



LAVINIA
COSTANTINO
TEATRO, ARTITERAPIE, MINDFULNESS

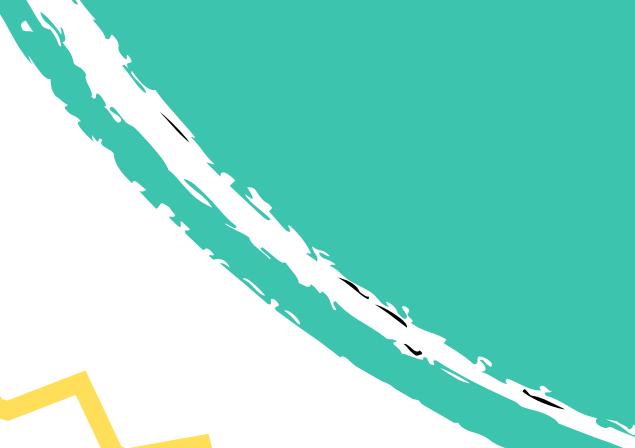



ONCE UPON A TIME THERE WAS A VIRUS...

NARRATIVE GAMES AND MINDFUL ACTIVITIES
FOR KIDS TO MANAGE THEIR EMOTIONS

A WORKBOOK BY LAVINIA COSTANTINO
ARTS THERAPIST AND MINDFULNESS
EDUCATOR

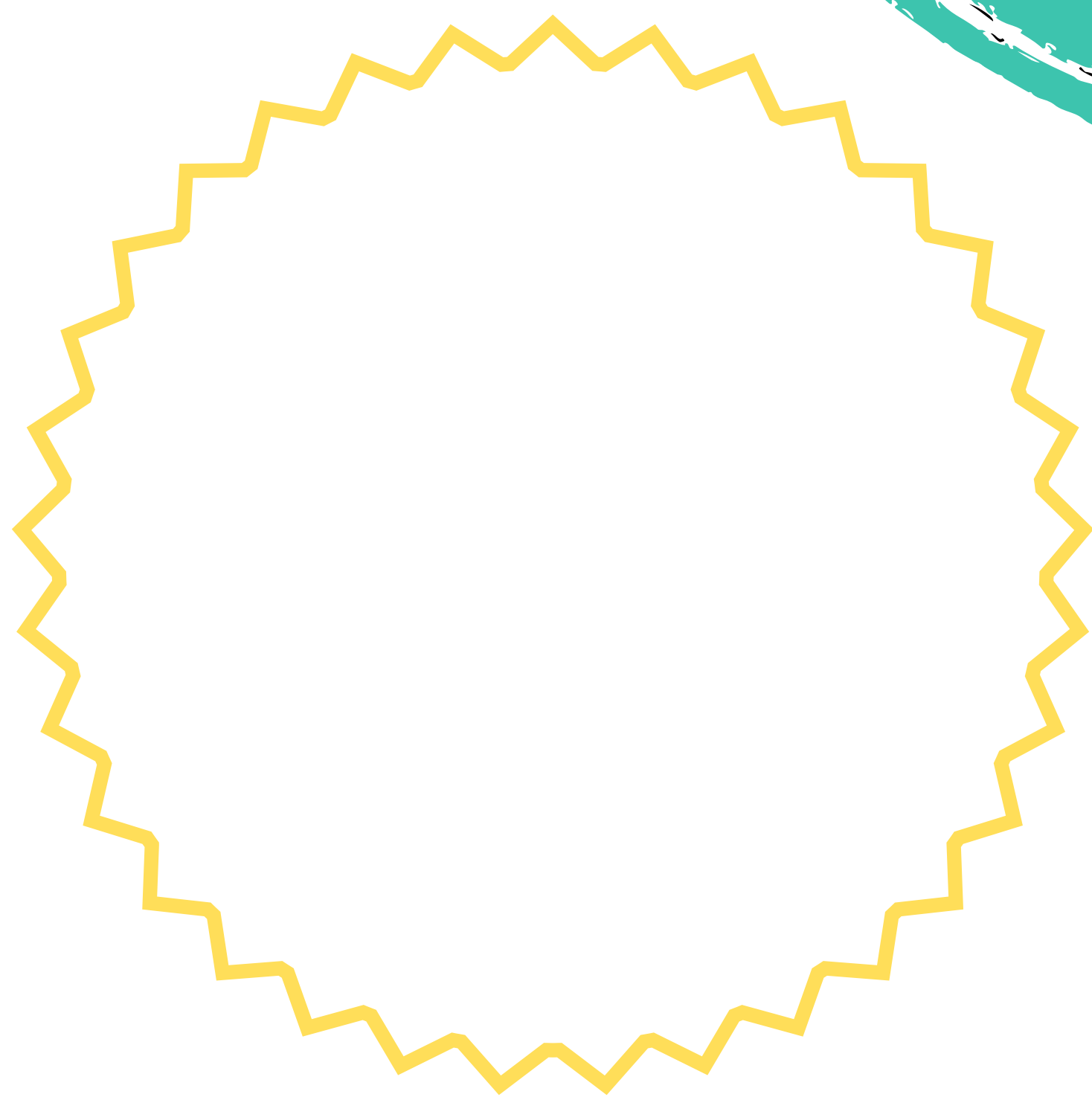
WITH THE CONTRIBUTION OF
DR. FABIANA CAZZANIGA,
NEUROPSYCHOLOGIST



HI THERE! MY NAME IS LAVINIA. I'M A STORYTELLER SO I KNOW HOW POWERFUL STORIES ARE AS A WAY TO COPE AND HEAL WITH LIFE.

I'M ALSO AN ARTS THERAPIST: THAT MEANS I HELP KIDS PUT THEIR EMOTIONS IN ORDER WITH STORIES AND NARRATIONS.

LAST THING, I TEACH MINDFULNESS: LET ME TELL YOU THERE'S A LOT OF RELAXING GAMES THAT CAN HELP YOU NAVIGATE THESE STRANGE DAYS IN THE BEST WAY POSSIBLE.



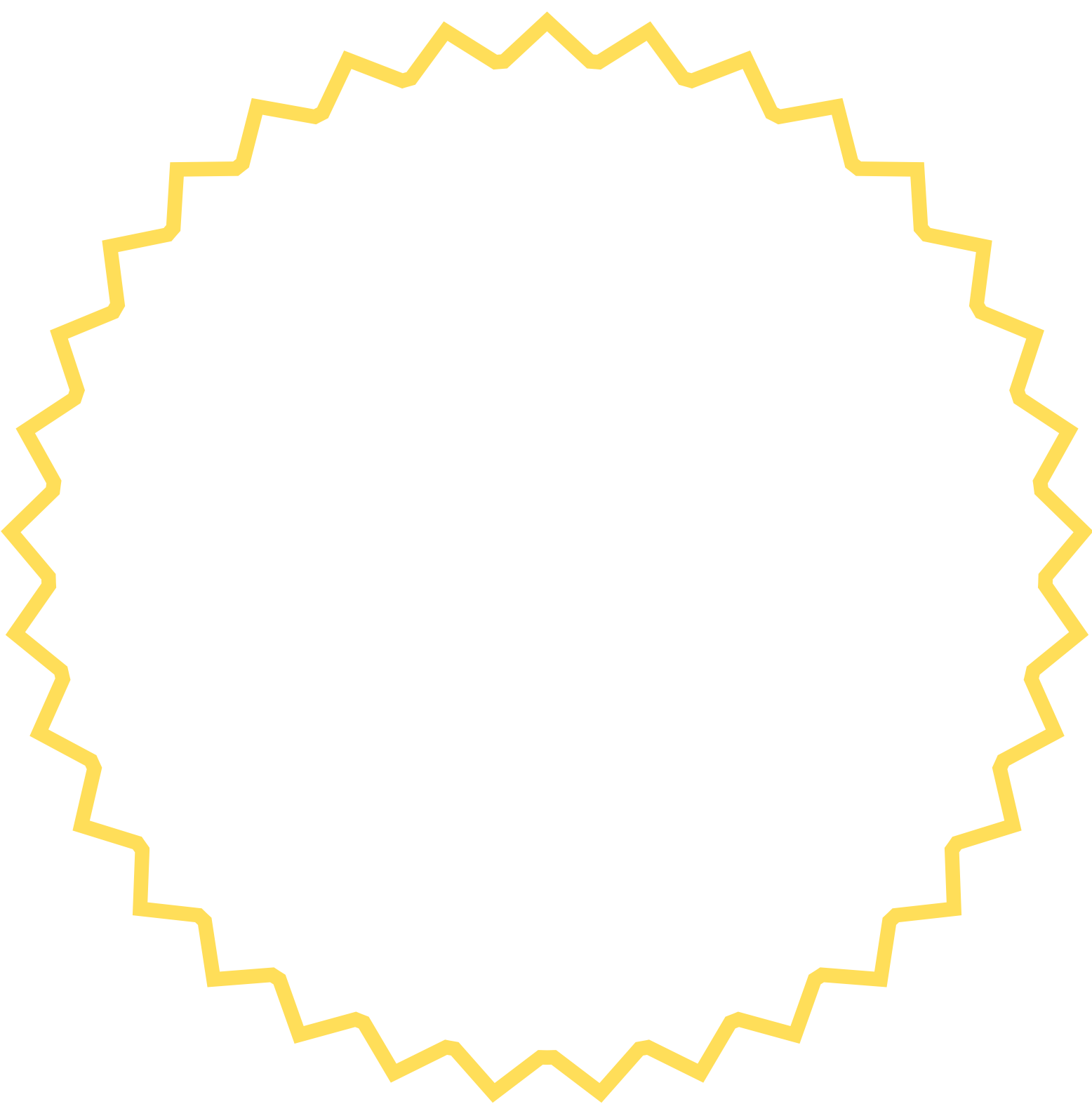
NOW THAT YOU KNOW SOMETHING ABOUT ME, CAN YOU DRAW HOW YOU THINK I LOOK LIKE? IT WILL BE LIKE MAKING FRIENDSHIP!

HERE ON THE LEFT YOU CAN DRAW YOUR SELF PORTRAIT.

REMEMBER: THERE IS SOMETHING WITHIN OURSELVES THAT ONLY CHANGES THROUGH TIME, WHEREAS OUR EMOTIONS AND FEELINGS CHANGE VERY QUICKLY.

MAYBE TODAY YOU FEEL STRESSED OR TIRED, AND YOU CAN DRAW YOURSELF ACCORDINGLY... BUT TOMORROW IT COULD BE DIFFERENT.

STRONG AS THEY MAY SEEM, OUR EMOTIONS ARE LIKE A WAVE: THEY COME, AND THEY GO.



GROWN UPS, MAY I HAVE YOUR ATTENTION PLEASE:

THIS WORKBOOK IS MEANT TO BE HELPFUL TO YOU AND YOUR KIDS DURING THE CORONAVIRUS EMERGENCY: IT IS INTENDED TO PROVIDE THE KIDS WITH USEFUL ACTIVITIES THAT CAN HELP THEM COPE WITH THEIR EMOTIONS AND SHARE THEM WITH YOU.

FOR YOU AS A PARENT/CAREGIVER/TEACHER, IT WILL BE A GOOD WAY TO CONNECT TO YOUR CHILD'S INNER WORLD AND SUPPORT HIM/HER WHILE NAVIGATING THEIR EMOTIONS.

THIS SET OF ACTIVITIES IS INSPIRED BY MY ARTS THERAPIES AND MINDFULNESS PRACTICE AND WILL OFFER YOU A WAY TO CONNECT AS A FAMILY: IT DOESN'T IN ANY WAY REPLACE PROFESSIONAL PSYCHOLOGICAL ASSISTANCE IF YOU THINK YOU ARE IN NEED OF IT.

THREE QUICK TIPS TO TALK TO YOUR KIDS ABOUT CORONAVIRUS :

BY DR. FABIANA CAZZANIGA, NEUROPSYCHOLOGIST

1

I KNOW, WE ARE ALL A BIT UPSIDE DOWN. BUT NOT TO THE POINT THAT WE CAN FORGET WE ARE THE GROWN UP ONES. PLEASE REMEMBER THAT A *SCARED* ADULT SOUNDS LIKE A *SCARING* ADULT TO A KID. TRY TO REMAIN CENTERED AND BALANCED WHEN YOU TALK TO YOUR KIDS: THEY DON'T ONLY LISTEN TO OUR WORDS BUT TO OUR EMOTIONS AND FEELINGS AS WELL.

YOU KNOW WHEN WE GO OUT FOR DINNER WITH A FRIEND WHO IS A GOOD LISTENER, AND WE GET BACK HOME REFRESHED AND NURTURED? OUR KIDS NEED TO FIND THE SAME GENTLE AND WELCOMING ATTITUDE IN US.

ESPECIALLY DURING THESE DAYS, PROVIDE THEM WITH GAMES, ACTIVITIES AND BOOKS THAT OFFER SPACE FOR EMOTIONS TO COME OUT AND BE TALKED ABOUT.

2

WE'RE NOT POWERLESS IN THE FACE OF ADVERSITY: TALK TO YOUR KIDS ABOUT ALL THE SAFETY MEASURES DECIDED BY THE AUTHORITIES DURING THE CORONAVIRUS OUTBREAK AND REMIND THEM HOW HELPFUL WE ALL CAN BE FOR OUR COMMUNITY, BY SIMPLY OBSERVING A FEW RULES.

THIS WILL MAKE THE KIDS FEEL RESPONSIBLE AND EMPOWERED.

3

THERE IS SO MUCH TALKING ABOUT THIS CORONAVIRUS, BUT I STILL HAVEN'T HEARD YOUR VERSION OF THE STORY! ARE YOU READY TO BECOME A WRITER AND AN ARTIST?!

THE STRANGE STORY OF CORONAVIRUS TOLD BY THE MARVELOUS MIND OF: _____

XXXXXXXXXXXXXXXXXXXX
X ONCE UPON A TIME THERE WAS A VIRUS. X
X THIS IS HOW I THINK IT LOOKED LIKE: X
X X X X X X X X X X X X X X X X X
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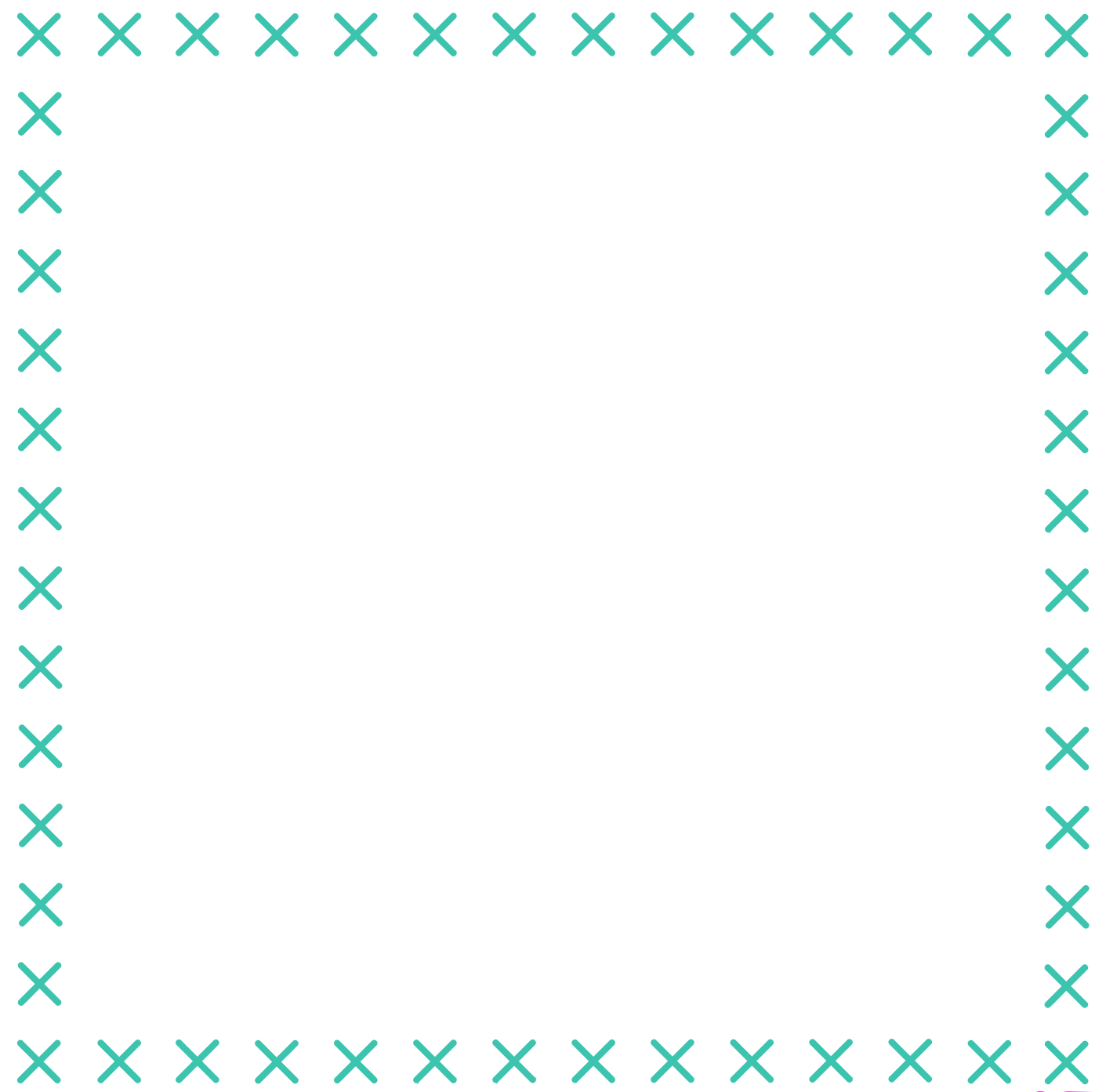
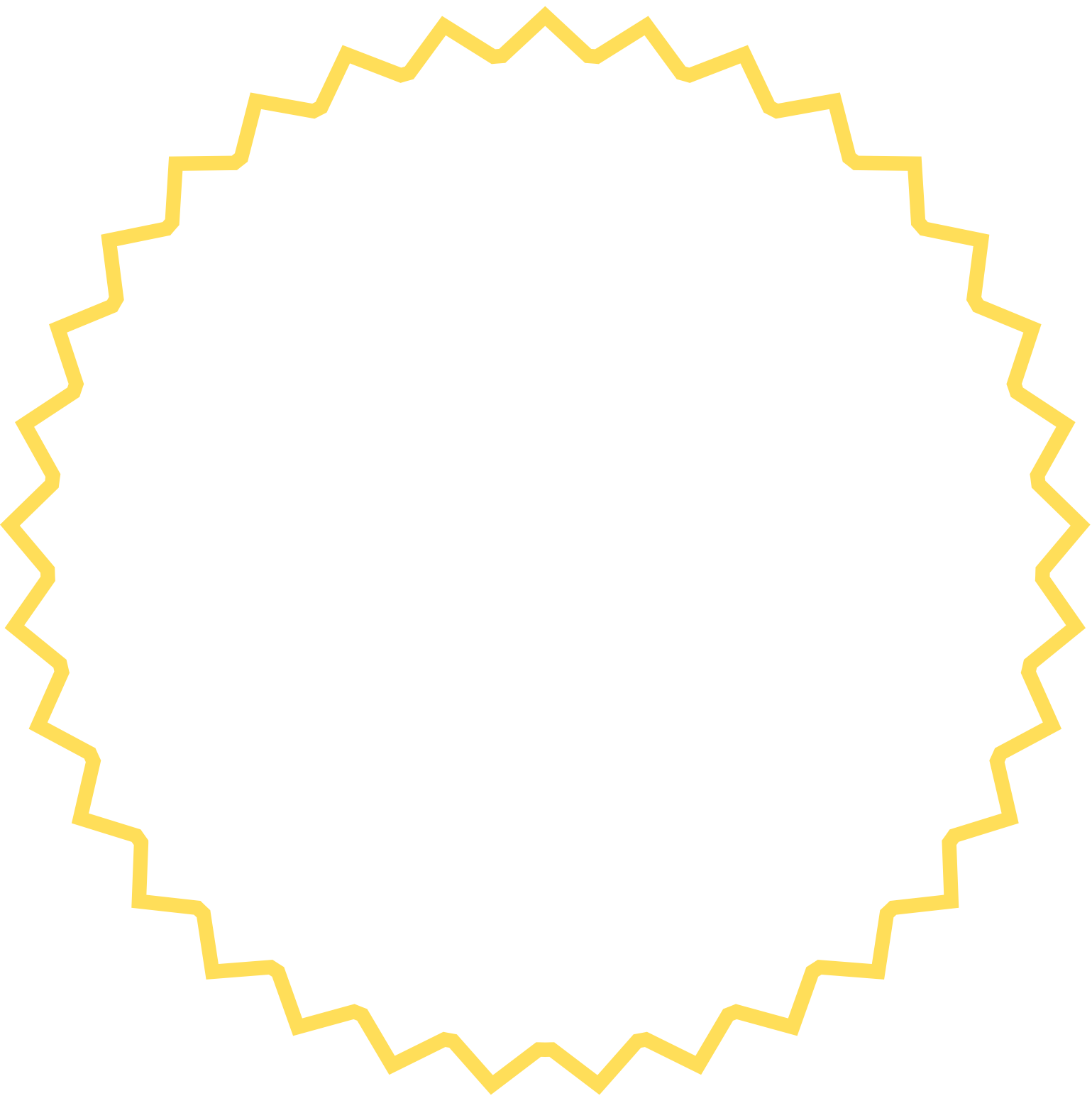
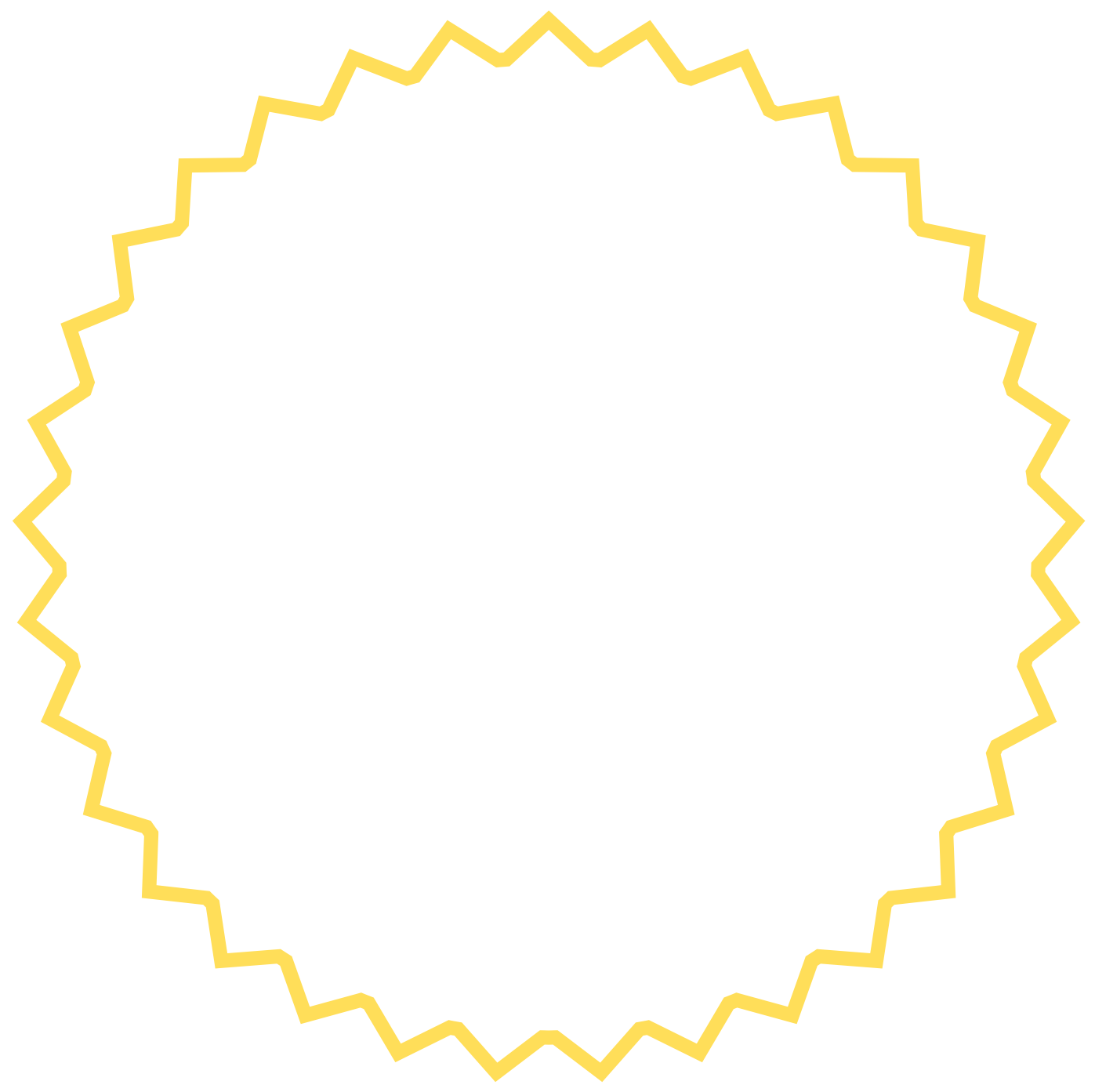
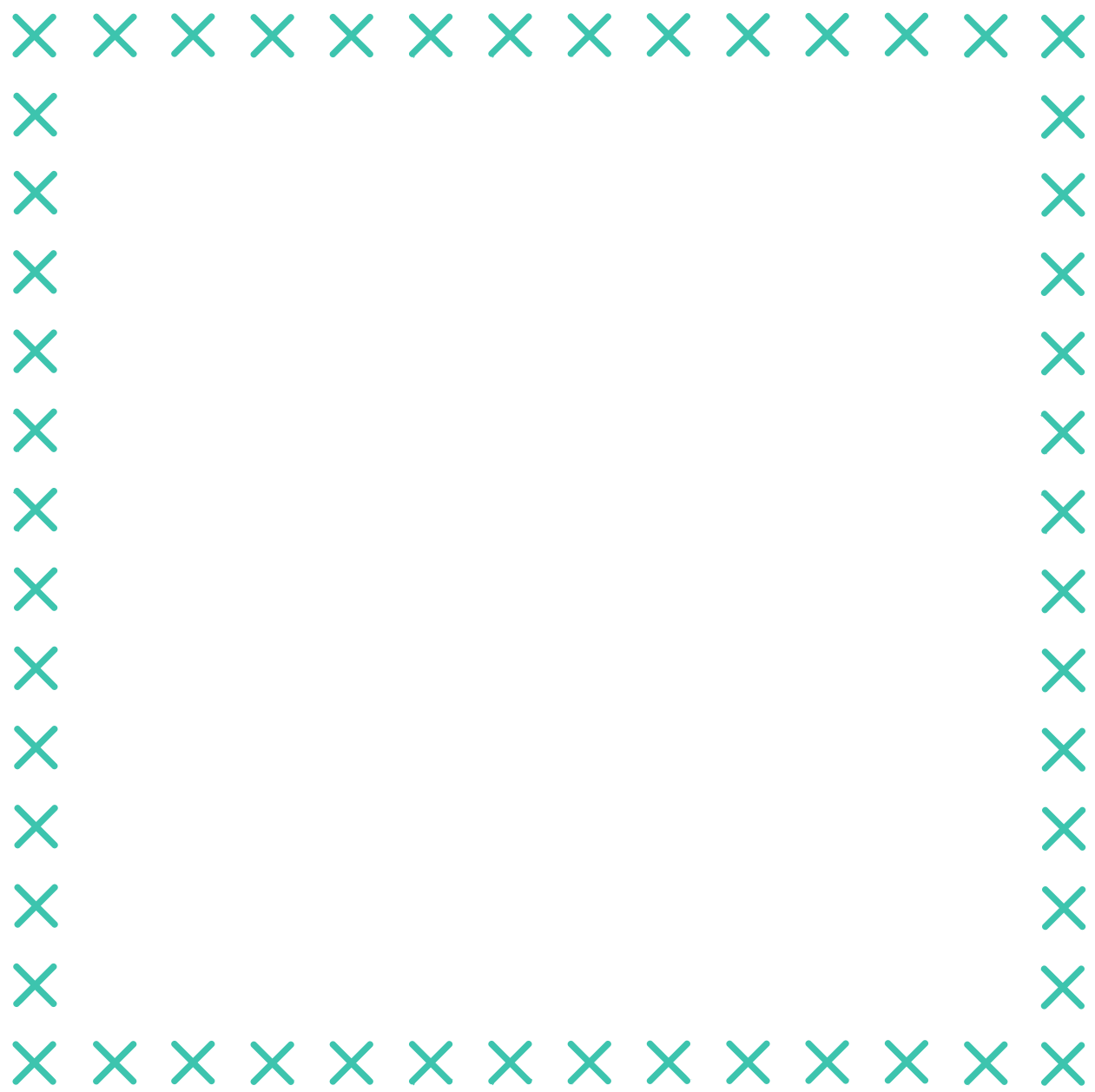
HE WANTED TO GAIN POWER BECAUSE...

SO HE CAME UP WITH AN EVIL PLAN:

XXXXXXXXXXXXXXXXXXXX
X BUT HE DIDN'T KNOW OF ALL THE HEROES OUT X
X THERE READY TO FIGHT AGAINST HIM: X
X X X X X X X X X X X X X X X X X
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XXXXXXXXXXXXXXXXXXXX

THE STRANGE STORY OF CORONAVIRUS TOLD BY THE MARVELOUS MIND OF: _____

YOU CAN GO ON WITH THE STORY HERE. IF IT'S VERY LONG, FEEL FREE TO ADD MORE SHEETS IN THIS BOOK SO YOU CAN WRITE AND DRAW AS MUCH AS YOU LIKE!



... the end!

EXPERIMENTING WITH EMOTIONS:

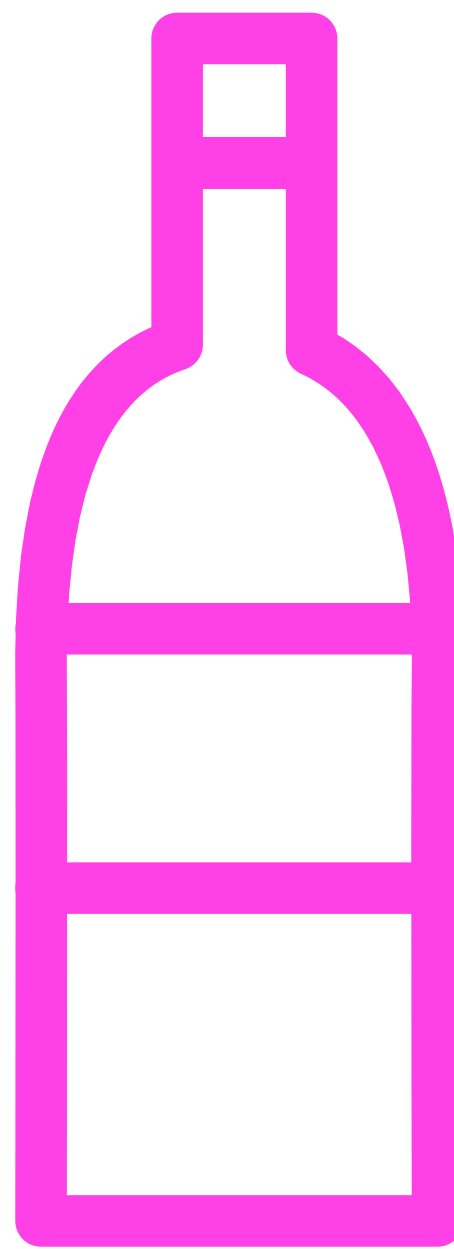
EVERY DAY WE ALL GO THROUGH MANY EMOTIONS.

ESPECIALLY DURING THESE DAYS IT'S SO IMPORTANT THAT YOU DON'T BOTTLE THEM UP, BUT INSTEAD YOU FIND SPACE TO TALK ABOUT HOW YOU FEEL.

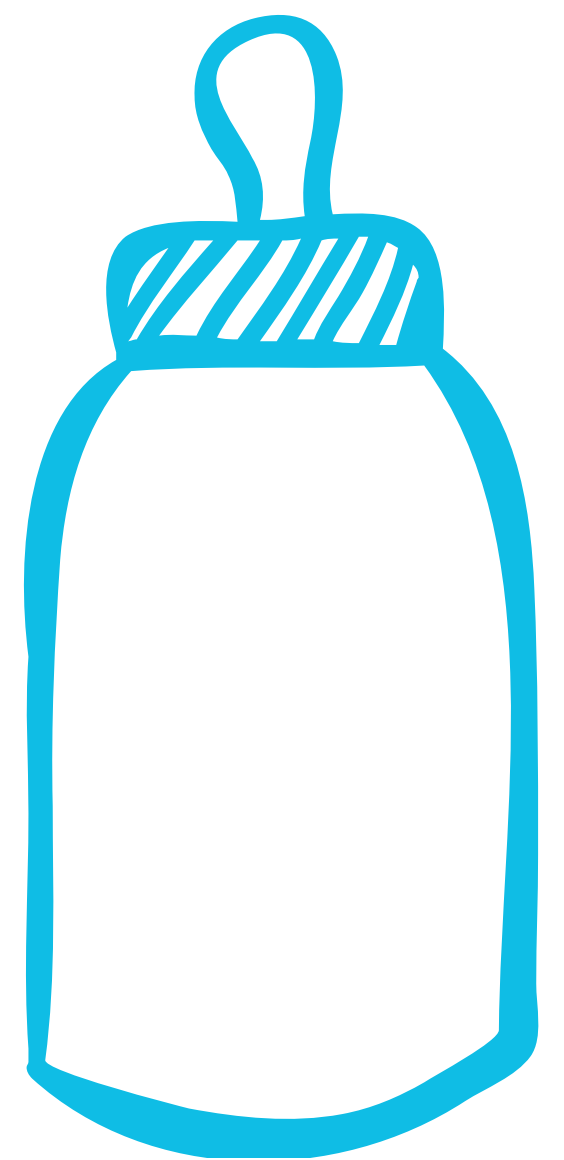
I'VE PUT SOME LABELS ON THESE BOTTLES: COULD YOU FILL THEM ACCORDING TO HOW BIG THAT EMOTION FEELS INSIDE YOU?



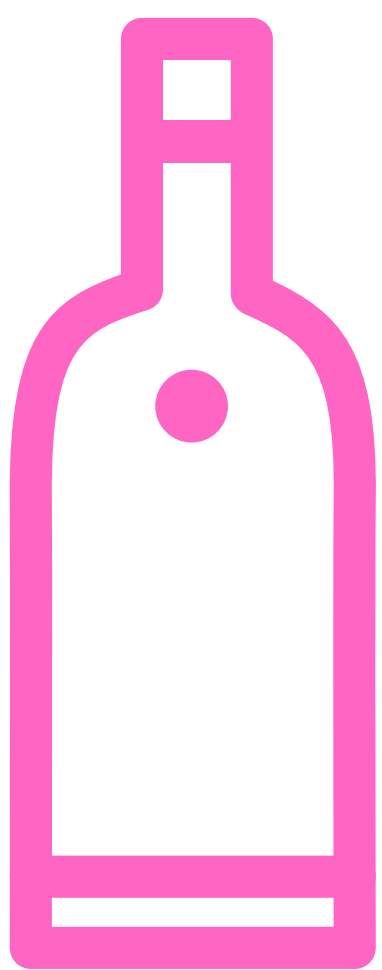
FEAR



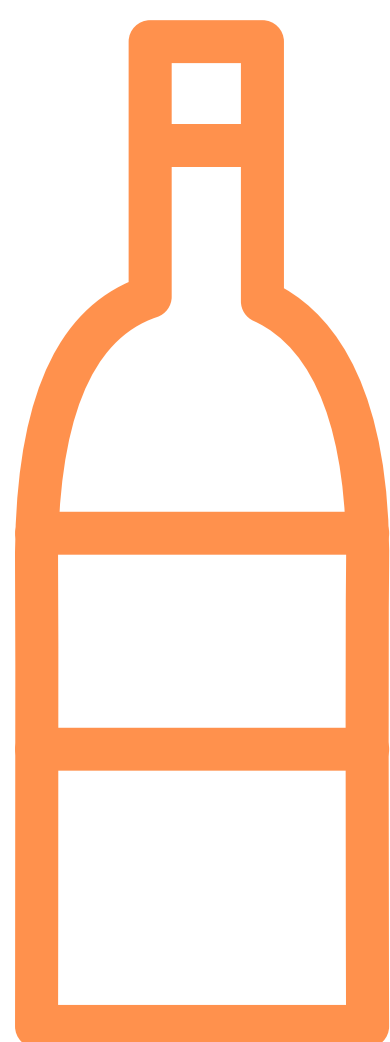
HAPPINESS



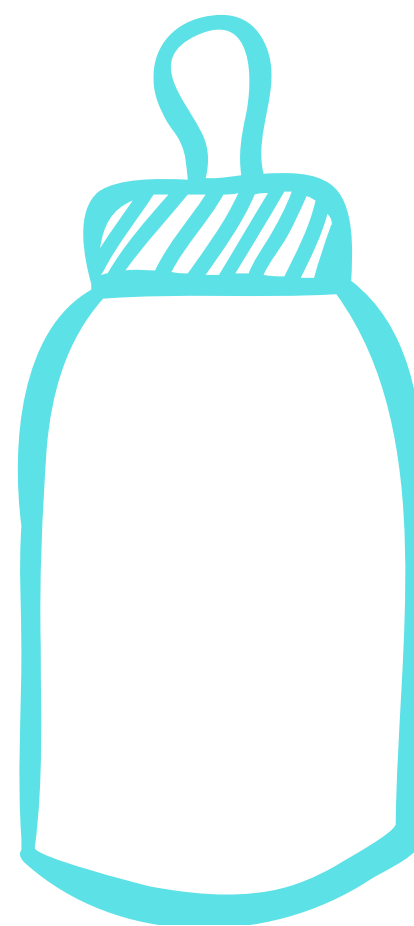
LONELINESS



**MISSING
SOMEONE**



CURIOSITY



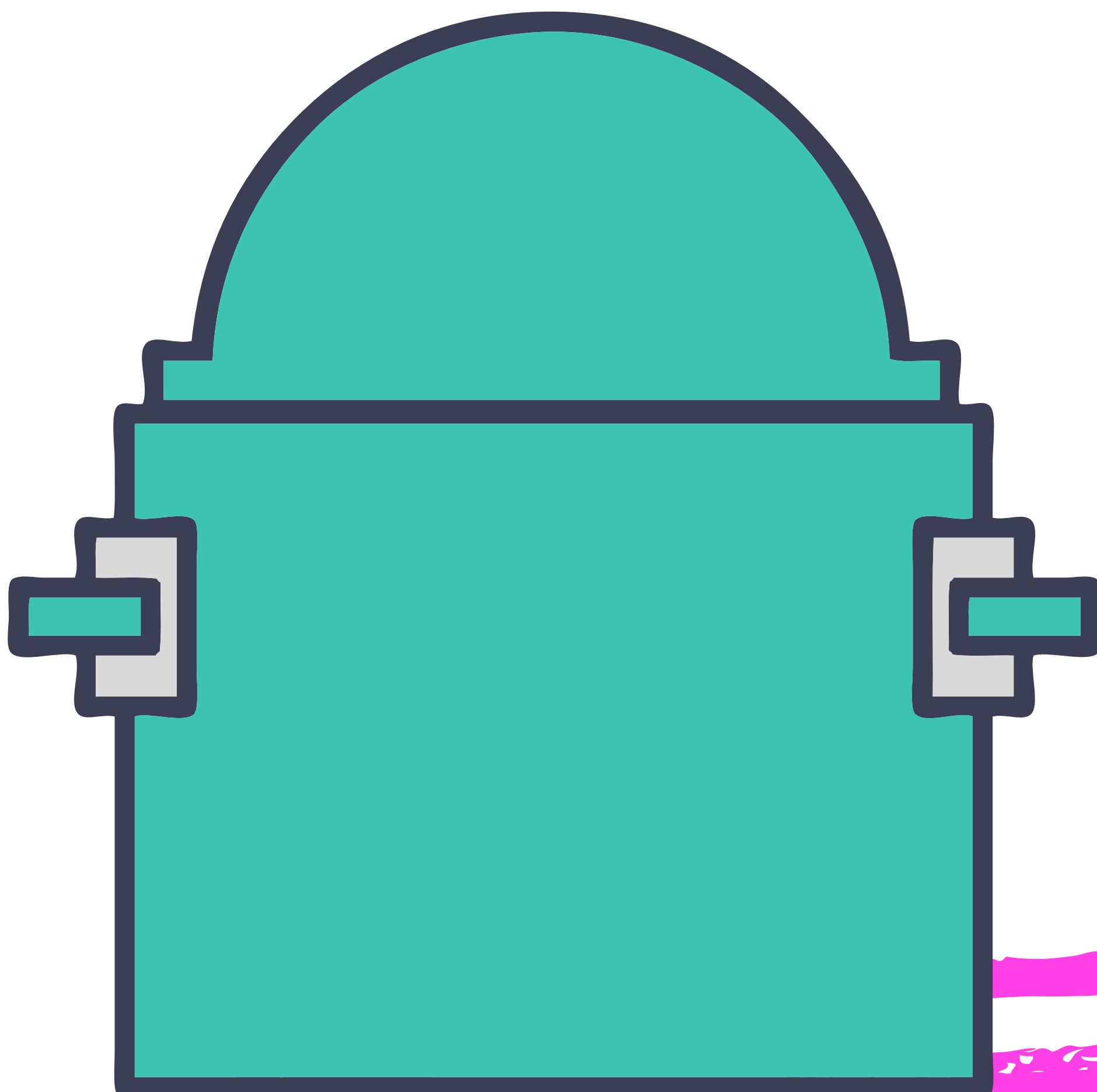
PROFESSOR DUMBLEDORE'S PENSIEVE

CAN YOU REMEMBER WHAT PROFESSOR DUMBLEDORE, THE HEADMASTER AT HOGWARTS SCHOOL OF MAGIC, USED TO DO WHEN HE WAS OVERWHELMED BY EMOTIONS AND THOUGHTS?

HE LET THEM SLIP IN HIS PENSIEVE: SOMETIMES, LETTING OUR THOUGHTS GO CAN RELAX OUR MINDS AND HEARTS AND MAKE MORE SPACES FOR WISE CHOICES.

HERE IS A MINDFUL GAME YOU CAN DO WITH A GROWN UP:

1. SIT DOWN COMFORTABLY. CLOSE YOUR EYES, AND LOOK INSIDE YOUR MIND AS IF YOU WERE SNORKELING TO SPOT FISH.
2. CAN YOU NOTICE ANY THOUGHTS IN YOUR MIND? AS SOON AS YOU SEE ONE, YOU CAN WRITE IT DOWN IN YOUR PENSIEVE OR YOU CAN DRAW IT. IT WILL BE LIKE LETTING IT GO.
3. YOU CAN PLAY THIS GAME EVERY NIGHT BEFORE GOING TO BED: INSTEAD OF WRITING AND DRAWING YOU CAN SIMPLY SAY ALOUD WHAT YOU'RE THINKING OF. ONCE YOU'VE DONE SO, LET YOUR THOUGHT GO.



Mindfulness: being aware of your thoughts

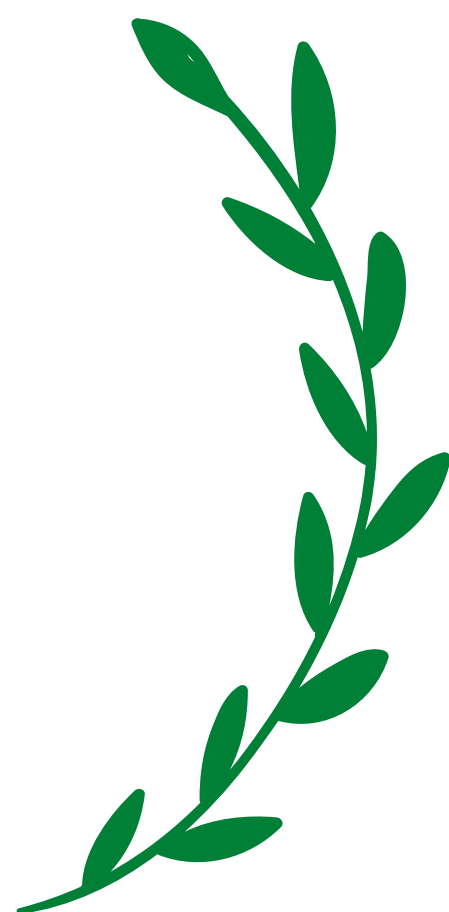
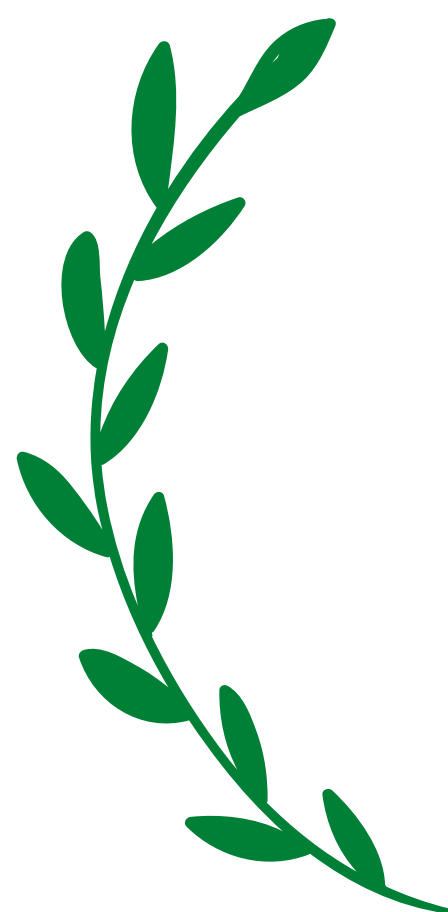
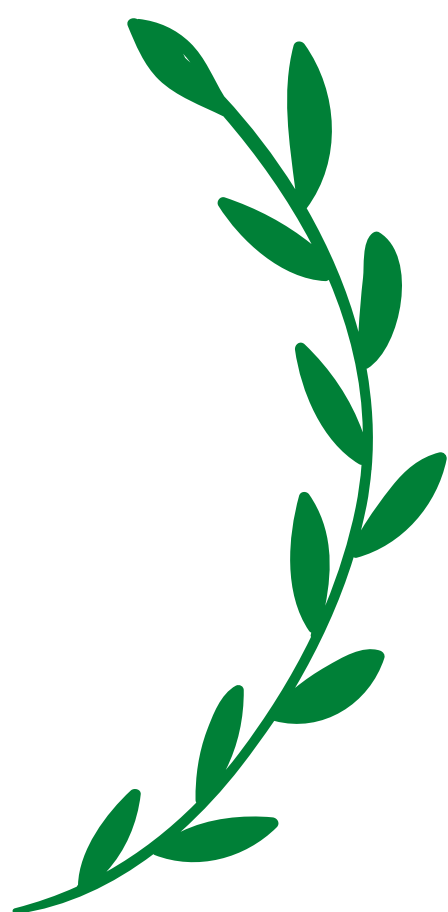
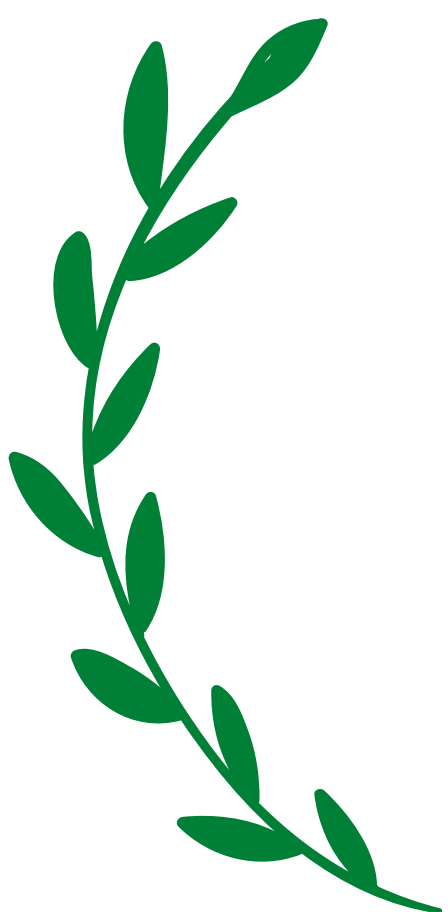
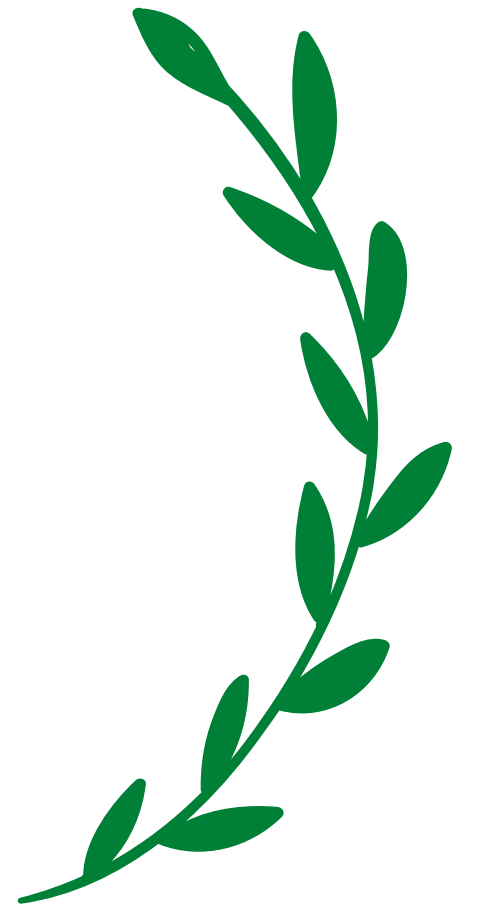
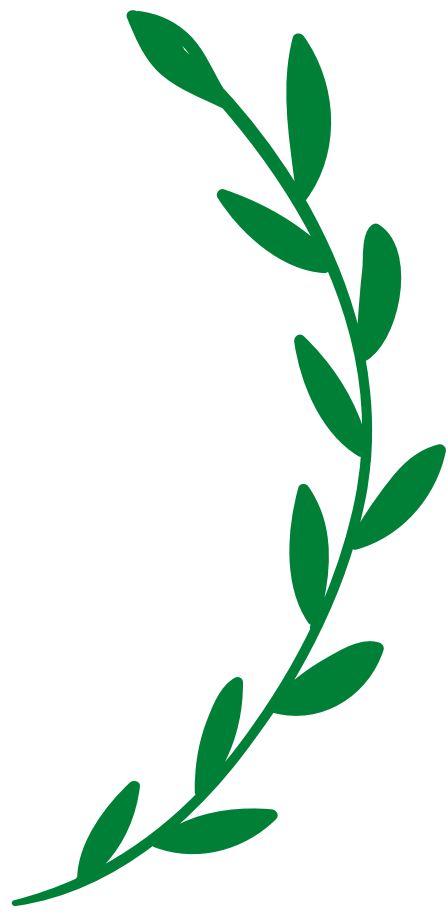
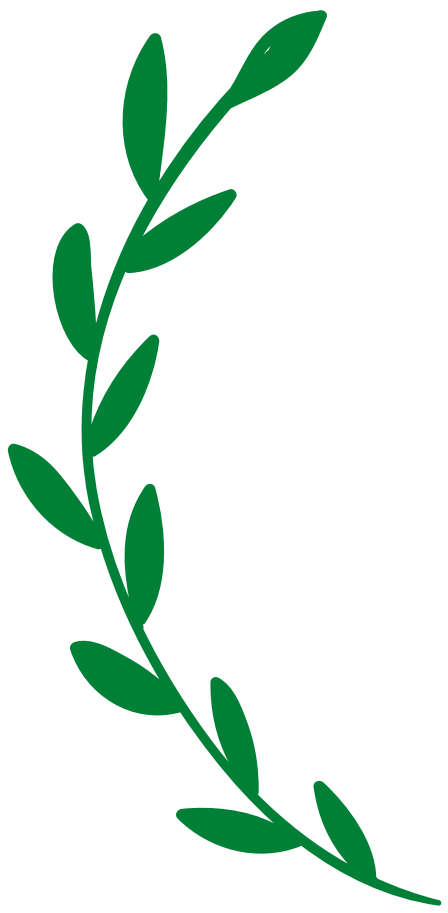
SAYING THANK YOU TO...

SO MANY PEOPLE ARE WORKING HARD THESE DAYS TO KEEP US SAFE AND HEALTHY!

DID YOU KNOW THAT SAYING THANK YOU CAN REALLY HELP PUT YOU - AND EVERYBODY AROUND YOU - IN A GOOD MOOD?

TOGETHER WITH A GROWN UP, TRY TO THINK OF SOMEONE OR SOMETHING WHO IS HELPFUL DURING THIS DIFFICULT TIME: YOU CAN DRAW THEM HERE AND SAY A HUGE THANK YOU!

PS: YOU CAN EVEN SAY THANK YOU TO YOURSELF EVERYTIME YOU CAREFULLY WASH YOUR HANDS: THAT MEANS A LOT!



ROCK ON AND STAY KIND!

WHEN LIFE GETS HARD, WE OFTEN GET HARDER, ANGRIER AND LESS KIND. THINGS ARE NOT GOING THE WAY WE WANT THEM TO, AND THAT DRIVES US NUTS.

THAT HAPPENS, IT'S HUMAN, NO WORRIES. BUT IF WE COULD USE SOME MORE KINDNESS TO OURSELVES AND THE OTHERS THESE DAYS, WE WOULD HELP EACH OTHER SURVIVE AND THRIVE.

USE THIS MINDFULNESS PRACTICE ANYTIME YOU NEED TO SEND SOME LOVING KINDNESS TO SOMEONE WHO MIGHT NEED IT:

1. SIT DOWN COMFORTABLY WITH A GROWN UP. CHOOSE SOMEONE WHO MIGHT BE IN NEED OF SOME LOVE AND KINDNESS. YOU CAN EVEN CHOOSE SOMEONE YOU DON'T PERSONALLY KNOW, OR YOUR OWN FAMILY!

2. ANYTIME YOU BREATHE IN, PICTURE THAT PERSON IN YOUR MIND. WHEN YOU BREATHE OUT, SEND THEM LOVE AND THESE INTENTIONS, OR THE ONES YOU MIGHT WANT TO ADD!

may you be safe
may you be loved
may you be happy
may you be in peace

may you be _____
may you be _____
may you be _____

..BYE FOR NOW, AND LET'S KEEP IN TOUCH!

THANK YOU FOR READING ALL THIS! IF YOU LIKED THIS WORKBOOK, HERE IS A FEW WAY WE CAN KEEP IN TOUCH:

1

IF YOU THINK THIS WORKBOOK WAS USEFUL, SHARE IT WITH YOUR FRIEND!
IF YOU THINK YOU NEED TO WORK MORE WITH ME, DROP ME AN EMAIL: I OFFER MINDFULNESS SESSIONS ONLINE!

2

FIND ME ON INSTAGRAM WHERE I SHARE DAILY CONTENTS TO HELP US ALL LIVE WITH MORE CREATIVITY, PRESENCE AND AWARENESS.
I'D LOVE IF YOU COULD SEND ME PICTURES OF YOUR KIDS' ARTWORKS FROM THIS WORKBOOK!

3

IN THE NEXT MONTHS I'LL BE RELEASING MORE WORKBOOKS, GUIDED MEDITATIONS AND PODCASTS WITH EDUCATIONAL STORYTELLINGS ON MY WEBSITE: KEEP IT CHECKED IF YOU LIKED THIS MATERIAL!

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