

JOEY THE KANGAROO

AND HER COPING WITH COVID PLAN

A very special coloring book for kids

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With special thanks to Patrice Patterson, LCSW

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Dear Children,

Lately, there have been a lot of big changes and I know you have seen them too. You might even have some questions on your mind or big feelings about it all. This is a **coloring book** to get everyone talking together about those questions and feelings. And it was created JUST FOR YOU.

In this story, you will meet Pete Parrot, Shelly Cat and Reesy Ram who like to talk, create art, and finish fun projects: all wonderful ways to feel better when things get hard.

So, here is a chance to do it, too! Get out your crayons, colored pencils, markers or leave the book as it is. There is no right or wrong way.

And to the **frontline and essential working parents and caretakers**— thank you for your hard work, care, sacrifice, and dedication during this challenging time. You are deeply and truly appreciated.

Now it's time to meet Joey, along with her friends and family, to learn more about coping with COVID-19.

Your Helping Pal,

Lindsey

IF YOU TURN LEFT, THEN RIGHT

and pass the hills and trees

You'll meet a Kangaroo named Joey, along with her other three.

In her house she has two parents and a little brother, Roo.

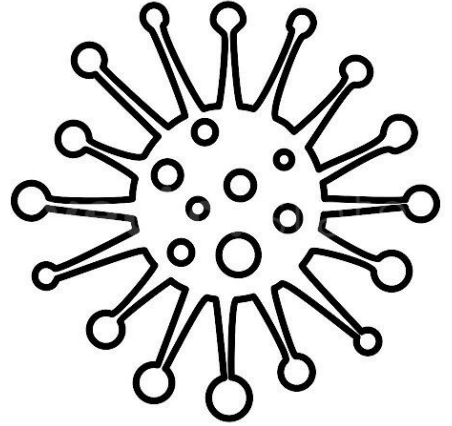
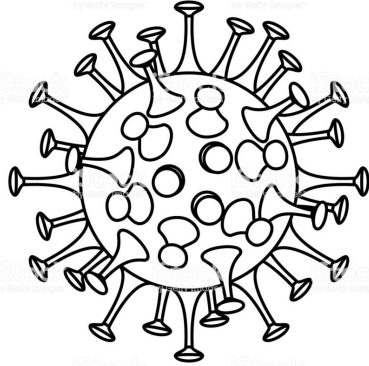
Her neighborhood is filled with all kinds of families ... the best kind of zoo!



JOEY LOVES HER LITTLE HOME

and all her friends around.

But things are very different now
that a coronavirus called COVID-19
has closed the whole town down.

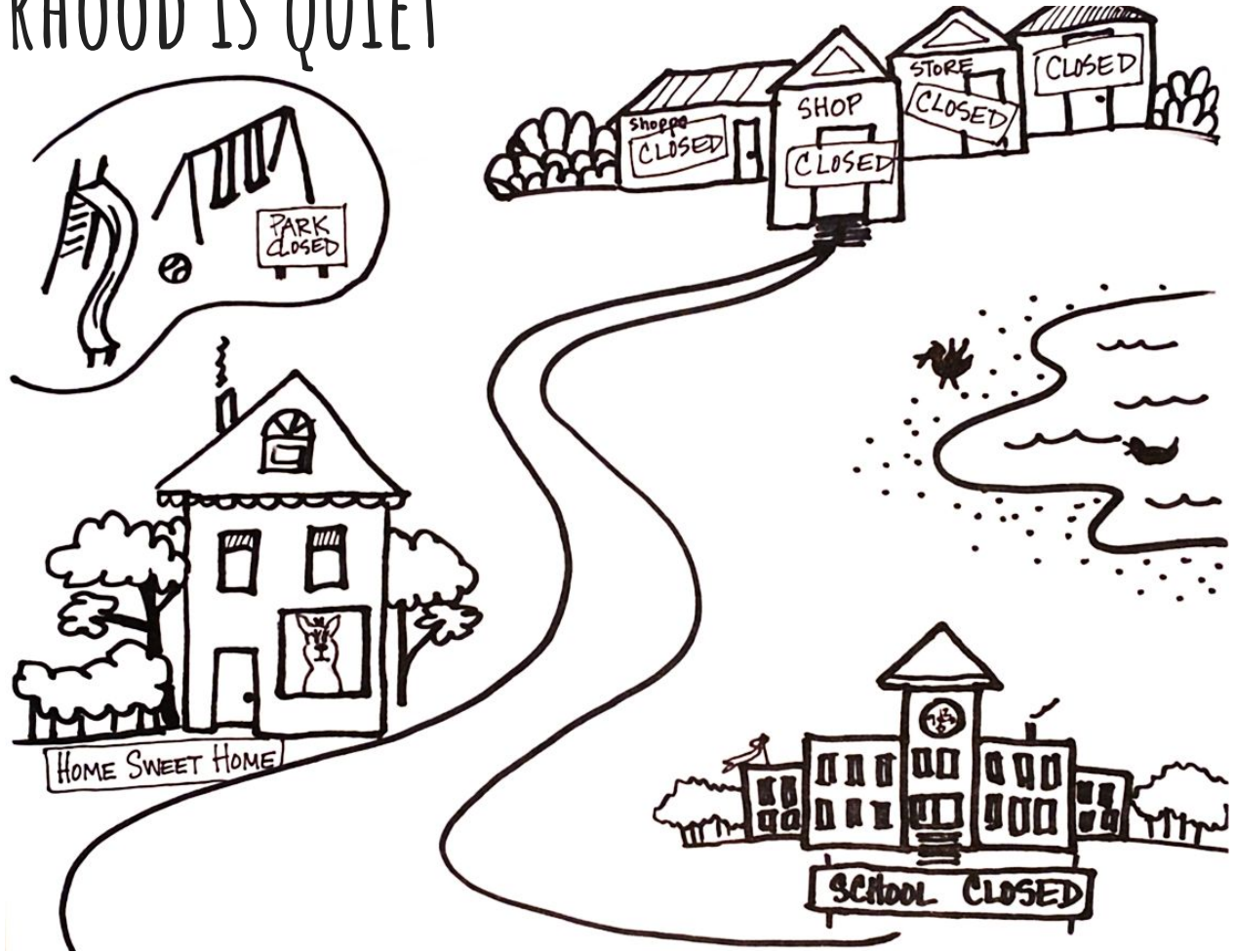


CORONAVIRUS

NOW HER NEIGHBORHOOD IS QUIET

because everyone's inside.

The school and most stores are closed, even the museums and parks with slides!



SHE CAN'T SPEND TIME WITH HER GRANDPARENTS

unless it's over video or on the phone.

And there's **SO** much hand washing,
counting to twenty makes her moan.

She even has to do schoolwork when
she'd rather jump and play.

It's hard to keep distance from
her friends. She doesn't want to stay
away!



THE OTHER THING SHE'S NOTICED

that no one talks about,
is the way the grown-ups seem so
very stressed out.

Worried looks across their faces,
they seem more tired, too.

They're so busy on their computers
and phones, it really makes Joey blue.

And when things don't seem to go as
planned, the grown-ups get mad fast.

Joey doesn't like these changes.

She hopes this will not last!



BUT ONE OF THE HARDEST PARTS ABOUT IT ALL

has to do with Mommy Kangaroo.

Because Joey's mommy is a helper and can't work from home like other parents do.

Joey's tummy starts to hurt when her mommy leaves and says goodbye.

She can't help but be worried her mom will get sick. The thought makes her want to cry.

Down the street, Joey's friend Lionel is also feeling worried about his dad.

But Lionel shows it in a different way: he screams and kicks and gets mad!



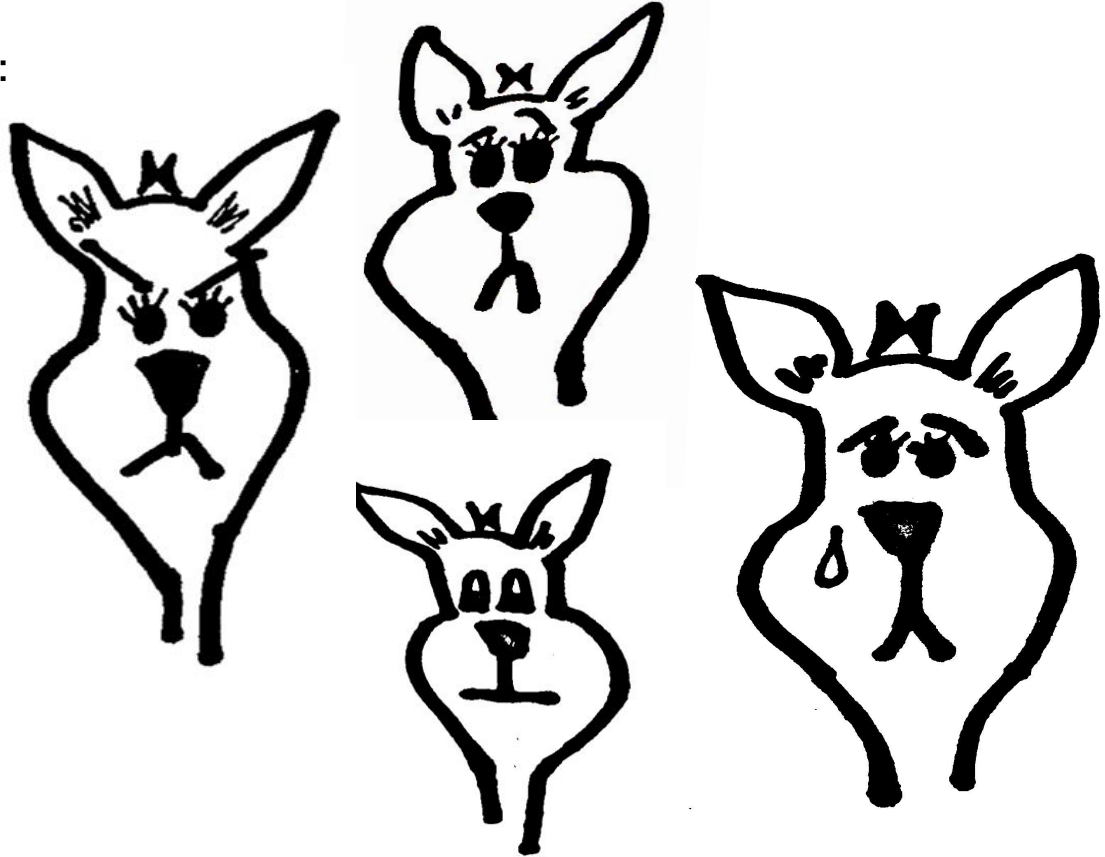
NO FRIENDS TO PLAY, GRANDPARENTS AND TEACHERS AWAY,

Joey starts to have big feelings inside:

Worried, lonely, sad, bored, and mad. No way she can just put these feelings aside!

Tucked deep inside her mommy's pouch is where she feels safe and warm.

But when mommy's at work, Joey has to find new ways to weather this Big Feelings storm ...



SHE THINKS OF ALL HER NEIGHBORS

and the coping lessons they've taught her,

Like how Pete Parrot feels better after talking or singing with his guitar.

But when talking won't do or just feels too hard, Joey remembers The Bear Family,

who quietly cuddle or just stay close by - being with each other is key.



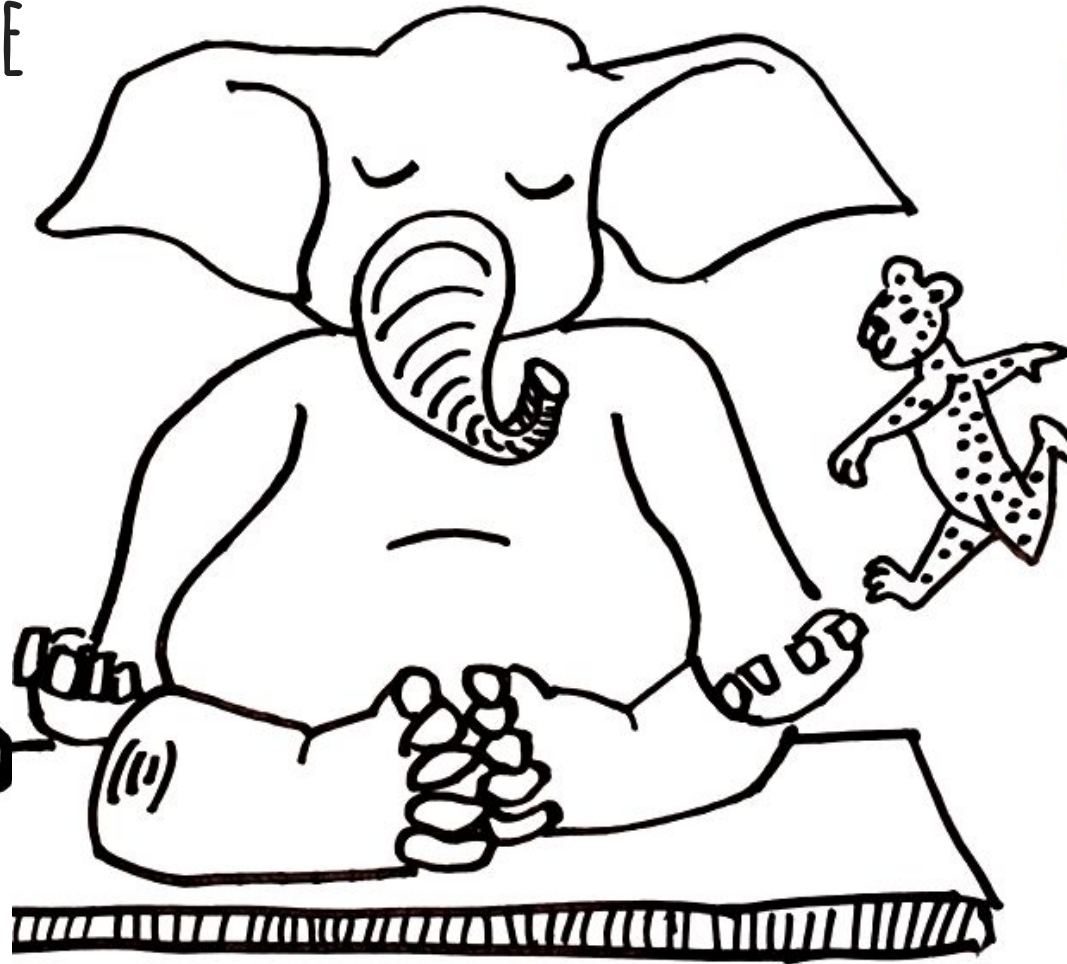
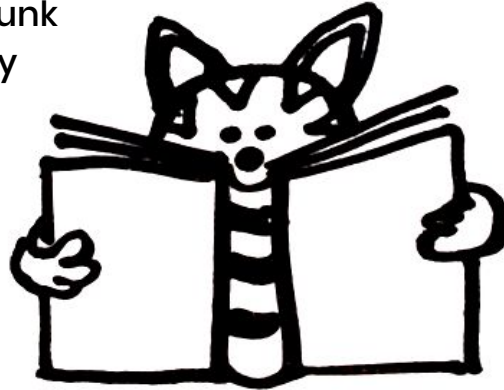
SHELLY THE CAT FINDS PEACE

by being alone to create and draw or write or read.

While Lita Cheetah likes to move her body and run at top speed!

Eli Elephant imagines safe places or comes up with calming words to think.

And their big trunk comes in handy to take deep breaths and meditate.



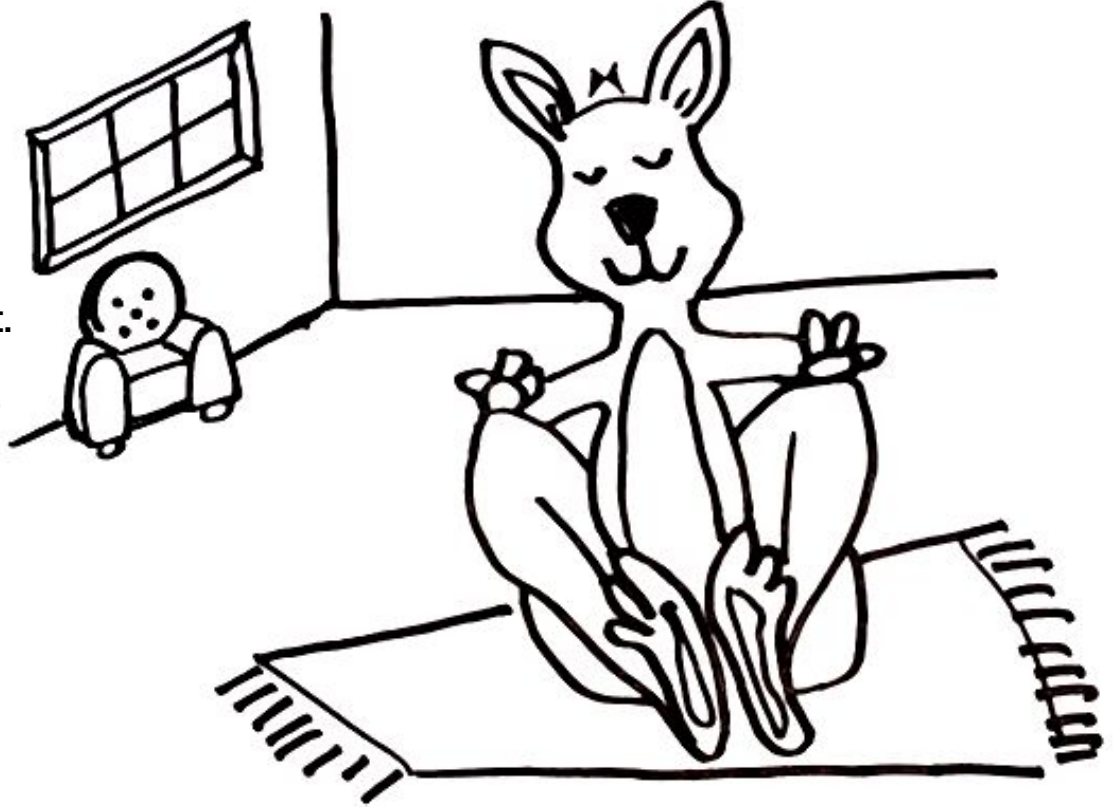
AND REESY RAM FEELS CALMER

When working on a fun project or task.

And Joey's dad reminds her that strong feelings are OK but won't last.

Joey tries these ideas and begins to feel a lot better.

Soon Mommy Kangaroo will be home and Joey has an important question to ask her.



"MOMMY, I MISS YOU AND THE WAY IT USED TO BE!"

Is this going to last forever?"

"I miss you, too. And no, it won't last. It will feel long, but we will get through it together."

"But WHEN will I be able to go to school to see and hug my friends?"

"I know you miss them, my dear Joey. The Head Scientists will tell us when we're close to the end."



BUT UNTIL THEN, KNOW THERE ARE HELPERS

who do their part from far and near.

Scientists work on medicine, teachers help students from home, and counselors listen to kids about their fears.

Town leaders make rules to keep us safe and healthy, like wearing masks or staying inside.

Doctors and nurses care for sick people and grocery workers make sure we have food and supplies.



HELPER MOMMIES AND DADDIES KNOW WAYS TO STAY SAFE

when we are at work each day.

That's why the first thing I do is shower and change my clothes, even before we can hug and play.

I love my job and feel proud of what I do, but some days can be busy and hard.

So I practice something called self-care to keep my inside battery charged.



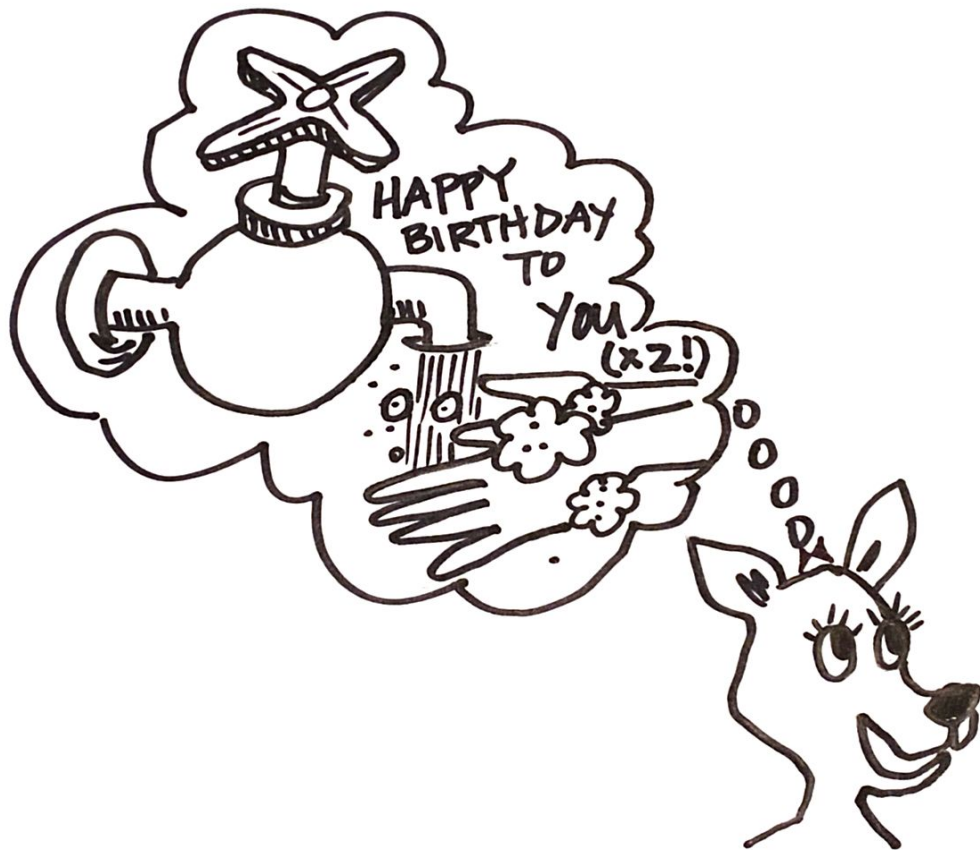
TIMES WILL CHANGE. THEY ALWAYS DO.

So try your best to remember this will pass.

I have a few ideas for you if you are wondering what to do while this lasts.

Sing “Happy Birthday” two times while you wash your hands with warm water and bubbly soap.

And on days when your feelings seem too big, together we can think about what will help you cope.

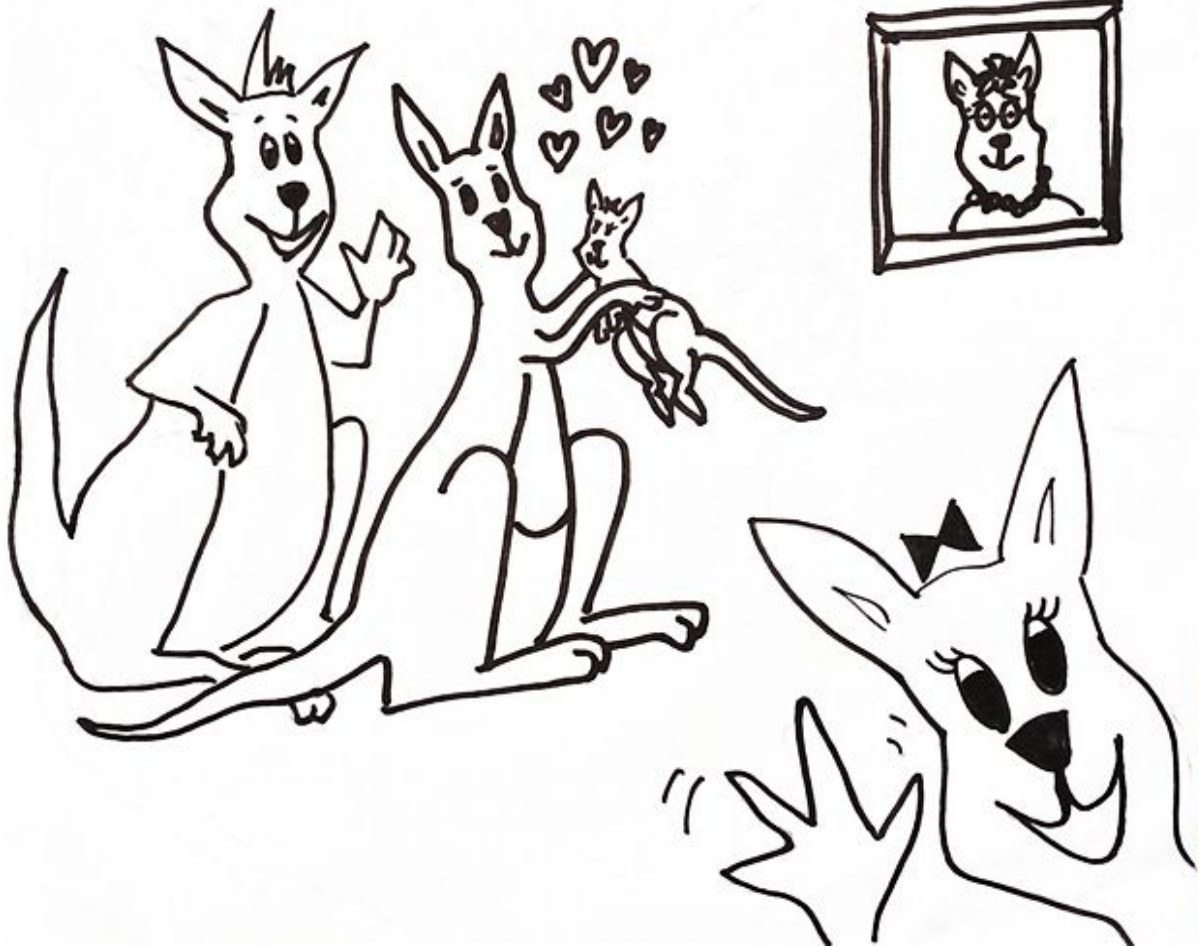


JUST BE YOU!

and have fun, imagine, and create -- no matter the time or weather.

There is **NOTHING** we can't do and get through,

because we are in this **TOGETHER.**



THE END

*A special thank you to all our essential and frontline workers
and the young people they're raising to create a better world.*