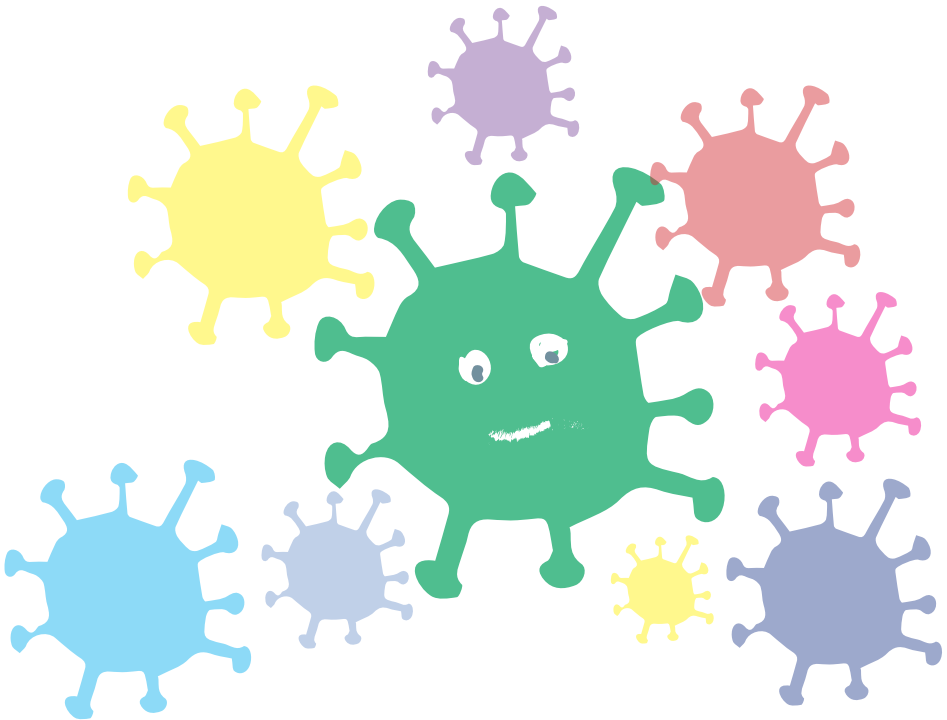




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Coping with Coronavirus: KS2

There may be lots of different feelings going on for you right now, but it is important to remember that there is no right or wrong way to feel. You will probably be missing your teachers, friends from school or any clubs, plus it's not nice having to stay indoors so much!

Listed below are some ideas of helpful things you can do to help keep your mind and body feeling well. Why not tick off the ones you think you are already doing and then you know which ones you need to work on?

- Coming up with a new routine.** Because of the virus there will be lots of changes to your usual routine. This can be tough. Try to come up with a timetable of different activities you can do during the day. Plan these activities and fill in your own weekly planner (you'll find an example of a weekly planner on the last page). Ask someone in your family to help you with this if you're struggling to think of ideas.
- Sticking to your usual **sleep routine** will help to keep you feeling well so try to go to bed and get up at the same time each day. Get dressed each morning even if you are not able to leave the house!
- Keep active** and make sure you do some exercise every day. Could you play a game outside with your family? Or dance to some music, ride your bike, skip, do some star jumps or run around your garden? Joe Wicks is doing a cool exercise video on YouTube every day so this is something you could join in too.
- Do something each day which involves **learning something**. Is there anything new you would like to try doing or learn more about? Do you have any schoolwork you need to finish? Don't worry if you are struggling with any of your schoolwork as your teachers are still there to help you.
- Schedule some **fun activities** into your weekly planner which you can do at home. What things do you find fun to do? Laughter is good for you and will help to keep you feeling well.
- Use **technology in a healthy way** and do not spend too much time playing on your Xbox, PlayStation, iPad or phone! I know this can be a good way of keeping in touch with your friends but spending too much time on technology is not good for you.
- Each day spend some of your time **outside being around nature**. What can you see, hear, smell or touch when outside? Can you see a beautiful bird in the sky or hear the wind blowing?

- ❑ **Label those feelings.** Become a feelings detective and learn to try and spot clues as to how you or others are feeling around you. For example, how do you know when you are feeling upset, angry or happy?
- ❑ **Take time out from worry** as we want you to tame your worries. If you find that you are worrying a lot of the time, try to draw a picture of your worries or write about how you are feeling. Could you tell your worries to a special teddy who could take care of your worries for you? Distract yourself from your worries and do something you find fun instead.
- ❑ If you are feeling very sad or worried about things make sure you **tell a trusted adult**. Although they may not have all the answers, they still may be able to help you.
- ❑ Find things to do at home which help you to feel **calm and relaxed**. Do you like listening to certain music? Could you play with a stress ball, glitter sticks, fidget spinners, play-doh or magic sand? Why not escape into an exciting book?
- ❑ **Calm-down statements.** It would be a good to write down some things you can say to yourself to help you feel calmer when you are feeling upset. For example, "I am brave", "things will get better" and "these horrible feelings will go away".
- ❑ Learning to **slow down your breathing** is helpful when you are feeling upset. Take a deep breath in through your nose and breathe out slowly through your mouth as if you are blowing up a big balloon.
- ❑ Think about the things you are looking forward to and make **positive plans**. Close your eyes and imagine how you will feel when you will be doing them. On the next page draw a picture of something you would like to do in the future.
- ❑ At the end of each day think about **three good things** that have happened that day or three things you are grateful for. Or draw a picture of something you have done that day so you will have lots of memories to look back on.

### **Remember to always keep yourself safe too by:**

- ❑ Washing your hands with soap and water whilst singing a song.
- ❑ Using hand sanitizer and letting it dry on your hands.

Draw a picture of something you are looking forward to:

Why not make a weekly planner?

Time	Mon	Tue	Wed	thur	Fri	Sat	Sun
Morning 	School work	Ride a bike	Jog	do Joe wicks	play outside	Play with your pet	go in the garden
afternoon 	exercise	plant a seed	adventure in the wild	go for a walk	do some baking	talk to your neighbours	Watch a movie
evening 	Read a book	Climb a tree	chat	have time with your family	do bird watching	have a nice meal	try and catch a butterfly

...and you could even add emoticons to show how you feel

