

Released today: Aleta's Feelings During the Coronavirus by author and educator Jennifer Nicole Bacon, Ph.D.

A children's, holistic, eBook for ages 3-8 about change and feelings during the coronavirus. Aleta's Feelings During the Coronavirus is designed to help young children with feelings surrounding school closings due to coronavirus, the beginning of summertime, and revisions to activities. An activity workbook is included.

Whether families are staying at home, practicing social distancing, beginning modified summer schedules and camp, or preparing to return to school in the fall, this book provides comfort for young children trying to make sense of their new worlds.

Ultimately, the message is conveyed through the interaction between the character Aleta and her parents, that all will be well, and even during change love is constant.

This free children's eBook can be accessed by computer, phone, and tablet, or printed out. Aleta's Feelings During the Coronavirus offers both a story and a workbook for caregivers to read-only, skip to activities, or do a combination of both.

Aleta's Feelings:

What do I do when I'm feeling frustrated or sad?

When will we see family and friends?

What makes me smile?

Activities:

Blow Love Bubbles

Create a Happiness Board

Make Feeling Jars

Written by Jennifer Nicole Bacon, Ph.D.

Illustrated by Patrickson St. Elien

Contents: Story & Workbook

Age Level: 3-8

Grade Level: P-3

Description:

Aleta is a beautiful, bright, bubbly preschool girl who now must explore her feelings about the coronavirus and the changes in her world. Through the help of her parents and creative activities, she finds comfort through love and wonder.

Aleta's Feelings During the Coronavirus



By Jennifer Nicole Bacon, Ph.D.

Illustrated by Patrickson St Elien

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Introduction

Happiness is... yours to keep in your heart

To hold

To remember

To share

To dream

To tell

To know

To grow

Breathe it in again and again





Today, Aleta got some big news.

She learned her school and other children's schools needed to close for a while. Mommy and Daddy explained that the man on the television was saying some people were sick.

To keep everyone healthy, he said, people would need to stay home for a little while.

The reason they would stay home is because sometimes when someone is sick (like with the *coronavirus) they can accidentally give it someone else. This does not happen always or even a lot, but it can happen sometimes.

Aleta's Mommy explained they would all be very careful to cover their mouths with their arm sleeves (instead of their hands) when they coughed or sneezed.

They would wash their hands well and often, even under their nails.

They would eat healthy foods and drink lots of water to help stay healthy and strong.

They would be staying home more, for right now, and able to spend much more time with their own families!

Aleta was excited to have more time with Mommy and Daddy and her cat Snuggles but she also wanted to see her friends at school, her neighbors, and her grandparents and auntie that lived in another state but had planned to visit soon.

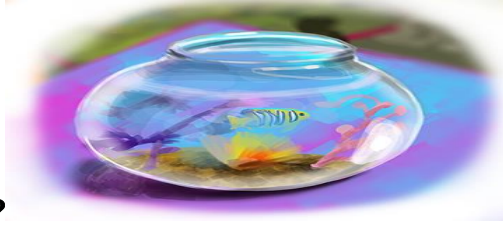
These visits would still happen, they just needed to be postponed (happen later).



When Aleta thought about it, she started to feel sad. How would she eat lunch with her best friend Simone?

How would she play dress-up with Naomi or run around the playground with Jerome and Shanti (pronounced Shaan-tee)?

Who would do circle time or lead the song about the earth like they do at her preschool?



Who would feed the classroom fish?

**“Sometimes grown-ups seem to be making all of the decisions without even asking us!”
She exclaimed in frustration.**

"Baby, it's okay if you feel frustrated, angry, or a little sad. All of those feelings are okay."

"I'm not a baby." Aleta replied.

Her Dad smiled, "I know, Aleta." "But even though you're a big girl now, you can still be our baby."

"And it's okay for even big girls to feel afraid or frustrated sometimes." "Or even feel a little lonely or just plain bored." Mom said gently.

"Grown-ups even feel that way sometimes."

Aleta had a lot of feelings today.

She felt sad, a little scared, and a little angry. She didn't want her routine (things she did every day) to change. And she didn't want to miss school.

Sometimes when you feel sad, scared, or angry, you may want to clench your fists and stomp your feet

Or

Climb into Mommy's lap

Or

Maybe you want to cry

Or

just have a hug

That is ok too!

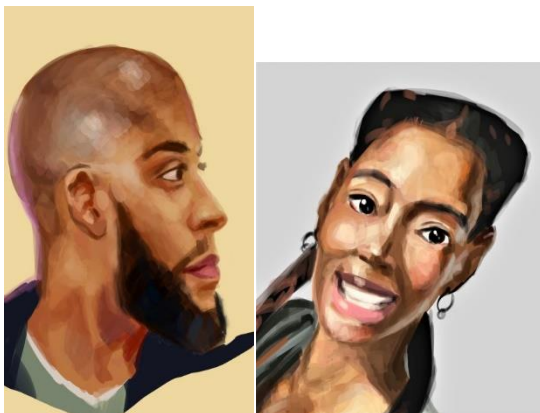
Mommy and Daddy held Aleta close. "I'm sorry," Mommy said. "We know this is hard." "You can ask us anything you want to know, and we will do our best to answer all of your questions!"

"Do your best?" You mean you don't already know the answers to everything?" "But you're parents. Grown-ups!" Declared Aleta.

Aleta's Mommy and Daddy smiled. "I know this is hard to believe, Aleta," Daddy said. "But we don't know all of the answers to everything either." "But we will learn together and do our best to answer all your questions!"

"And we are here to keep you safe, help you when you're feeling sad, angry, or scared, and love you always" Mommy added.

"No matter what else changes, our love never will!" Her parents said together.



Aleta's Mommy took out a big piece of paper from Aleta's arts and crafts drawer.

Aleta's Mommy and Daddy helped her write down words that she was feeling at the moment.

strange

mad

excited

worried

confused



Next Aleta drew pictures.

Aleta drew pictures of different things she was thinking about. She also drew pictures of things and people that she loved (herself, parents, best friends, grandparents, sunflowers, park...)

Aleta started to feel much better.



Aleta and her parents would talk to family and friends on the phone or video chat. And when they couldn't see or talk to their family and friends by phone or video, they would think about them.

Aleta and her Mommy and Daddy would sit together for a few minutes and put their hands at their hearts.



They would picture little or big hearts going to themselves, each other, and all those they loved.

They also sent hearts to those they didn't know, but might need love, and to the earth.

Sometimes they would say names out loud "Grammy, Grampy..." Other times they would just say it in their minds.

Other days it was too hard to sit still and Aleta and Mommy would stand outside instead and blow bubbles (they called them love bubbles) to the trees, grass, sky, and to their loved ones in their imagination.

One day Aleta had a little tummy ache and they blew love bubbles to her belly.

Aleta loved blowing love bubbles so much; she started doing it on her own every time



she thought of it!

On another day, Aleta, who was usually very talkative and bubbly, wasn't feeling very talkative.

She still had different feelings she wanted to share but not with words.

Aleta and her Mommy sat down together and created feeling jars. Mommy found 4 recyclable clear jars (that can be used again) washed and saved from jelly, almond butter, and yogurt.

They took markers and labeled them for an emotion/feeling. Aleta decided to label them mad, frustrated/confused, happy, and silly. They also used colored pom-poms to put in the jars.



When Aleta didn't want to use words, she could express her feelings through colors.

When she was feeling mad or angry, she put red pom-poms into her angry jar.

When she was feeling confused or frustrated, she put dark blue pom-poms into her frustration jar.

When she was feeling happy, she loved to use pink and green pom-poms (her favorite colors)!

Aleta and her Mommy even created a “feeling silly” jar with yellow pom-poms.



Mommy helped Aleta write the labels but Aleta could put pom-poms in and out all on her own.

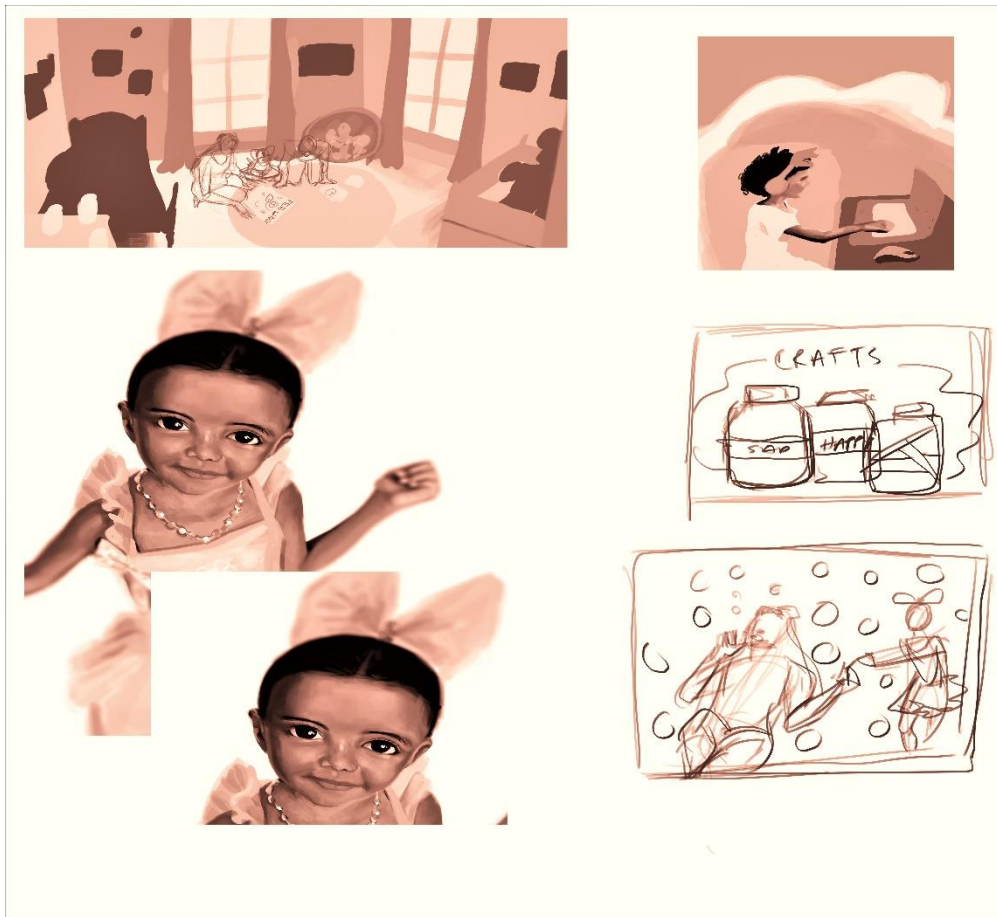
Sometimes she would put in a mad pom-pom then after she felt better, take out the red pom-pom and put in a pink or green pom-pom into her happy jar.

Today, Aleta was feeling giddy (super happy). She was enjoying her playtime at home and in her backyard. She laughed remembering the games she would play again with her friends at school and all of the things that she liked to do.

Aleta's Mommy asked her if she wanted to create a happiness board for arts and crafts today.

A happiness board could have drawings, photos (that you have copies of), magazine pictures, stickers, glitter, yarn, and anything else she wanted that reminded her of the things that made her happy!

***You can even make happiness boards on days when you might be feeling sad, lonely or even bored to remind you of the things that make you feel better.**



Aleta excitedly answered "Yes!" "But what do I put in it?" She asked.

Gently Aleta's Mommy invited Aleta to close her eyes and visualize (picture in your mind).

What do you see?

Hear?

Feel?



What is making you smile?

Giggle?

Laugh out loud?

Aleta's Mommy chuckled as she noticed Aleta's grin growing bigger and bigger. Her smile turned into a giggle, then a loud laugh with her head back and her little shoulders shaking from her laughter! Mommy laughed too!

Before Aleta knew it, school was back in session (started again) and all the children were playing together again.

Aleta and her friends, even though they hadn't seen each other for a little while, were all still friends!



The classroom fish (who had gone home with one of the teachers), even seemed to remember them!





Author

Jennifer Nicole Bacon, Ph.D. is an Associate Professor in Contemplative Education at Naropa University and a writer. "Dr. Jenn" is a former, public school, special education teacher who loves working with children, families, and future teachers (she currently teaches college students studying to become elementary school teachers). *Aleta's Feelings During the Coronavirus* is her first children's book in her new Aleta children's book series. She was inspired to write *Aleta's Feelings During the Coronavirus* by her daughter, Kriya, who was in preschool during the coronavirus pandemic. The character, "Aleta," was named after Dr. Jenn's mother Darline Aleta Bacon who was an educator and devoted to the needs of children everywhere. When not teaching or writing, Dr. Jenn can be found doing yoga, cooking/baking, and exploring the beautiful mountains of Colorado with her husband and daughter.



Illustrator

Patrickson St. Elien is an independent Artist in New York. He endeavors to capture the persona of his subjects through painting. His new pursuit extends painting into graphic novels through commission, and his project in the works: Overdrive.

Aleta's Feelings During the Coronavirus WORKBOOK

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Activity 1

***Can you do your own happiness board with Aleta?**

Happiness Poem

What is happiness?

Is it something we can make like a painting/drawing?

Or grow like a flowering plant?

Is it something that is given to us- like a hug or a smile

Or something that comes from our own hearts?

Directions:

Take a piece of large paper

Fill it with all the things that make you feel happy

Ask your parents/guardians to help you find pictures in magazines or give you copies (don't use the originals) of family photos (make sure you have permission first).

You can use words, glitter, drawing, stickers, paste pictures from magazines, paint, scribble, draw stick figures, add photos (of ducks, dogs, gymnastics, the sky, playing the drums, faces of your family, friends, favorite teachers, the beach, a farm, etc).

Questions

What and who do you see when you feel happy?

Are you doing ballet? Climbing a tree? Running at the playground?

Eating ice cream in the sunshine? Riding in the car with Daddy? Hugging Mommy?

Your snuggly cat or frisky dog? Your best friend? Favorite flower?

What is your favorite place to go?

What are your favorite things to see?

What is your favorite song to sing?

Picture it

Picture filling your heart with those things

The good feelings that dry your tears

Make you feel brave

Make you laugh

And feel like the warmest hug!

Fill your heart with rainbows and gentle rivers

With the snuggles that help you fall asleep at night

And the songs that make you dance

Twirl

Romp

Play

Sleep

Daydream

Love

Laugh

Create your happiness board

When you have a heart full of your favorite things, write, draw, scribble, paint, or paste pictures of what it looks like.

Activity 2 Feeling/Emotion Jars

Jars can be cleaned and recycled 12 oz or 16 oz from mayonnaise, nut butter, yogurt, jelly, pickles, etc. You can also find colored jars (instead of clear) at the Goodwill, consignment stores, etc.

Directions

Select the number of jars you want to use. One for each emotion.

Be sure to clean all jars with warm soapy water and run them through the dishwasher (if available). Be sure to get help from your parents/guardians in selecting and washing jars.

Take a piece of masking tape and a marker (you may want to use a different color marker for each jar) and label each jar with the selected feeling/emotion such as

Angry

Happy

Sad

Select colored pom-poms or marbles for each jar.

Choose a pom-pom or marble color based on your favorite colors or colors you use to represent each feeling such as red or orange for anger or gold, pink, purple, for happiness, etc.

You can also include different expressions (instead of just traditional emotions) such as feeling silly, funny, etc.

****Parents Note: Marbles and pom-poms can be choking hazards***

****This activity is not meant for very young children.***

***Also, if you have concerns about glass jars breaking, use another material such as recyclable plastic or other materials that are still see-through.**

Use

Feeling jars can be used for helping children share and discuss their feelings.

To safely work through a variety of emotions.

For children to recognize or put expression to their feelings with movement and colors, rather than words,

To empower children to decide where their own feelings go in a jar, or to keep, take out, change, move, their pom-poms from each jar without judgment.

For children (and parents) to recognize and honor feelings.

To observe

To show and share

For creative expression

For fun

Activity 3 Mindfulness

Aleta's routine (schedule and practice) includes a few minutes of mindfulness time (quiet time).

She looks at books, daydreams, listens to music, or sits or lies down with her eyes closed.

Mindfulness time is her time to relax (when we relax, we slow down and let our bodies be quiet and our minds calm).

What do you like to do to relax?

Visualize (picture) the thing or things that make you feel calm.

What does it look like?

What are you doing?

Can you be mindful for a few minutes right now?