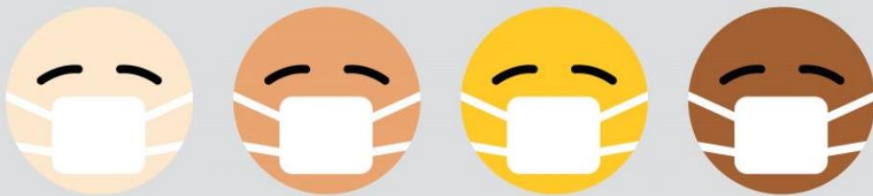


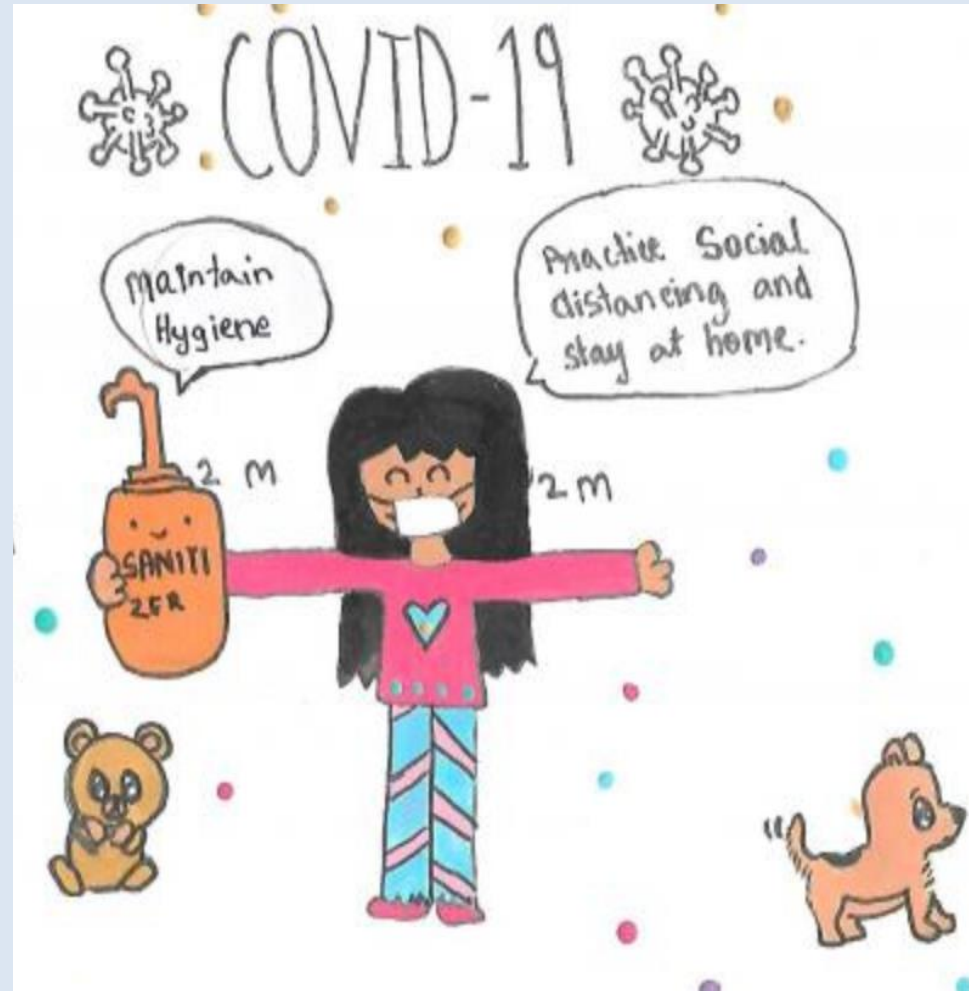
# Part 1: Thinking About Feelings Ks1

- **KS1**

**COVID-19**  
**Coronavirus**



- The aim of this resource is to offer ideas for managing your child's feelings during this difficult and uncertain time.
- You will also find out about ways to boost your well-being whilst we need to stay in at home



# Let's think about our feelings?

How do you feel today?

Can you name your feelings?

Lets draw some of the feelings we have had over the last few days.



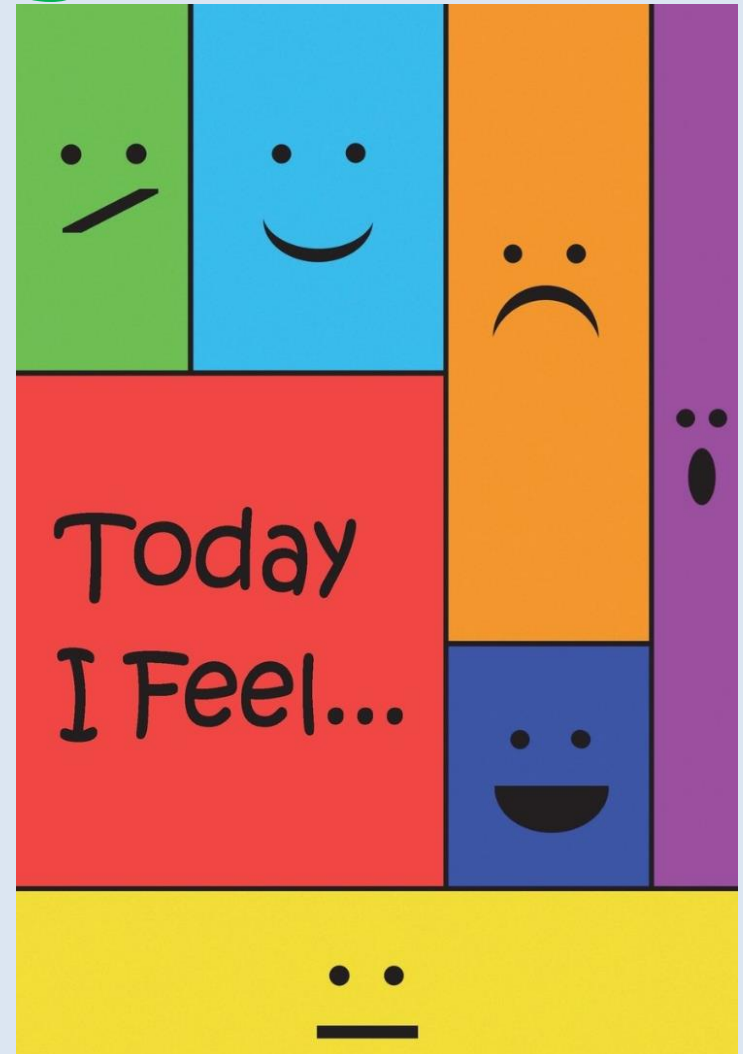
# Feelings and your body



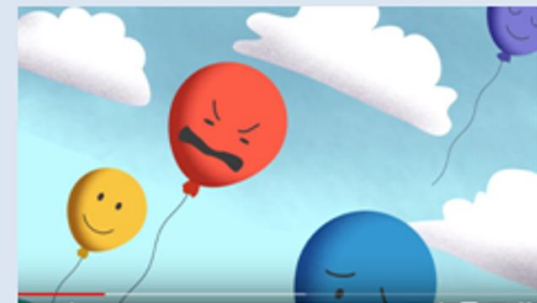
- Many children and grown ups maybe feeling worried or stressed by what has been happening in the world .
- Where might you feel worry/stress in your body? What does it feel like?

# Thinking more about your feelings

- Do you feel like this all of the time?
- Do you have a mixture of feelings?
- Do these feelings come in waves and so come and go?
- Are some stronger than others?
- Do you get some feelings more strongly depending what you are doing? For example, watching the news? Playing a game online? Talking to a friend?

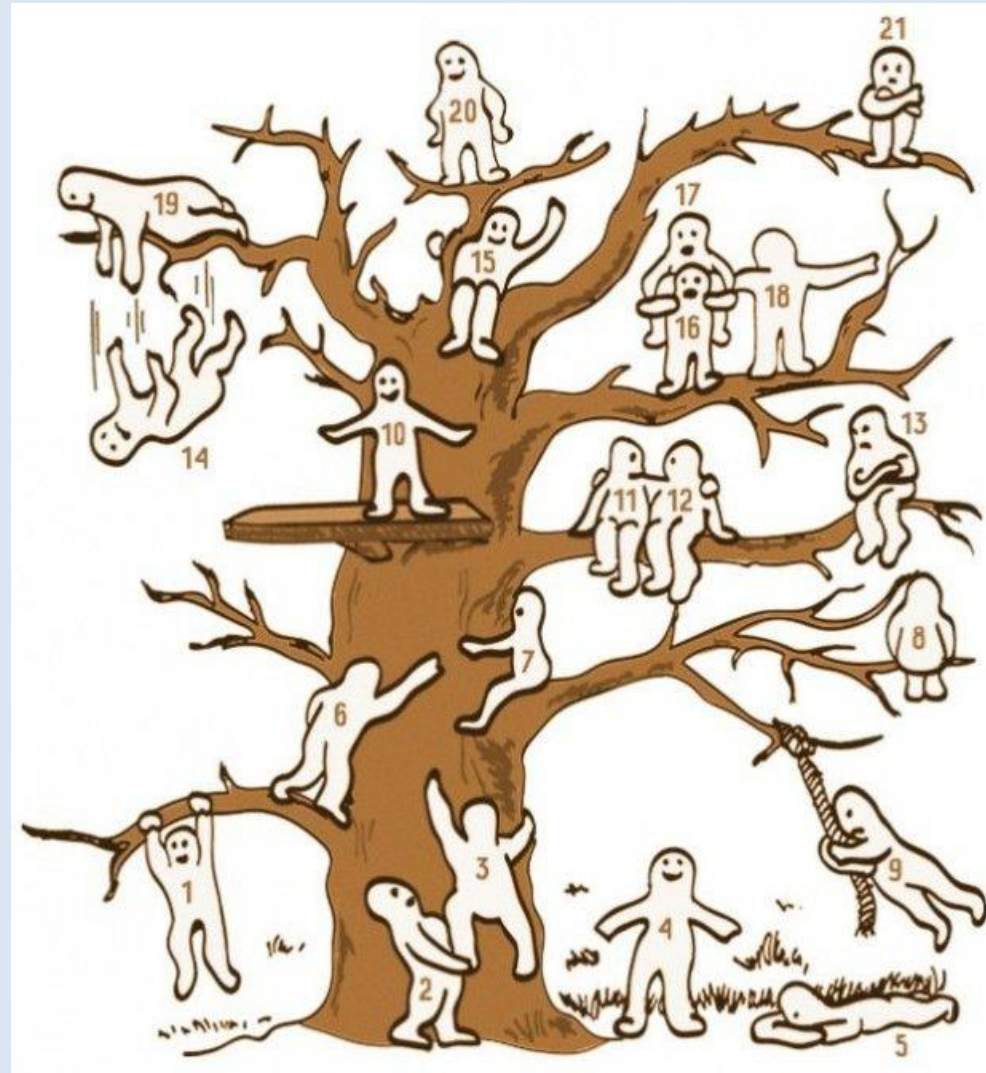


**Feelings go up  
and down.  
We have many  
different  
feelings  
everyday.  
This is normal.**



# Feelings Check in

- It can be helpful to check in and notice how we feel each day.
- Which one do you feel like at the moment?



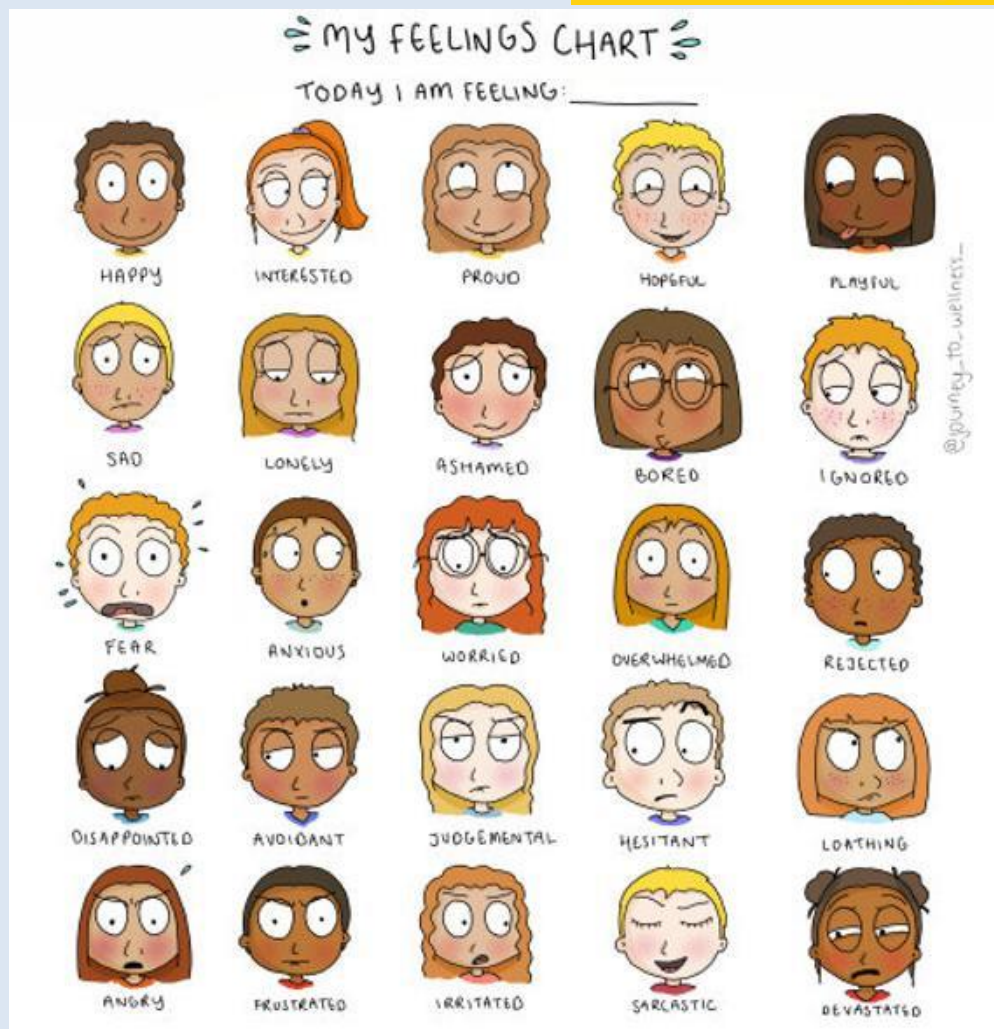
Talking about our feelings can help everyone!

Let's do a feelings check in each day.

Use a blob tree or other feelings chart to help.



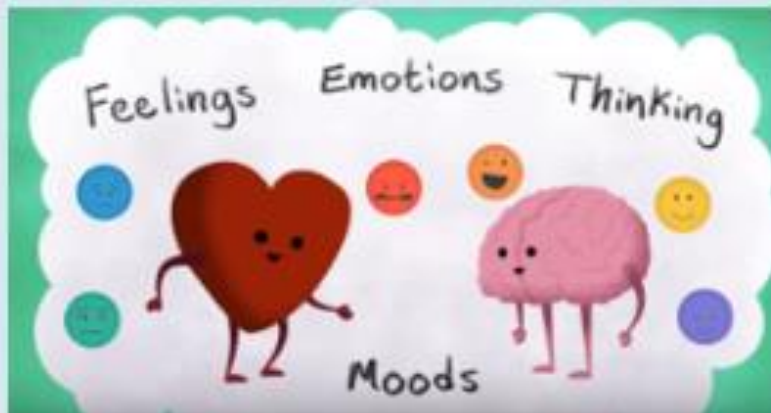
It is ok to ask for help





# Feelings come and go like waves.

## All feelings are ok.





**We may not have all the answers about what is happening because of the Covid-19 virus or when things may change – but it can help to share how we are feeling.**

**It is ok  
to ask  
for help**

- **It always helps to talk to someone if we have a worry.**
- **Remember it is normal to feel a mixture of feelings, both big and small, happy and sad, especially during these difficult and uncertain times**
- **If you have a big feeling that is making it hard to think about anything else, to concentrate or stopping you getting to sleep, it's time to get some help.**



**childline**

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