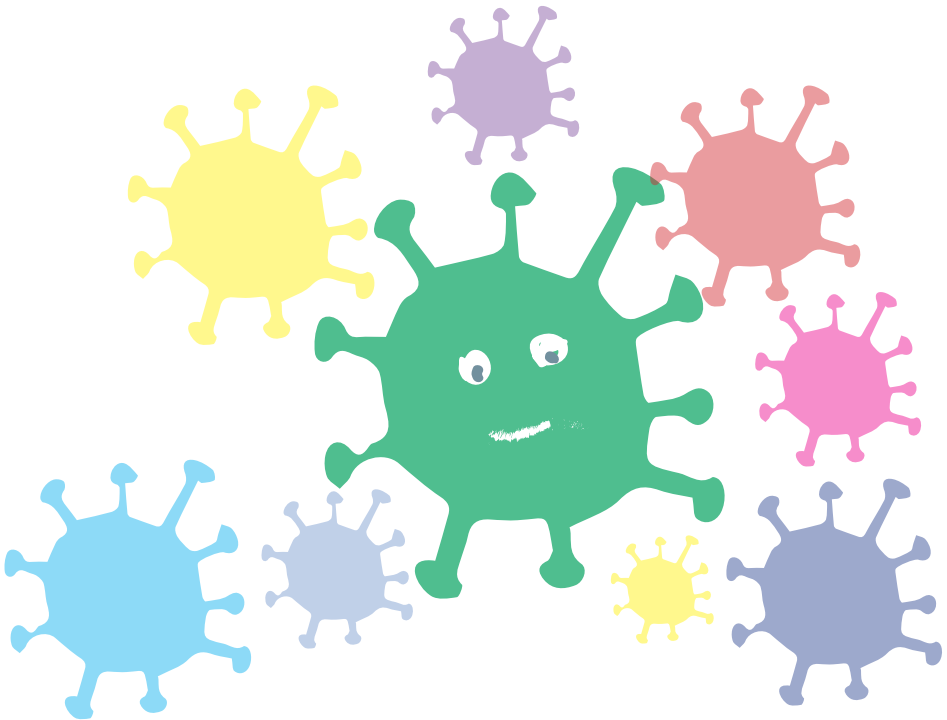




Charlotte Lowe
Psychological Services



Coping with Coronavirus: KS1

There may be lots of different feelings going on for you right now, but it is important to remember that there is no right or wrong way to feel. You will probably be missing your teachers, friends from school or any clubs, plus it's not nice having to stay indoors so much!

Listed below are some ideas of helpful things you can do to help keep your mind and body feeling well. Why not tick off the ones you think you are already doing and then you know which ones you need to work on?

- Stick to your bedtime and get up at the same time each day.
- Make sure you do some exercise every day. You could play a game outside with family, skip, do some star jumps or run around the garden.
- Try to do some schoolwork each day during the week.
- Do something fun. What things do you find fun to do?
- Don't spend too much time on your Xbox, PlayStation or iPad as this is not good for you!
- Each day spend some of your time outside being around nature.
- Spot those feelings. Become a feelings detective and learn to try and spot clues as to how you or others are feeling around you. What things do you notice?
- If you are feeling sad or worried make sure you tell someone at home how you are feeling. Could you draw a picture about how you feel?
- Do things which help you to feel calm. Could you play with glitter sticks, fidget spinners, play-doh or magic sand?
- Tell yourself each day that you are brave and strong.
- Learn to slow down your breathing. There are lots of videos to watch on GoNoodle which show you how to do this!
- Draw pictures of fun things you want to do in the future (you can do this on the next page!).



At the end of each day think about three good things that have happened that day.

Remember to always keep yourself safe too by:

- Washing your hands with soap and water whilst singing a song.
- Using hand sanitizer and letting it dry on your hands.



Draw pictures of fun things you want to do in the future

Draw a picture about how you feel



... you could even use emoticons



Could you tell your worries to a special teddy who could take care of your worries for you?



Hi, You can even share
your worries here with me.
Charlie Bear xXx