

Coronavirus – Resources for Children and Young People

Information for children and young people

Children and young people are hearing a lot about COVID 19 and the coronavirus. This means that normal life will be very different over the next few months for all of us. You will already know that most children and young people are not going to school just now and lots of other activities have been affected as well, like: working arrangements for adults, eating out, going to the gym, playing sports and meeting with friends etc. All of these changes can be very difficult and can make us worry. It is important to remember that the changes to daily life have been recommended to keep us all safe.

There is lots of information on the news and online, and while some of this is helpful information, this can also be overwhelming. It is natural that you may worry about what could happen to you, family members and friends.

We have put together some information to help guide you through this difficult time and to direct you to reliable and accurate sources of information. This document is full of extra information – click on the pictures to see more!

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What is Coronavirus and Covid-19?

COVID-19 is a new illness that can affect the lungs and airways. It's caused by a virus called coronavirus. Most people will have mild symptoms (dry cough, high temperature) and recover quickly. However, the virus is more serious for some people who will require hospital treatment.

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

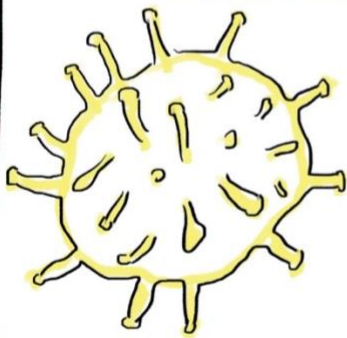


This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

In some parts of the world it has made lots of people sick.

Those most likely to become seriously ill are the elderly and those who are already unwell with other health conditions. Children and younger adults tend to have much milder symptoms, but those with severe asthma or weakened immune systems could still have serious complications.

Coronavirus Facts



- "Corona" is Latin for crown.
- Under a microscope these viruses look like a crown with spikes ending in little blobs.

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More Information about Coronavirus



This video and link provide an animation and storybook about coronavirus for younger children.

<https://ineqe.com/about/>

[\(click me!\)](#)

Watch this short video by Dr Michelle Dickinson for more information about coronavirus **and** how to prevent it spreading.



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The best way of preventing the virus spreading is to wash your hands with hot water and soap for at least 20 seconds.



Coronavirus in the News

- You can access age appropriate news from [BBC Newsround](#) for accurate information about what is happening and about the advice being given.



- Sometimes it can be a bit overwhelming watching the news. This is a perfectly natural response as we are dealing with a new and unusual situation. If you are feeling like this, it would be useful to look at this [advice if you are upset by the news](#).



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What else can you do during this time?

- It is really important to have routine! Having regular times to get up and go to sleep are important to look after our health and wellbeing.



- Having a plan for the day will help things to feel as normal as they can be. Find time for keeping healthy. There are lots of free activities online like yoga and home workouts.

- Adults might also be asking you to do some school work to keep up with learning. Teachers and other staff in schools have been working hard to figure out new ways that we can continue with our learning.



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Taking things a day at a time

Here are some ideas for a coping calendar to try an idea a day...have a go, see what works for you!

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

www.actionforhappiness.org

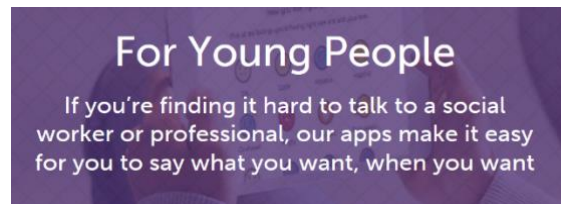
Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

- It is important to remember that even if we cannot meet up with family and friends just now, there are lots of other ways to keep in touch and stay connected. Technology and social media provide lots of opportunities for virtual catch ups and help us to feel connected to the people that are important in our lives.

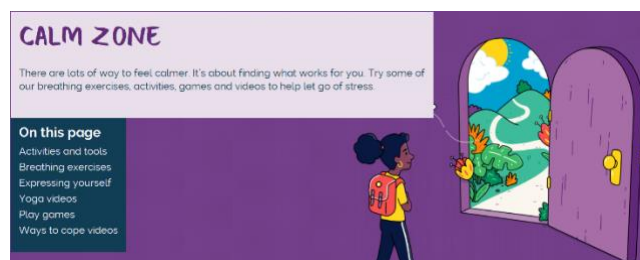
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Need advice and support?

- **Remember, it is natural to feel anxious in new and unusual situations like the coronavirus outbreak.**
- Normally you would be able to chat to someone in school if you wanted to talk about things. As pupils are not at school just now, you might want to try to check-in using Mind of My Own (<https://mindofmyown.org.uk>). You can download the app from the app store, ask a question and a teacher/adult from the virtual support team will reply to your question or concerns.



- If you are feeling very anxious it can be useful to take a break from watching the news and following updates.
- If you can, take time to talk to people at home or contact someone else you feel comfortable talking with. Let them know how you are feeling and check in on them too.
- You can call friends and family to keep in touch. This will help you see that you are not alone in this.
- Make sure that you keep busy. You could build in time for work and learning, help with household chores, learn a new skill or start a new hobby.
- There is lots of online support and advice that you can access if are feeling anxious and worried about coronavirus. For example, [Childline](#) provides information and ideas



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to relax, including a calm zone with helpful strategies and supports to help de-stress.

- There is also lots of useful advice about how to look after your mental health while self-isolating. Have a look at The Young Minds website for more information.

YOUNGMINDS

- [Living Life to the Full](#) also has lots of helpful information, resources and courses for young people.



[Coronavirus pandemic: Free registration and access to all course resources until June 30th!](#)