

Name: _____

Age: _____

To Parents, Faith Leaders, and Other Caregivers:

This simple journal was created as a way for children to continue processing their feelings and experiences in light of the Covid-19 pandemic. I join many others in wondering how this season is impacting our children. Each child's journey is unique and this journal is an invitation to honor and respect the experiences and feelings of all children. My hope is children will know they are valued, will remember that God is with them and loves them unconditionally.

I envision this journal being used best by elementary school aged children. Younger children and those who do not yet read on their own will benefit from having a parent or other trusted adult to help with the readings. Older children may benefit from a more self-directed approach. Always, I encourage families to be intentional about setting aside time and space to share in faith-centered conversations, activities, and rituals. Especially as children become older, talking with parents as well as having safe space and time alone to journal and pray can be important. Finally, as the journal is used, please make adjustments and your own additions as you are led.

I am grateful for you and give God thanks as we join together in caring for the children in our lives, in our churches, and in the world.

Be encouraged!, teresa

Don't be anxious about anything; rather bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus. - Philippians 4:6-7

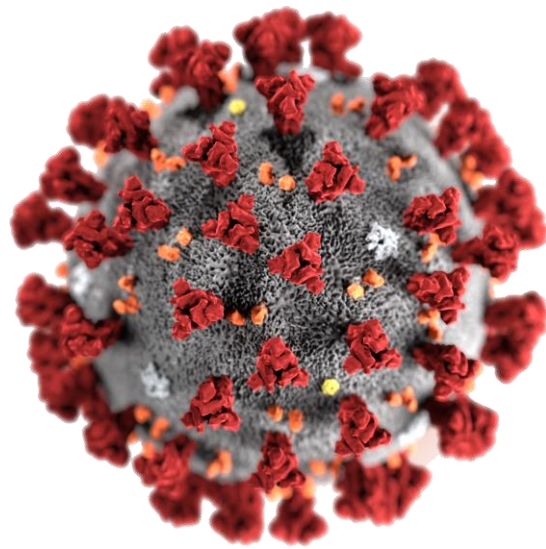


Created for YOU

In honor of the children of The Capital District UMC

**by Rev. Teresa G. Welborn
District Superintendent**

**A virus came
and I want it to go away.**



Scripture Reading: *God heals the brokenhearted and bandages their wounds. - Psalm 147:3*

Discussion Question:

What have you learned about the Coronavirus or Covid-19?

Prayer:

Dear God, your compassion is great and covers all of creation. Help me to know that you are powerful in love. Amen.

Activity: *COVID-19 is caused by a virus that can make the body sick. In some cases it can and has led to death. Ask an adult you trust to help you learn more about the Coronavirus and Covid-19. Make sure to spend time learning about the many people who are helping during this time*

This virus makes me angry.



**I have a list of all the things it
ruined:**

I can't go to school.

I can't go to church.

**My summer camps and vacation
were cancelled.**

Scripture Reading: *God is our refuge and strength, a help always near in times of great trouble. - Psalm 46:1*

Discussion Question:

How are you feeling today?

Is there something you wish you could do that you can't do right now?

Prayer:

Dear God, thank you for hearing me and loving me no matter what I am feeling. Amen.

Activity:

Write down or draw pictures of things and people you miss. When you are finished, make your hands into tight fists and say "I have lost so much, God, and I am angry!", then release your fists and open your hands and say, "Grant me peace." There may be a different feeling word that better describes how you feel, such as "I am bored" or "I am sad." You can also speak the words silently in your heart, breathing in when you pray "I have lost so much, God, and I am angry!" and breathing out when you pray "Grant me peace." Repeat this a few times.

(use these pages to journal and draw)

Most of all I miss my friends.

Some days I am lonely.

Sometimes I feel sad.



Scripture Reading: *This is my commandment: love each other just as I have loved you. No one has greater love than to give up one's life for one's friends. You are my friends if you do what I command you. - John 15:12-14*

Discussion Question:

Who are some of your best friends? What makes them special to you? How are you a good friend?

Prayer:

Dear God, thank you for my friends and comfort me when I miss them. Amen.

Activity:

Write a letter and mail it to a friend, or draw a picture to send them.

Keep a box of Kleenex in your room as a reminder that it is okay to cry.

**Other days I feel happy.
My family has fun together.
We play games and watch
movies.
We read together and go on
walks in our neighborhood.**



Scripture Reading: *I have said these things to you so that my joy will be in you and your joy will be complete. - John 15:11*

Discussion Question:

What are some of the special activities you and your family have done together?

Prayer:

Dear God, thank you for my family. Bless our home that it may be a place of joy and peace. Amen.

Activity:

Plan something to do with the people you live with. It could be planning a special dinner or taking a walk together. Ask God to bless your time.

Share with one another something new you learned about them or yourself when you 'sheltered in place.'

(use these pages to journal and draw)

**Sometimes when I hear the news I
feel afraid.**

But I remember to be thankful:

- **for my family who loves me**
- **for friends to call**
- **for doctors and nurses who help
people who are sick**
- **for my teachers who find new ways to
help me learn**
- **for my church that worships and
serves in different yet meaningful ways**

Scripture Reading: *When my anxieties multiply, your comforting calms me down. - Psalm 94:19*

Discussion Question:

What or who are you thankful for this day?

Prayer:

Dear God, there is a lot of news these days that makes us worried. Help us put our trust in you and give us peace.

Activity:

Make a list of things and people you are thankful for. Try making this a habit by adding one new thing to the list every week or even every day. Watch your reasons to be thankful grow!



**People all over the world are waiting for this virus
to go away.**

**And like me, other children are angry and sad,
happy and worried and thankful.**



**We are all connected and we can share each other's
happiness and sadness.**

We can do this together by:

- **writing a letter to someone**
- **praying for people who are sick**
- **sharing a smile with a neighbor**
- **believing that everyone is a beautiful child of
God**

Scripture Reading: *'Allow the children to come to me,' Jesus said, 'Don't forbid them, because the kingdom of heaven belongs to people like these children.'* Then he blessed the children. - Matthew 18:14-15a

Discussion Question:

What is something you can do to help someone have a better day today?

Prayer:

Dear God, I pray for children all over the world who do not have enough food to eat or who live in places that are scary. Help me to be hopeful that you are at work for good in the world. And help me to know that you use children like me to make your world a better place. Amen.

Activity:

Ask those you live with if there is a simple chore you can do to help out around the house. Being kind starts in our home! Dig deeper and think about the ways you can be kind in the world. Ask a trusted adult such as your parents or a pastor to help you learn about those who work to make sure all people are safe and valued.

(use these pages to journal and draw)

Mask Blessing

When I wear my mask, I remember that Jesus is always with me.

My mask keeps me safe from germs and is a sign that I am cared for.

My mask also keeps others safe and is a sign that I care.

Wearing a mask might hide my smile, but I know Jesus is with me and that gives me joy.

May I share this joy with eyes of compassion, a friendly wave and a smile in my heart. Amen.



John Wesley's Three General Rules

Do No Harm

Do Good

Stay in Love with God