

Part 3: Ways to be calm

- **KS1**

COVID-19
Coronavirus

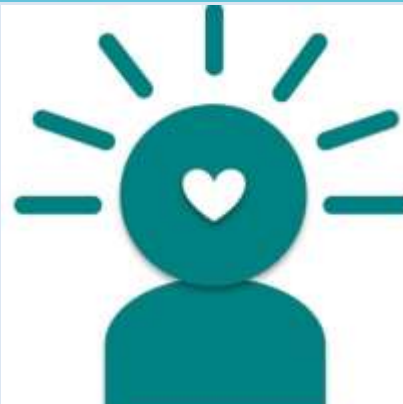


What can help us feel better?

There are different ways to feel calm and to boost our feelings of well-being

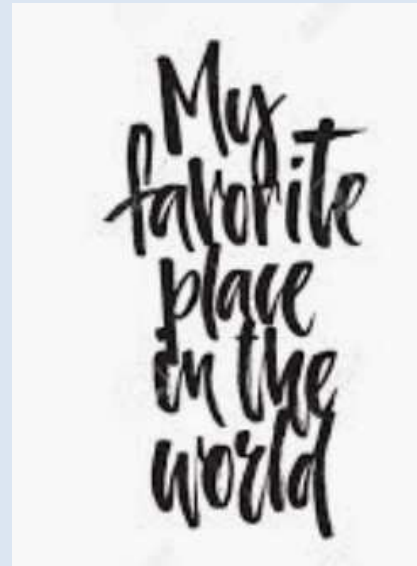
(feeling happier and more positive)

Try out some of these ideas and find out what works for you



Some quick ways to feel calmer

- **Imagine your favourite or happy place**
- **Think of your favourite things or something you are looking forward to**
Name something alphabetically, for example animals, alligator, bear, cat ...

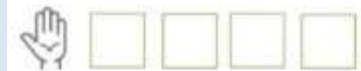


Some quick ways to feel calmer

- Squeeze something (blu-tac, putty, a stress ball)
- Get a drink of cold water
- Smell something calming like a lavender bag
- Try a 54321-grounding technique – name 5 things you see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste.



5 4 3 2 1 Grounding Exercise



Making a calm box

- **Make yourself a calm box to help soothe yourself, keep it somewhere safe (check with a grown up) and go to it when you need to**
- **It could include:**
- **A favourite story; a photo album; a cuddly; a blanket, a lavender bag; a stress ball and your idea**



**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.**



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