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Coping with Coronavirus

And living in lockdown!

Coronavirus

- Coronavirus is a germ that can make people feel very ill. But lots of people who get it will feel better again.



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I’m upset by the news

- Some of the things in the news can seem scary, sad or worrying.



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I’m upset by the news

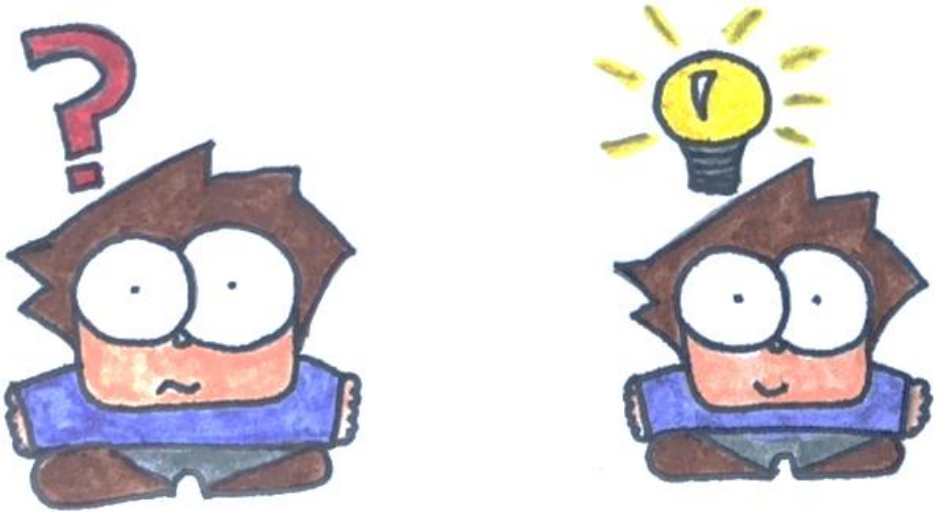
- Lots of things are in the news because they are out of the ordinary. Lots of people talk about it all at once which makes it sound much worse.



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How can I deal with the news?

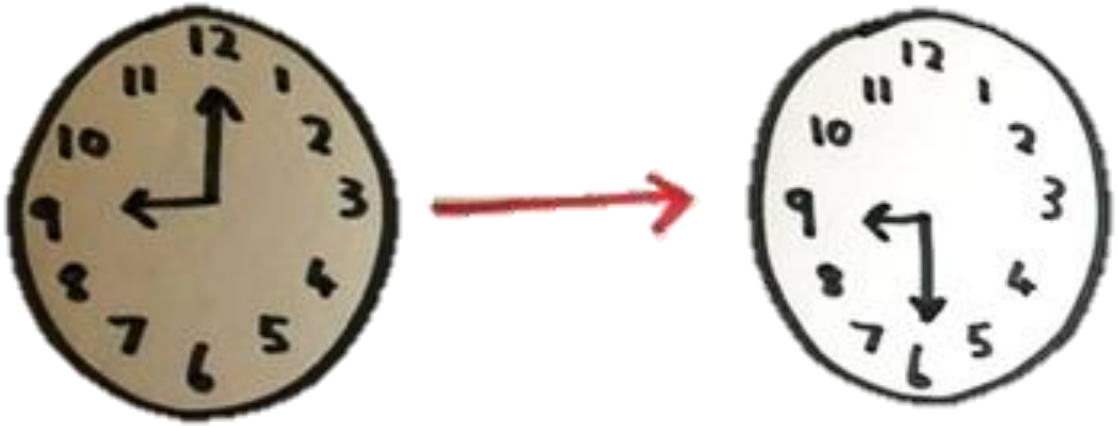
- You can talk to a trusted adult about what's upset you in the news. They can help you understand what is going on.



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How can I deal with the news?

- Some people find it helpful to only look at the news once a day for a set amount of time.



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How can I deal with the news?

- Lots of good things that are out of the ordinary also happen every day!

- Websites like The Happy Newspaper make "good news" papers that help us see the good things happening in the world.

- They have a template to make your own too!

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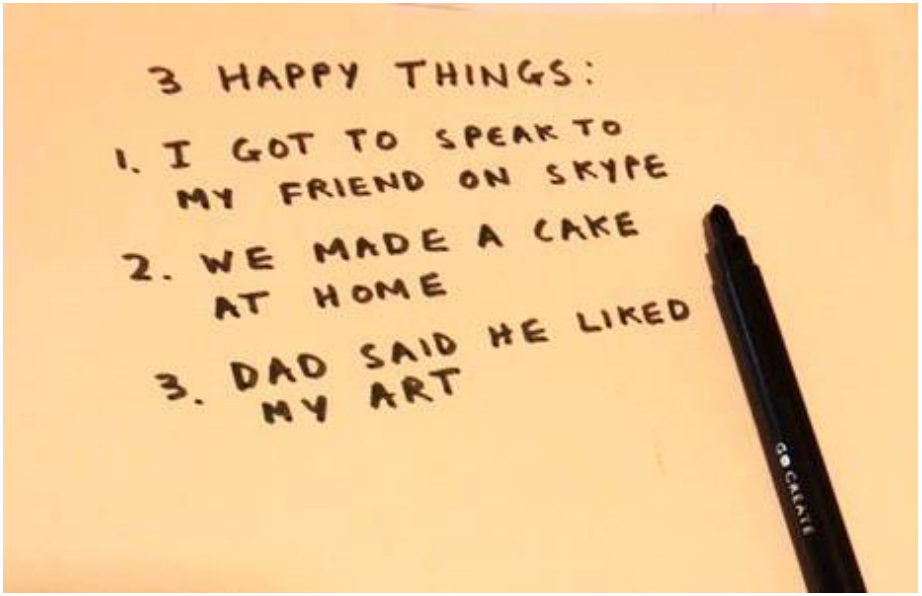
How can I deal with the news?

- Maybe you could make your own Happy Newspaper for home or school?



How can I deal with the news?

- Sometimes it can be helpful to remind ourselves of positive things. At the end of the day, we can write down three things we feel happy about.



It’s ok to feel upset

- It’s natural to feel worried or afraid when bad things are happening. Lots of people will be feeling the same as you.



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It’s ok not to know the answer

- There are some things we don’t know about the Coronavirus.



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It’s ok not to know the answer

- Scientists are learning more and more every day.



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It’s ok not to know the answer

- So every day the pile of stuff we don’t know gets smaller.



It’s ok not to know the answer

- And the pile of stuff we do know gets bigger.



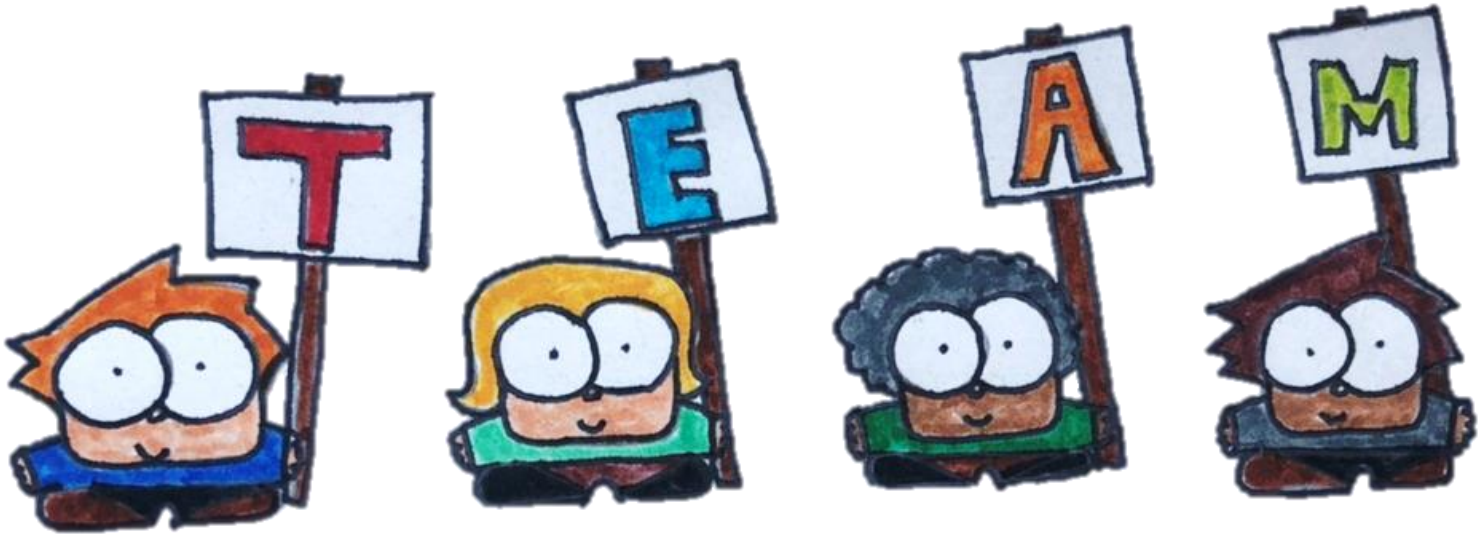
“I can’t control this”

- Things might feel out of control, because there’s no way one person can control the Coronavirus



“I can’t control this”

- But everyone working together **can**



“I can’t control this”

- Scientists have a plan that everyone can follow



“I can’t control this”

- By doing our bit we can help to control Coronavirus. That’s why things are a bit different to usual.



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Why are things different now?

- Things feel very different now, and this can make us feel upset. But it won't be forever.



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Why are things different right now?

- Coronavirus can only jump between people when lots of people are close together.



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Why are things different right now?

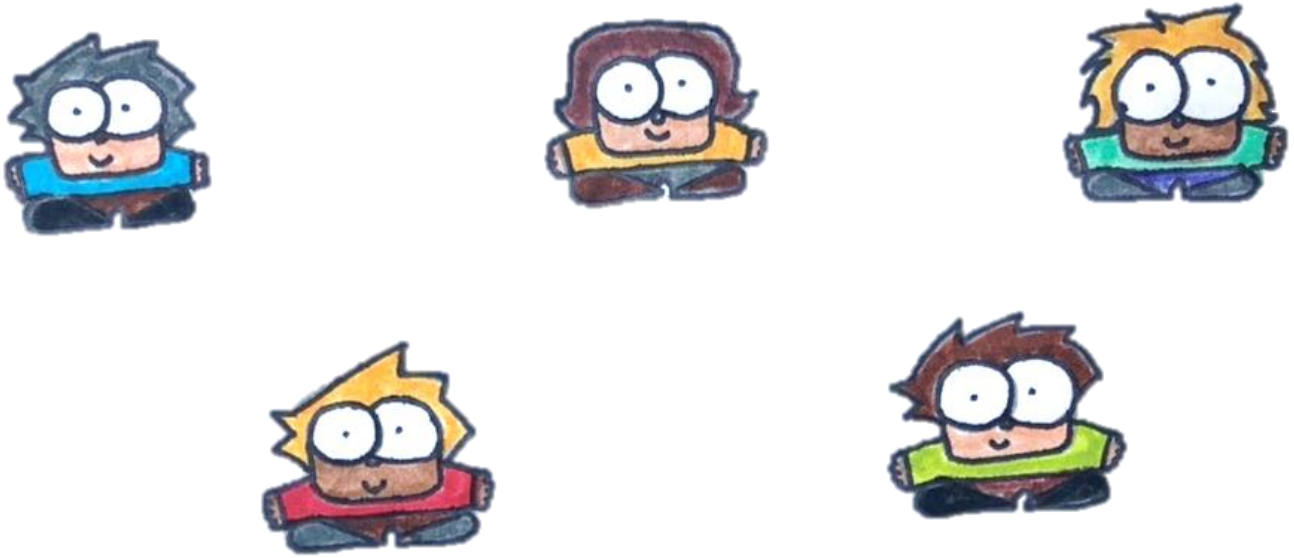
- If we spread people out the virus can't move between them and so less people will get sick



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Why are things different right now?

- This is why lots of people are staying at home and why people outside are standing far apart from each other.



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What can I do?

- The good news is you're doing everything you can already:
  - Staying spread out from others
  - Washing your hands for 20 seconds



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What can I do?

- By doing these things we can help things get back to normal.



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Other ways to feel safe

- There are other ways we can look after ourselves and the people around us.



Other ways to feel safe

- You could make a family timetable. This can help everyone feel helpful at home too.



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Other ways to feel safe

- You could be in charge of family time:
  - Organise a movie night
  - Choose a game to play together
  - Try an activity like baking or making dinner together.
  - Dance!



Staying in touch

- Spending family time can help us feel closer to the people at home.



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Staying in touch

- But it’s really hard not spending as much time with other people we care about.



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Staying in touch

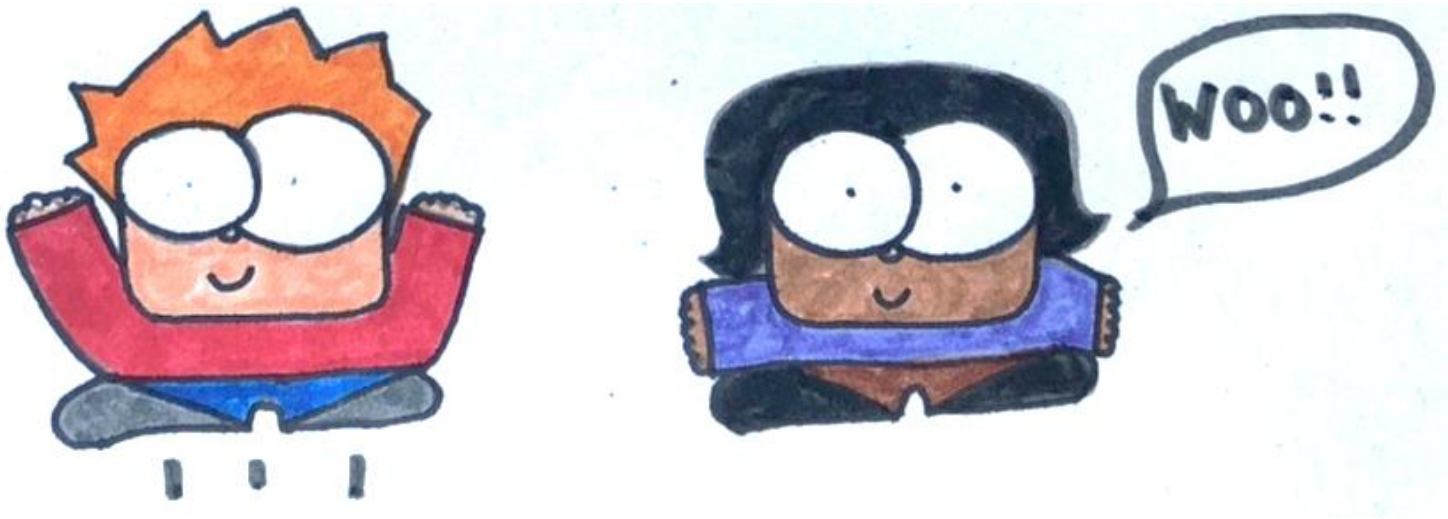
- We can use phones and computers to keep talking to each other.



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Staying in touch

- This helps us and other people feel better.



It’s good to be kind!

- When we feel worried or stressed, we can feel better by being kind.
- It’s very important to be kind to yourself.
- It’s also important to be kind to other people.

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The kindness project

- Step one of the kindness project is to be kind to yourself. What nice things do you enjoy? Some people like to:
  - Have a warm bath
  - Watch their favourite TV programme
  - Read their favourite book
  - Spend time with their pets

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The kindness project

- Step two of the kindness project is to be kind to others.
- We can do “kind acts” like:
  - Making someone a drink
  - Telling someone you’re proud of them
  - Listening to someone who feels upset
  - Helping someone do a job

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The kindness project

- Lots of people have to stay indoors so they won't get sick.
- Some of these people might be by themselves.
- This means less people can be kind to them.
- How do you think they might feel?
- How can we be kind to them?

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The kindness project

- Some ideas for kindness projects:
  - Making a video for people to let them know they’re not alone.
  - Writing letters for lonely people.
  - Making a picture or writing a story for lonely people.
  - Sending a Good News Paper to your neighbours.

MyMind…

- This information is from CWP's MyMind website. For more helpful information and resources about mental health you can visit the MyMind website at: www.mymind.org.uk



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