



### Visit the "Hub"

The Rock County Coronavirus Response Hub, <https://coronavirus-response-rockcountylio.hub.arcgis.com/>, is a new COVID-19 resource for the community. It includes local, state, and national data, a variety of resources for community members, and local business and media information all in one place. The "Hub" is updated continually with available information, so visit often!



Did you know your cell phone is one of the dirtiest things that you touch every day? Wiping your phone with a soft cloth will remove most of the germs, but to really sanitize you can use a disinfecting wipe. And,

**Don't forget to wash your hands!**

### Emotional Health Check-ins

Physical health is our biggest focus right now, but mental and emotional health is just as important. It can be hard for kids to identify and explain their feelings. It can be hard for adults too! The Boys & Girls Club of America offers some ideas for a daily check-in to help kids, and adults, share their emotions.

**Weather Report:** Ask, "If your mood were the weather, what would it be?" Maybe it's sunny? Cloudy? Foggy? A thunderstorm?

**Pop Culture:** Ask, "If your mood were a song or movie, what would it be?" Give kids some time to think and then share. They can explain or elaborate on their feelings, or not.

For the complete article and more ideas and resources for parents, visit the Boys & Girls Club of America website: <https://www.bgca.org/news-stories?category=parent-resources&page=1>

### The Resilient Wisconsin Initiative Connected. Stronger. Thriving.

Resiliency is the ability to cope with, and recover from, tough times in healthy ways. Like a muscle, resilience is a skill we can strengthen. Resilient Wisconsin provides the tools to build resiliency, practice self-care, maintain social connections and reduce stress.

It's OK to ask for help! Reach out and connect to find ways to stay strong and support each other.

Start your Resilient Wisconsin journey here:

<https://www.dhs.wisconsin.gov/resilient/index.htm>

Español ↓ ASL ↓ Hmoob ↓ 繁體中文

<https://www.dhs.wisconsin.gov/covid-19/resources.htm>

**We are all in this together and**

**we will help each other.**

**Estamos juntos en esto y nos ayudaremos unos a otros.**



It's getting warmer and we've had some beautiful sunny days! What is your favorite thing to do outside?

Color with chalk?

Blow bubbles?

Run as fast as you can?

This is a page from the "COVID-19



Journal", created by Nicole Batiste, founder of Hub for Helpers. <https://www.hubforhelpers.com/> Hub for Helpers is an online resource that provides affordable and ready-to-use resources for therapists. The journal includes activities, coping skills to try, a mood thermometer, yoga poses and a lot more. The COVID-19 Journal is available for free and Nicole's goal is for it to reach 1,000,000 children! Download a copy of the journal for yourself here:

<https://www.brownwoodisd.org/site/handlers/filedownload.ashx?modulein-stanceid=6199&dataid=6455&FileName=My-COVID-19-Journal-hrfq3p.pdf&fbclid=IwAR391FhcB-kzP1mTllqY8uPgT3c33kGCUVv-Axxv1p8oXMxC5AkHm3JH6IO>

Now take a break and do this!



### Watch the Decorah Eagle Cam!

The Decorah eagles are nesting near the Decorah Trout Hatchery in Decorah, Iowa. There are 3 eaglets! You can watch a livestream of the eagles in their



WATCH ME!

nest, see the parents feed their babies and maybe even catch a "beak bonking battle" between the little ones!

<https://www.raptorresource.org/birdcams/decorah-eagles/>

### Grounding

Stop and assess your surroundings...

#### 3 Things You Can SEE



1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

#### 2 Things You Can TOUCH



1 \_\_\_\_\_  
2 \_\_\_\_\_

#### 1 Thing You Can SMELL



1 \_\_\_\_\_

#### 1 Sound You Can HEAR



1 \_\_\_\_\_

### My Worries Chart

List 5 things that cause you to worry or you wish you could change. Then write an X if it something you can or can't control.

Things I wish I could change...

_____	<input type="radio"/> I Can Control
_____	<input type="radio"/> I Can't Control
_____	<input type="radio"/> I Can Control
_____	<input type="radio"/> I Can't Control
_____	<input type="radio"/> I Can Control
_____	<input type="radio"/> I Can't Control

### I'm Thankful For...

\_\_\_\_\_

Circle things that make you feel better...

- Coloring
- Listening to music
- Play video games
- Draw
- Talking to a friend
- Deep breaths
- Exercise
- Play a sport



© Nicole Batiste | HUB FOR HELPERS

# ¿Sabías Que?

**Las águilas calvas no son realmente calvas. Sus cabezas están cubiertas de plumas blancas.**

Bald eagles aren't really bald. Their heads are covered in white feathers.

**Las águilas calvas normalmente comen peces.**

Bald eagles eat mostly fish.

**Las hembras de águila calva son un tercio más grandes que los machos.**

Female bald eagles are one-third larger than males.

**El águila calva llega a vivir hasta los 30 años en estado salvaje.**

A bald eagle can live up to 30 years in the wild.