



Let's talk about what's new..

In these pages, we will talk about any worry or confusion you may be feeling.

You may have some specific anxiety around the coronavirus (Covid-19) especially around changes to your daily routines.

This is a good time to talk about anything that is worrying you and work out what will help.



There have been lots of changes to the way we go about our everyday lives right now.

You might feel anxious or worried about these changes.

It's ok and normal to feel this way.

There are lots of things you can do to feel ok.

First look at the story "A Social Story About the Coronavirus" with your teacher (or parent).



Have you
got any
questions?

I would like to ask..

Things I can do..

- Washing your hands is good. This way you know you are doing something practical to keep yourself and others healthy. Learn how to do this properly.

Hand washing Gangnam style...

<https://www.youtube.com/watch?v=TGddyTW5eMc>





Remember...

All the adults around me are working to keep me safe and healthy.

Life will go back to normal eventually – maybe not right away but it will go back to normal.

There are lots of things I can do to feel ok meantime..

More things I can do to feel ok!



Try and stick to a routine at home. (My Mum and teachers can help me work out a routine and a schedule)

Do some physical activity every day.

Do something I enjoy – like drawing- to relax and unwind.



If I worry about things...

I can...

Try and have a short time set aside each day for worrying. I can write my worry on a slip of paper and put it in a worry box. Then move on and do something else. I can come back to my worries and talk about them another time.

Every evening think of three things that were good! This can be anything at all, for example, feeling good about a drawing I did or that the sun was shining.

Some people are doing rainbow art to share and display.

There are lots of good things to do and think about every day! 😊

Something good that happened today (or yesterday?)

