

Part 2: Managing difficult feelings about the Coronavirus

- **KS1**

COVID-19
Coronavirus



Managing worries and fears about the Covid-19 virus

One way to manage worries and fears about this virus is to find out the facts.

Most people who catch the virus will recover well and many people have had it and now feel better.

Staying at home, limiting who we see, staying at a distance and washing our hands are all ways to help us all stay well and safe.





Mr. Coron
and how to deal with the

emotions

he stirs up



THIS VIDEO WAS PREPARED BY PROFESSIONALS
SPECIALISTS IN CHILDREN AND BEHAVIOR

AUTHORS: RENATA JULIANELLI, JULIANA GIOIA NEGRÃO E ELIZA KOZASA

ILLUSTRATIONS AND VIDEO EDITION: RAFAEL DOMINGOS, MARIANA SICILIANO E JULIANA DIAS



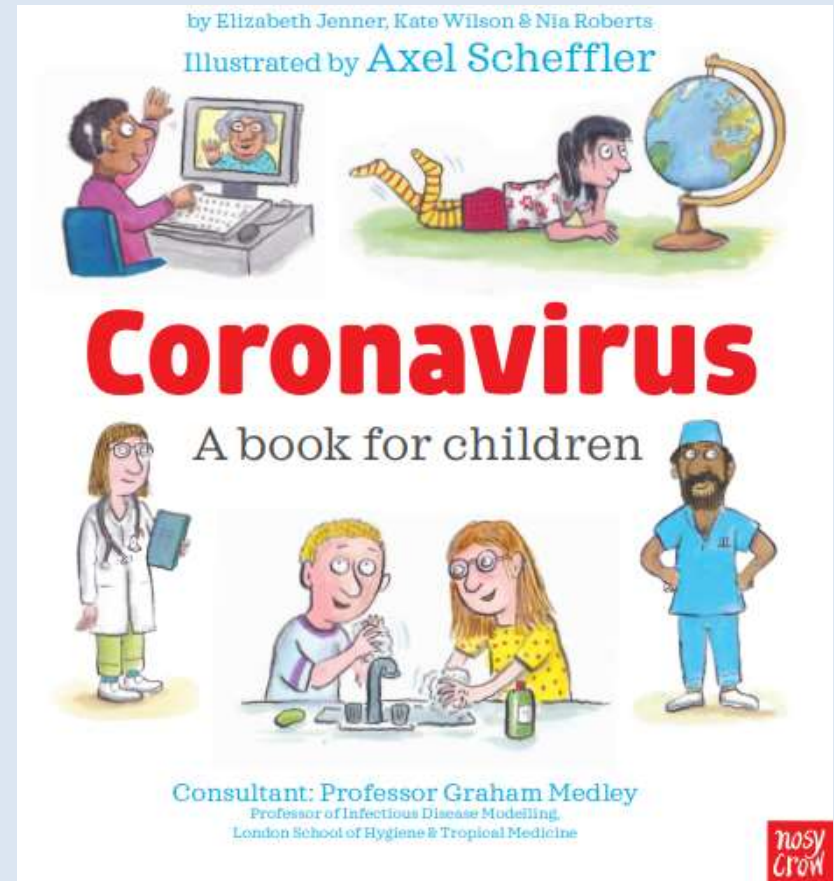
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https://www.youtube.com/watch?v=cyOU_fHYrlg

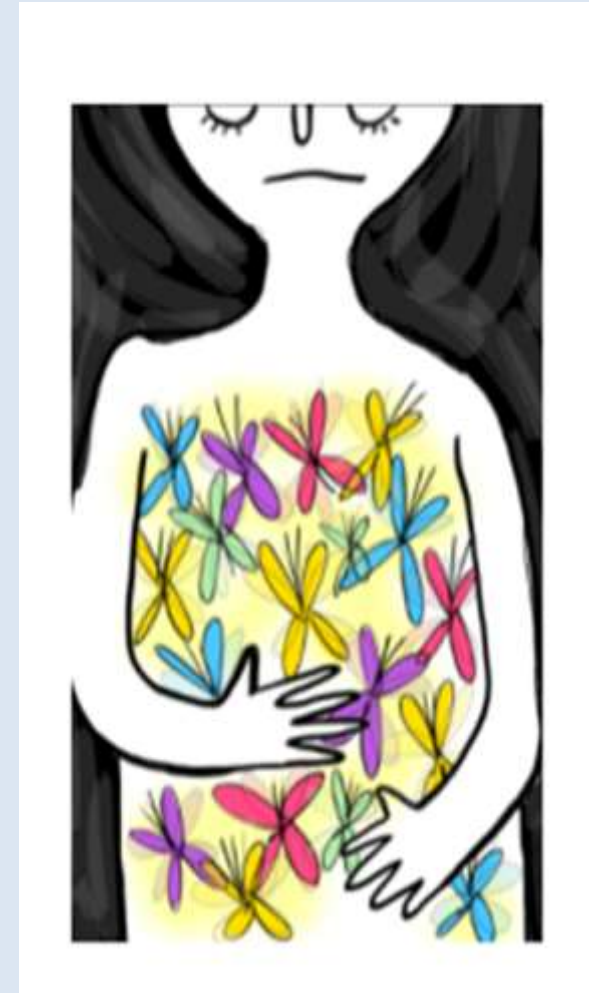
Understanding Covid-19 virus

- **This book has been written especially for children.**
- **You could read it together, or use to to help answer any questions**
- https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf



Managing worries and fears

- You could try making a worry jar or using worry dolls (or a cuddly or a pet) to tell our worries to



Managing worries and fears

- We need to recognise a worry, but try to stop worrying all of the time.
- We need lots of time to do things we enjoy which help us to stop thinking about the virus for a while.



We may not be able to make the worries go away, but we can do things which help us feel better.

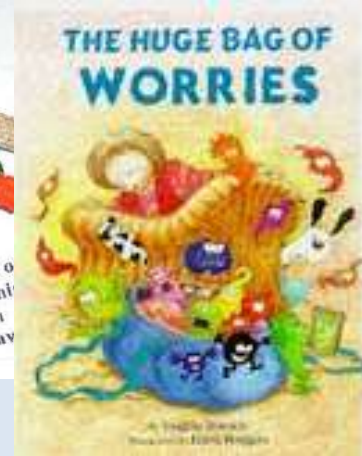


feel better

If the worry won't go away...it will help to talk about it with someone.



GUATEMALAN WORRY DOLLS
According to legend Guatemalan children tell a worry to each doll when they go to bed at night and place dolls under their pillow. In the morning the dolls have taken their worries away.



Let's play the alphabet game to help take our minds off a worry for a while...



- Choose a category, eg food, animals, places, toys
- Take turns to say something in alphabetical order



**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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