

Big world My world



Not in my control

In my control

Big World issue:		My World issue:	
Whose job is it?	What can I do?		
Stopping Covid-19 from spreading	The Government Doctors Scientists Drug companies	I need to help my family keep it out of my house	<ul style="list-style-type: none"> Wash my hands and Stay at home most of the time Keep 2 metres away from people I don't live with
Food shortages	Supermarkets Food Companies Farmers Lorry drivers	I need to make sure our food at home lasts	<ul style="list-style-type: none"> Don't waste food Learn how to make things using up leftovers Plan meals for the week Try different foods
Schools are closed - children aren't getting their education	Department of Education School Governors Head Teachers Teachers Parents	I need to keep up with my work at home	<ul style="list-style-type: none"> Check what work I have been given each day Plan a schedule throughout the day Make time for breaks, creative times and fitness
Knowing when it will all be over	All the world's doctors, scientists, and governments	I need to learn to feel okay about NOT knowing when it will all be over	<ul style="list-style-type: none"> Learn about the things that help me feel calm Plan these activities into my day
Making sure people follow the rules about staying at home	Government Doctors Scientists	I need to stay at home I can't do the things I usually do	<p>Use this as an opportunity to learn new activities to do at home:</p> <ul style="list-style-type: none"> ➤ Keeping fit On line fitness, football challenges, playing in my garden or walking with my family ➤ Creative – keep a diary, write a blog, create a comic, draw, build things with Lego, etc.. <p>Make a plan for what you would like to do when this is all over</p>
Old and ill people will have to self-isolate. They might be lonely and not able to get food	NHS Government Social Services Charities Community groups	I can't see my friends or some of my family any more	<ul style="list-style-type: none"> Use technology to talk to people and check in on them Set up whatsapp group Teach relatives how to use video messaging

Find more advice and resources at www.hacw.nhs.uk/sltcovid19