

Responding to Covid-19; Looking After Our Emotional Well-Being

23rd March 2020

Introduction

To help you during this challenging time we have put together a number of resources to support both you and the young people we live and learn with over the next few months.

Please note that the contents of this document have been adapted from various sources and collated to provide you with the information.

Resources for Young People

During these uncertain times it is normal to feel worried and anxious. The same is true for the young people we learn and live with. One way to help our young people feel safe and secure when the world around them is changing is to stick to a routine and maintain structure and predictability.

It is essential that we continue to provide our children with a sense of safety, calm, efficacy of themselves and the community, social connectedness and hope.

A sense of safety

Children need their home comforts and security. A routine and structure are important – plan a timetable for week days just like school and stick to meal and bed times. Predictability helps us feel safer and in control. Filter the news for your young people and limit exposure to the media – news can be frightening and spark catastrophizing or harmful imagining. Answer questions honestly and encourage talking (maybe whilst doing something familiar such as Lego or cooking). Say when you don't know the answers, telling them that scientists are working on it and you will keep them up to date. Tell them about what everyone is doing to stay safe and reduce confusion.

Calming

Manage your own anxiety so that you can be calm with the young people. Set the emotional atmosphere and don't talk about the virus in a frantic way when the kids can overhear. Listen with understanding to their worries and 'normalise' their thoughts and feelings. Provide reassurance and develop some community positive statements together "we just have to stick it out", "we will cope". Encourage them to write about or draw their feelings. Build in relaxation and self-care to the timetable. Use music, stories and mindfulness activities to ensure that they know they can do something to help calm themselves.

Self and Community efficacy

It really helps when we feel some control over what is happening to us. That can be hard if we are 'directed' to do something. But we do have control over how we will manage the situation. Help children to plan the day, to communicate to others about coping strategies and to provide support to someone else if possible. Empower them by teaching them things that they can do such as washing their hands with the Birthday song. Tackle problems together.

Social Connectedness

We may have to isolate but we can still stay connected to others. In the home organise group activities and games. Encourage connections with friends, joint projects and even writing letters to old friends or other homes. Schools should organise some way of staying connected and enabling teacher's to still give feedback. Older young people will have online communities so talk about these to check that they are helpful – they will be desperate to stay in touch with their peer group.

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Hope

Staying positive and promoting hope is vital. It is natural to imagine the worst but you can counteract this. Remind them of services that are helping and working on a vaccine. Share good news stories and talk about how people are helping each other. Make plans for the future and look back over good times. Choose books and films with inspiring stories of hope. Have fun and laugh. However hard it seems; try to find the benefits of the situation you are in and emphasise the community efforts to overcome the issues.

When talking to our young people about Coronavirus it is important to keep to clear and calm explanations that are pitched to their cognitive and emotional developmental stage.

Below is a list of resources to help you to support your young people during this time:

How to Talk to Young People About the Coronavirus – Appendix A (p5)

This article answers lots of questions on how to talk with young people about the Coronavirus. Detailing what you should say, how honest you should be and how much reassurance you should give.

Stay Home Superheroes – Appendix B (p8)

A story for children to help them understand how they can help fight the Big Problem by staying home and thinking of fun things to do.

Coronavirus Comic Strip – Appendix C (p10)

A creative activity to allow the young people we live and learn with to express how they feel about Coronavirus in particular this may help young people to express any worries they have.

What I Can Control – Appendix D (p12)

The Young People we live and learn with often have a higher need for control in order to feel safe and secure. This activity helps our young people to explore the things that are in their control and accept things that are not.

Blob Trees/Football – Appendix E (p14)

Often finding words to describe how they feel about certain situations can be difficult for our young people. The blob tree aims to help aid conversations around thoughts and feelings.

Routines and Things To Do At Home – Appendix F (p18)

Creating predictable home routines help to reduce anxiety levels (**Appendix G (p26)**). Here are some resources to help.

Easy to Read Comic Strip About the Corona Virus – Appendix H (p28)

A printable comic strip for young people about the Coronavirus and importance of washing our hands.

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Resources for Staff & Families:

During this time is it important to look after yourselves and to focus your energy on what you can control.



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If you are having to self-isolate or socially distance yourself, the following guidance and resources may be helpful:

- Maintaining a level of **routine**, whilst it can be tempting to do very little, keeping structure to the day will help to focus less on the news, keep us distracted and help us with feelings of anxiety or low mood – see the **daily planner page** to make a daily plan and the **ideas for home quarantine page (Appendix I (p29) and Appendix J (p31))**.
- **Exercise** – Take a walk in the countryside following the social distancing guidelines or follow online exercise classes or yoga such as Joe Wicks <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> or Yoga with Adriene <https://yogawithadriene.com>
- Find alternative ways to maintain positive **social interaction** with loved ones and stay **connected**, for example via Facetime and group chats. If someone you know has to self-isolate try to maintain a level of phone or online contact to reduce their social isolation, keeping them in mind and creating a sense of community.
- Do your best to ensure you have enough **supplies** such as food, water and medicine. Ask others for help when needed

Managing Current Feelings

Focus on facts: You might be feeling confused about the information you are receiving about the virus, try to focus on World Health Organisation and Public Health England websites for **reliable information**. It is also key to limit your exposure to news articles, news has a reporting bias, which can perpetuate our worries.

Follow the **Coping Calendar** for 30 ways we can look after our emotional wellbeing during this time (**Appendix K (p32)**).

Search for **positive stories** in the news and share these with others.

Sign up to **1,2,3, Wellness** who are offering free daily videos <https://drewschwartz.com/>

Work on your **breathing** and explore **mindfulness and grounding (Appendix L (p33))**, this will reduce your anxiety response and help your brain to not be overloaded – see the **breathing exercise (Appendix M (p34))**.

Loving kindness meditation – Regular practice will help to soothe our “threat system” which will be very active at this time. Search Youtube: “Loving Kindness Meditation to Develop Mindfulness and Compassion”

https://www.youtube.com/watch?v=-d_AA9H4z9U

Focus on other **soothing activities**, such as taking a bubble bath, gardening, listening to calming music.

If you have experienced obsessive-compulsive symptoms or have received support for OCD in the past it is important that you contact your GP. **Ocduk.org** have an article about managing with OCD during the Covid-19 outbreak.

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Appendix A How to Talk to Children about COVID-19

**Sam Cartwright-Hatton, Professor of Clinical Child Psychology. Abby Dunn, Research Fellow.
University of Sussex, and Sussex Partnership NHS Trust.**

It's a worrying time, isn't it? At the Flourishing Families Clinic, we spend all our time thinking about how parents can raise happy, confident children, when they themselves are anxious. At the moment, you don't have to be a particularly anxious person to be feeling worried and upset. So, what have we learned about keeping children on an even keel, when you yourself are not? Here are some tips that we think might help in the current situation. We are using ourselves with our own children.

Should I talk to my children about this...? Yes, DO talk about it. It is tempting to try to shield children from knowing about frightening things. But chances are they've heard it about it school, or even nursery. And, in all likelihood, they will have heard things that have scared them. They've also probably heard things that are just plain wrong – rumours and myths do seem to flourish in playgrounds. So, DO answer any questions that your children ask. And if they don't ask any questions, try starting a conversation with them: "Have you heard anything about this new bug that is going around?". Keep your tone casual and light. Try to keep the worry out of your voice and out of your face.

What do I say...? Start by finding out what they know. And by this, we mean, what they think they know... ask open questions such as "What are the kids at school saying? What do you think about it?" If they're carrying round any weird ideas ("Mr Smith the PE teacher has got it, and if you go near him YOU WILL DIE"), you can then set them straight!

How much detail do I go into...? The general and not very helpful advice that we always give to parents is to give just enough, but not too much. By this, we mean, listen to your child and just answer the question they are asking. If your six-year-old has asked how you catch COVID-19, they don't need an undergraduate-level seminar in virology. Just a few words about germs getting on our fingers and into our mouths. And if they asked about how you catch it, you don't need to start telling them about fatality rates – save that for if/when they ask. Which brings us to our next question...

How honest should I be...? If your child asks a straightforward question about the risk of dying, do answer it. If you fudge the issue, they will make up an answer themselves and chances are it will be worse than the truth. But, again, read your child a bit, and try to give just what they need to know. So, a seven-year-old doesn't need to know chapter-and-verse on percentage estimates. A teenager may want detailed information and benefit from a discussion of it. But, for a younger child, a simple "most people will be just fine, but some people get very poorly and need to go to hospital and sadly, some people will die."

How much reassurance should I give...?

Give plenty of reassurance. In particular, make it very clear that children and teenagers are extremely unlikely to get very ill – a cough or a sore throat at worst. At time of writing, we don't believe that any child under 10 has died anywhere in the world. If you, yourself, are youngish and reasonably healthy, you can also give some assurance that you are also very unlikely to get seriously ill. However, be wary of giving absolute guarantees. For instance, it is very tempting to say "Oh Granny and Grandpa will be fine, I promise!" The chances are that they will be fine, but if they are not, then it might be difficult for your child to trust your assurances in future.

Let your kids see you in control

Let your children see that you are taking steps to control the situation – feeling that your parents know what they are doing is very reassuring. So, maybe you can take everyone's temperature in the morning, and remind everyone to wash their hands lots. But, try to do these things calmly – giving an air that it's all under control, rather than a vibe that you are panicking! Even better, let your kids get involved in preparations. Maybe they can take their own temperature, or disinfect a few doorknobs. This will help them feel in control too.

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Is there anything I shouldn't tell my kids...?

In general, we say that honesty is the best policy – if a child asks a question, it is best to answer it, even if you do so quite simply. However, we do advise that you keep young children (up to the age of about 10) away from all sources of news. We say this all the time – not just when there is a scary story in the news. Children just don't need that level of information. They can't put it into context, and they definitely don't need some of the scare stories that are out there. Turn off the TV and radio when the news comes on, or when people start talking about the Coronavirus. Don't leave newspapers lying around.

After about the age of 10 (you know your own child best) we usually say it's OK to see a little careful news – CBBC Newsround is good for taking a calm, child-centred approach. But, watch it with them, and be ready to discuss anything that it brings up.

If your child uses the internet, be aware that there are a lot of horrible, scary stories out there. You have probably got quite good at filtering out the most ridiculous bits, but they haven't learnt how to do that yet. Keep a close eye on what they are viewing.

How do I help my kids deal with the big life changes...?

If there are going to be big life changes, explain these to kids, again keeping a calm and practical tone of voice. So, if Granny has decided to self-quarantine for a few months, do tell your child this and explain why. Explain that it is a good thing that Granny is doing to this to look after herself. Explain that you will chat to Granny lots on the phone and Skype.

If you can, get your children on board with any changes that are happening in your family. So, for example, one of us (SCH) has explained the need to reduce social contact to her 10-year-old, and then asked her to think of ways that she could reduce her social contact. She suggested cutting circus skills this week, and then trampolining next week. In all probability, both will have been cancelled within days, but if not, she 'owns' this decision. This will hopefully mean less moaning about not being able to go, and give her a small feeling of control over the situation. At Flourishing Families, we are always looking for opportunities for 'emotion coaching'. These are times when a child experiences a strong emotion, such as anger and fear. It is only through experiencing these feelings that children can learn to deal with them – with our help. So, one of us (AD) has been using her child's upset at a cancelled Easter holiday to help her daughter talk about, understand, and tolerate frustration and disappointment.

What if we get locked down...?

Children will react to a lockdown in different ways. Some will see it as an adventure, and if so, go with that! Others will take it as a sign of impending doom and will need more reassurance. If your child takes it badly, to try to keep the daily routine going as much as possible – same time to get up, same time to go to bed. Do a bit of schoolwork if you like. But, spot the opportunity here – use it as a real chance to re-connect as a family. We are all so busy usually – most children say that they don't get enough time with their parents. Well, here's your chance! Play silly games, watch films together, read to them. Encourage them to take control and find ways of making new types of fun – can you play Monopoly over Skype...? Who knows – give it a go! Have fun and try to find the silver lining – if you can do that in a situation like this, you are teaching your children a truly wonderful lesson.

Children need a lot of exercise. If they don't get enough, they can get antsy and stressed and badly behaved. This might be difficult to arrange in a lockdown. Get them out in the garden if you have one – kick a ball around, bounce on the trampoline, do cartwheels. If not, see if you can find some fun dance videos online and do them together in the sitting room.

Children need a lot of play. They really do NEED it. If you've got more than one child and they play well together, great. If you haven't, then you may need to get stuck in yourself. Playing with kids can be unbelievably dull, but dive in and try to do it. They really, really need it! With older kids, you might be able to arrange some Skype playdates.

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What if I am feeling really anxious...?

Many of us are feeling quite anxious at the moment. But what if you are really struggling? The first advice is talk, talk, talk. Call a friend, Skype your sister, talk to your partner. But, try to make sure that your children do not overhear these conversations. Little ears are surprisingly good at hearing things (when they want to...) so if you are having a big worry session, make absolutely sure no children can overhear.

When we feel anxious, it is very easy to become over-protective, and this is quite bad for kids. The problem is, at the moment, we are all having to be quite protective about things –

keeping clean, social contact, staying healthy. Make a big effort to stop this protectiveness from spilling over into other areas of your child's life. It's still OK to swing upside-down from the climbing frame if that's what they normally do. It's still OK to be out of sight for a few minutes, if that's what they normally do. In other words, try to be the same parent you would usually be.

If you find talking to your kids about the coronavirus too upsetting, it's OK – delegate to someone else. Get your partner to do it, or your friend – anyone who you can trust to talk calm good sense.

What if my child is very anxious...?

If your child is really struggling, here are some extra things that you can do.

- Whenever there is something scary in the news, we tell parents and children to 'look for the helpers'. So, rather than focusing on the virus, focus on the nurses and doctors who are working really hard to help people get better. Look at the scientists who are working really hard to come up with a cure. Look at the cleaners who are working really hard to keep everywhere clean and germ-free. Everyone is working together to try to sort this problem out.
- Reassure them (and yourself) that it's OK to feel worried. We all feel worried at times – it's a normal human emotion. But if it really does get too much and you feel as if they are constantly worrying and looking for reassurance, you could try 'worry time'. This is a technique that we use with kids who are real worriers. It's where the parent and the child agree a time each day that will be 'worry time'. Say, 5pm, just before dinner. Then, for 20-30 minutes, sit down with your child and let them worry to their heart's content. Your job is mostly to listen. If there is a worry that you can easily resolve, do so. But, mostly listen and be sympathetic. Then outside of that time, when your child starts worrying, gently ask them to save the worry to 'worry time'. It can be a good way of getting children to start feeling a bit of control over their worries.
- Do something positive to help the situation. Helping other people is a really good way of dealing with a bad situation. It releases feel-good chemicals in our brain and makes us feel more in control. So, with your child, think of what you can do to help other people. Could you make a small donation to the local foodbank (most take cash online, if your own supplies are running low)? Can you phone an elderly neighbour and offer to get shopping for them? Do ask your child if they have any ideas.
- Do some meditation or relaxation exercises. There are tons of these on the internet. Find something aimed at children and then do it together.
- Do something fun! Fun is a great distraction – play a game, bounce on the trampoline, bake a cake. Whatever floats your child's boat.

Finally, if you have read this, you are clearly a good parent. You are making your child's wellbeing a priority at this difficult time. Remember, when they have caring parents, children are incredibly resilient. They will be fine!

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Appendix B Stay Home Superheroes

Once upon a time there was a big, busy world. In this big, busy world there lived a little boy called William. William loved going to school to play with his friends, going to the park to play on the swings and swimming at his favourite pool.

But one day, everything started to change. William heard on the news that there was a Big Problem. This problem was so big that it started to spread over the whole world. All the grownups were talking about it. All the children were talking about it. In fact, every single person in the whole world was talking about it. Everyone started to feel worried and scared about the Big Problem.

Soon, the Big Problem caused some big changes. At first people stopped going to work, then he wasn't allowed to go swimming anymore, then he found out that school was cancelled and day by day the big, busy world he lived in got quieter and quieter and quieter.

William was confused. He felt scared too. He had so many questions. What was going on? Would it be OK? How could they stop the Big Problem?

He went to ask his special person all of his big questions. "It's OK to be scared and worried, lots of other children feel that way, even adults feel scared too sometimes" they told him, giving him a BIG hug.

"But all of the very best, cleverest people in the whole world are working hard to fix the Big Problem right now" they explained.

This made him feel a little bit better. Surely the cleverest people in the world could find a way to fix it! But it was such a Big Problem, and he was still scared. He had to do something.

His special person explained that there were lots and lots of special helpers working hard to save the world and stop the problem.

"Like superheroes?" said William.

"Just like superheroes." They said, smiling.

William wanted to be a superhero too. This was his chance! Super William to the rescue! He jumped up, ready to run outside and join all the other superheroes to fight off the Big Problem and save the world, but his special person stopped him and locked the door.

"HEY! How can I help fight the Big Problem if I'm stuck inside?" he asked.

"Well, we DO need you to help. Everyone is going to have help to solve this Big Problem. And YOU are going to have a very special job indeed. You are going to become a Stay Home Superhero!"

William had never heard of THAT kind of superhero before. He wanted to know all about them. He found out that Stay Home Superheroes could help fight off the Big Problem by using their Stay Home Superpowers. But what were they? He tried so hard, but he didn't have super strength or super speed either. In fact, he felt exactly the same as before.

"The Big Problem can't be solved with super strength, or super speed. The Big Problem will only stop growing if all the new Superheroes use their Stay Home Superpower to stay at home. In fact, if all the new Stay Home Superheroes work together the Big Problem will get smaller, and smaller and smaller every single day, until it goes away!" his special person explained.

"But staying home is a boring superpower!" said William in a grump.

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“Boring? No way! You have the superpower to make this fun! And staying home is how YOU can help to save the whole world- there’s nothing more powerful than that!”

Just staying home and having fun could save the whole world? And he would be a real-life superhero? William started to feel excited. He started to feel powerful too! He couldn’t wait to tell all his friends that they could turn into Stay Home Superheroes just like him!

William got to work quickly, using his Superhero creativity to think of all the fun things he could do at home. He made a long list: pillow forts and cooking and games and dancing and puppet shows and singing and movies and MORE! Even better, William found out he could still play in the garden and go outside too, as long as he stayed away from all the superheroes who lived in different houses. They could wave to each other and wink, because they all knew the special job they were doing!

William did miss playing with his friends and going swimming and to the park. But then he remembered how important his new Superhero job was. He was helping to save the whole world and that made him feel so good inside. He was very proud of himself. Then he fired up his superpowers ready to find something fun to do. William the Stay Home Superhero and all his superhero friends worked hard together to help save the world, all without leaving their homes. And now you know, you can be a superhero too!

Go to ‘Sophie’s Stories’ to find videos and worksheets for young people to complete:

http://stfiachrasjns.com/stay-at-home-superheroes-stories/?doing_wp_cron=1585028726.0096130371093750000000

Appendix C


Coronavirus Comic Strip

Use the comic strip on the next page to show what you think about the Coronavirus. Your story could show how Coronavirus is affecting you, how it can be fought, your predictions of what will happen with Coronavirus.



Appendix C

Comic Strip

	One day a big problem called the Coronavirus showed up		

Appendix D

What I Can Control

When there are lots of changes to our normal daily lives it can feel like things are getting out of control and this can make us feel anxious and worried. One way to help us feel better is to think about what we still have control of. Below is a list of things see if you can decide if they are in your control or not. You may even be able to think of lots more!

The worksheet is titled "What I Can't Control" at the top. In the center, there is a large circle labeled "What I Can Control". The circle is intended for a list of things that are within one's control. The rectangular frame surrounding the circle has a multi-colored border: the top-left corner is blue, the top-right is purple, the bottom-left is yellow, and the bottom-right is dark blue.

Appendix D

My Words	My Ideas	What other people say
What other people do	My care staff and teachers	Sending positive thoughts to others
If/where I go out	Helping to think of activities to do at home	Where I do my schooling
Letting others know I care	Being kind	How hard I work
Washing my hands when I need to	How other people feel	Taking care of myself
The weather	Your housemates	When I ask for help
How I show my feelings	If I want to listen to the news	What other people think

Appendix E

Blob Trees/Football

Blob trees can be a great way to help young people identify and show how they are feeling about things when they can struggle to label it with a verbal response. Print the Blob pictures and use them with young people to help identify certain thoughts and feelings. This could be after an incident or falling out with a peer or part of a check in surrounding current events.

Questions to ask could be:

Which blob are you now?

Which blob is (insert name)?

Which blob shows how you feel about school?

Which blob is how you feel about contact?

Which blob is how you feel least like?



Appendix E

Blob Feelings

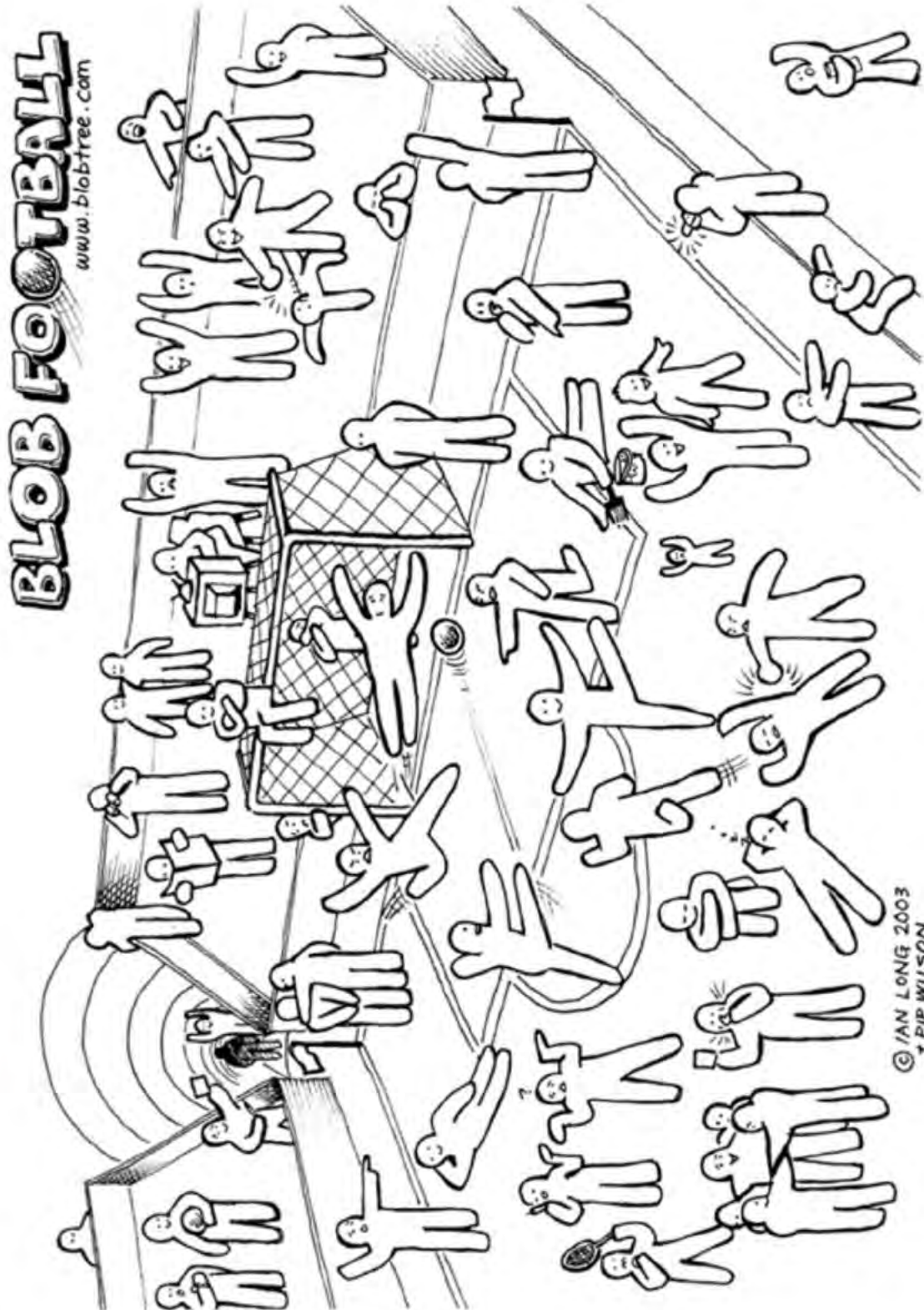


Appendix E



Copyrighted Material

Appendix E




Appendix F

Picture	Activity	Check When Complete
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Appendix F

Daily Schedule



Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Appendix F



Appendix F



Appendix F



BOREDOM BUSTERS



- **JOE WICKS DAILY PE CLASS**
<https://www.youtube.com/user/thebodycoach1>
 - <https://www.phonicsplay.co.uk/>
Username: march20
Password: home
 - <https://www.livescience.com/coronavirus-kids-activities.html>
 - <https://www.bbc.co.uk/cbbc/games>
 - <https://www.bbc.co.uk/bitesize>
 - <https://www.youtube.com/user/CosmicKidsYoga>
- 



Appendix F

100 Things to do indoors

www.spreadthehappiness.co.uk









1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.roberttrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon
21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate
41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown
61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can
81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel

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Appendix F

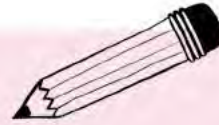


Appendix F



Appendix G

CORONAVIRUS – MANAGING ANXIETY



WHAT'S A "NORMAL" RESPONSE?

We are facing a threat to our mortality, the news is saturated with stories about coronavirus-related deaths. We do not know what the outcome will be, how many people will die.

Fear is a normal response to threat, ultimately designed to keep us safe. But when faced with this level of uncertainty about what the future will hold, it can easily spiral out of control, especially if you already experience high levels of anxiety.

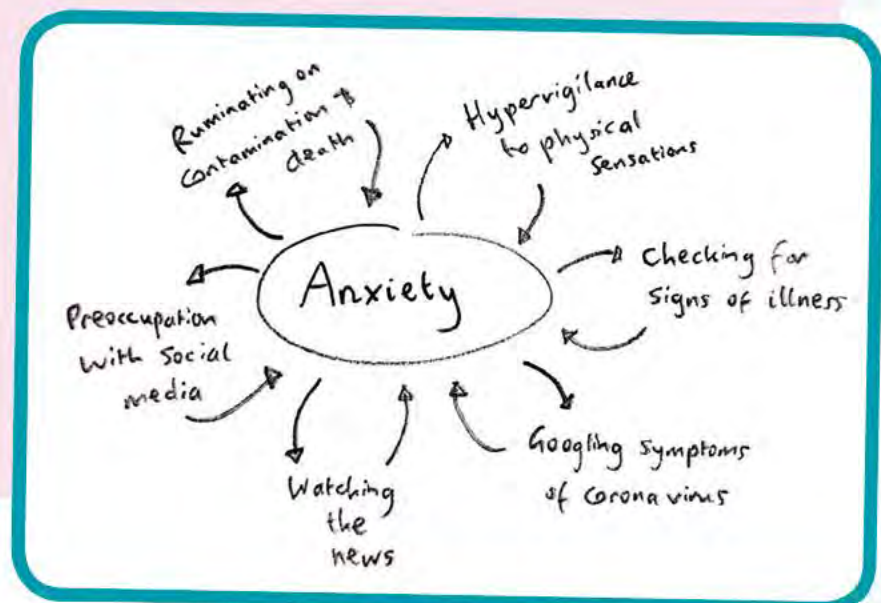


Fear commonly involves a 'Fight, flight, freeze' response – it is normal to experience feelings of anxiety and panic, for your heart to be racing, your breathing more rapid/shallow, to experience fatigue, concentration and sleep difficulties. You might find yourself preoccupied and overwhelmed with thoughts of contamination and death

WHAT KEEPS MY ANXIETY GOING?

The "vicious flower" model is often used to understand how anxiety is maintained and spirals with anxiety disorders such as health anxiety and obsessive compulsive disorder.

It helps us understand that what we attend to and what we do can have a considerable impact on our anxiety levels. For example:



Appendix G

CORONAVIRUS – MANAGING ANXIETY

WHAT MIGHT HELP?

- Practical guidance, such as taking steps towards better hygiene and avoiding potential contamination might be helpful if rooted in FACTS. So be selective about what you read.
- Don't spend too much time fixated on negative news stories and social media posts.
- Anxiety and fear often make us want to hide away but we become stronger when we connect with other people and maintain a sense of community. Connect, reach out, find ways to stay in contact with other people.
- If you're at home (with or without family), maintain or establish daily routines. It can be tempting to sit in front of the television all day and fixate on all of the awful things happening across the world but this will not help.
- Find ways to exercise (online videos/classes) and eat healthily. Think of activities that you enjoy. Be creative.
- Get some fresh air and time outside if possible. Look at the sky, listen to the birds, connect with nature.
- Talk to other people as much as possible. Share your fears and anxieties. Combat feelings of loneliness by talking to other people – in person, on the telephone, online.
- If you feel overwhelmed with anxiety then find ways to calm down – a bath, breathing exercises, meditation, some relaxing music. Utilise the strategies and strengths you have already.
- Be KIND to yourself. It is understandable you feel anxious, lonely, depressed. This is a really uncertain and difficult time.
- Remember that this period is finite, it will pass and "normal" life will resume again.

USEFUL READING

World Health Organisation – Guidance on the Coronavirus:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

World Health Organisation - Mental Health and Psychosocial Considerations During COVID-19 Outbreak:

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_10

Centers for Disease Control and Prevention – Manage Anxiety and Stress:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

A Resource on Talking to Children about the Coronavirus:

<https://twitter.com/thelovelymaeve/status/1238399538878087169/photo/2>

Organisations for General Support and Guidance:

MIND

<http://www.mind.org.uk>

The Samaritans

<http://www.samaritans.org>

Appendix H

Most people who have gotten sick with this coronavirus have had a mild case.

And there aren't a lot of cases in kids. If kids do get the virus, it tends to be very mild.



It's a word you might have heard
at school or online or on T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

Exploring the New CORONAVIRUS

A Comic Just for Kids

By
Melaka Yherib

AND DON'T FORGET!



But seriously, though...
PLEASE wash your hands!!!

People who are much older or who already have health problems

are more likely to get sicker with coronavirus.



There are some things you can do to protect yourself, family and friends from getting sick.

① WASH YOUR HANDS OFTEN

- ★ USE SOAP AND WATER
- ★ WAIT FOR AT LEAST 20 SECONDS. IF IT HELDS, SING THE ABC'S WHILE YOU DO IT - THAT'S ABOUT 20 SECONDS.
- ★ WHEN AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND),



② SNEEZE INTO YOUR ELBOWS

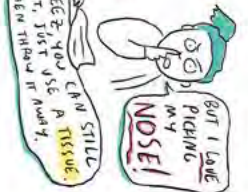
AT COLONNAIRUS IS
BELIEVED TO SPREAD
THROUGH LITTLE DROPLETS
OF FLUID FROM YOUR
LUNGS.

IF YOU NEED INTO
YOUR ELBOWS, YOU CAN
PRESENT BEAMS FROM
GOUNT INTO THE AIR
AND ONTO YOUR HANDS.



③ AVOID TOUCHING YOUR FACE

- * DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T PUT YOUR FINGERS IN YOUR EYES.



It's very important to remember that this kind of virus can affect

ANY BODY.

It doesn't matter where you come from or what country your parents are from.



Appendix I

What's your plan today?

DATE:

ROUTINE

- ☐
- ☐ Breakfast:
- ☐
- ☐
- ☐ Lunch:
- ☐
- ☐
- ☐ Supper:
- ☐

PRODUCTIVITY TASKS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

SELF CARE PLAN

- ☐ Physical:
- ☐ Social:
- ☐ Restorative:
- ☐ Household:
- ☐ Living the value of:
- ☐

GRATITUDE

 **NOTES**

WWW.BALANCEWORKS.ONLINE

Balance Works
Occupational Therapy & Coaching

Appendix I

What's your plan today?

INSTRUCTIONS

We are social, productive, creative, and somewhat anxiety-prone creatures. For some, the idea of working from home and spending extra time with families is exciting, for others, it's daunting. We know that isolation and loss of routine and productivity are strong risk factors for depression. That's why it's essential to maintain a workable, values-oriented routine while at home.

1. Print a page for each family member daily
2. Make a plan each morning or the evening before
3. Reflect on how it went and adjust accordingly

ROUTINE

- Plan for healthy meals and snacks. Roaming through the kitchen and grabbing a handful of this or that while we are bored and less active will add up to low mood and weight gain over time.
- Time-blocking with intention. Consistent routines help avoid the what-do-I-feel-like-next vortex of phone scrolling and and feeling crummy about it.
- Alternate activity types, build in breaks with physical activity. A 5 min kitchen dance party to your favourite song while you wait for the kettle to boil, run up and down the stairs, put a few more pieces in the puzzle, chip away at the creative project you've been too time-strapped to get to.
- If you have kids at home, try to balance routines with tasks for yourself and tasks the kids need help with. Let them know when you'll be doing something together to reduce interruptions while in virtual meetings. Have a piece of paper you can post when you're in a virtual meeting that tells them you're not able to talk but offers somewhere to write a question.

PRODUCTIVITY TASKS

- Space for work, study, or household activities. What can I do today to feel productive?
- Don't have any work or study? This could be working on a home project you've been putting off, cleaning out a closet, reading, doing your family tree, planting veggie seedlings indoors in preparation for spring, sorting through the photos on your computer, painting the console table etc.
- Keep in mind we often need less time to do work tasks when we aren't commuting, talking to coworkers, and sitting in long meetings.
- Don't forget to check the tasks off as you go. Our brains get a happy dopamine rush when we check things off.

SELF CARE PLAN

- Physical: go for a walk, dance to your favourite song, run up and down the stairs. Your body must move.
- Social: Virtual coffee by phone or video with a friend, check in on loved ones, post good on social media.
- Restorative: Stretch, meditate, read, do yoga, have a bath. Do something to nurture your soul.
- Household: Boring self care. Make your bed, catch up on laundry, do some spring cleaning.
- In line with the value of ____: How are you living your most important values today?
- Blank: This is your wild-card. What do you need to do to feel well today?

GRATITUDE

Gratitude is proven to boost our physical and mental health. Build resilience and connection by noting what makes you grateful each day.

NOTES

How did today work out?
How can you make your life better tomorrow?
How did you make the world better today?
What inspired you today?
Tasks you'd like to get to later.

For more support, contact us
email: cneek@balanceworksot.ca
social media: [@balanceworksot](https://www.instagram.com/balanceworksot)
website: [balanceworks.online](https://www.balanceworks.online)

Balance Works
Occupational Therapy & Coaching

Appendix J

Seize The Day During Home Quarantine!

Sort and tag your digital photos	Start a novel	Create an amazing treasure hunt or clue trail for family
Make into a collage or poster	Try an art project	Get familiar with online grocery shopping
Research your next holiday	Binge on iview	Host a virtual dance party, dress up and play some music
Do a photography project	Revamp your garden	Organise your music playlist
Attend a Twitter Conference	Practice mindfulness	Reorganise your wardrobe
Declutter, Baby Steps	Try an e-learning course	Delete all the apps you don't use and discover some new ones
Research a charity to support	Make a cook book	Hold a family or street singalong
Prep and freeze some meals for when you are sick or off work	Create homemade gifts	Try some science experiments
Create a digital scrapbook	Phone old friends	Deliver supplies to those in need
Write letters of love or thank to your people, post them	Play parlour games	Rediscover a dusty appliance, board game or instrument
Research something you have always wondered about	Fix broken stuff	Research training opportunities for when quarantine is over
Have a scented bubble bath with candles and music	Design a dream home	Build something amazing with lego
Write an advice letter to the teenager you were. Write another to yourself in 20 years	Practice forgiveness	Brainstorm marketing ideas for your business, club or charity
Learn a heritage skill such as biking, woodwork, baking, crochet	Plan your next party	Write to your MP about an issue
Draw an apple using a different style each day, for a week	Kick a bad habit	Create a list of things to be happy about
Attend a virtual symphony	Try adult colouring in	Source up your CV
Catch up on great movies	Join a virtual book club	Cook an amazing breakfast
Learn to say different phrases or quotes in different languages	Find great podcasts	Yoga or exercise class
Try creatively visualising your goals	Update your goals	Try positive psychology ideas
Create a detailed spreadsheet of how you would spend £1 million	Upcycle something	
Write a poem or a story	Build a free website	
Start a journal or a blog	Rearrange furniture	
Read the books you never have time for	Start a dream journal	
	Bing TED Talks	
	Join an online community of like minded people	
	Reach out to someone who lives alone or feels anxious	
	Host a Zoom, Skype dinner party or virtual support group	
	Get some positivity into your social media feed	

Appendix K

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	<p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>				

ACTION FOR HAPPINESS

Find out more about the Ten Keys to Happier Living. Including books, guides, posters and more here: www.actionforhappiness.org/10-keys

www.actionforhappiness.org

Appendix L

5 ★ 4 ★ 3 ★ 2 ★ 1
SLOW DOWN & CALM DOWN
FIRST OFF – TAKE 3 SLOW & QUIET DEEP BREATHS!

5 List 5 things you can SEE 

4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something positive about yourself 😊 

FINISHED? NOW – TAKE 3 MORE SLOW & QUIET DEEP BREATHS 😊

Appendix M

BREATHING EXERCISE FOR STRESS

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

- 1 Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.
- 2 If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.
- 3 If you're sitting, place your arms on the chair arms.
- 4 If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.
- 5 Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- 6 Try breathing in through your nose and out through your mouth.
- 7 Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- 8 Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- 9 Keep doing this for 3 to 5 minutes.

