



Discussion Guide for Episode 5: Anxiety, Fear, Grief & Loss

1. Mr. Stedenko seems to understand what it is like to be stressed out and worried. What does he say is hard for him?
2. Do your teachers (or other adults) sometimes seem to be having a hard time, too? How can you tell?
3. How do you feel when adults like your parents or older brother or sister are stressed? What do you do when that happens?
4. What kinds of things does Mr. Stedenko say are helpful when he is feeling frustrated?
5. Here comes that crazy Wizard again! What do the kids tell him that they have learned about how to help themselves feel better when they are stressed, or alone?
6. Have you ever tried “deep breathing” when you are stressed, worried or afraid? Let’s try the 4 x 4 x 4 breathing that Mr. S. taught the Kids.
7. Do you worry that someone you love will get Covid? What do you do that helps you feel less worried?
8. Have you felt sad during Covid? What helps you when you are sad?
9. Who do you talk to when you are sad?
10. What was your favorite thing about the “Welcome to Covidia!” puppet show?
11. What is just ONE THING that you learned and might try to do next time you feel sad, or lonely, or frustrated?