

Supporting children and young people around any anxiety/worry about the coronavirus

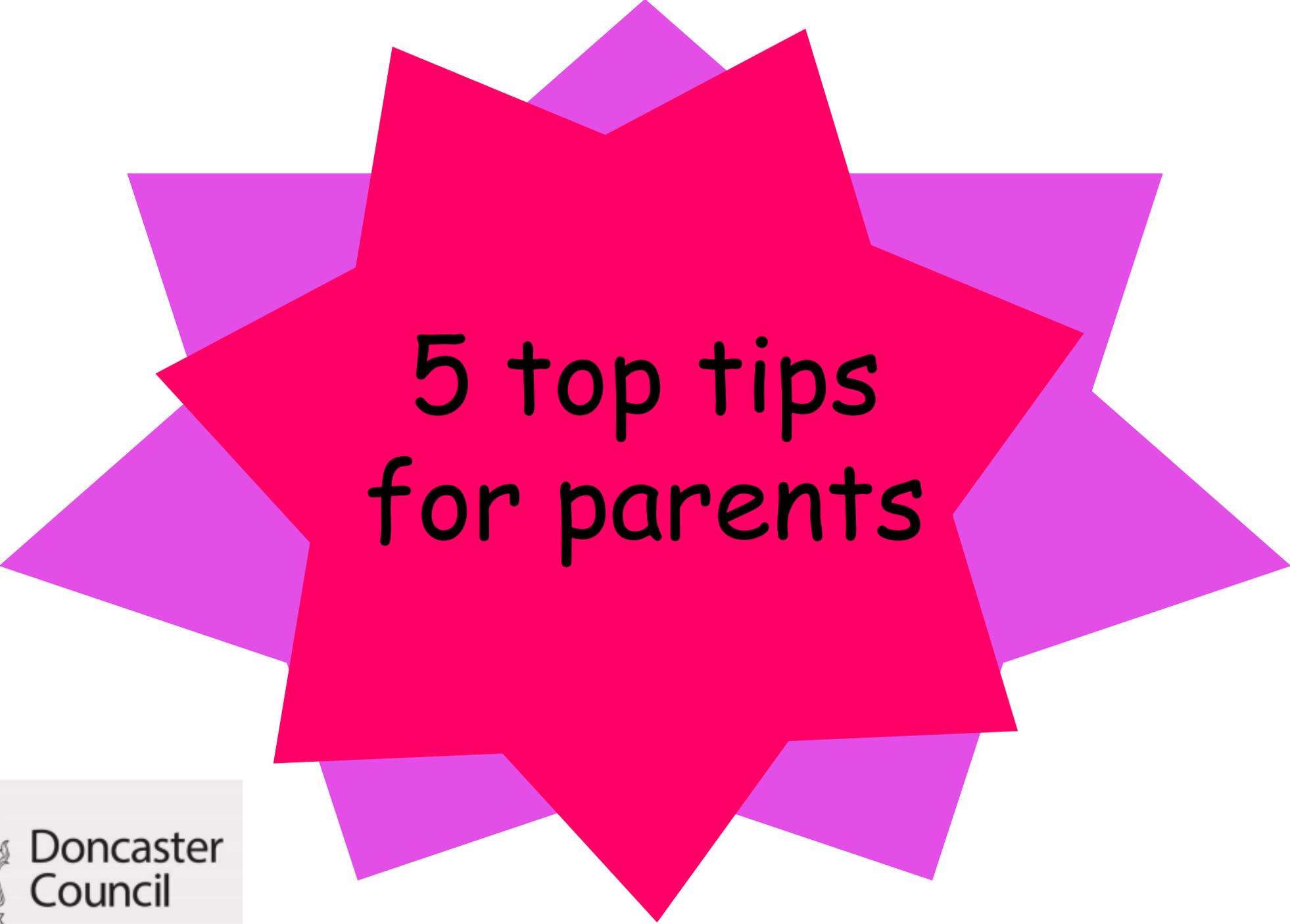
A guide for parents and carers

Recommended for primary school aged children



Doncaster
Council

Doncaster Educational
Psychology Service



5 top tips for parents



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Council

1

TIP 1



Allow children to ask questions. It is natural that children will have questions and worries about Coronavirus. Giving them the space to ask these questions and have answers is a good way to ease anxiety. It is also ok to say you don't know - at the moment, there are questions we don't have answers to about Coronavirus.



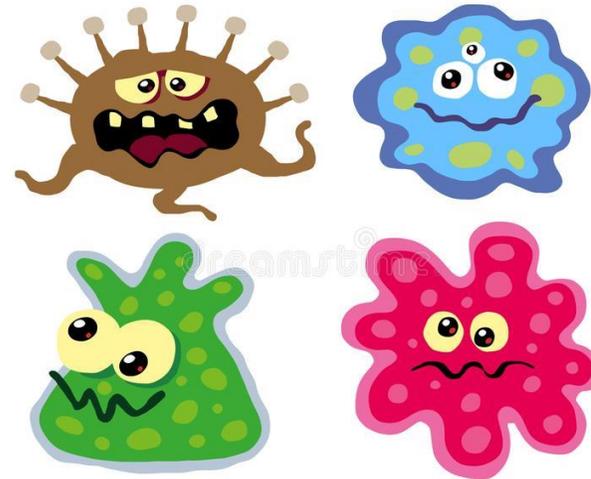
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TIP 2



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Younger children might understand a cartoon or picture better than an explanation. Maybe your child has an idea too - let them tell you or draw them.



3

TIP 3



Give practical guidance: remind your child of the most important things they can do to stay healthy but find motivation for keeping going, like thinking of a song they want to sing while washing their hands). Base your information on facts and not scaremongering. Try restricting yourself to particular sources of key information (e.g. UK Government Response and NHS advice)



4

TIP 4



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Keep as much routine and structure to your child's day as possible. This will help your child to gain a sense of safety and a lack of uncertainty. Try to keep daily routines as stable as possible during this break. As much as possible, try to stick to daily routines, with wake-up times, meals, naps, and bedtimes as usual. Children thrive on predictability, and it's good for their caregivers, too. (It's much easier to deal with a long day with little ones if it's divided into smaller, more manageable pieces.)

5

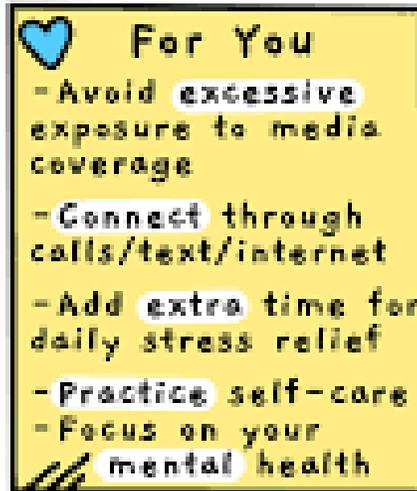
TIP 5

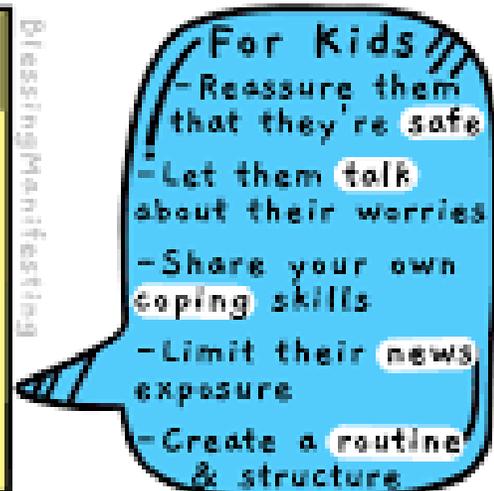


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Try to manage your own worries and engage in self care. Uncertainty can make all of us feel anxious or worried. Your children will be receptive to how you are responding. Identify other adults you can talk to about your own worries. Use techniques that help to make you feel a bit calmer - if you are at home, music, breathing and relaxation techniques, distraction (such as watching something funny), and time with family can all help.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

- 
- For You**
- Avoid excessive exposure to media coverage
 - Connect through calls/text/internet
 - Add extra time for daily stress relief
 - Practice self-care
 - Focus on your mental health

- 
- For Kids**
- Reassure them that they're safe
 - Let them talk about their worries
 - Share your own coping skills
 - Limit their news exposure
 - Create a routine & structure

- 
- For Quarantine/Isolation**
- Keep in contact with your loved ones via social media, texts, and phone calls
 - Create a daily self-care routine
 - Keep yourself busy: games, books, movies
 - Focus on new relaxation techniques

30 SELF-CARE TIPS

WWW.KINDNESSMATTERS.CO.UK

1. Read a book
2. Eat well
3. Exercise
4. Meditate
5. Journal
6. Affirmations
7. Walk-in nature
8. Eat a healthy meal
9. Take a long bath
10. Light candles
11. Retail therapy
12. Practice gratitude
13. Have a digital detox
14. Drink lots of water
15. Compliment yourself
16. Get enough sleep
17. Put your needs first
18. Volunteer
19. Have a duvet day
20. Listen to upbeat music
21. Read inspirational quotes
22. Watch funny videos
23. Treat yourself to comfort food
24. Try something new
25. Take up a new hobby
26. Ask for a hug
27. Select friends that lift you up
28. Spend time with your best friend
29. Buy fresh flowers
30. Take a class



KINDNESSMATTERS

Key questions that you may be asked and how to respond...

Why are my friends not in school?

Some people are having to self isolate. This means that they are having to stay safe indoors with families. They will be safe with their families.

Where are my friends?

They are at home with their families and they are stopping from the virus being spread. By not being with other people we can stop the virus from being spread.

Am I likely to get the coronavirus?

All individuals including children are able to get the coronavirus. However, a lot more adults than children are getting the virus and children that have received the virus are ok.

What will happen with teachers?

Teachers will also be self isolating with there families. They are trying to keep safe just like you and stop the virus from being spread.

Key questions that you may be asked and how to respond...

When will I go back to school?

We do not know right now when you will go back to school but the teachers will tell me when the schools will re open and I will tell you.

What can I do to help?

As long as you keep washing your hands that will help stop you from getting the virus and that will be helpful.

Are people dying?

Some people are dying but this is more very older people and people that are struggling with other health issues.

What will happen with my learning?

When you go back to school, you will be able to learn but we can also learn at home too. What would you like to learn about?

Coronavirus story
for children and
young people

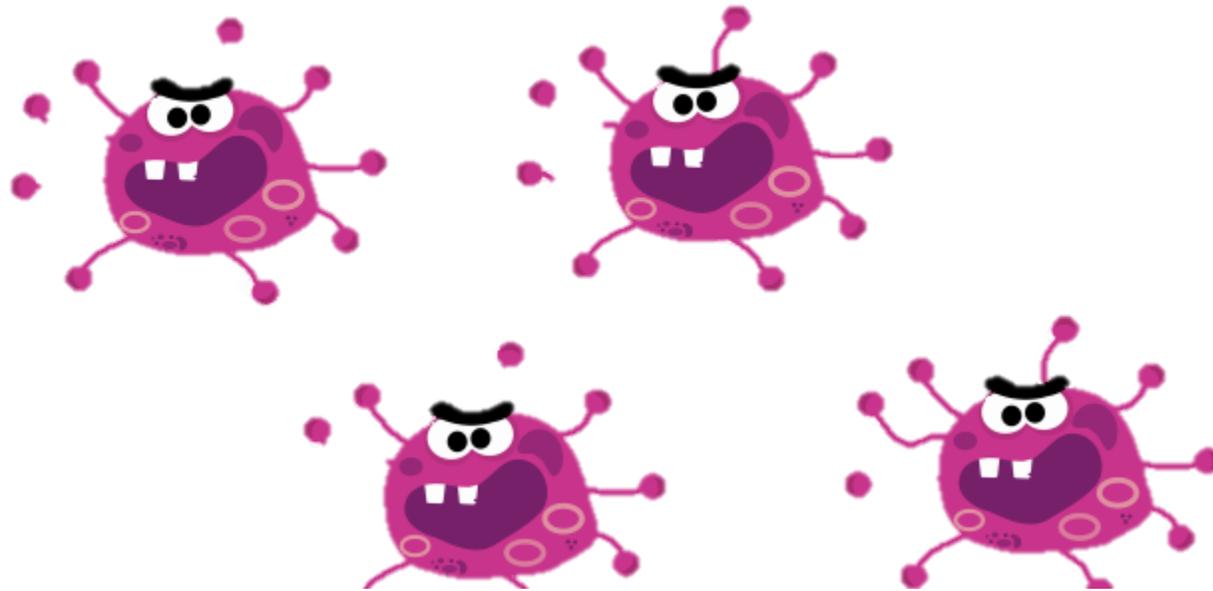
Curious about coronavirus



Coronavirus is a virus that can make people feel ill. For most people it is a mild illness.

Some people get the flu and some people get colds. These are viruses too. Sometimes they can make you very ill and sometimes they make you just a little ill.

I bet you have had a cold or flu in the past. Did you get better?



Nobody knows very much about Coronavirus because it is a new virus , but they do know that most people get it mildly and will get better from it. There are lots of people all over the world that have been infected by the Coronavirus. You might have heard about it on the news or from your parents or adult talking.

Scientist are working very hard to find out about Coronavirus so that very soon there will be a vaccine that will protect people against this virus.

Aren't scientists clever?



How might someone feel with coronavirus?

You may not know you have it and just have a bit of a cough

Or

You might feel hot.

You might cough lots of times.

You might find you are struggling with your breathing.



BUT you can fight it off! Your body has antibodies that can fight a virus off!

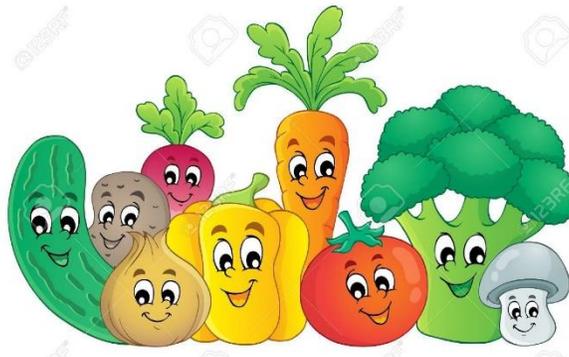
You are like a superhero and your body will work hard to get rid of the virus.

Our bodies are **AMAZING!** You just need to take care of yourself at home.

Drink lots of water



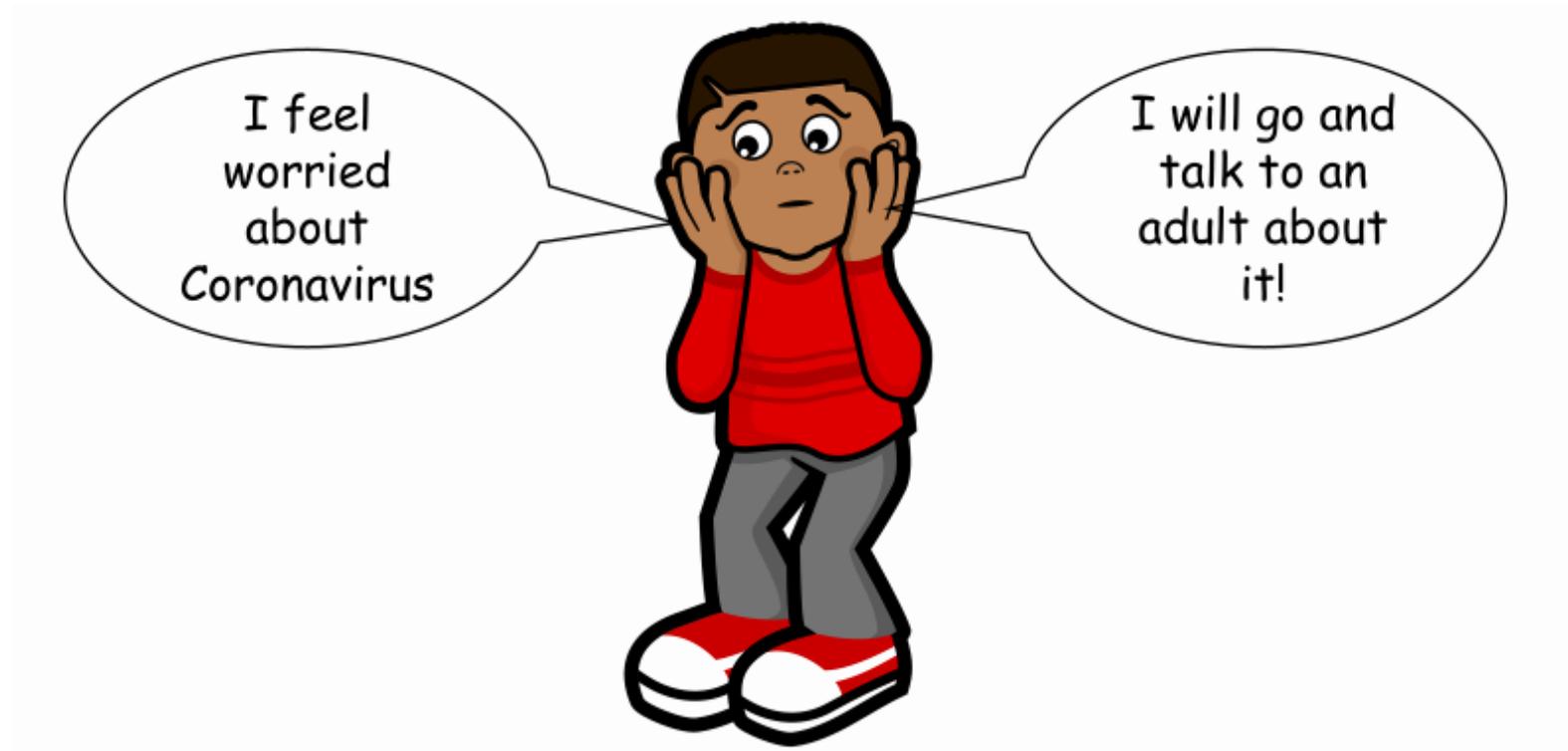
Eat healthy food



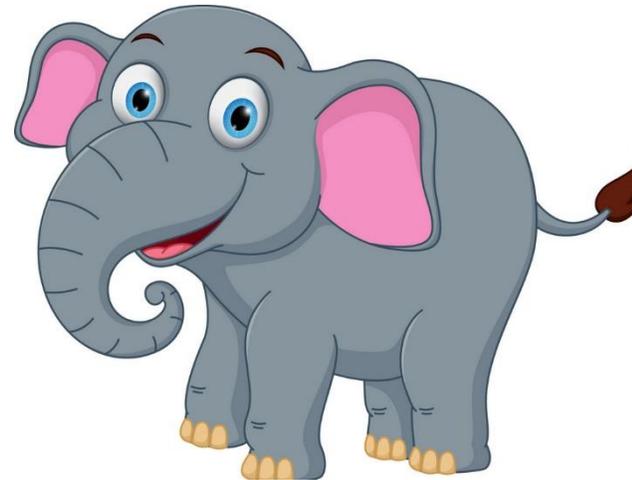
Get lots of rest



Sometimes you might feel a bit worried about Coronavirus because you have heard things on the news or heard people talking about it. It is normal to feel a bit worried about things like this but it is important to remember a lot of people will get better from this. If you are worried try talking to someone about your worries. They will help you to feel better about everything.



You can wash your hands for 20 seconds to protect you. Can you count to 20 slowly as you wash your hands? If you say elephant in between each number it makes it onto a second. Make sure you use soap and water.



1 elephant, 2 elephant, 3 elephant....

Coronavirus can make some older people or people who are already sick very ill so it is important to try and stop the spread of the virus. By staying at home this will help, you may hear people talk about this as self isolating or lock down. It means that you stay in your house for a while so you don't catch the virus or spread the virus to others if you caught it. Your teachers will give you some activities to do at home.



If everyone helps, it will help to slow the virus right down and help to stop it spreading to lots of people.

This will help all our doctors and nurses to cope in hospitals. This will also help to prevent our older people and sick people from being infected.



So join the SUPERHERO team and
HELP to FIGHT the virus and slow
it right down!



Here is a story written for young children to help explain the upcoming over-70s isolation.

GRANDPA & THE COSY WEEKS

“Soon it will be time for The Cosy Weeks”, said Grandpa,

“What’s that?” said Small Rabbit

“It’s when us older rabbits spend a few weeks in the house doing cosy things?”

"Like what?"

“Well, I shall do cosy watching telly and cosy eating dinner and I might do some cosy gardening in my window box,” said Grandpa.

“Can I come?” said Little Rabbit.

“Not this time”, said Grandpa, “These Cosy Weeks are just for us older folk to help us not get ill.”

“What will you eat in the Cosy Weeks?” said Little Rabbit.

“I will eat all the yummy things in my cupboards and I might bake a special cosy cake. “

“But what happens if you run out of food?” said Little Rabbit.

“You can deliver food to my doorstep,” said Grandpa.

“Can I come in for tea?”

“Not this time”, said Grandpa. “But we can have a video tea.”

“A video tea?”

“Yes, I will cook up my tea in my house and you can cook up your tea in your house. And at five o’clock we will ring each other on video and we can talk whilst we eat our tea. It will be a special cosy-over-the-phone-tea.”

“What if your tea looks nicer than my tea,” said Little Rabbit, “and I want to eat your tea?”

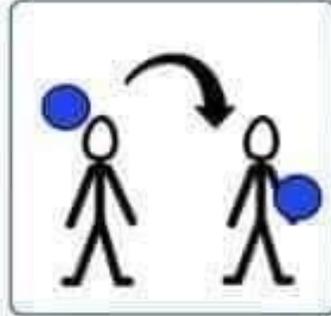
“Hmmm,” thought Grandpa Rabbit...”How about I cook your favourite cosy tea and you can cook the same cosy tea, from the same recipe. Then we can eat the same cosy-over-the-phone-tea.”

“It will be just like we are in the same place, eating the same food, at the same time,” said Little Rabbit. I like the sound of that. Happy Cosy Weeks Grandpa.”

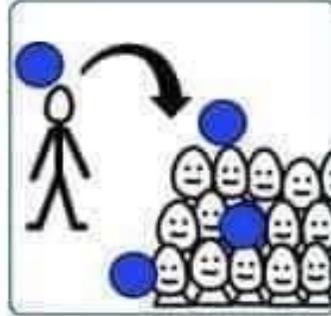
School is closed



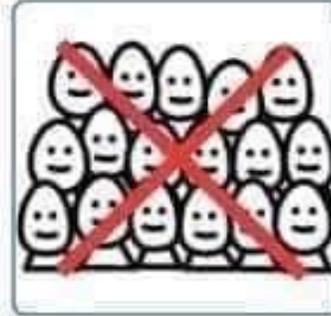
School is closed because of the Coronavirus.



Coronavirus can pass from one person to another.



Coronavirus can pass more in big groups.



It is best to NOT be in a big group.



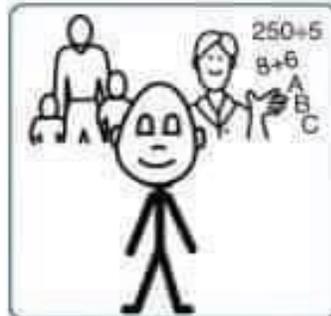
We have big groups at school.



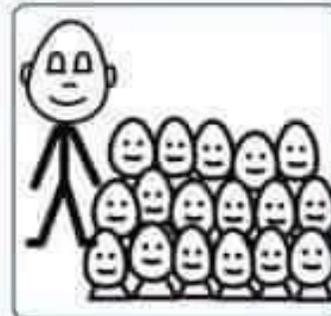
So school is closed.



I will stay home for many days.



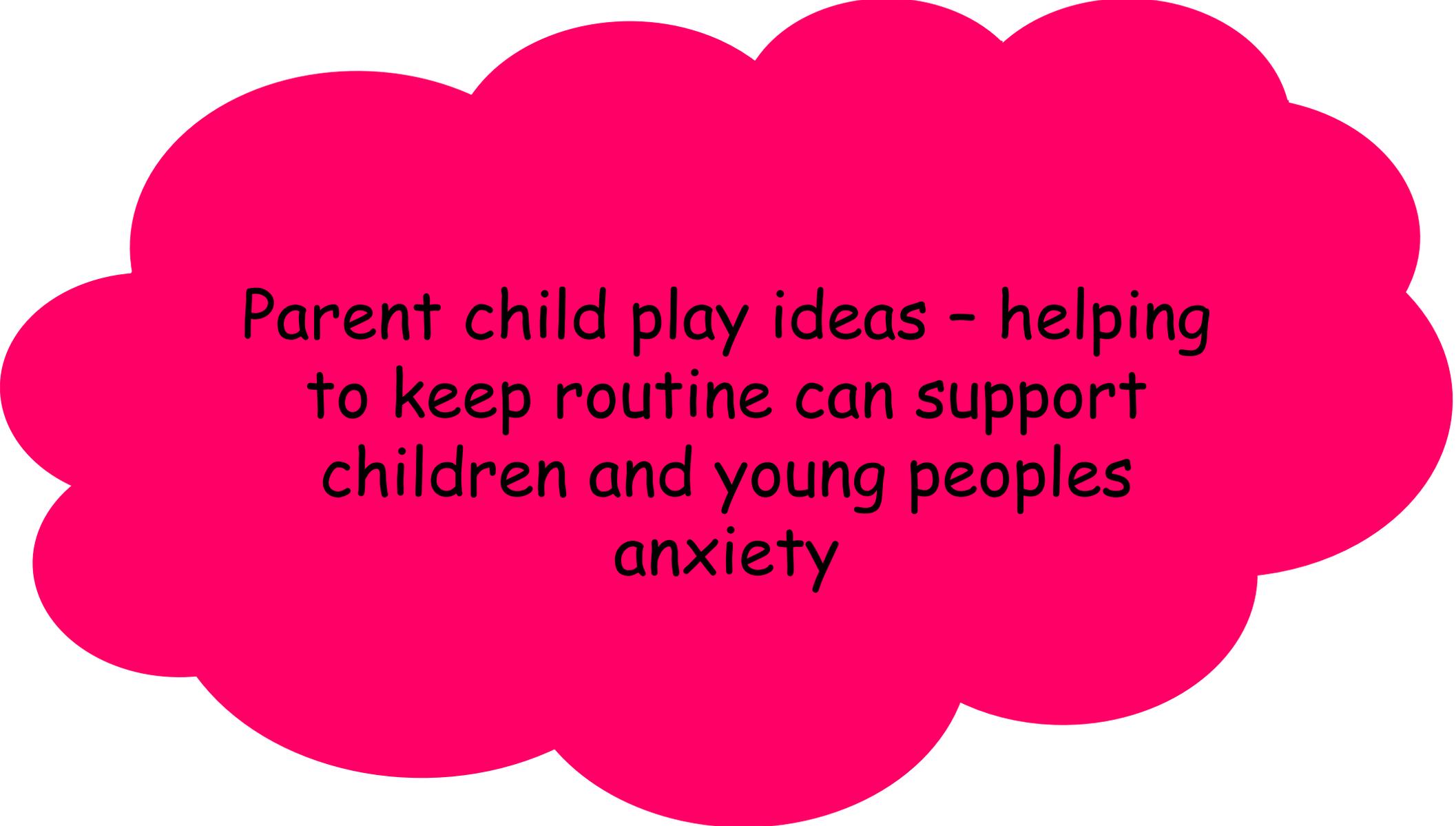
My family and my teachers want me to be safe.



When it is safe, I can be in big groups again.



When it is safe, school will be open again.

A large, bright pink cloud-shaped graphic with a scalloped edge, centered on a white background. The cloud is contained within a larger, rounded rectangular frame with a thin pink border. The text inside the cloud is black and reads: "Parent child play ideas - helping to keep routine can support children and young peoples anxiety".

Parent child play ideas - helping
to keep routine can support
children and young peoples
anxiety

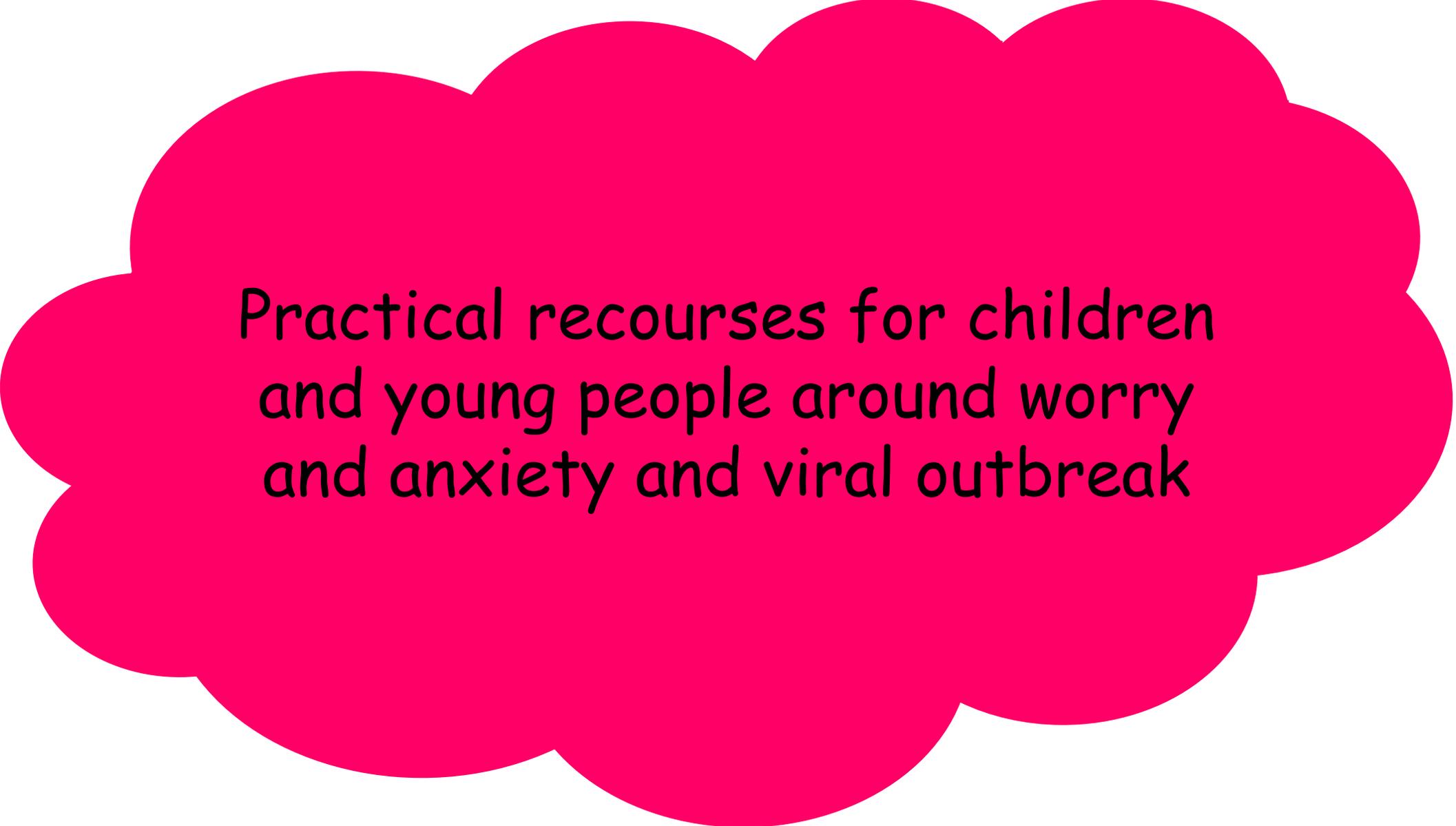
- Play 'I spy' (keep it simple, "I spy something blue", "I spy something that moves").
- Collect rocks or leaves, then sort them by size, colour, and shape.
- Kick, roll, or toss a ball back and forth.
- Dig in the dirt (don't forget buckets, bowls, measuring cups, spoons, gardening tools, whatever you have!).
- Play with sidewalk chalk: draw pictures, trace one another's outline, and more.
- Paint with water. Fill a cup with water and give your child a brush to "paint" the sidewalk, door, etc.
- Blow bubbles.
- Play "I'm going to catch you."
- Pretend to be the different animals you might see in your neighbourhood: Birds, squirrels, rabbits, deer, etc.
- Most play that happens inside the house can also happen outside, so if the weather allows, bring some blocks outside, read together outdoors, colour, or paint a cardboard box in the yard.

Physical Play: Little ones need to move and work their bodies...and voices. They will need opportunities to be loud, run, climb, and jump. This may happen outside or inside. Here are some ideas:

- Turn on some music and have a dance party.
- Put couch cushions on the floor and crawl, walk, or jump from one to the next (don't touch the floor, it's hot lava!).
- Use a bedsheet as a parachute (open it wide and raise it up above your heads, then bring it down to the floor). For infants, raise and lower a light blanket over them while playing peek-a-boo.
- Build a fort with sheets, blankets, couch cushions, pillows, chairs, and more. You can even "camp-out" indoors!
- Create an obstacle course using furniture, pillows, and toys.

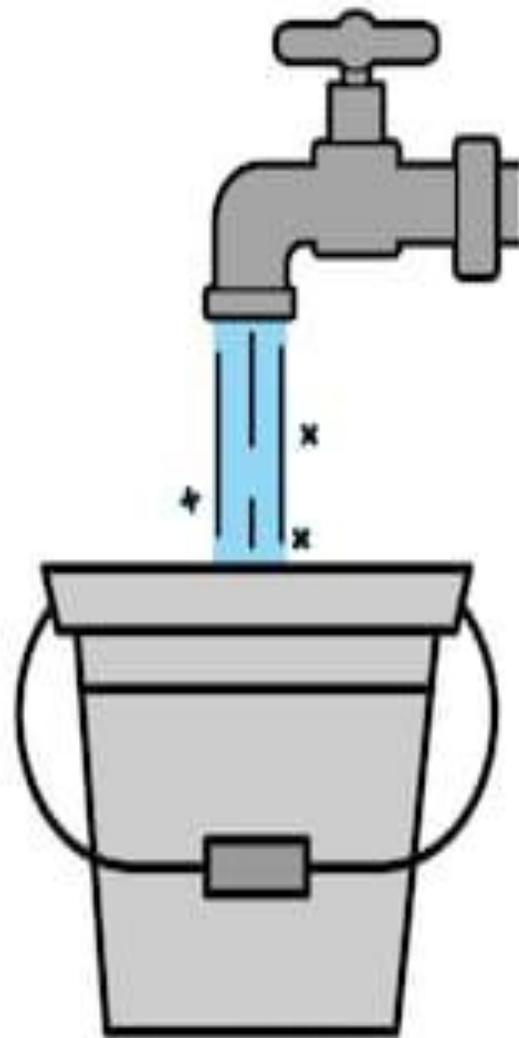
Quiet Play: Children (and you) will also need some quiet time each day. This is great for relaxing, recharging, and maybe even allowing you to get some work done.

- Read together or independently (toddlers can flip through books and talk about what they see in the illustrations)
- Colouring
- Puzzles
- Block building
- Sorting objects
- Pretend play with stuffed animals, dolls, trains, cars, or kitchen items for "playing house"
- Stickers on paper - you can draw large shapes, letters, or numbers on paper and your child can line the shape with stickers
- Tape on paper - you can cut short pieces of masking tape and your child can stick it to a piece of paper (sounds boring, but little ones love it).
- Remember that one of the most favourite types of play for children is helping you with "real" work. Think about whether your toddler can help with meal preparation, setting the table, sorting or putting away laundry, cleaning up (for example, putting shoes in the closet) or putting new toilet paper rolls in a basket in the bathroom. These tasks may take a bit longer with our toddlers, but it's fun for them and also teaches the value of cooperation.

A large, stylized pink cloud shape is centered on a white background. The cloud has several rounded, overlapping lobes. Inside the cloud, the text "Practical recourses for children and young people around worry and anxiety and viral outbreak" is written in a black, sans-serif font. The entire scene is framed by a thick, rounded pink border.

Practical recourses for children
and young people around worry
and anxiety and viral outbreak

Things that make me feel better:



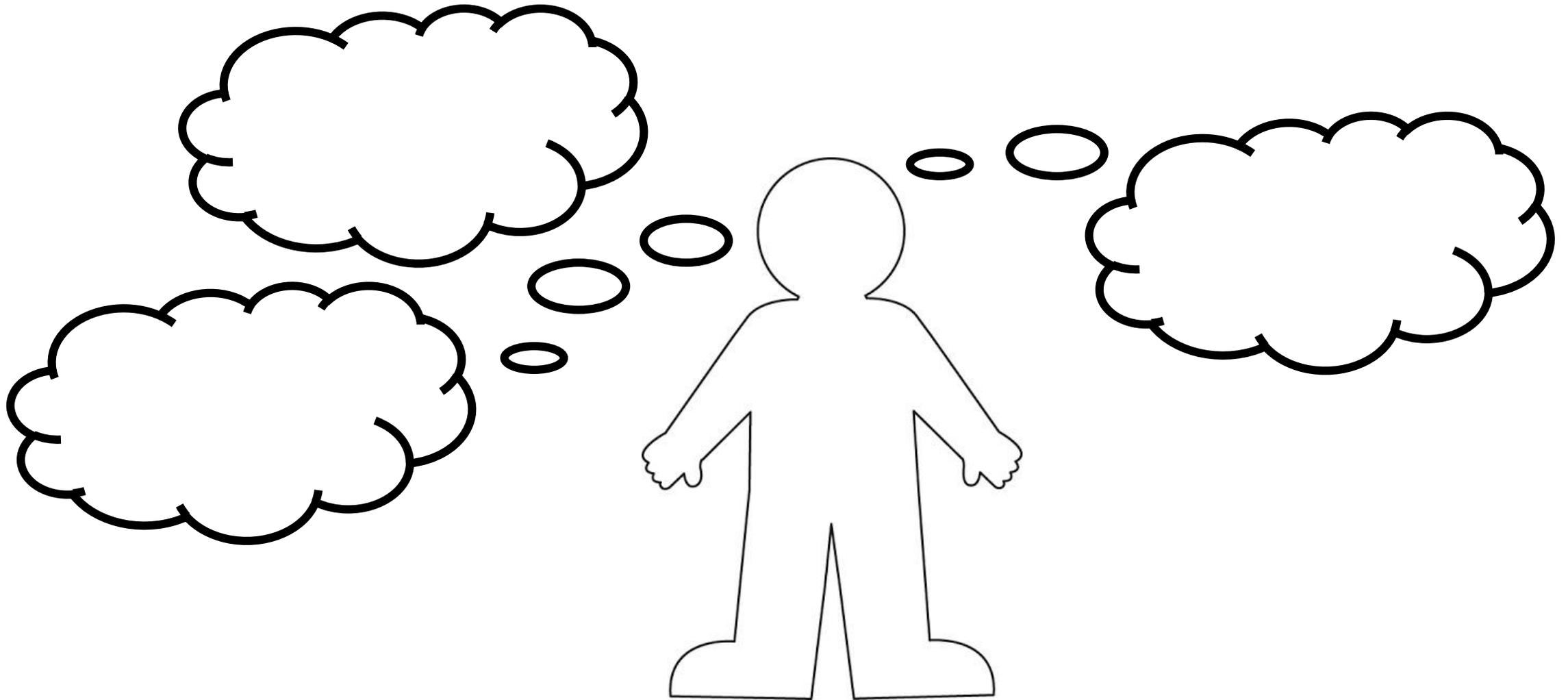
My worries going in and filling up the bucket

Things that I am worried about:



Things that make me happy

What makes you happy? Have a think and talk about your ideas with a family member of what makes you happy. Draw within the thinking bubbles your ideas.



confused



angry



sad



worried



happy



cross



scared



cold

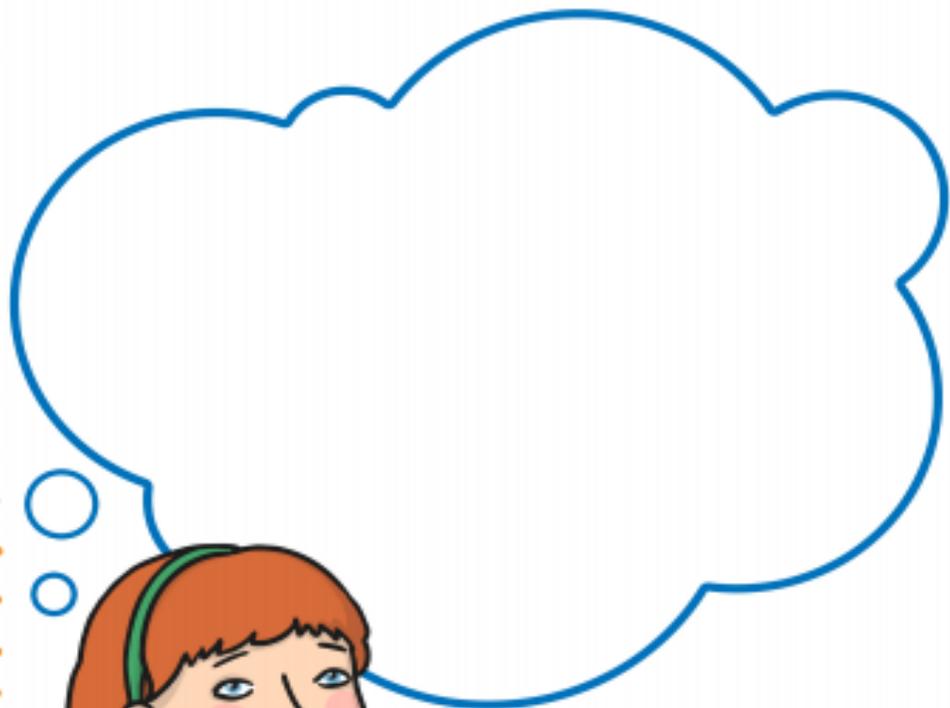


Explore your child's emotions, get them to label how they might be feeling and what can they do to make them happy from the previous activity.

Doodle Your Worries Away

Everybody worries about things. Some people have little worries and some people have big worries. You might be worrying about exams or tests. You might be worrying about feeling poorly or ill. You might be worrying about what you're going to have for tea. No worry is too big or too small and the best thing you can do is tell someone you trust.

This doodle sheet might help you unravel your worries in your head and help you to explain what the worry is.

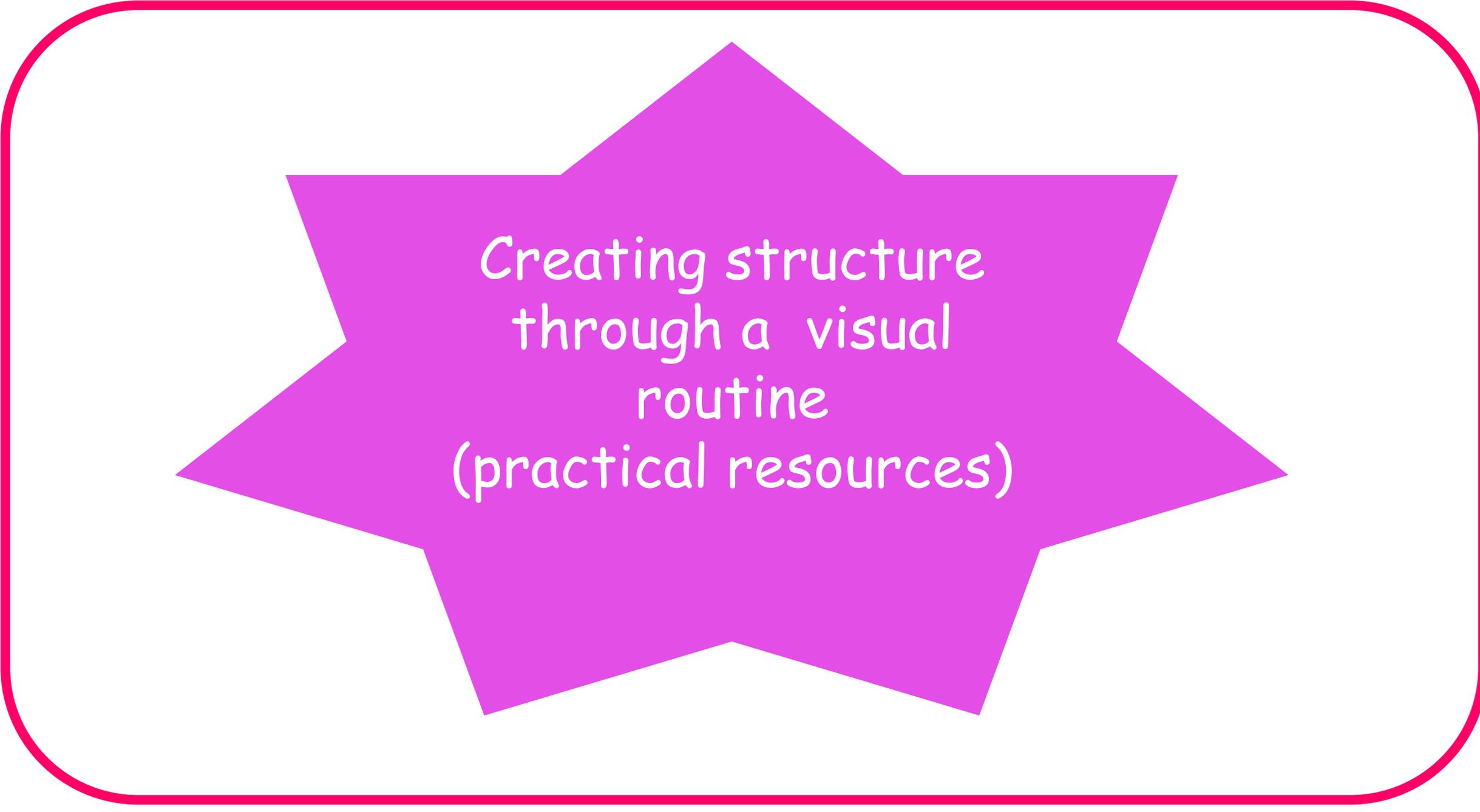


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Creating structure
through a visual
routine
(practical resources)



breakfast



brush teeth



computer



cooking



dinner



get up



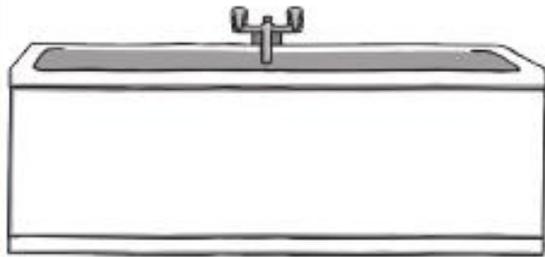
toys



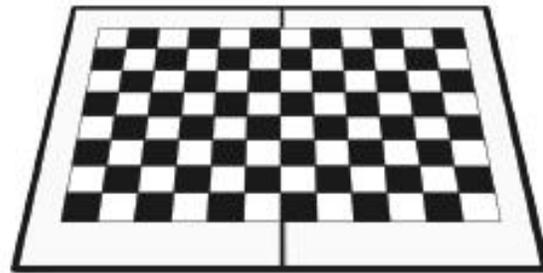
wash and
brush teeth



walk the dog



bath



chess



bedtime



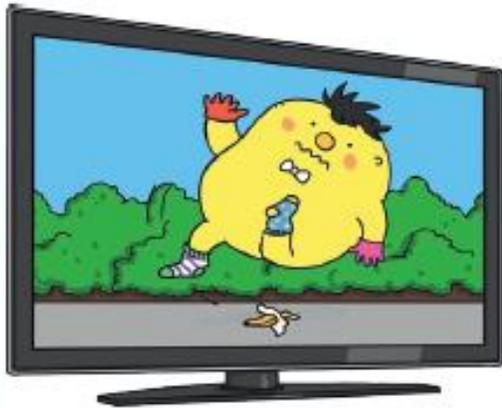
shower



story



lunch



television



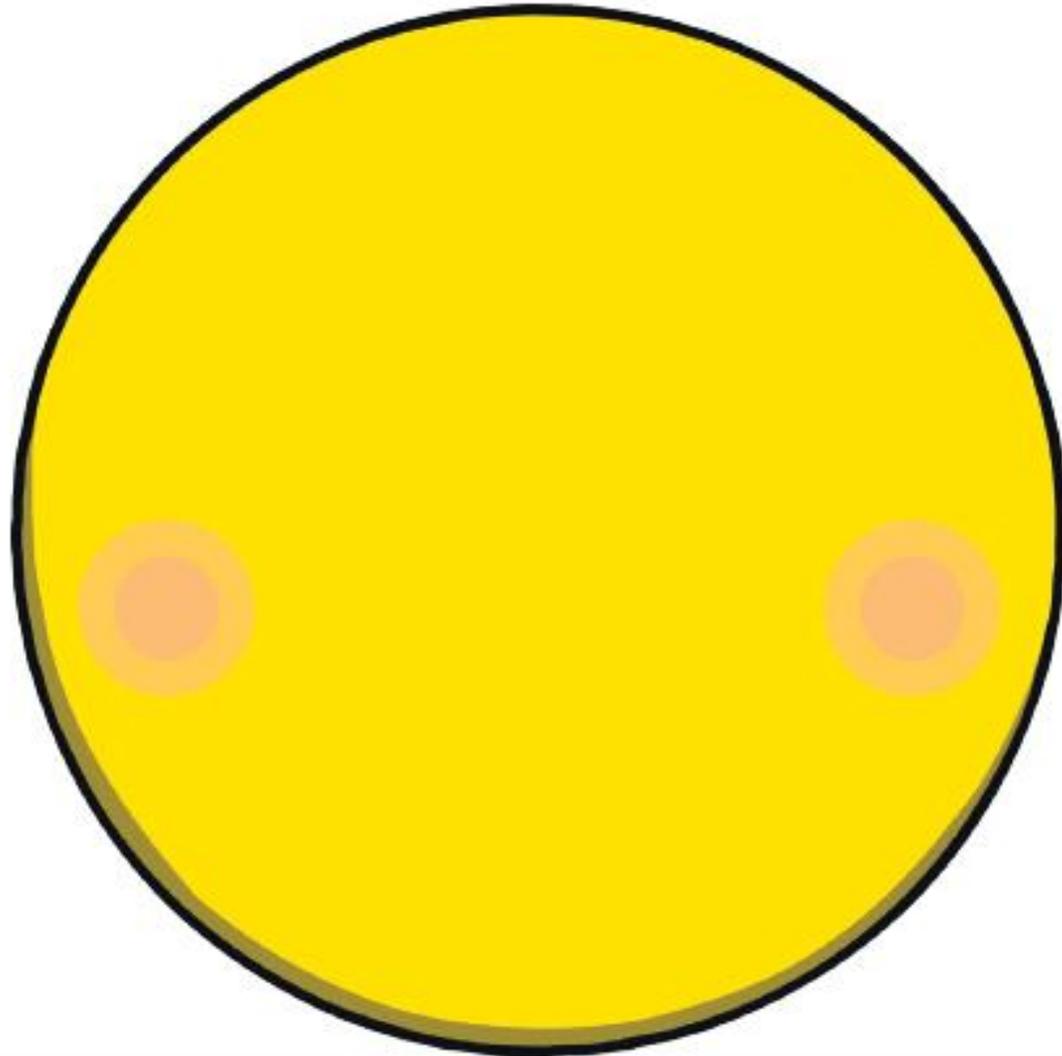
toilet

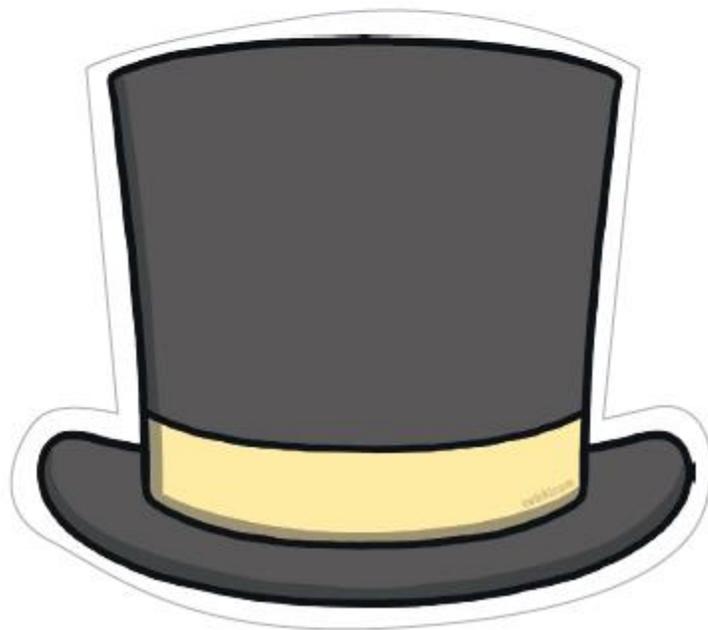
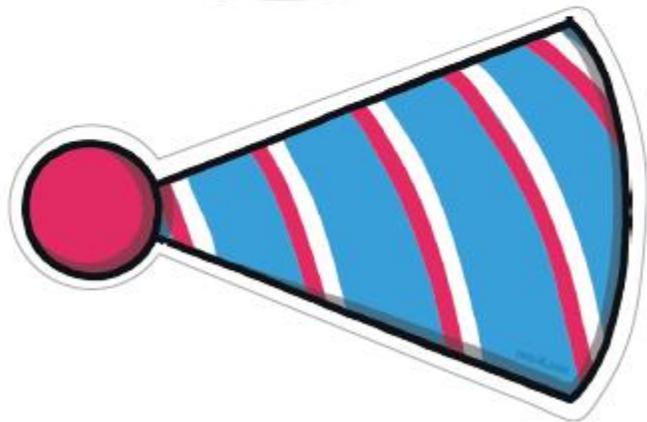
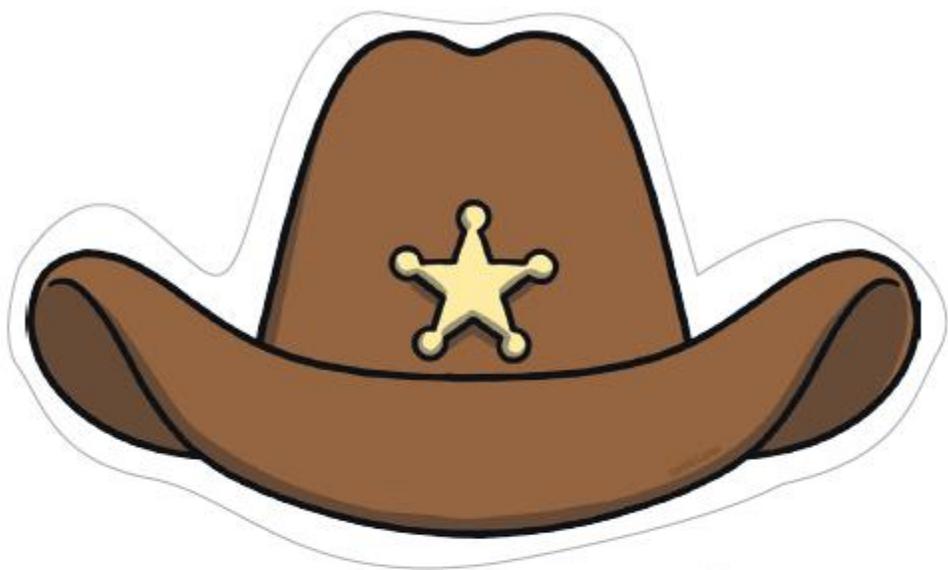


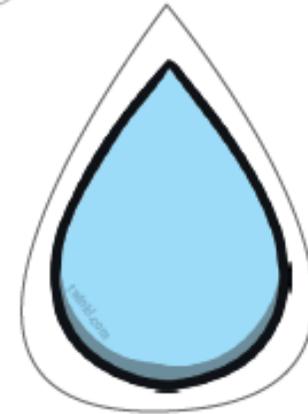
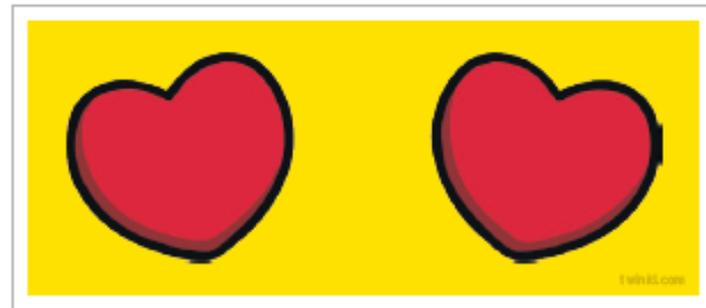
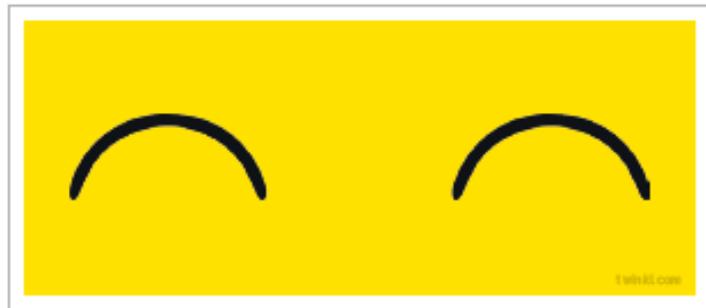
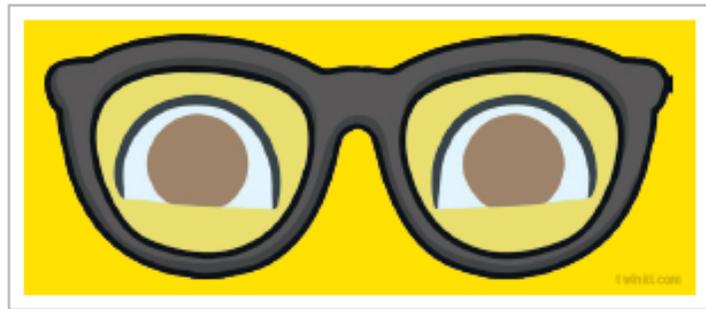
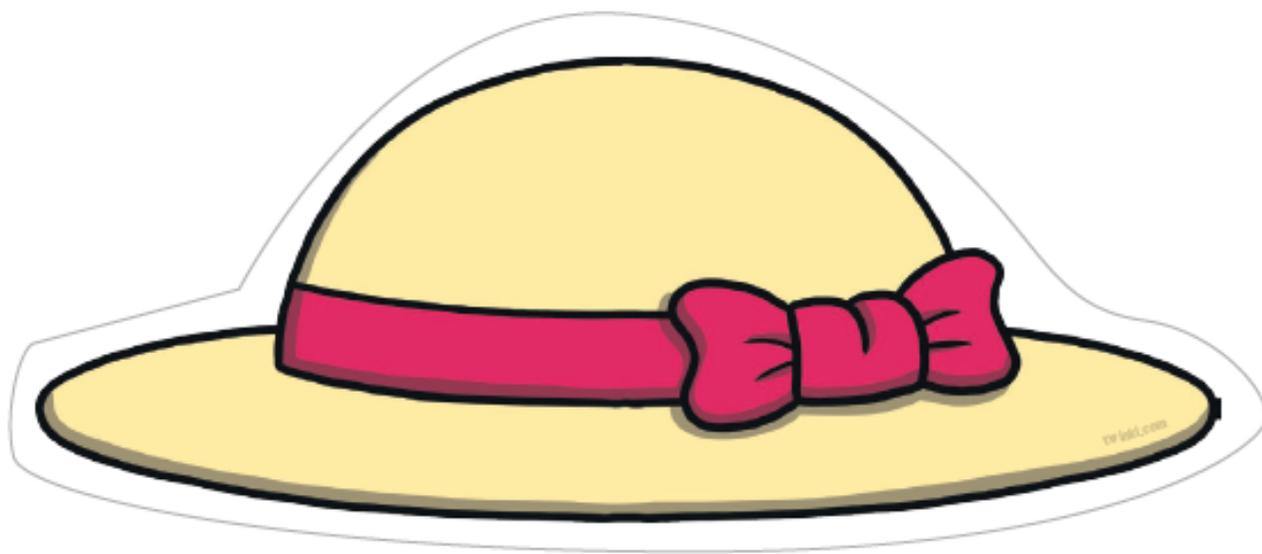
getting dressed

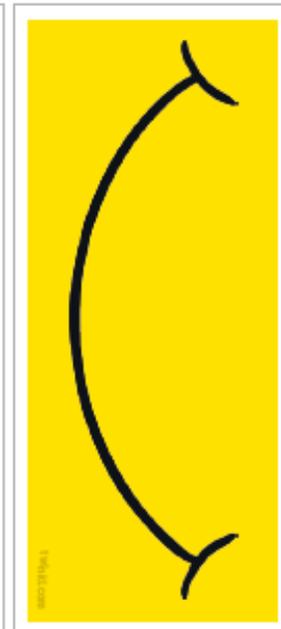
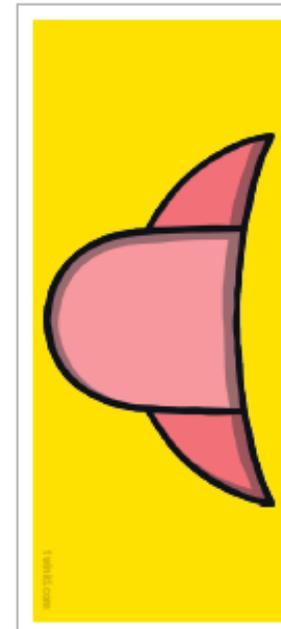
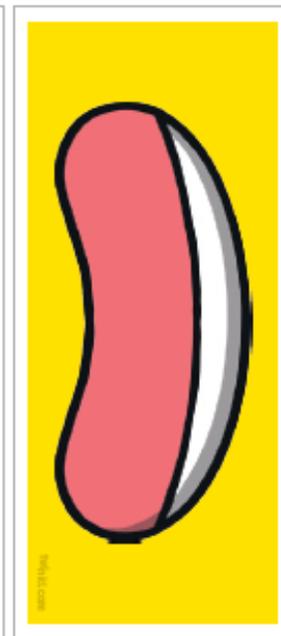
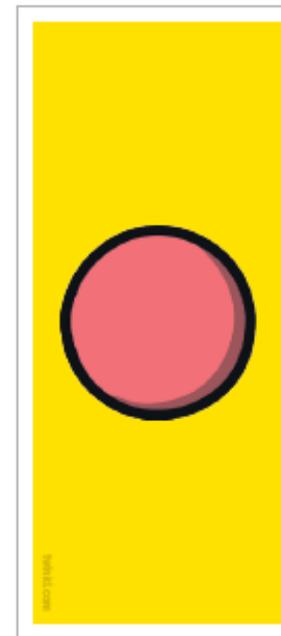
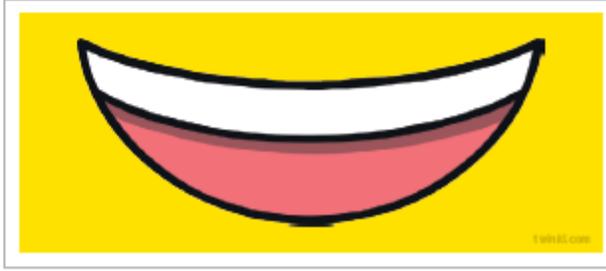
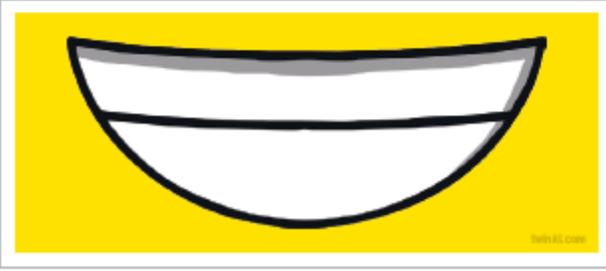
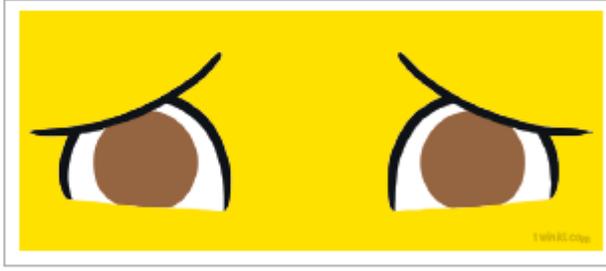
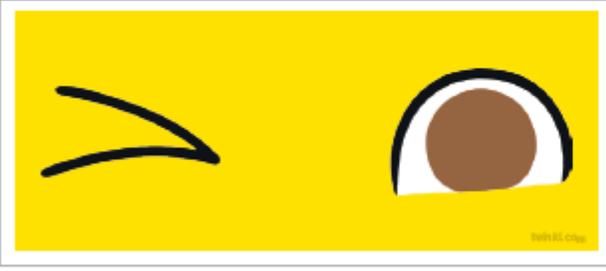
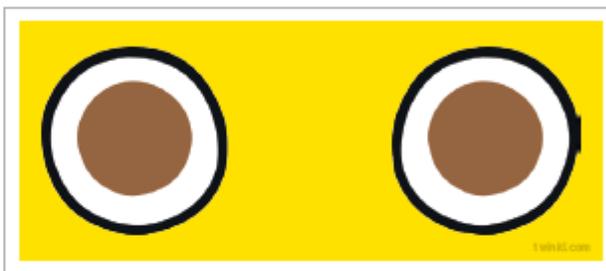
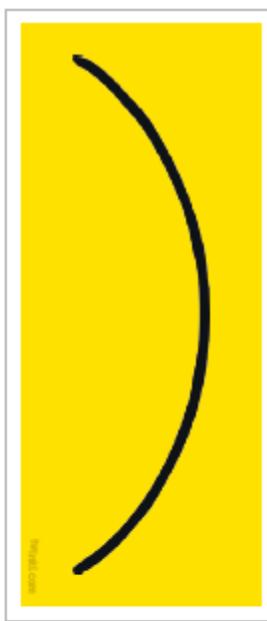
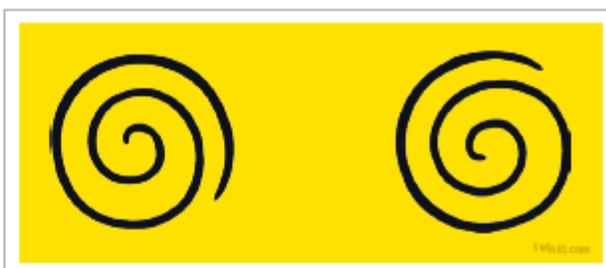
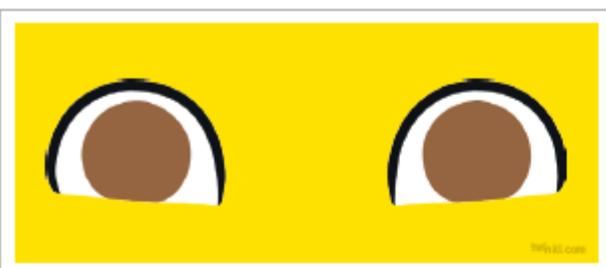
Make an Emoji Face

Cut out the pieces and stick them on to the face to make an emoji face! How do you think your emoji is feeling?

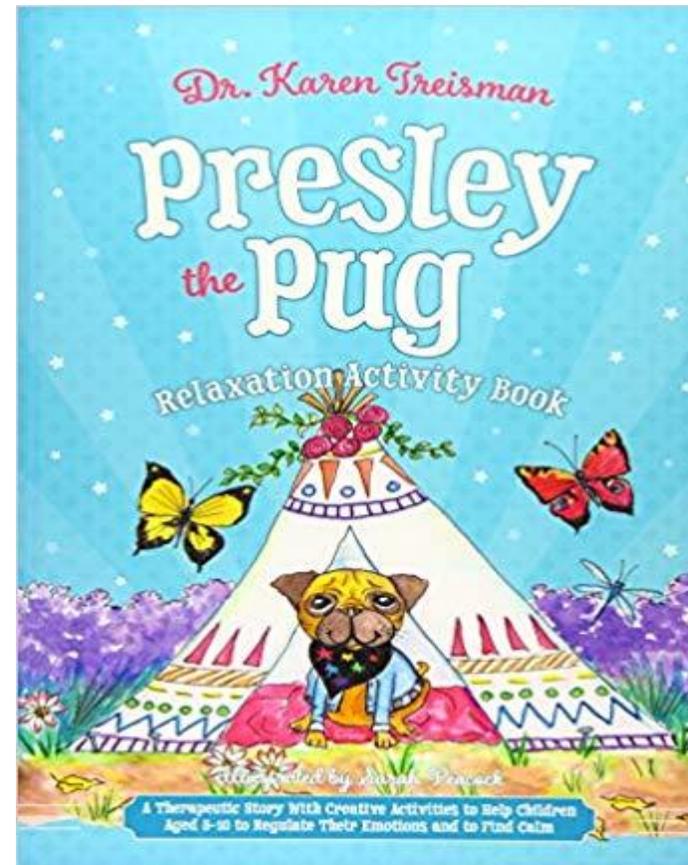
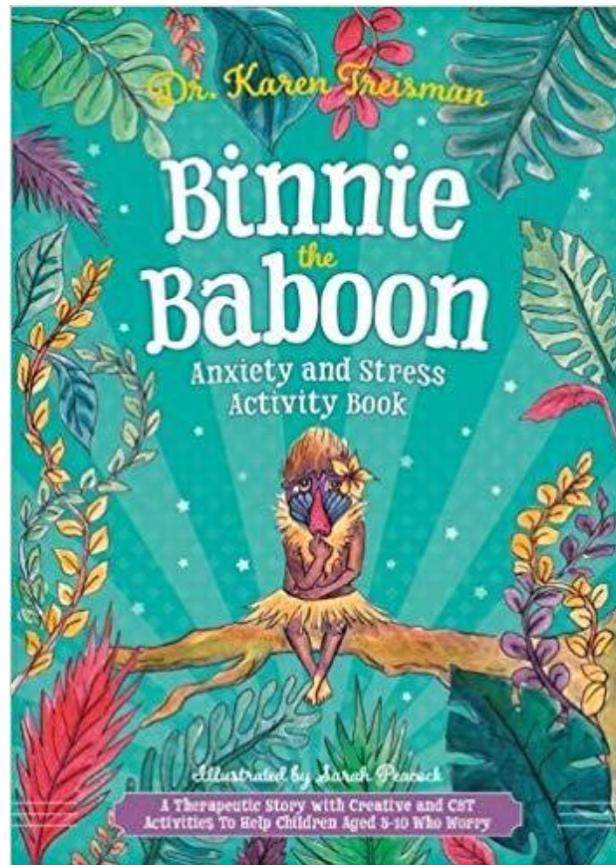








Further resources/books



Further resources/books

Books

- *Something Bad Happened: A Kid's Guide to Coping with events in the news

<https://www.amazon.com/Something-Bad-Happened-Coping-Events/dp/1787750744/ref=sr_1_1?keywords=Something%2BBad%2BHappened%3A%2BA%2BKid%E2%80%99s%2BGuide%2Bto%2BCoping%2Bwith%2Bevents%2Bin%2Bthe%2BNews&qid=1582316703&sr=8-1>*,

Dawn Huebner -Ages 6-12. How to process different world events. - *What To Do When You're Scared & Worried: A Guide for Kids

<https://www.amazon.com/What-When-Youre-Scared-Worried/dp/1575421534/ref=sr_1_1?keywords=What%2BTo%2BDo%2BWhen%2BYou%E2%80%99re%2BScared%2B%26%2BWorried%3A%2BA%2BGuide%2Bfor%2BKids&qid=1582316733&sr=8-1>*,

James J Crist -Ages 9-13. A help guide to processing fears and worries. - *Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids

<https://www.amazon.com/Have-Filled-Bucket-Today-Bucketfilling/dp/099609993X/ref=sr_1_1?keywords=Have%2BYou%2BFilled%2BA%2BBucket%2BToday%3F%2BA%2BGuide%2Bto%2BDaily%2BHappiness%2Bfor%2BKids&qid=1582316760&sr=8-1>*,

Carol McCloud -Encourages positive behaviour and expressing kindness and appreciation- *How are you Peeling: Foods with Moods

<https://www.amazon.com/How-Are-Peeling-Scholastic-Bookshelf/dp/0439598419/ref=sr_1_1?keywords=How%2Bare%2Byou%2BPeeling%3A%2BFoods%2Bwith%2BMoods&qid=1582316792&sr=8-1>

Further resources/books

Books:

Saxton Freymann & Joost Elffers -Explores how emotions look through pictures of Foods. A good way to talk about emotions with young kids. - *The Way I Feel

<https://www.amazon.com/Way-I-Feel-Janan-Cain/dp/1884734715/ref=sr_1_1?keywords=The%2BWay%2BI%2BFeel&qid=1582316904&sr=8-1>*,

Janan Cain -Explores Feelings. A good way to talk about emotions with young kids. - *A Terrible Thing Happened

<https://www.amazon.com/Terrible-Thing-Happened-Margaret-Holmes/dp/1557987017/ref=sr_1_1?keywords=A%2BTerrible%2BThing%2BHappened&qid=1582316931&sr=8-1>*,

Margaret M Holmes -Ages 4-8. A story for children who have witnessed violence or trauma

Further support for parents

- <https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>
- <https://www.aep.org.uk/coronavirus-guidance-resources/>
- <https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/>
- <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Further support for parents

For families of early years age children

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

including an activity guide <https://www.zerotothree.org/resources/3264-at-home-activity-guide>

Social stories/stories with visuals for Primary age children

A Carol Gray social story about corona virus at <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKlM7Xy3VlKnA25b8Gi53N6YiFIeKB9Vx0LQypSPYzzg>

Another nice visual story to explain to children: <https://twitter.com/thelovelymaeve/status/1238399538878087169>
or also available at <https://www.thedadsnet.com/this-free-book-is-great-for-explaining-covid-19-coronavirus-to-your-children>

Also <https://www.ppmid.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>



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