

Worry:	Positive and happy	ok	A bit uncomfortable and worried	Anxious and scared	Overwhelmed and I can't do anything	My Plan
I am going to catch it.						<ul style="list-style-type: none"> • I can talk to the adults around me and look at websites that I can trust such as: • https://www.bbc.co.uk/newsround/51887051 • I can follow the guidance from the government to help keep me safe: • https://www.gov.uk/coronavirus
People are going to die.						<ul style="list-style-type: none"> • Viruses can be dangerous like the flu or they can be quite mild like a cold. • Every year new viruses develop. Some people catch them • Some people have recovered from having coronavirus and were only a little bit ill. • Some people will have had the virus and not noticed that they had it because they had no symptoms. • Some people, often people who are already ill or are quite old, are at risk of becoming quite ill. • Every year people die from viruses and this year some people who are at risk will die.



Worry:	I feel positive and happy	I feel ok	I feel a bit uncomfortable and worried	I feel anxious and scared	I feel overwhelmed and I can't do anything	My Plan
Every thing has changed						<ul style="list-style-type: none"> • Things have changed because we all need to do things differently to make sure that I stay safe and protect myself and other people from catching this virus. • The world has changed for everyone at the moment and everyone is noticing this. Some people are coping ok and others are not. I need to talk to the people I trust about how I feel and do the things that make me feel calmer and happier. • I cannot control the virus or the changes in the world, but I can trust the government and the scientists. • I can decide what changes I can make in my world at home. I can use this time as an opportunity to learn more about things that I am interested in, get better at some things, or try completely new things for the first time.
I am at home all the time.						<ul style="list-style-type: none"> • My routine has changed. I don't go to school anymore. • I can plan my day and make myself a timetable. I can tick off the things that I need to do and make time for the things that make me happy.
It is going to be like this forever.						<ul style="list-style-type: none"> • The one thing that we absolutely know about viruses is that they do not last forever. • Scientists and doctors around the world are all working together to find ways of helping people and on finding a vaccine that will stop it from spreading.



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I can't see my friends and family.						<ul style="list-style-type: none"> • This is not forever, but I don't know how long this might go on for. • I can't see my friends and family in person but I can video message them. In fact I might end up talking to some people more now that I did before. • I can teach the people in my family who don't know that much about IT how to use this new technology.
We are going to run out of food.						<ul style="list-style-type: none"> • We have enough food in this country to last for a very long time. • People have been very worried and have been buying a little bit more food than they normally do. This means that the supermarkets have had to work a lot harder to get the food from their big warehouses to the shops. Sometimes when I go to the shops they have run out of certain things. When the shop gets a delivery they can put it out. There is plenty of food in the warehouses and it is still being made at the factories, so we will not run out completely. • I can help by being careful not to waste food. I can look up recipes online to see how I can help to make left over food into something else. This could be a new skill for me.



Worry:	I feel positive and happy	I feel ok	I feel a bit uncomfortable and worried	I feel anxious and scared	I feel overwhelmed and I can't do anything	My Plan
<p>My parents can't go to work and we will run out of money.</p>						<ul style="list-style-type: none"> • Lots of adults need to stay at home because their work has closed down for the moment and the doctors need us to stay at home. This means that some people can't go to work. • This is not forever. When this is all over people will go back to work because people will need to buy things from shops and will need people to help them do things. • The government is going to help people who can't work by giving them some money and helping with their bills.

