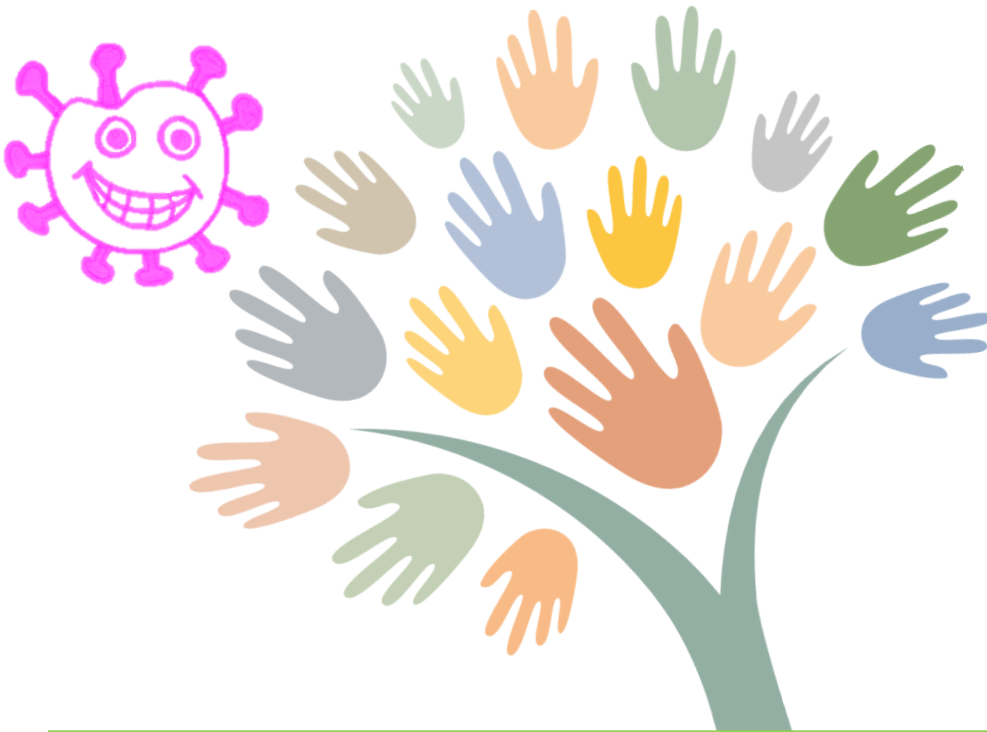


# It's ok to worry

# about

# coronavirus



A resource pack for children under 12 years old to help manage difficult feelings about coronavirus

**Please feel free to print out your  
favourite pages**

This pack was created by the Early Intervention team in Child and Adolescent Mental Health Service (CAMHS) in NHS Grampian



## Contents Page:

### Part 1: Information about coronavirus

1. Who is coronavirus?
2. Have **you** heard of coronavirus?  
How do you feel when you hear about coronavirus?
3. How others feel about coronavirus  
Adults can worry too
4. How you can help  
Remember to wash your hands with soap and water

### Part 2: When you have a worry

5. How this pack can help you  
Lots of tips to help with your feelings
6. Worry tree  
Follow the arrows when you have a worry to help you decide what to do
7. Coping Cards  
Use these coping cards to help you think of your worry less

### **Part 3: If you need to relax**

8. 7 minute animal workout  
Pretend to be different animals
9. Whole body relaxation  
Start at your head and work your way down your body
10. Whole body relaxation continued  
Keep squeezing those muscles
11. 5 Senses  
See if you can use all your 5 senses
12. Take 5 deep breathing  
Deep breathing can help when you feel worried

### **Part 4: If you can't sleep**

13. Tips for a good night's sleep  
A good night's sleep makes things feel better

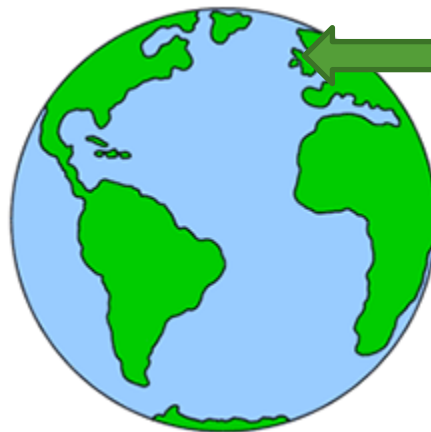
Hello, my name is **coronavirus!**



Some people  
call me by my  
nickname  
**COVID-19**

I am a virus. My cousins are the  
common cold and flu.

I have travelled all over the world.



**You are here!**

## Have you heard about me?

Yes

No

How do **you** feel when you hear my name?



**Relaxed**



**Worried**



**Confused**



**Sad**

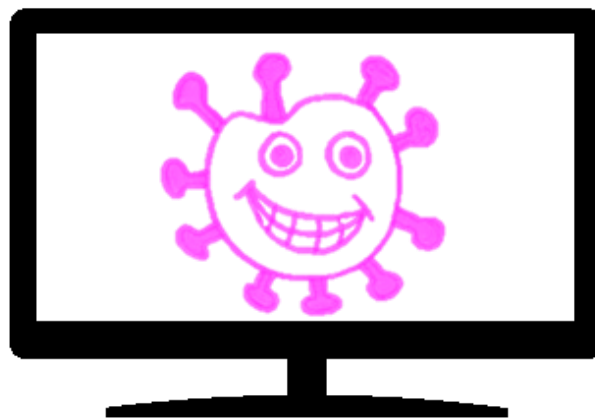


**Curious**

I can understand you feel like this...

**I would feel the same!**

Sometimes adults get worried when they see me on the TV or when they read the news



## How this pack can help you...

This pack has been put together to help you to manage any feelings you may have about coronavirus.



You may be feeling worried or anxious, scared, sad, or a mixture of many feelings! (You may feel happy you have some time off school!)

When we feel this way, sometimes it can be hard to sleep, or know what to do to help us feel better. This pack gives you some ideas for you to try when you feel this way.



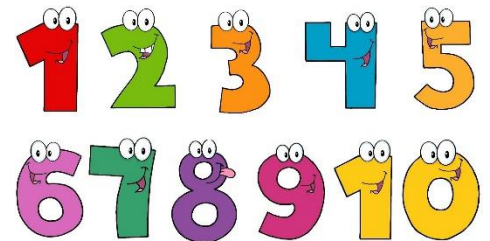
## You can help by....

Washing your hands with soap and water

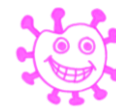


**Sing your favourite song for 20 seconds!**

Use hand sanitizer and let it dry for 10 seconds

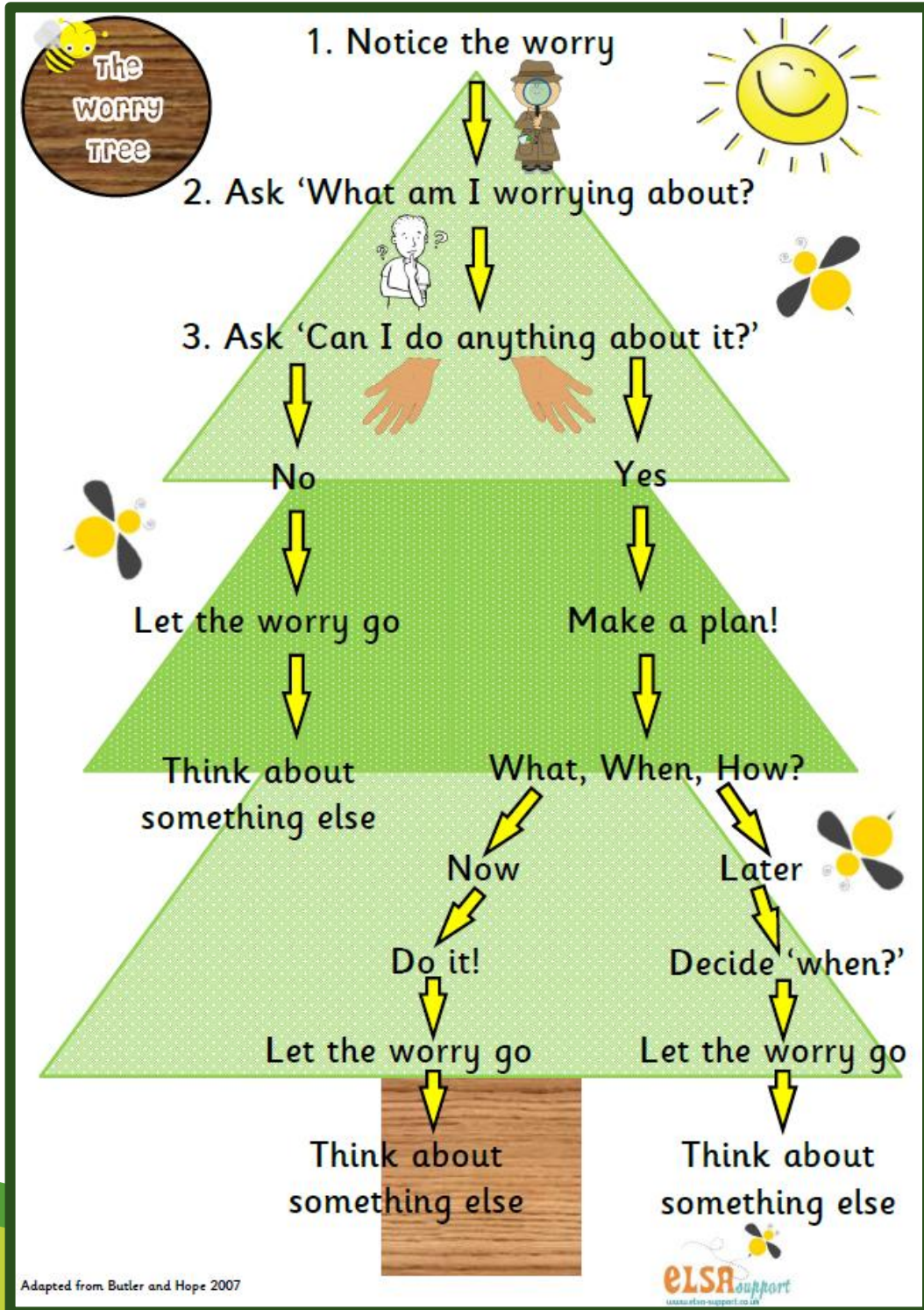


**Try not to touch your face with your hands**



# Worry Tree

When you have a worry, follow this "Worry Tree" to help you decide what to do



# Coping Cards

Cut these out and have them somewhere close by!

## Draw your worry

Draw a picture of what you are worrying about. Here are some ideas:

- What you look like when you are worried and when you are relaxed
- What you can do to stop worrying



## Favourite Place

Think of a place where you feel calm and happy. It might be the beach, your bedroom or anywhere else! Imagine what this places looks and sounds like. Imagine how good you feel when you are there



## Talk about it

Talking about your feelings is one of the best ways to help you manage how you are feeling. Tell a parent, friend, teacher or anyone you trust.

I feel worried when.....

## Listen to music

Enjoying your favourite music can take your mind off what's worrying you. Try [feelsfm.co.uk](http://feelsfm.co.uk) and listen to music that matches your mood. Focus your attention on the words, voices or instruments in the song.



## Get moving!

Try exercising in any way you like! Dance around your room, run up and down the stairs... the list is endless!



You can join these sessions at 9am Monday- Friday on his YouTube channel 'The Body Coach TV' at:

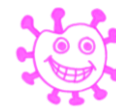
<https://www.youtube.com/user/thebodycoach1/featured>

## Practice a hobby

Remember that guitar you made your parents buy? Why not try playing it again! Or do some painting, practice a new skills, play a game or anything else you really enjoy!







## 7 minute animal workout

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



### FROG JUMPS

Hop, hop, back and forth like a frog



### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



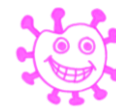
### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



### ELEPHANT STOMPS

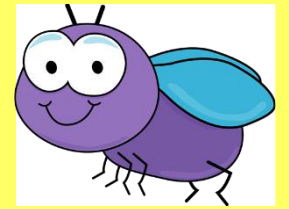
March in place lifting your knees as high as you can and stomping the ground as hard as you can!



# Whole body relaxation

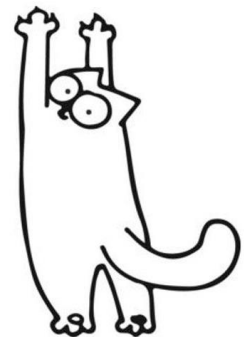
Try each of these more than once!

Here comes a pesky old fly! He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose! Scrunch your nose up real hard. You've chased him away! Now you can relax your nose. Oops, he's back!



Now pretend you are a turtle. You're sitting on a rock by a nice, peaceful pond, just relaxing in the sun. It feels nice and warm. Oh no, you sense danger! Pull your head into your house. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold in tight! The danger is past now, you can come out into the warm sunshine and relax!

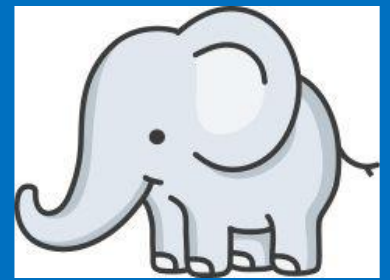
Pretend you are a furry, lazy cat. You want to streeeeeetttcccchhh. Stretch your arms out in front of you. Raise them high over your head. Way back. Feel the pull in your shoulders. Stretch higher. Now just let your arms drop back to your side.



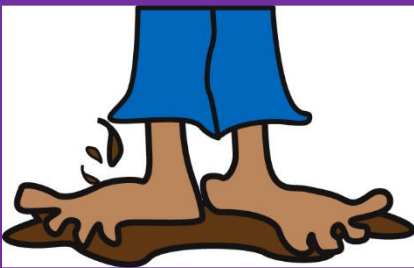


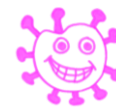
Pretend you are squeezing a whole lemon in your hand. Squeeze it hard! Try to squeeze all the juice out. Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed? Try with the other hand now

Here comes a cute baby elephant! But he's not watching where he is going! He doesn't see you lying there in the grass and he's about to step on your stomach! Don't move, get ready for him. Make your stomach very hard. Tighten up your stomach muscles real hard. Hold it! Oh phew, he's going the other way! Let your stomach go soft. Oops, he's coming this way again!



Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep into the mud. Try to get your feet down to the bottom of the mud puddle. Push down, spread your toes apart and feel the mud squish up between your toes. Now step out of the mud puddle. Let your toes go loose and feel how nice that is!





# 5 Senses

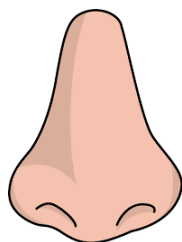
Look around the room and find....

5 things you can see



4 things you can hear

3 things that would feel nice  
to touch



2 things you can smell

1 thing you can taste



# Take 5 Deep Breathing



1. Stretch your hand out like a star.
  2. Get the pointer finger of your other hand ready to trace your fingers up and down.
  3. Slide up each finger slowly ~ slide down the other side.
  4. Breathe in through your nose ~ out through your mouth.
  5. Put it together and breathe in as you slide up and breathe out as you slide down.
- Keep going until you have finished tracing your hand.



# Tips for a good night's sleep



Although it can be tempting to stay up late and have a lie-in when there's no school, stick to your usual bed time and wake-up time



Try to use your bed only for sleeping. If you sit on it for playing on tablets, Xbox, Playstation etc, get a chair to use instead



Make sure you exercise during the day! Why not try the 7 minute animal exercise on page 8?



Try not to use tablets/phone/TVs/games consoles an hour before bed. Do a relaxing activity instead – like reading a book, or try out the whole body relaxation on page 9



If you can't sleep, try whole body relaxation on page 8 or 'Take 5' deep breathing on page 12. Cuddling up with a teddy or blanket can also help!



Try avoid sweets, chocolate, fizzy drinks in the evening



If you feel your worries are getting bigger, you or your parent can contact:

Samaritans: 116 123  
[www.samaritans.org](http://www.samaritans.org)

Breathing Space: 0800 83 85 87  
<https://breathingspace.scot/>

NHS 24: 111  
<https://www.nhs24.scot/>

Your local GP



Early  
Intervention



NHS  
Grampian