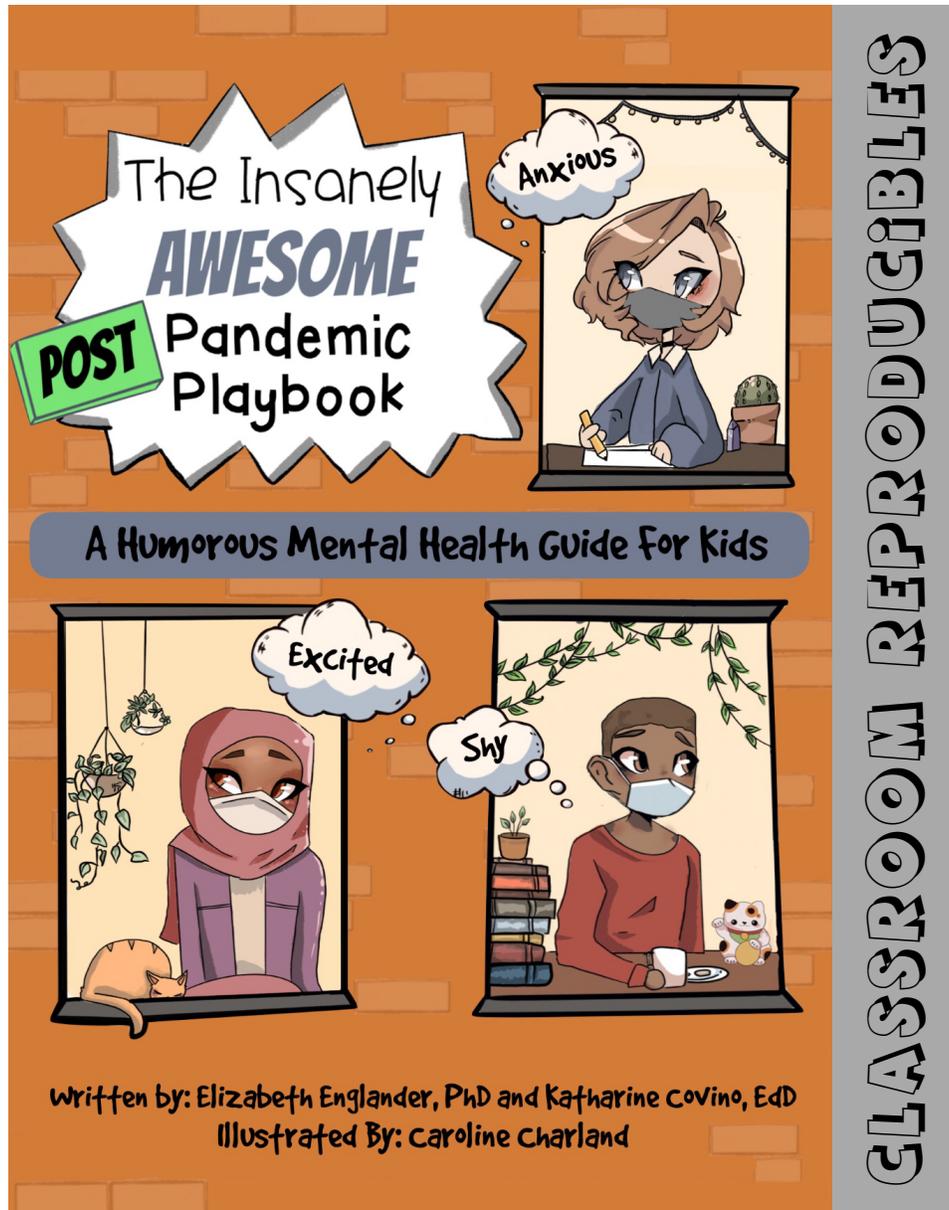


The Insanely Awesome
POST Pandemic Playbook:
A Humorous Mental Health Guide For Kids

Parents' & Teachers' Guide





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General Guidance & Information

We hope your kids, or your students, are reading, enjoying, and learning from *The Insanely Awesome POST Pandemic Playbook: A Humorous Mental Health Guide For Kids*. This Guide is intended to help you utilize the book to maximize the social and emotional learning that kids take away from that book.

The Guide is divided into several sections. First, we'll review some general points that may be helpful in many situations. Second, we'll go through each chapter and provide a Summary and suggested Discussion Questions. Finally, you'll find fun Activities for each chapter included.

A Few General Points

#1 - Many, but not all, children will continue or begin to show evidence of anxiety and/or depression as the pandemic begins to wane.

Research in China, Europe, and the US all suggest that anxiety and depression have increased in children during the pandemic, probably as a result of the social isolation and the disruption to their lives. These increases are definitely not universal, but neither are they rare. Last spring,

approximately 25% of children reported dealing with anxiety, one third reported having trouble sleeping, and almost a third reported that they feared the coronavirus.

- Details about all this research can be found in [When The Kids Come Back](#)

Ongoing research at the [Massachusetts Aggression Reduction Center](#) has also found that anxiety and depression have increased among youth more than social problems like bullying and cyberbullying.

#2 - Adults are also more anxious.

Understandably, parents are also more anxious, as their lives have also been disrupted. They are also concerned about economic factors. Almost a third of US parents are concerned, for example, about food instability, and 40% are worried about being able to pay their bills.

#3 - Anxious children will demonstrate different behaviors and ways of coping with that anxiety.

Past research from post-hurricane Louisiana, where children were out of school for several months and their community experienced multiple disasters, suggested that some children in these situations may express their anxiety as “dwellers” while others do so as “avoiders.”

“**Dwellers**” are children who want to discuss the current/past situation, at times compulsively. For parents, this may feel like children are ruminating continuously on a problem without coming to a solution.

On the other hand, “**Avoiders**” are children who show anxiety at such discussions and avoid them or withdraw when the topic comes up.

A few tips for dealing with Dwellers and Avoiders.

Dwellers can benefit from an outlet for their thoughts and feelings. This can include discussions, journal writing, or talking with a school counselor. The focus doesn't have to be on solving anything; rather, the purpose of these "outlets" is to help the child express themselves, so they can focus on other things.

Helping Avoiders is different. Parents or teachers who aren't trained as counselors should avoid forcing Avoiders to confront any topics or facts. Avoiders may use strategies to reduce their anxiety, which is fine, especially in the short term. Overall, if the anxiety of Avoiders continues, a talk with the pediatrician or a counselor is a good idea.

#4 - Teachers and Educators are human too.

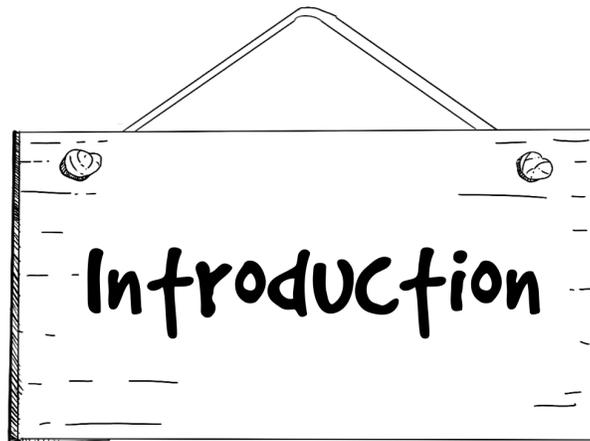
One important outcome from the Louisiana research was the critical role that professional support played in helping teachers cope successfully with the children. Consider setting up a buddy or support system for faculty and staff, and use the free downloads on the MARC [website](#).

- For more detailed information about parent or faculty support, please see [When The Kids Come Back](#).

FINALLY....

Each Chapter has its own Activities.

The Answer Keys for all Activities can be found at the end of this Guide.



Chapter Summary

The purpose of the Introduction is to present children with the essential dilemma of the book, namely, that there will be an adjustment to a post-pandemic world in the near future. The Introduction reminds children about some of the fun activities they engaged in prior to the pandemic.

The chapter acknowledges the stress and difficulties that have been inherent in the pandemic but also points out some positive outcomes, such as time with family, increased outdoor activity, and appreciating school.

Discussion Questions

Ask kids to think about fun things that they used to do in the 'Before Times,' like going to the movies or jumping in ball pits. Think together about why those types of activities had to stop, but ***emphasize that the stoppage is/was temporary.***

Discuss how fun activities are likely to soon resume, but how they may look different? For example, we may all soon resume going to movies, but we'll probably have to wear masks.

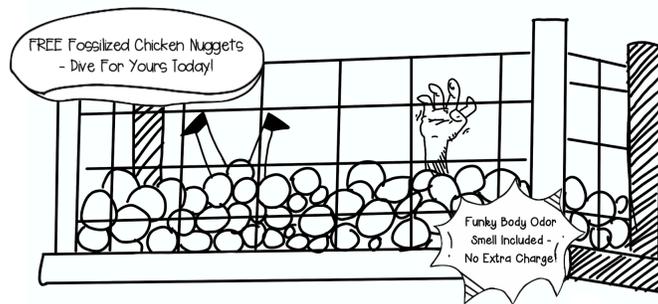
Ask kids to think about the positive aspects of the pandemic - for example, spending more time with their family. Does it surprise them when they, or others, point out that there have been some positive outcomes?

Activities

Haiku: Write Your Own

俳句

The Haiku poem originated in Japan, but many people around the world enjoy writing and reading these short poems. Each haiku has three lines that do not rhyme. Each line of the poem has a specific number of syllables. The first line has five syllables, the second has seven and the third has five.



Movie theaters,
foam pits and trampoline parks -
untold thrills await!

Now It's Your Turn:

(5) _____

(7) _____

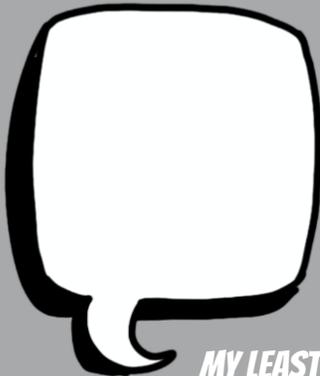
(5) _____

MY REVIEW OF THE COVID-19 PANDEMIC



A COMMENTARY BY:

MY FAVORITE PART OF THE PANDEMIC:

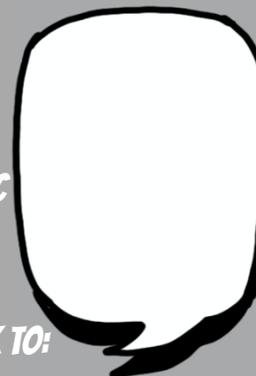


THIS EXPERIENCE HAD MADE ME THINK ABOUT:

MY LEAST FAVORITE PART OF THE PANDEMIC



I WANT TO KEEP UP AFTER THE PANDEMIC



I CAN'T WAIT TO GET BACK TO:

I WOULD RATE THE PANDEMIC WITH ★ ★ ★ ★ ★ ***STARS***



Chapter Summary

This chapter discusses the excitement inherent in Anticipation, and how it's fun and exciting to anticipate the end of the pandemic - and how normal these feelings are.

Anticipation is discussed as very reasonable considering the situation we're all in, but at the same time, the chapter examines how excitement over anticipation can get a little out of control. The idea is to avoid developing an expectation that the post-pandemic world will be perfect in every way. Instead, readers are encouraged to consider the end of the pandemic in realistic terms, and to consider how the future post-pandemic world can be wonderful without it being perfect.

- **Coping Strategy:** An **Ask The Old Folks** segment has them discuss other big, life-changing events with their parents, such as when their parents began a new job or had a baby.

Discussion Questions

During the **Ask The Old Folks** segment of the book, you talked with your parents about times in their lives when big changes happened, and how they anticipated these big changes - and how things turned out. What big changes did your parents discuss with you? How excited did they feel when the change happened? They're probably happy with the change, but sometimes feelings are complicated, like when a new job is very interesting and fun, but also very challenging. What were the different feelings your parents talked about?

- **Suggested co-activity:** Have children draw a picture of other major changes in their lives (e.g., the birth of a sibling, moving, the start of a new school), and describe their anticipation, and the parts of the new event/situation that they ended up liking or not liking so much.

Think about the two types of dogs described in the book - the calm dog and the super-excited, yippy dog. Do you own, or know, a dog that would fit into one of these two types? How does this dog behave? Can you think of the advantages of having a dog that's calmer?

The book discusses steps you can take to help calm your brain down when it's *super* excited. Have you ever tried these techniques? Did they help you?

- **Suggested co-activity:** Teach your students basic breathing exercises, and ask them to describe how these helped their brains calm down and focus.

Activities

Anticipation: A Poem To Color

1/4 cup excited +

1/4 cup Scared +

1/4 cup nervous +

1/4 cup 'How can I get out of this?'

=

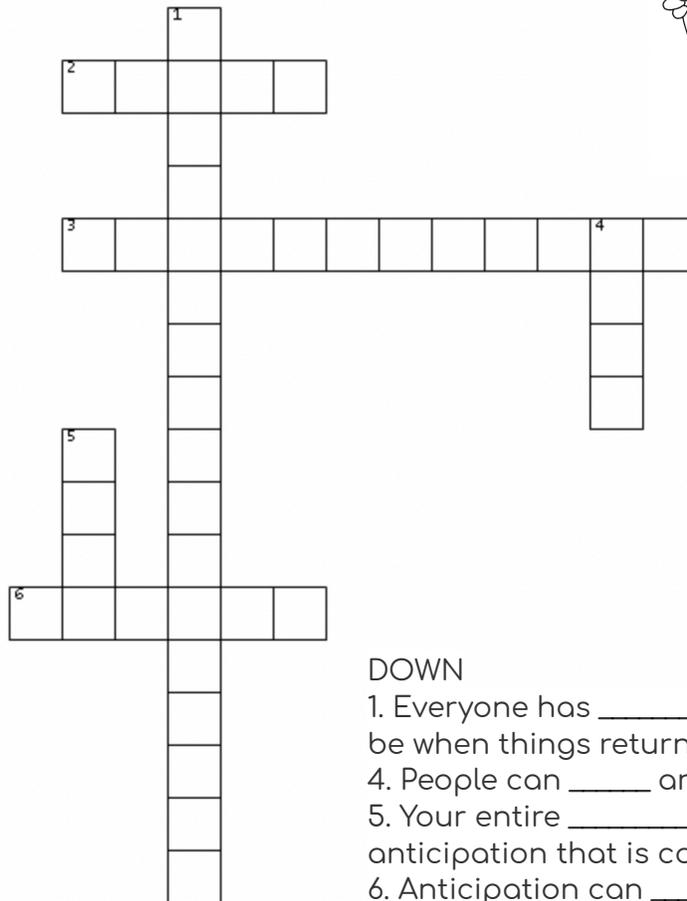
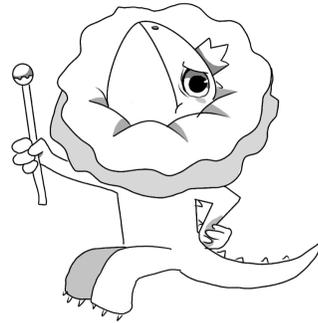
ANTICIPATION

ANTICIPATION

ANTICIPATION

ANTICIPATION

Check out Chapter 1 of the Post
Pandemic Playbook to solve the riddles
and decode the clues for the puzzle!



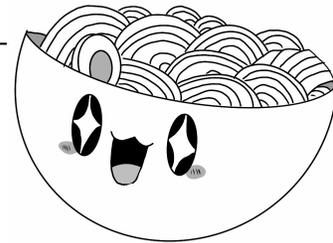
DOWN

1. Everyone has _____ of the way life will be when things return to normal
4. People can _____ anticipate the future
5. Your entire _____ gets involved with anticipation that is coming
6. Anticipation can _____ your brain

ACROSS:

2. Sometimes you wish the _____ would swallow you whole
3. Feeling energized about something that is coming - that's _____
6. Anticipation can _____ your brain

Funny Fill-Ins: Chapter 1



For each number, ask a friend to randomly choose one of the three words or terms listed. Then read aloud the paragraph to them, using the term they choose. Finally, read aloud the paragraph using the CORRECT terms (the ones that are starred*.)

1	*Emotion* or Form Of Mixed Martial Arts or Violent Reaction to Bad Milk
2	Flatulent or Diseased or *Worrying*
3	Juicy or *Good* or Flea Ridden
4	*Best* or Most Uncomfortable or Least Exuberant
5	*Different* or Nauseating or Under-Seasoned

Anticipation is a(n) ____1____. That means it's a feeling. It can be fun or ____2____ - but it is always high energy. It's always hopped up, never mild mannered or boring. When something is just as ____3____ as you anticipated it would be, that's one of the ____4____ feelings. But while it's often good, sometimes it's not quite as good as you anticipated, or it's a little ____5____.

10 Ways to Calm Anticipation

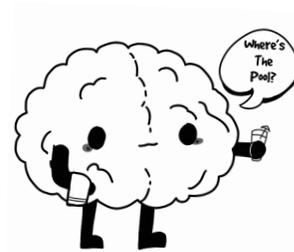
1. Take 10 Deep Breaths



2. Squeeze a Stress Ball

3. Get A Drink Of Water

4. Talk To A Grown Up

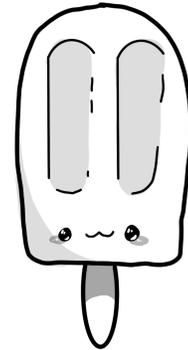


5. Hug Someone

6. Draw A Picture About It

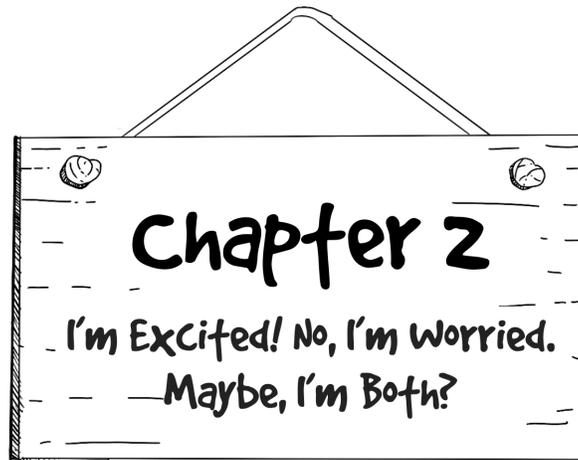
7. Write About Your Feelings

8. Do Some Stretches



9. Think About Something Happy

10. Find Something To Read



Chapter Summary

The chapter begins by drawing an analogy between the pandemic and getting into really cold water. Both are initially uncomfortable, and while both remain disagreeable, people tend to become accustomed to both these types of situations. It continues by pointing out the positive aspects of the lockdowns, such as time (and games!) spent with family, and how comfortable and safe it may feel to just be at home.

Next, this chapter discusses how these “safe” feelings can sometimes mean that you have mixed feelings about “returning” to society and post-pandemic life (even as you’re also eagerly anticipating the end of the pandemic). It acknowledges that kids may feel excited but also worried about getting sick, or worried about how their parents are doing, and these feelings are all totally normal.

- **Coping Strategy:** Finally, the chapter discusses strategies for managing these mixed emotions. These strategies include talking about your feelings with friends and family about your mixed feelings, and identifying the different emotions that any person might feel in a series of silly situations (like when you’re eating lunch with Batman, and you suddenly realize the cheese might not agree with your lactose-intolerant tummy).

Discussion Questions

Ask the kids to consider times when they felt excited but also a little scared, for example, when they went on a roller coaster or they had a new baby in their family. Ask them to identify the reasons why they felt a little nervous, and point out that these feelings are completely typical but often pass.

- **Suggested co-activity:** Have children draw a picture of a time when they were anticipating something exciting and wonderful, but when they also became a little nervous - like riding a roller coaster or a visit from a family member they'd never met before.

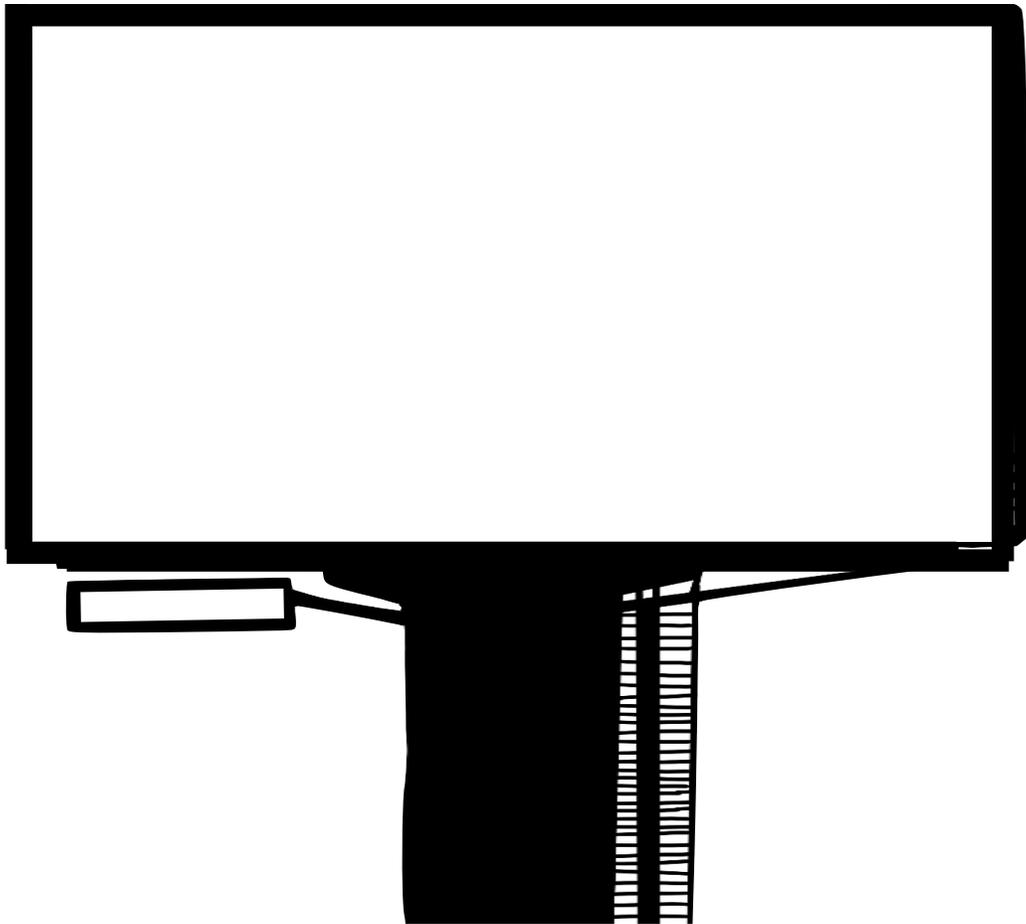
Ask the kids to imagine that they're giving advice to a younger sibling who's scared about riding on the Plunge O' Terror roller coaster. "You've ridden it and it's fun, but you were very nervous your first time too. What advice would you give your younger brother or sister?"

Activities

Get The Word Out - It's Post-Pandemic Time!

Have you ever been driving down the highway and on the side of the road you see a huge sign with an advertisement on it - that is something called a billboard. People and companies use those extra large canvases to share tantalizing and amazing offers (assuming you can read the details when you zoom by!)

As the pandemic comes to an end, some people will need a reminder (or an advertisement) about how great joining the day to day world will be. Share your opinions - be persuasive! Design a Post-Pandemic billboard that celebrates all the fun of Post Pandemic Life!

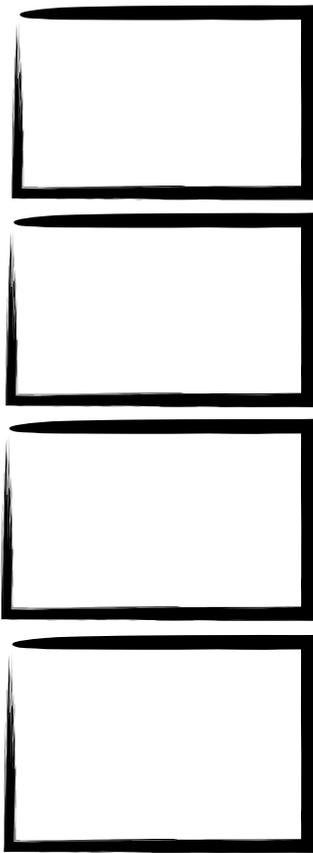


What Color Are You Feeling Today?

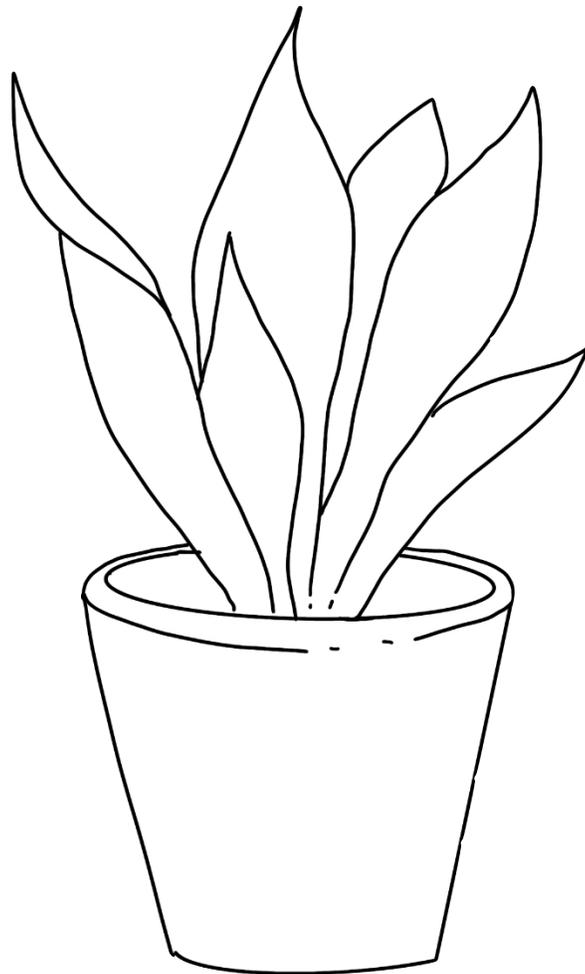
You might think that talking about your feelings will just make them grow - like watering a plant. It actually works the other way around. Talking about worries can make them less troublesome, not more.

Did you know that your feelings are like colors? If you look in your crayon box you will find lots of variations of green to color this plant. It is the same with your feelings. Happy can be: loving, grateful, excited or giddy. Mad can be furious, irritated, uncomfortable or resentful. When you can understand the 'shade' to your feeling, you will more quickly you can find a solution and start feeling better!

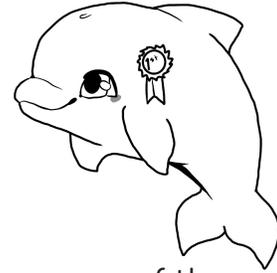
Find four shades of green to use in your picture and show them here.



Four empty rectangular boxes stacked vertically, intended for coloring or drawing.



Funny Fill-Ins: Chapter 2



For each number, ask a friend to randomly choose one of the three words or terms listed. Then read aloud the paragraph to them, using the term they choose. Finally, read aloud the paragraph using the CORRECT terms (the ones that are starred*.)

1	*Slowly* or Ferociously or Brazenly
2	Hawaiian Luaus or *Sports_ or Blood Vendettas
3	Gassy or Incontinent or *Worried*
4	*Wonderful* or Hairless or Odor-filled
5	Tobogganing or *Talking* or Tea-Totalling

Life is ____1____ returning to normal. People are going back to school, work, activities and ____2____. It's a wonderfully exciting time, but it's normal to feel a little nervous or ____3____. Change can be scary. Even changing from "It's A Locked Down Life" to "It's A ____4____ Life" can be unsettling. ____5____ can help you feel less worried.

JOMO

What is *JOMO*?

One positive part of the pandemic is finding time to spend – and have fun with! – your family, or the people you stayed with during this past year. So, Missing Out can be a joy, too – not just something negative. Think of fun activities that start with J, O, M, and O!

J _____

O _____

M _____

O _____

You aren't stuck at home, you are safe at home -
Sketch your favorite at home activities here:

Ludicrous Limerics

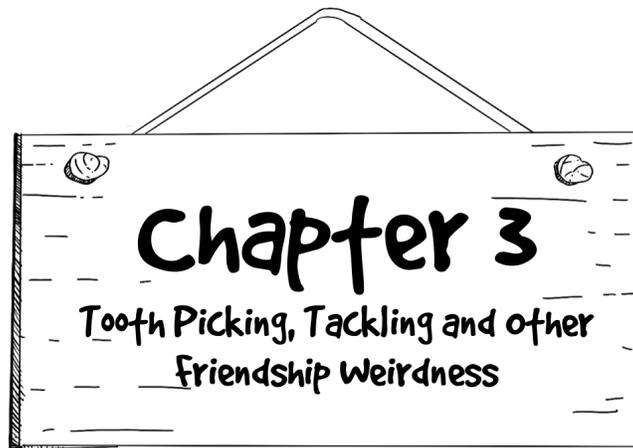
A limerick is a short, rhyming, funny poem with a bouncy rhythm. Limericks are five lines long. Read the limerick and circle the ending you think is best.

My feelings are twisting and changing.
Emotions are all rearranging.
I've been talking with friends,
like my mom recommends.

(Circle The Best Last Line)

My best friend's proved very sustaining!
And I find I do far less complaining.
My 'highs' and 'lows' are much less straining.
Our 'hangouts' are so entertaining!





Chapter Summary

This chapter explores how feelings, even with close friends, can be mixed when you see someone who you haven't seen in a long time. This doesn't mean that you don't like them anymore. In fact, sometimes you can feel the *most* awkward with the people you like the most. It's normal to both want to see someone, and to feel shy when you do see them, if you haven't been together for a long while.

Coping Strategy: First, understand that your friend likely feels the same way. Also, plan in advance how you'll act (shake his hand? Tackle him to the ground? Consider the options discussed in the book). You can also plan what you'll talk about.

Discussion Questions

What is the *Blank Mind Syndrome* described in the book? Explain it to each other, and try to recall times when you've experienced this. Emphasize that everyone experiences it sometimes. Emphasize that these types of feelings are almost always gone very quickly, often within minutes.

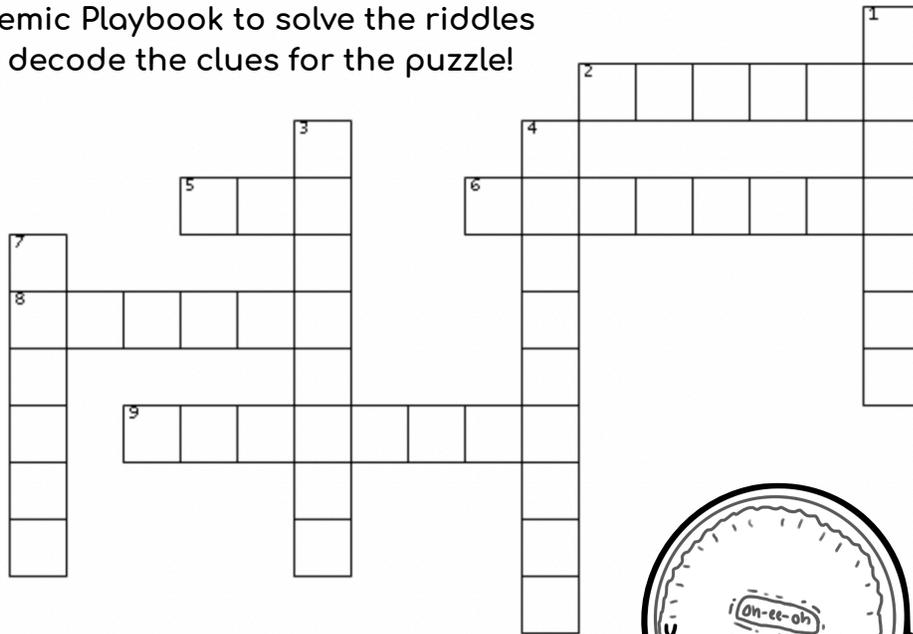
- **Suggested co-activity:** Have children draw a picture of two friends feeling shy or awkward with each other. Have them suggest different strategies that might help overcome those feelings.

Sometimes playing a game can help you get over shy or awkward feelings. Think of fun games you can play together.

- **Suggested co-activity:** Have your students/kids play a fun ice-breaker activity, and as they relax, ask them to describe how they're feeling.

Activities

Check out Chapter 3 of the Post
Pandemic Playbook to solve the riddles
and decode the clues for the puzzle!



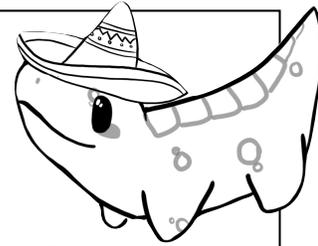
ACROSS:

2. A Crocodile BFF is a _____
5. When you have a friend over for the first time you might feel _____
6. Maybe try a _____ instead
8. _____ feelings might be stronger with your best friends
9. An Oh-eee-oh is more like an _____

DOWN:

1. In the pandemic you have seen less of your _____
3. Try to avoid Blank Mind _____
4. Friendships might feel _____
7. It would be weird to _____ your friend when you first see them

Funny Fill-Ins: Chapter 3



For each number, ask a friend to randomly choose one of the three words or terms listed. Then read aloud the paragraph to them, using the term they choose. Finally, read aloud the paragraph using the CORRECT terms (the ones that are starred*.)

1	*Face* or Fanny or Decorative
2	Tasting or *Feeling* or Dancing and Prancing
3	Fortunes or Newspapers or *Faces*
4	*Mask* or Wedding Dress or Large Sombrero
5	*Smiling* or Tooting or Drooling

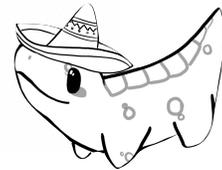
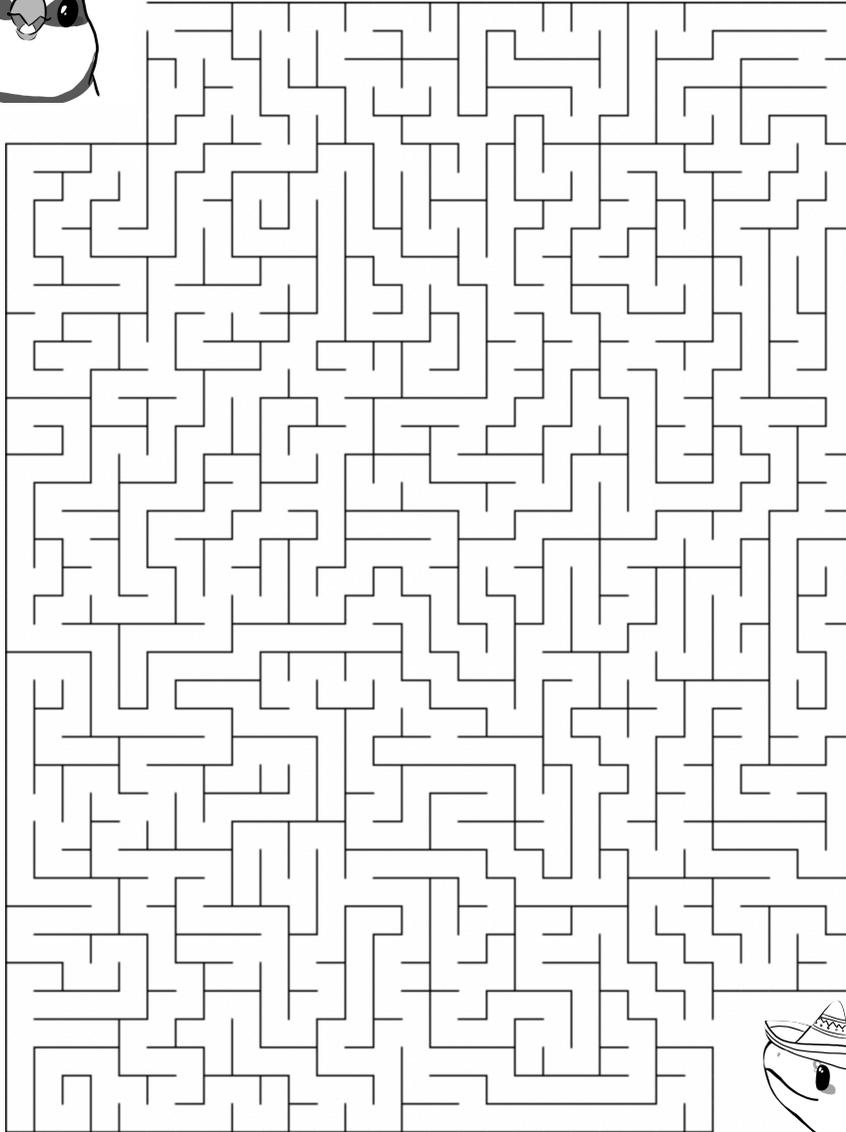
____1____ coverings are incredibly important right now. But, it's a little harder to tell how your friends are looking and ____2____ when they're wearing masks. That means folks need to put in some effort if we want to read peoples ____3____. Have you ever heard of smizing? It's a way of smiling with your eyes when you're wearing a ____4____. It takes a little more effort on your part but it is worth it. That way the person who's looking at you knows you're ____5____.

Ludicrous Limerics

A limerick is a short, rhyming, funny poem with a bouncy rhythm. Limericks are five lines long. Read the limerick for inspiration and then create your own!

What to do if your friendships are weird?!
If your pal's old, and he has a beard?!
Think of what you'll say!
Plan out a great day!
And avoid the awkwardness you feared!

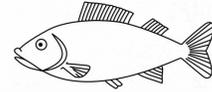
Help the Egyptian Plover find his friend Señor Cocodrilo so the plover can have a feast and the crocodile can have his teeth cleaned in perfect balance with their symbiotic relationship!



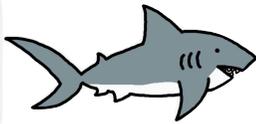
Friendships are very important for humans to grow. In the animal kingdom, certain species rely on each other not just for emotional support - but also for survival! These types of alliances are known scientifically as 'symbiotic relationships'. Draw a line between the animals that need each other for more than just giggling over memes and sharing tater tots at lunch.



Egyptian Plover



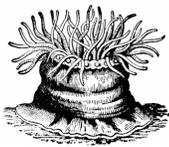
Pilot Fish



Sharks



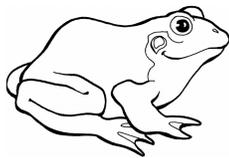
Hermit Crab



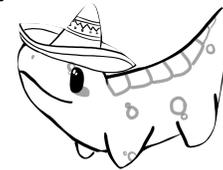
Sea Anemones



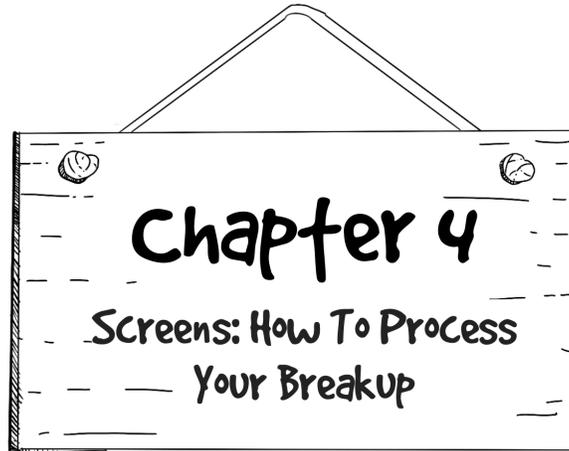
TARANTULA



Dotted Humming Frog



Nile Crocodile



Chapter Summary

This chapter introduces the word *contradiction*, and uses screens as an example. It describes how adults have sometimes reviled screen use in the past, but how screens can also be positive - for example, how they enabled everyone to keep working and going to school, even during a pandemic. One big contradiction discussed is how screen use can be very fun and engaging, and how it can help people connect; but at the same time, it can increase anxiety.

Coping Strategy: The chapter encourages kids not to get too invested in whether others are *always, constantly* including you or liking what you post. If you find yourself too wrapped up in these thoughts, try a non-screen activity (like playing outside), and talk to your friends, family, or even your doctor.

DISCUSSION QUESTIONS

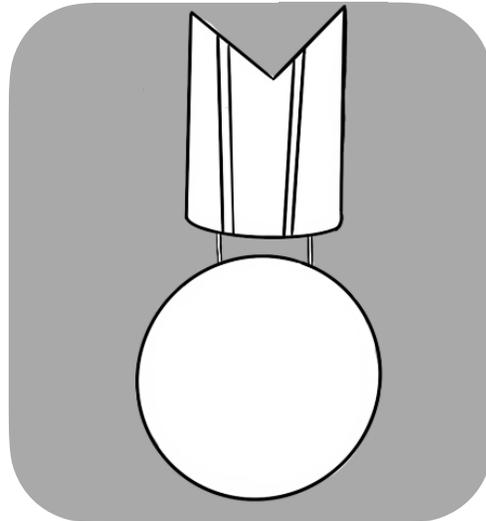
It's completely normal to want to be included in all activities with your friends, and to want them to admire what you post or find it smart or funny. The trouble begins when you focus on this too much. What you have done to make yourself feel better, when you didn't get the admiration that you wanted?

[Note: the goal of this discussion is to focus on *positive coping strategies* - **not** to encourage children to publicly recount humiliating episodes. Therefore, if a child begins to talk about something that really hurt them, gently interrupt and re-focus them on *how they coped*, instead of how much they were hurt.]

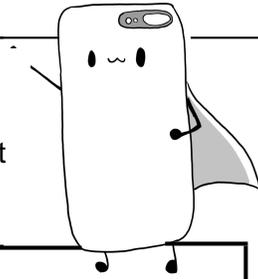
- **Suggested co-activity:** Have children draw a picture of themselves as a superhero named CopingMaster.

Activities

The prize for CONTRADICTION OF THE YEAR goes to Screens! Other words may get prizes too. For example, maybe GRANDMA gets the BEST ZOOMER award. Or your little brother gets the BEST PLAYMATE award. Or maybe your teacher gets BEST ZOOM TEACHER award!



Screens are fun, but they have problems too, & we all know it isn't a great idea to use them all the time. Still, screens were heroes during this pandemic! Draw a story below about how screens helped us to go to school during this past year.



Funny Fill-Ins: Chapter 4



For each number, ask a friend to randomly choose one of the three words or terms listed. Then read aloud the paragraph to them, using the term they choose. Finally, read aloud the paragraph using the CORRECT terms (the ones that are starred*.)

1	*Contradictory* or Constipating or Conspiratory
2	Sluggish or *Energizing* or Over-Ripe
3	Mayhem or Magnetic or *Magic*
4	*Tricks* or Squirt Guns or Recently Deceased Rabbits
5	Chimichanga or *Screen* or Three Layer Cake

In almost every way possible, screens are ____1____. They can be helpful, fun and ____2____. At the very same time, they can be harmful, boring and tiring. Just like the impressive ____3____ shows with the Great and Mystical Zappo, here are some ____4____ worth remembering! 1. Try not to dwell too much on what other people might be thinking of you. 2. Focus on what is fun apart from screens. 3. When you are using screens for a long time, take a break every few minutes to stretch and look away from the ____5____.

Shape Poetry

Shape Poetry is also called concrete poetry.
Shape poems look like what the text describes, like this question!

something
can that's
How good
 also
 be
 bad?
The
answer
is

contra-
dictory!

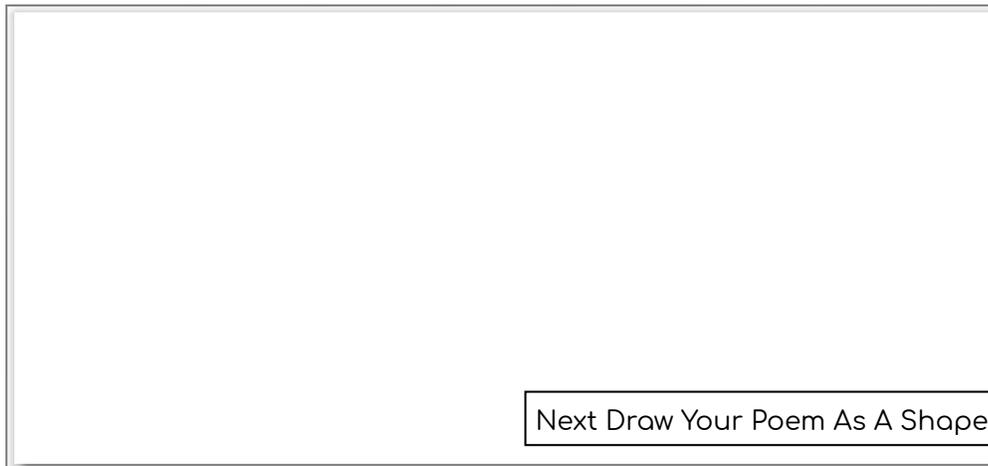
Shape Poetry

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Shape poems look like what the text describes, like this question!

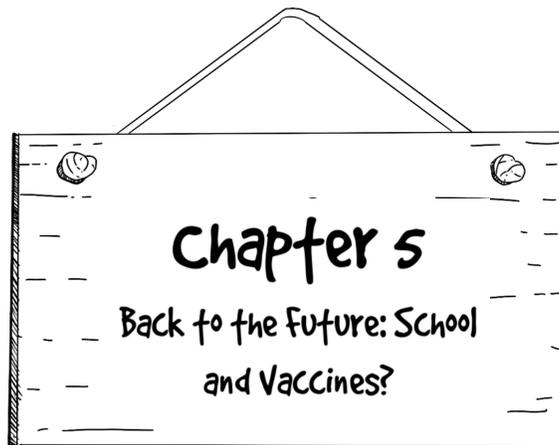
something
can that's
How good
 also
 be
 bad?
The
answer
is

contra-
dictory!

Brainstorm A Poem About Contradiction Here:



Next Draw Your Poem As A Shape



Chapter Summary

This chapter discusses two big changes that we're all likely to face as the pandemic recedes: the return to a somewhat different school experience, and the introduction of a new vaccine.

Kids may feel anxious about school for several reasons. They may worry whether they've kept up academically, and they may worry about seeing peers and friends again. Some kids have felt more comfortable learning at home and they may worry about fighting or bullying that used to happen in school.

Coping Strategy: Remember that teachers are aware that everyone is going to be a different place academically when school is resumed, and they're going to account for that. Teachers are also likely to be very sensitive to social relationships - they know full well that there's been a lot of social isolation this past year - and they want to hear about any fighting or bullying.

The vaccine is also described in language that kids this age can understand. This includes an explanation of why children weren't the first group to be vaccinated.

Discussion Questions

It's likely that lots of kids will feel differently about how much they learned during the pandemic, and they may also feel nervous about returning to school and seeing other kids. What ideas do you have, for helping other kids who need to catch up with schoolwork, or kids who feel worried that others might be mean to them?

[NOTE: the best strategies here are to encourage kids to help each other, both socially and academically. Listen for those strategies and once a child offers them, really emphasize them by asking kids how they've helped other peers in the past.]

- **Suggested co-activity:** Have kids draw a picture that depicts them helping someone else with schoolwork, or with other kids.

Ask children to describe the “castle” scenario outlined in the book, with soldiers inside the castle and alligators in a moat guarding the castle from the outside. Ask which strategy would work better - soldiers or alligators - to prevent the castle from being damaged?

[NOTE: make sure the kids understand that the reason a vaccine (alligator) is so good is because it prevents the virus from ever “invading” the body (or making it sick).]

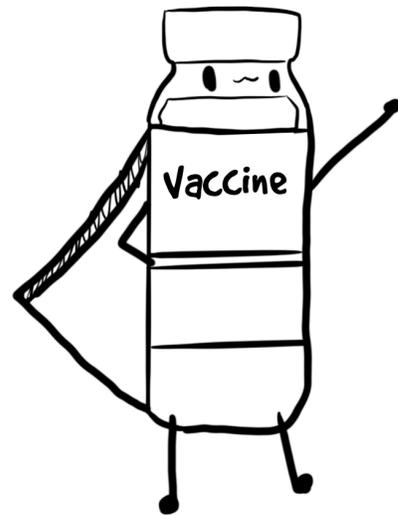
- **Suggested co-activity:** Draw a picture where a person’s body is like a castle. Show how the alligators [the vaccine] can successfully defend the body.

Activities

Acrostic Poetry

An acrostic is a poem in which the first letter of each line spells out a word, message or the alphabet.

V (Very)
A (Amazing)
C (Change)
C (Coming!)
I (I'm)
N (Naturally)
E (Ecstatic!)



S _____
C _____
I _____
E _____
N _____
C _____
E _____

All Mixed Up - Anagram Fun

Things have been pretty mixed up these days - and so are these words! An anagram is a word, phrase or name formed by rearranging a set of letters into another order that would make more sense. See if you can decode these words from "The Insanely Awesome Post Pandemic Playbook - Chapter 5"



MDEPNACI

P A N D E M I C

CINESEC

YOB DANIT

CIVECAN

PICCYSH

UNCOMICOINTMA

WANBRIO

BEFITEMEOR

UMMNETMO

LINKGAT

THE COVID TIMES NEWSPAPER

Volume: _____

Date: _____

By: _____



PHOTO OF THE DAY

CAPTION: _____

FACT OF THE DAY!

Paid Advertising Here

CLASSIFIEDS/WANT ADS

LETTERS TO THE EDITOR

Funny Fill-Ins: Chapter 5



For each number, ask a friend to randomly choose one of the three words or terms listed. Then read aloud the paragraph to them, using the term they choose. Finally, read aloud the paragraph using the CORRECT terms (the ones that are

1	*An Overly Heavy Suitcase* or A Used Kleenex or A Souped-Up Sports Car
2	Bald or Unclothed or *Back*
3	Green Around The Gills or Rabid or *Okay*
4	A Bowl Haircut or *COVID-19* or Warts On Their Feet
5	*Science* or Supersonic Booms or Sea Cucumbers

So, just like ____1____, life is about to lurch forward. School will begin again, but it may feel a little uncertain to go ____2____ after a long time. Still, friends and teachers will help and soon you'll feel ____3____. Also, the vaccine will help make sure people never get ____4____, and that is because of the power of ____5____.

Rhyming Couplets

A Rhyming Couplet is two lines of the same length that rhyme and complete one thought. There is no limit to the length of the lines. Rhyming words are words that sound the same when spoken, they don't necessarily have to be spelled the same

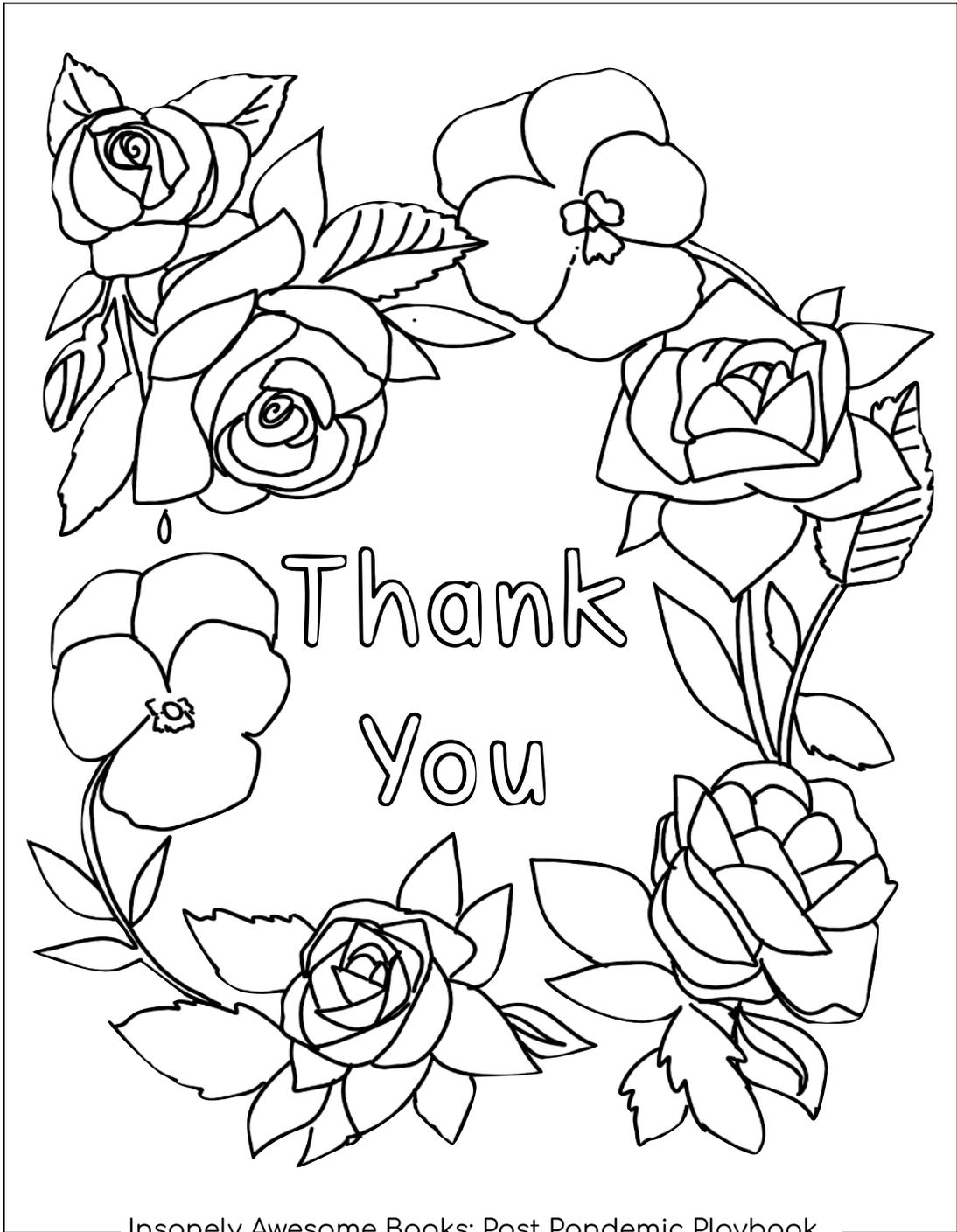
Run around! Go out and play!
'New normal' times are on their way!

*Protect yourself and others, wear a mask!
Make a big difference, with such a small task!*





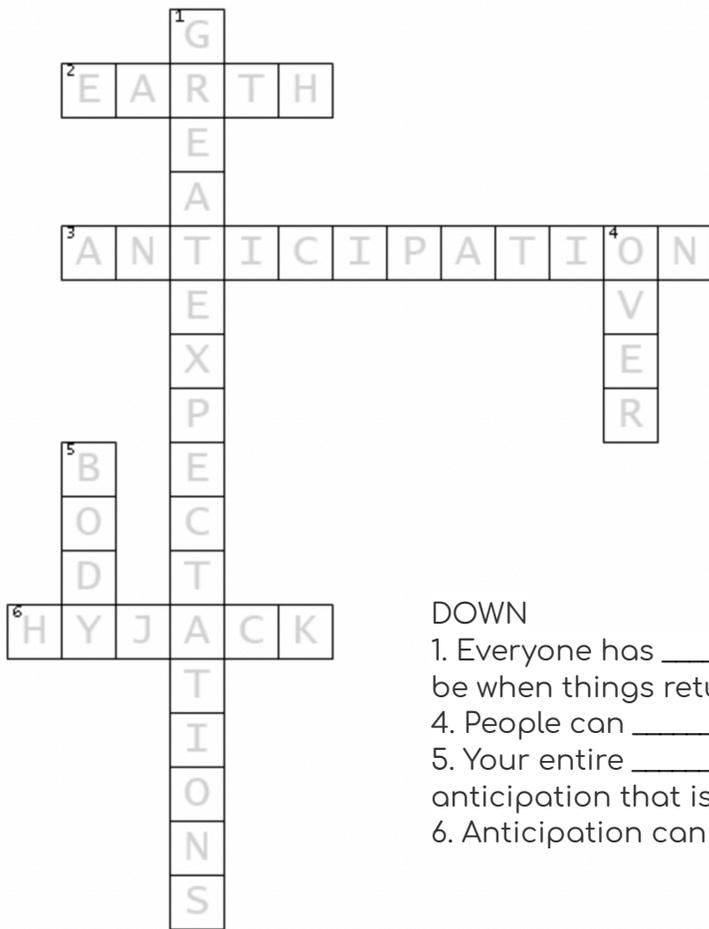
— Insanely Awesome Books: Post Pandemic Playbook —



— Insanely Awesome Books: Post Pandemic Playbook —

ANSWER KEY

Chapter 1 Crossword



DOWN

1. Everyone has _____ of the way life will be when things return to normal
4. People can _____ anticipate the future
5. Your entire _____ gets involved with anticipation that is coming
6. Anticipation can _____ your brain

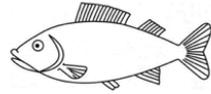
ACROSS:

2. Sometimes you wish the _____ would swallow you whole
3. Feeling energized about something that is coming - that's _____
6. Anticipation can _____ your brain

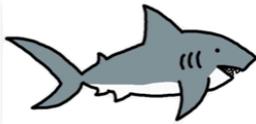
Chapter 3 Match Up



Egyptian Plover



Pilot Fish



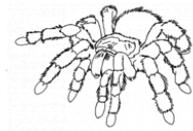
Sharks



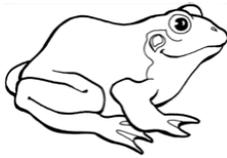
Hermit Crab



Sea Anemones



TARANTULA

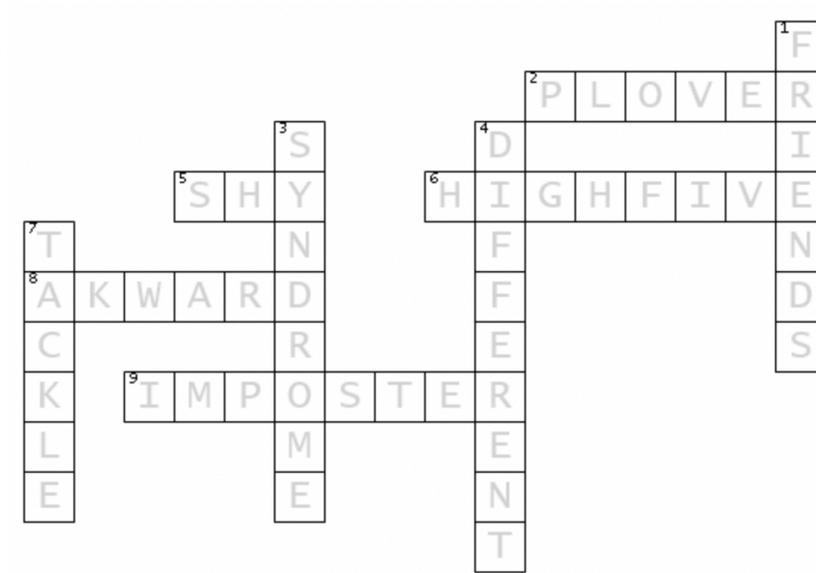


Dotted Humming Frog



Nile Crocodile

Chapter 3 Crossword Puzzle



ACROSS:

2. A Crocodile BFF is a _____
5. When you have a friend over for the first time you might feel _____
6. Maybe try a _____ instead
8. _____ feelings might be stronger with your best friends
9. An Oh-eee-oh is more like an _____

DOWN:

1. In the pandemic you have seen less of your _____
3. Try to avoid Blank Mind _____
4. Friendships might feel _____
7. It would be weird to _____ your friend when you first see them

Chapter 5 Anagram Solution

MDEPNACI	<u>P</u> <u>A</u> <u>N</u> <u>D</u> <u>E</u> <u>M</u> <u>I</u> <u>C</u>
CINESEC	SCIENCE
YOB DANIT	ANTIBODY
CIVECAN	VACCINE
PICCYSH	PSYCHIC
UNCOMICOINTMA	COMMUNICATION
WANBRIO	RAINBOW
BEFITEMEOR	BEFORE TIMES
UMMNETMO	MOMENTUM
LINKGAT	TALKING