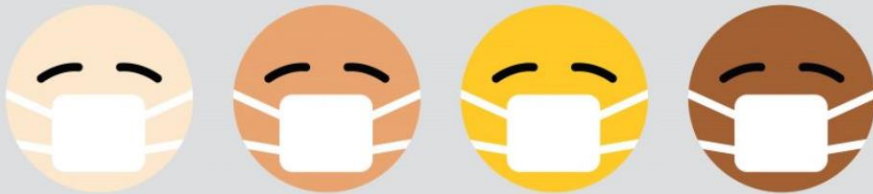


# Part 5: Positive Self talk

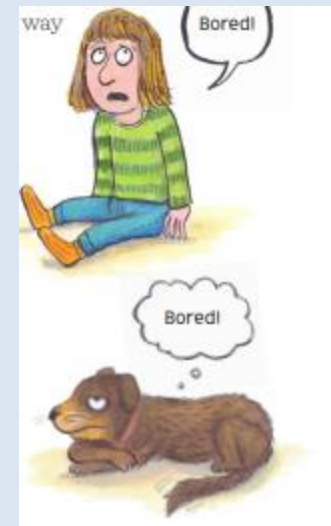
- **KS1**

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

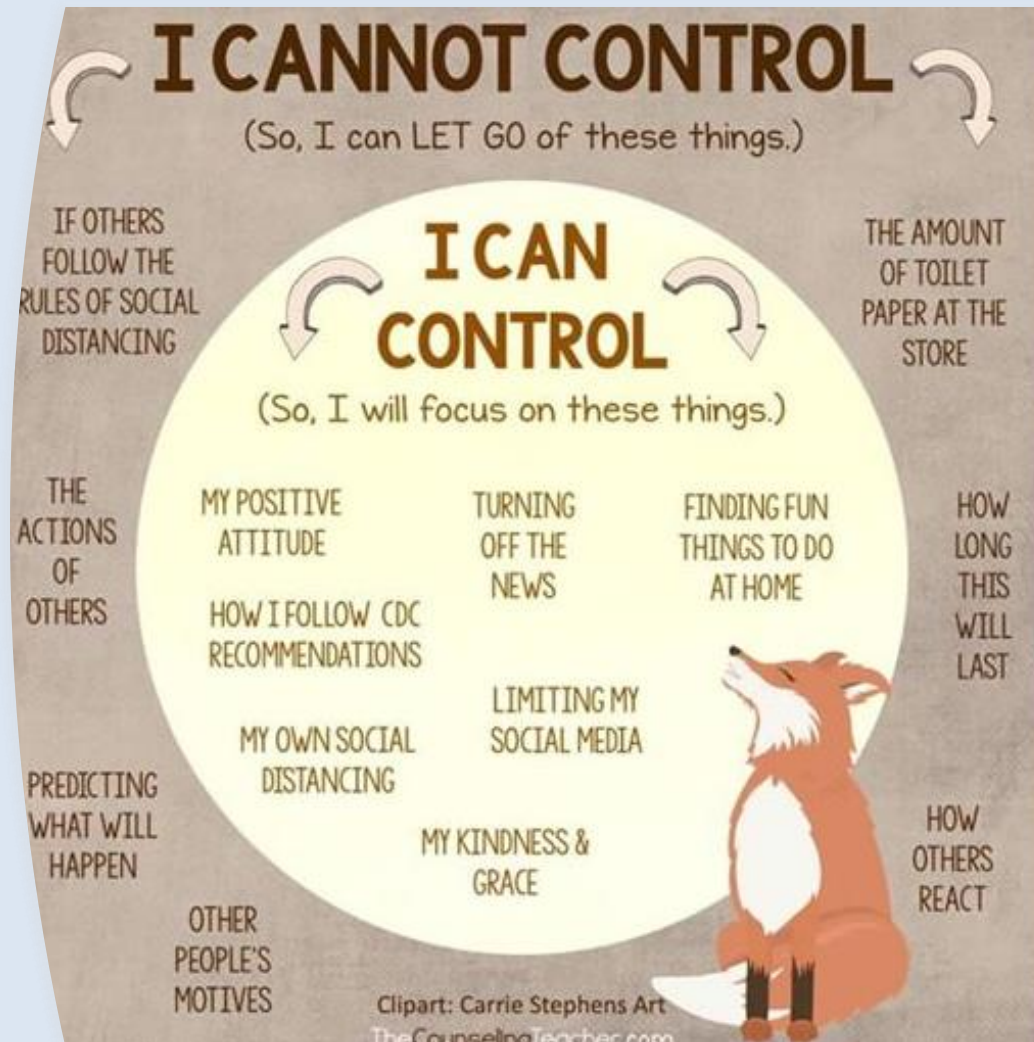


# What we can and can't control

- There are some things we cannot control at the moment.
- School is closed because the government have said this will help keep more people safe from the virus.
- There are some things we can control like how we plan our time while we are at home.



# Some things we cannot change..



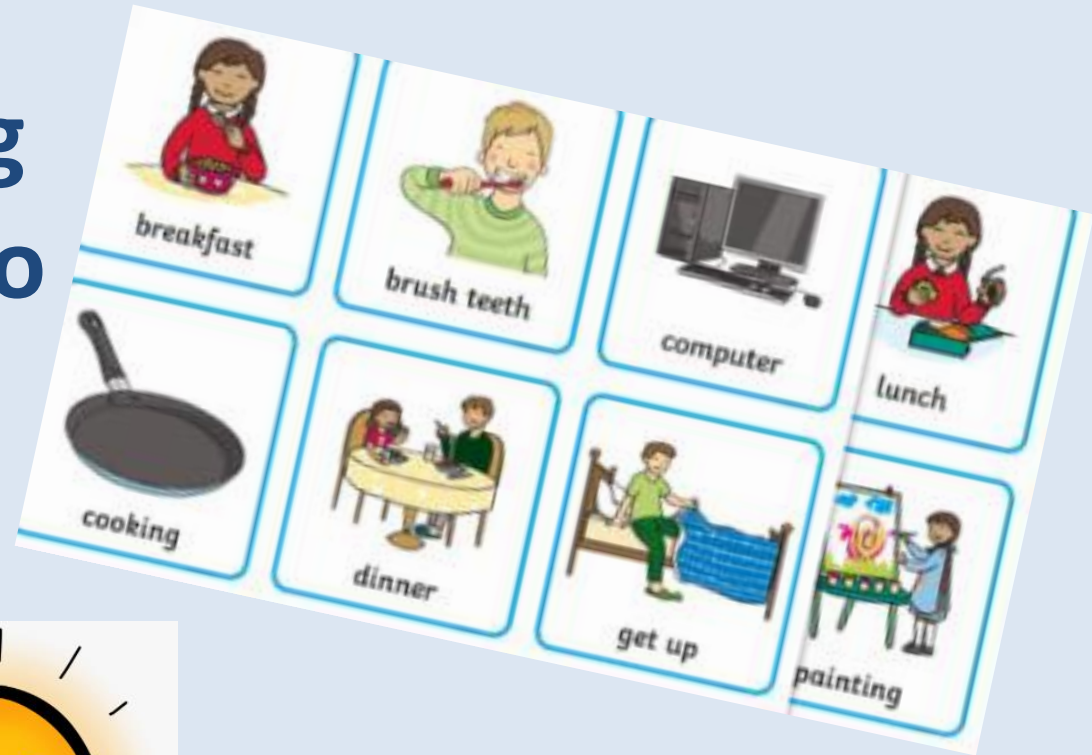
# What can we change?

- We can plan what home learning we do each day
- We can choose what to play, read, listen to or watch
- We can choose when and how to exercise each day.
- We can choose which family and friends we might speak to



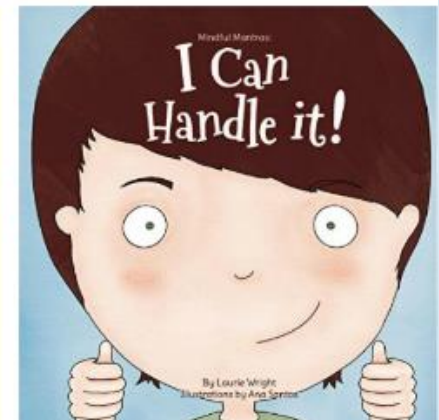
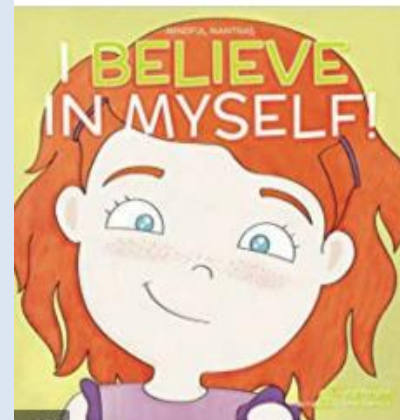
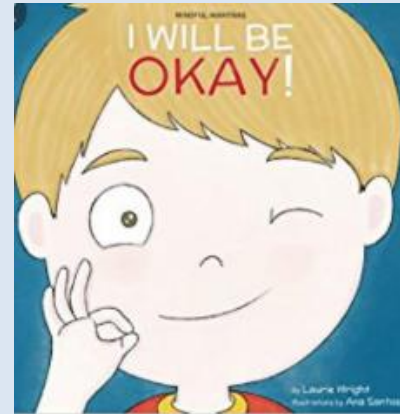
# What's on our plan for today?

Is there anything you would like to change or add?



# Positive self talk

- When we are feeling tired, sad, bored, fed up or worried, it can be hard to do things, even things we usually find easy.
- We need to be kind to ourselves.



# Positive thinking

**If something is not going well, take a break and try again later.**

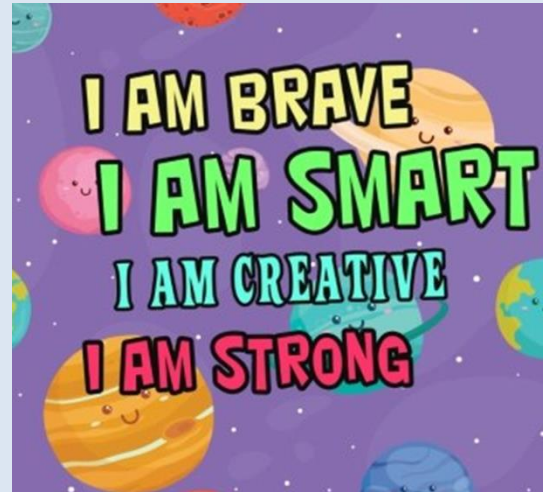
**Remember we learn when we make mistakes.**

**It's ok to ask for more help with things.**

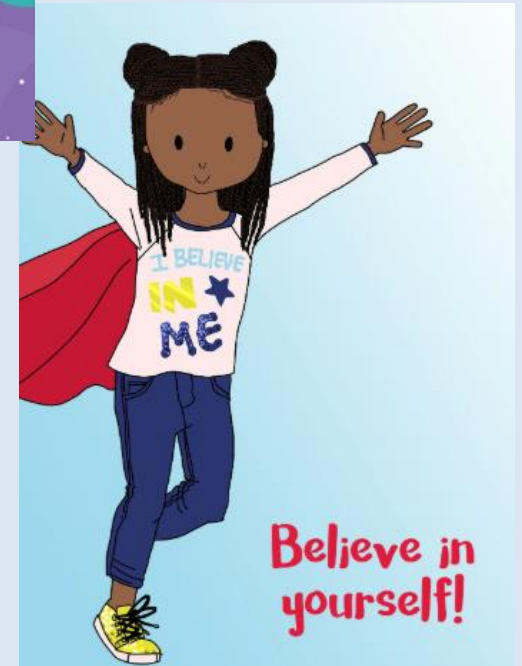


# Positive thinking

Make a list of positive 'I am..' sentences.



Put it up where you can see it each day!





# Let's shake off any negative thoughts



Shake It Off - Think About It | GoNoodle

<https://www.youtube.com/watch?v=eSUbuM3pT4E>

**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**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111