



Wish Well Board (COVID-19)

Wishing well offers children (and adults) a way to support others and calm themselves. The Wish Well Board is a visual way to aid children in wishing others well. As we all separate in order to slow the spread of COVID-19 together, this Wish Well Board provides a way to offer love and care despite the distance.

Wishing well allows children to help others when there is no physically tangible way to offer their help.

To wish well:

- **STEP 1:** Put your hands over your heart.
- **STEP 2:** Take a deep breath in.
- **STEP 3:** Pause and picture something precious in your mind.
- **STEP 4:** Breathe out while opening your arms and sending those precious, loving thoughts out to the person you are wishing well.

The Wish Well Board is used for the Wish Well Ritual. When you want to wish someone well, you place their picture or name in the heart inside your Wish Well Board. You may use this resource to create your own Wish Well Board with a magnetic cookie sheet and magnets or foam board and Velcro. If you don't have these materials and aren't able to go to the store, you may simply place names and pictures inside of the provided heart.

This resource includes images and texts specifically related to COVID-19. You and your children may want to send wish wells to your family members, School Family, the medical community, those working hard to keep us safe and healthy, and others. Cut out the provided images and place them in the heart to wish well. Feel free to add pictures and names of your own too!

Wish Well



For our family



For the elderly and those most at risk from the virus.



For the health and healing of our world and all who inhabit it.



For our School Family: students, teachers, administration, and support staff.



All the people in our community working hard so that we can stay healthy and safe.



The medical community, for their health and materials they need to provide quality care.