

HEATHER'S TIPS FOR COVID COPING

PART ONE



Jokes

Take some time to laugh
with your family.

laughfactory.com/jokes/clean-jokes



Mindfulness

Boosts the quality of
our lives.

positivepsychology.com/mindfulness-for-children-kids-activities/



Colouring

A fun activity for kids
of all ages.

crayola.com/featured/free-coloring-pages/



Visual games

Charades, Pictionary, I Spy,
are all good options!



Adoptive Families
Association of BC
bcadopt.com