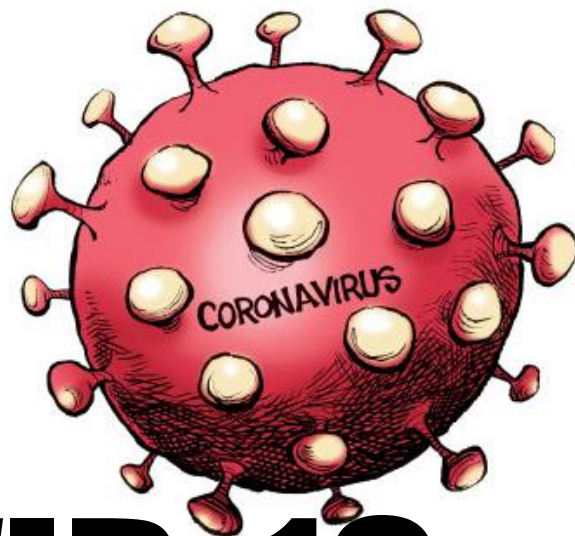




Something terrible has happened...

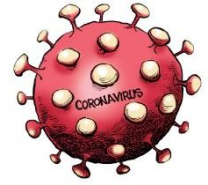


COVID-19





Making sense of it all...



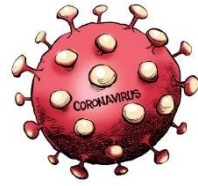
When we learn about something bad – even when we hear only bits and pieces of it – our brains get busy trying to make sense of what we've heard. Seeing distressing events on the news, or hearing about them later, can feel scary and overwhelming. In this booklet we are going to look at the Coronavirus (COVID-19 for short!) that has spread around the world. We will give you a quick explanation and offer some strategies to cope with this *pandemic...



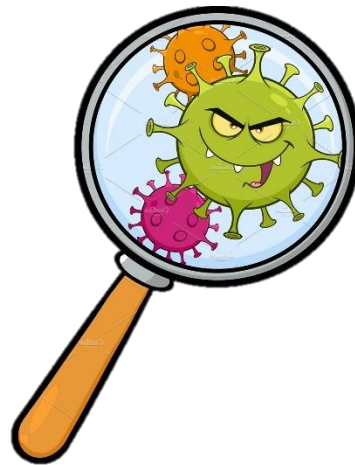
*A pandemic is an outbreak of a disease that occurs over a wide geographical area and affects a high proportion of the population. A pandemic occurs when there is an increase in the amount of people with the disease.



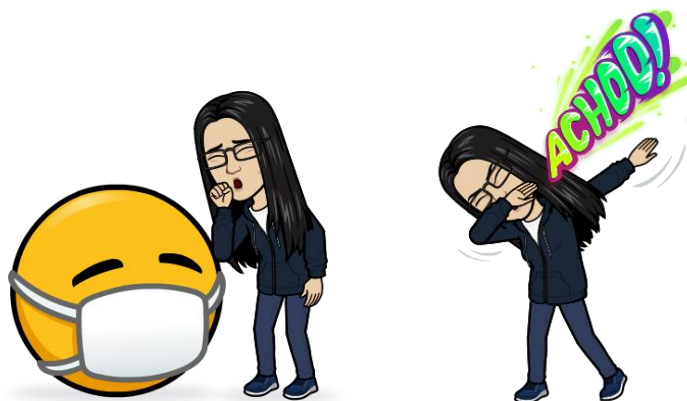
What is COVID-19



In March 2020, the whole world became aware of Coronavirus/COVID 19. Just as the name states it is a virus. It is similar to the common flu. It was discovered in China. Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS). COVID-19 is the name for the new strain of coronavirus that has not been previously identified in humans.



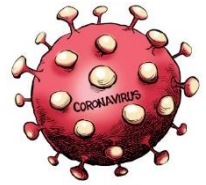
Unfortunately, it doesn't stay put and likes to travel. It travels in tiny droplets on people's hands when they cough or sneeze.



Not everyone will get sick. It affects people differently but when it does infect a person, the most common symptoms are a high temperature, a cough and difficulty breathing.



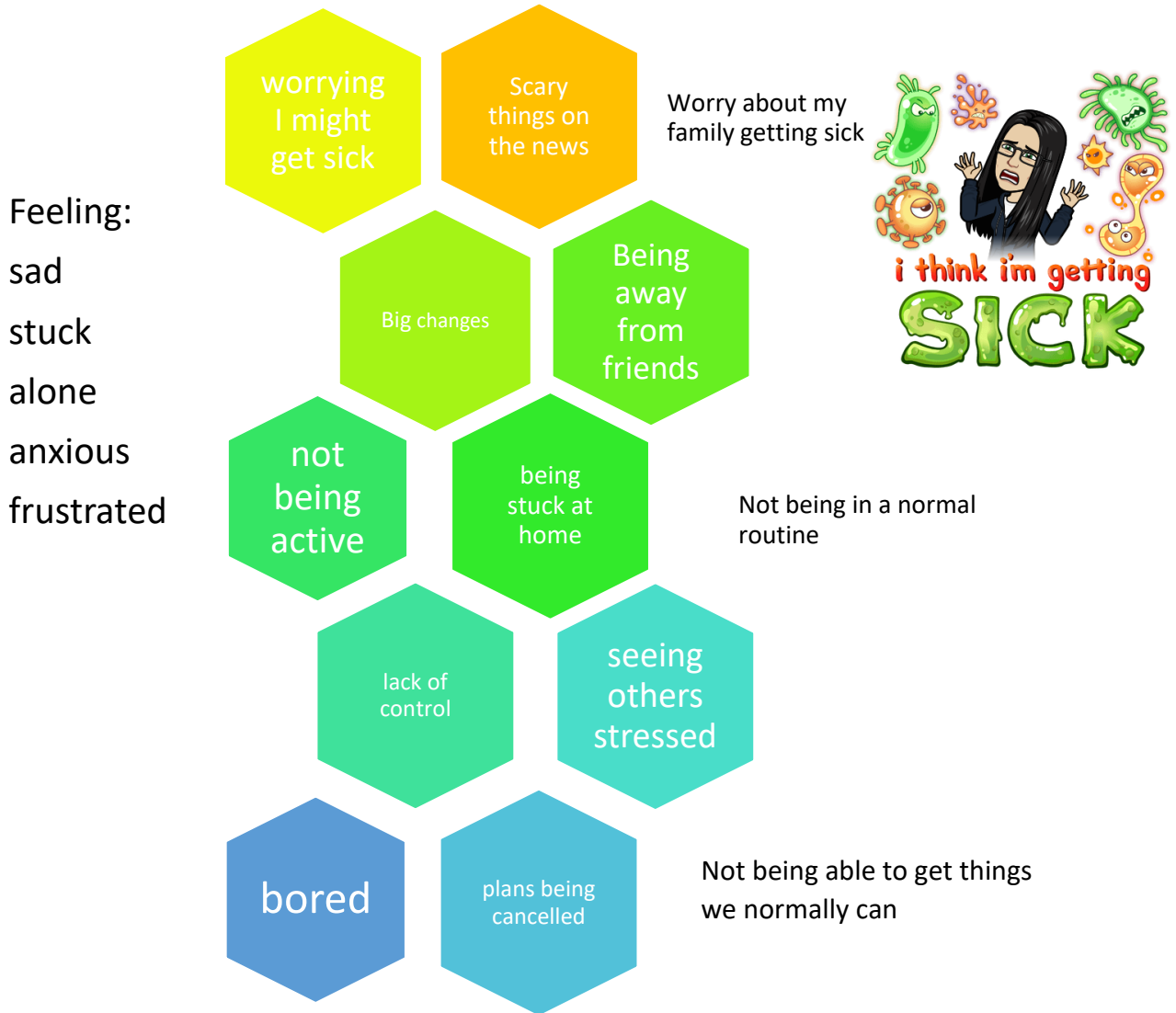
Thoughts and Feelings



Our mind is trying to keep us safe by giving us all of this information. Unwanted thoughts, feelings and sensations are completely understandable and normal. We all react differently to situations, but it is important to remember that what you feel is ok. Our minds can feel “full” of thoughts and feelings. It can feel difficult to move beyond these thoughts and feelings. Remember, just like clouds and rain, your thoughts and feelings will pass.

			
WORRIED anxious, overwhelmed, uncomfortable, unsafe, fearful	PROUD self-reliant, strong, empowered, pleased	CALM quiet, relaxed, peaceful, serene	HAPPY loved, joyful, safe, cheerful, hopeful
			
SAD unhappy, disappointed, miserable, hopeless, gloomy	BRAVE courageous, fearless, empowered, strong, daring, independent	ANGRY annoyed, frustrated, cross, outraged, hurt, mad	SCARED frightened, terrified, fearful
			
DISAPPOINTED unhappy, sad, upset	CONFUSED overwhelmed, puzzled, muddled	LONELY sad, overwhelmed, ignored, forgotten, unhappy, hurt	SHAME unhappy, unsafe, guilty
			
GUILTY shame, confused, unhappy uncomfortable	EMBARRASSED confused, worried, sad, uncomfortable, shy, unhappy	EXCITED happy, joyful, thrilled, curious, silly, interested	CONFIDENT relaxed, secure, comfortable

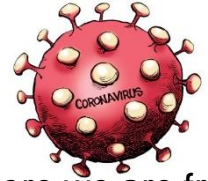
Thoughts and feelings continued...



You can choose whether to tune in to the negative thoughts and feelings or not! Try and focus your attention elsewhere, looking at what you can control. If we can do this for something as big as the weather, we can do it for something in our own minds.



How do I keep safe?



COVID-19 represents a challenge to us all. No matter who we are, where we are from or what we do - we all have a responsibility to look after each other. We may not be sure what to think, how to feel or what to do. That is ok, you are not alone. We are united in looking after and caring for each other; as friends, as family and as communities. To keep the country safe, Boris Johnson (the UK prime minister) has decided it is not a good idea to be near people who are not in the same household. Schools have closed in order to promote social distancing and minimise crowds- both proven measures to slow the spread of disease and, in turn, save lives.



Follow the Government's advice!



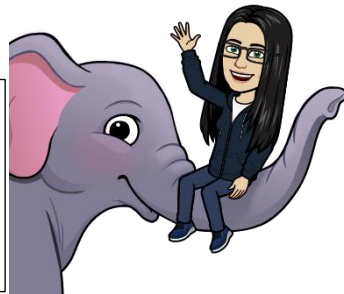
Stay at home with your family!



wash your hands!

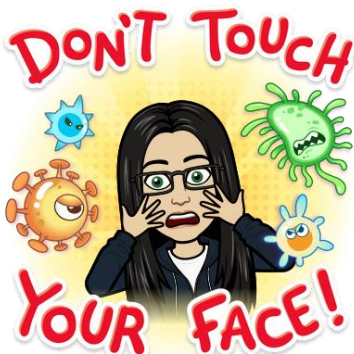
1 Elephant...
2 elephants....
3 elephants...
and so on, up to 20!

Remember to wash your hands using lots of soap for at least 20 seconds...



KEEP YOUR DISTANCE

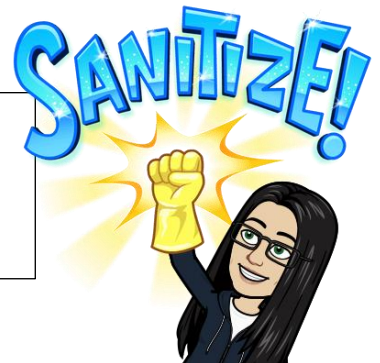
Social distance yourself Stay 2 metres apart from anyone who doesn't live in your house!



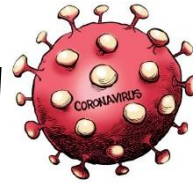
DON'T TOUCH YOUR FACE!

Try not to touch your mouth or eyes!

Use hand sanitiser to help kill the virus!

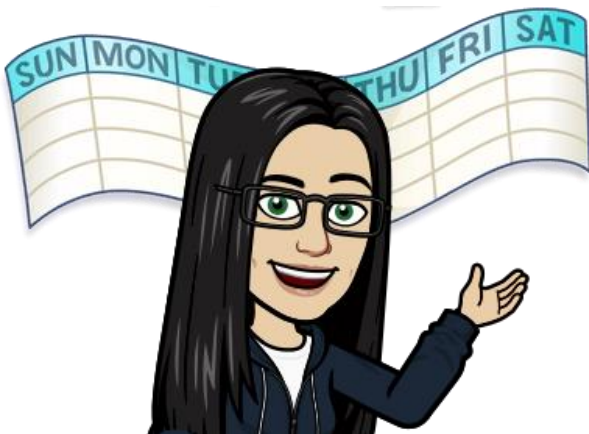


Hibernation!



Think of this time as a hibernation period... practice some self-care, look after yourself and those around you... Spending so much time together in one house can sometimes get tense.

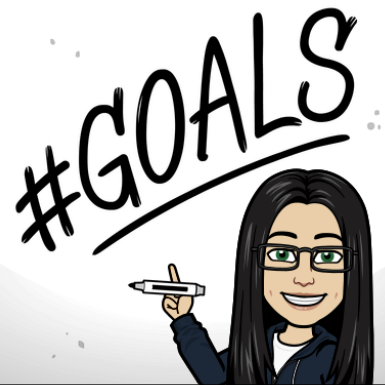
You may find these tips useful and the suggested activities can help to make things a little easier.



Keep a routine!



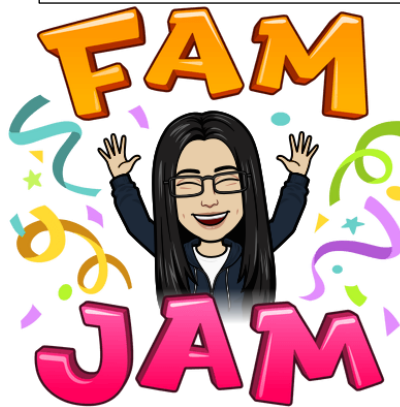
Sleep well... not too much and not too little



Create some goals to accomplish



Eat well!



Enjoy spending time with family



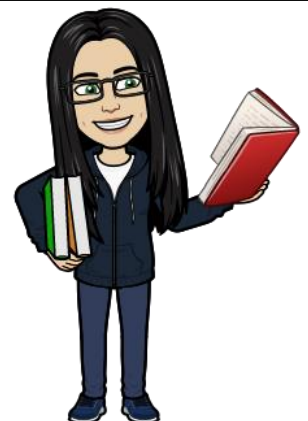
Write a letter!



Draw!



A bit of gaming!



Read!

Activities continued...



Complete the school tasks!



Be active!



Listen to music!



Learn a new skill!



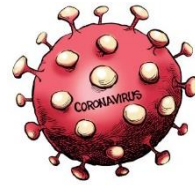
Keep in touch with people you cant see right now!!



Tune in to Mrs Devlin's morning greeting and motivational chat!



Remember



This is not going to last forever, and we will be back in school soon! Just now is about being creative and finding a new norm.

If you aren't sure how to connect with something important, take a breath, slow down and ask: "What is the smallest, easiest step I can take?"

Things to Keep Doing!



Eat regular, nutritious meals and keep hydrated

Keep a good sleep routine, enough but not too much

Be active, e.g. exercises at home or a new dance routine— follow examples on YouTube/Joe wicks

Keep doing things that make you feel good, e.g. listening to music or having a relaxing bath

Talking about things other than COVID-19

Find new ways to share experiences that give you enjoyment e.g. a book or film club using Skype or FaceTime



Things to Start Doing!

A new hobby, like baking or doing crafts

Learning, e.g. a new language or skill

learn more about your family and friends. How about a "This is your life" style quiz?

Support your local community by doing a random act of kindness for someone else e.g. walking their dog or collecting some milk

Write a journal or draw about your experiences

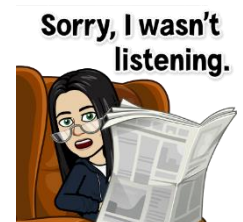


Try to Stop

Don't spend too much time watching the news or on social media

Using non-official news sources - Stick to official news sources and NHS / government advice

Limit time spent talking to people who are making you feel more worried



Credits



NHS

Save the Children

Google

