

COVID Stinks: Let's Talk About It

WITH APOLOGIES TO
SKUNKS



Presentation by:

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Just Breathe



<https://www.youtube.com/watch?v=uxayUBd6T7M>

How do we stay healthy?



What are some ways you are trying to stay physically healthy?

Growing our Gratitude



Growing Our Gratitude



Growing Our Gratitude

What makes me happy:

What I'm thankful for right now:

1. _____

2. _____

3. _____

I am thankful for these people because:

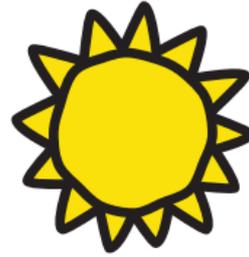
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The Movement to Transform Children's Mental Health



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<https://www.onoursleeves.org/get-involved/gratitude>

Express your Gratitude



You light up my life!
I'm grateful for you!

To: _____

From: _____

ON OUR
SLEEVES

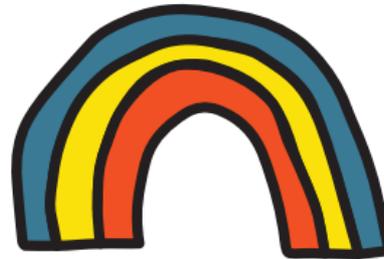


My heart is full because of you!
I am grateful for you!

To: _____

From: _____

ON OUR
SLEEVES



I'm grateful for you!
Here's a virtual hug!

To: _____

From: _____

ON OUR
SLEEVES



Just because we can't be together
doesn't mean I'm not thinking of you!
I'm grateful for you!

To: _____

From: _____

ON OUR
SLEEVES





7 Days of Growing Our Gratitude

Write what you are thankful for each day and share with your family members.

Today I am thankful for...

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Exercise your Gratitude “Muscle”

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NATIONWIDE CHILDREN'S



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Gratitude Jar



Virtual Gratitude Jar



Need more help?
New Mexico Crisis and
Access Line
1-855-662-7474
<https://nmcrisisline.com/>



How To Join 4-H Youth Development Program

If you are interested in joining your county
4-H program, please email
abenton@nmsu.edu



Questions?

Sources: Ferrari, Teresa M; Fraley, Rachael; Bower, Justin; *Coping with Covid: Lessons Plans to Promote Mental, Emotional, and Social Health (MESH)*, The Ohio State University, College of Food, Agricultural and Environmental Sciences, 2020.