

# COVID in the eyes of a CHILD / ADOLESCENT

"AKO, SI COVID AT ANG MAGAGAWA KO"  
(Me, the COVID-19 and What I Can Do)



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## Objectives of the Module or Program

To promote psychosocial well-being in children/adolescent and to cope in this very challenging time of COVID-19.

**Purpose:** To conduct an activity for children/adolescent about dealing and coping with Covid-19.

**Goal:** To promote coping resilience in children and adolescents

## Introduction

Facing COVID-19 has increased levels of distress and anxiety, particularly as a result of social isolation. Increased fear and anxiety about a new disease and uncertainties of events have been overwhelming for children and adolescents. It is very important for these individuals to express themselves more and be heard to ease up their fears and anxiety.

## Methodology

The module or program consists of three (3) activities wherein children and adolescents will interact to their parents and caretakers. An interactive activities that would enable everyone to be heard, with stories and understanding of what is happening around them.

### 1 Story Telling about Covid-19 in the Eyes of a Child

- An opportunity to understand their feelings about the effect of Covid-19.
- Allow them to express their sadness, anger, frustration, fear and confusion.
- Acknowledge their feelings and explain to them the effect that their feelings and emotions are appropriate.
- Encourage them to speak-up and ask questions

### 2 Giving Back: Thank you!

- Allow them to share their feelings toward other people, especially the frontliners.
- Show their creativity in expressing oneself.
- Enable them to be appreciative on what is happening around.
- Connect with others within and outside the family.

### 3 Dear You! (Frontliner to the Child)

- Inform the Child/Adolescent that they have successfully made someone smile
- Make known to the child/adolescent that they are well appreciated by the recipient.



## Understanding the Child / Adolescent



### I AM LISTENING!

Listen, Observe and Appreciate.



### I AM HERE!

Understanding a child's or adolescent's situation in their point of view. Explaining the importance of health protocols to them that would ease their negative feelings.

## WHO ARE THESE FRONTLINERS FOR THESE CHILDREN / ADOLESCENTS?

Identification of frontliners, and be able to share stories with each other.

## LET'S TAKE A PICTURE!

Take a picture of each their drawing. Write their name and your name.



## Results

As these children/adolescents felt heard, they were able to fully express themselves to their parents/caretakers. They were able to raise their questions as to how they can understand and deal with life uncertainties. They were able to express their sense of gratitude through drawings and messages that made frontliners feel appreciated. Sense of connection were experienced and derived from acknowledgement letters received by these children from frontliners.

## Conclusion

The children and adolescent were able to acknowledge their feelings and validate that what they are feeling are appropriate. It allows everyone to know and feel that they are supporting each one. They felt that they are not alone in these challenging times. The activity provided opportunity to reach and promote connectedness to others and minimize or prevent feeling of isolation.



\*All authors have declared no conflict of interest