

# Kids' Sadness About COVID-19

## May Look Like:

### Anger

"This stupid remote doesn't work!"

### Resisting the "new order"

"I'm not doing four math problems! I'm only doing one!"

### Tiredness

"I don't want to go for a walk. I'm too tired!"

### Numbing Out

("Just 30 more minutes on the iPad!")

### Displaced frustration

"I didn't want lasagna for dinner. I wanted tacos!"

### Boredom

"I'm bored" = code for "I'm sad"