Who is Zooming Who?

**Lesson:** A Mountain, A Lake and A Bird

**Ages:** 1<sup>st</sup> grade - 12<sup>th</sup> grade

**Purpose:** To give kids a way to talk about how they are feeling during this time of COVID -19 quarantine.

**Materials needed:** Construction paper and a marker

**Modifications**

**1<sup>st</sup> grade – 3<sup>rd</sup> grade:**
I had the young ones act out climbing a mountain and getting half- way and then to the top and sliding down to the bottom. I had them pretend swim. I had them be a bird and fly in place and fly in the room and come back to me.

**High School Ages:**
I had them draw a mountain, lake and bird. We discussed where they were on the mountain and their feelings of being in quarantine. I asked them what fun they could have while in quarantine. Lastly, how they would feel when this was behind us.
Step by Step Instructions

Step 1: Have child draw on a piece of paper a mountain, a lake and a bird.

Step 2: Have a child put an x at the base of the mountain. If child has gone hiking have them talk about a specific experience of hiking and how they felt about that experience. Talk about how they are feeling today with being quarantined. You can write the feelings on paper or just talk about it.

Step 3: Have child mark steps up mountain to midway and talk about how they may feel in a couple of weeks. Remind them this isn’t forever and, in a few weeks, they will be closer to the top.

Step 4: Have child mark steps to the top of mountain. I put May 4th at the top of the Mountain. This is the date many children have given me as when their school will decide if they are going back to school. Ask them how they will feel if they get to go back and if they do not. Remind them that by the 1st of May they will only have a month left of school and it will be done.

Step 5: The lake.

Calm - Ask the child if they are feeling worried or have any fears? Talk to them about the calming effects of water i.e., the sound of rain or the ocean. Give them some suggestions for calming.

1) Tummy breaths – Take a deep breath through your nose allowing the air to fill your tummy and the blow out air slowly through opened mouth. Do 4 times.
2) Hug or hold a pet – Pets are wonderful companions and great emotional support for kids.
Step by Step Instructions (Continued)

3) Wrap up in a throw or blanket around hem and have them hug a pillow.

For Fun: Ask child what fun have they had in water? Jumping through the sprinkler, water guns or swimming in the pool. Have child think about the fun things they have done or could do during the time of quarantine.

Step 6: The bird.

Talk to the child about a bird in flight and how a bird flies above everything that is happening below. Talk about that at some point this will be behind us and we will have lived through it together. Ask them what they are looking forward to when the quarantine is over?