examples include: pickles, your child's shampoo or toothpaste, orange peel, bananas, coffee grounds
- ☐ Jars, glasses, or plastic cups
- ☐ Plastic wrap
- ☐ Pencil
- ☐ Blindfold or scarf
- ☐ Labels (optional)

Directions

- 1** Before you get started, talk about *smells*. What are some strong smells you can name? What are some of your favorite and least favorite smells? Do different places have different smells?
- 2** Play a smell “matching game.” The objective is to smell each jar while blindfolded and then match the two jars that have the same smell. Place the jars in two rows. In the first row, add one object to each jar. Repeat this process with the jars in the second row.



- 3** Cover each jar with plastic wrap and puncture a few holes in the top with your pencil. Mix up all the jars so that you don't know which is which.



- 4** Put a blindfold on your child and ask them to pick up and smell each jar. When they find to that match, set them aside until they

have matched all the smells! . Try to match the same set of smells together.



5 Try it again with different scents!

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<https://www.pbs.org/parents/crafts-and-experiments/play-a-scent-memory-game>