

Talking to Children and Young People About Coronavirus

It can be very difficult to decide how best to talk to our children and young people about coronavirus. It can be hard to strike a balance between not telling them enough and telling them too much, both can leave them feeling scared, anxious, and vulnerable. We know that almost every part of our, and our children and young people's lives has been changed in a completely unprecedented way. Many are now not attending school, cut off from friends and family and many of their support networks. Many events are cancelled, and opportunities lost. Some of these will be possible to recover later but others cannot. We, our children, and young people are experiencing a sense of loss and it is important to give ourselves and them time to talk about these and to grieve them.

Many of our young people are having a difficult time accepting the social distancing guidelines. It is developmentally normal for teenagers to feel like nothing can harm them, so they need support to know how to respond. They can still carry the infection and can spread it to others, so we need to ensure they know why it is important and support them to protect themselves and others.

We have put together the following list of resources which are available online to help talk to our children and young people about Covid-19 and to try and help support some of their emotions around what is happening in their lives as a result.

Explaining Coronavirus:

We need to talk to our children about what is happening, answer any questions they have and address any worries they have. The links below will help you to do this in a child friendly way:

0-3 years:

[0-3 Coronavirus Resources](#)

[Coronavirus Storybook](#)

Primary School Age:

[Carol Gray Coronavirus Social Story](#)

[Coronavirus - A Book For Children by Elizabeth Jenner, Kate Wilson & Nia Roberts, Illustrated by Axel Scheffler](#)

[ELSA – Children's Coronavirus Story](#)

[Simple Coronavirus Social Story for Younger Children](#)

All Ages:

[Unicef – How to Talk to Your Child About Coronavirus](#)

Helping Children and Young People Manage Their Emotions Around Coronavirus:

- Person activity – Fill your outline with your current emotions. How do they feel? Where are they? The attached feelings posters may help with ideas for feelings vocabulary.



- Create a worry or question box where children can post things that they would like to talk about. Or create a worry monster – link [here](#)
- Positivity journal/diary – Make a diary of some of the things you are enjoying each day e.g. today I enjoyed going for a walk in the woods, playing a game with my family etc.
- Make a 'Things to look forward to' jar or box – Post things in the jar that you miss and are going to do when you can as something to look forward to.
- Create a family routine that includes some time exercising outside if you can.

Here are some links to websites that you may find helpful:

[Unicef -Helping Teen's Protect their Mental Health During Coronavirus](#)

[Coronavirus Anxiety Resources](#)

[Young Minds -Supporting Your Child During Coronavirus](#)

[NHS Anxiety Tips](#)

[NSPCC Children's Mental Health Advice](#)

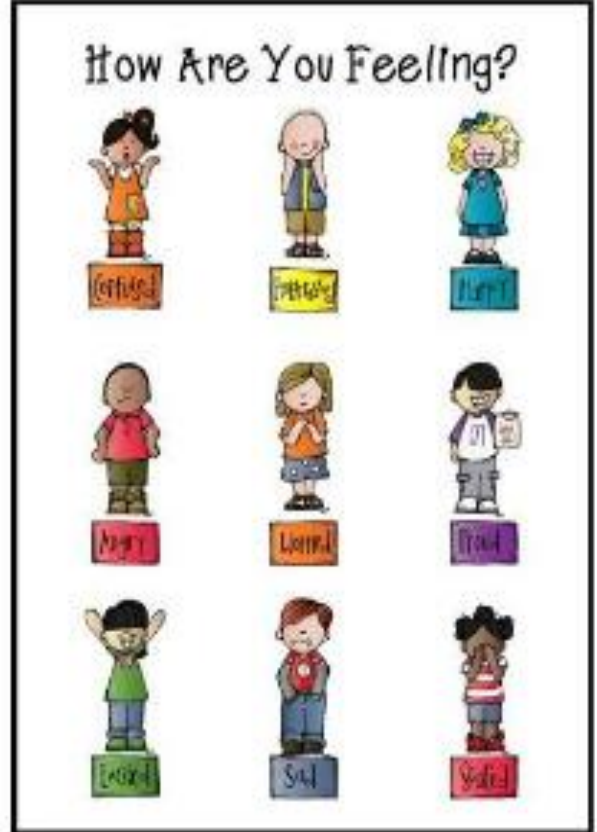
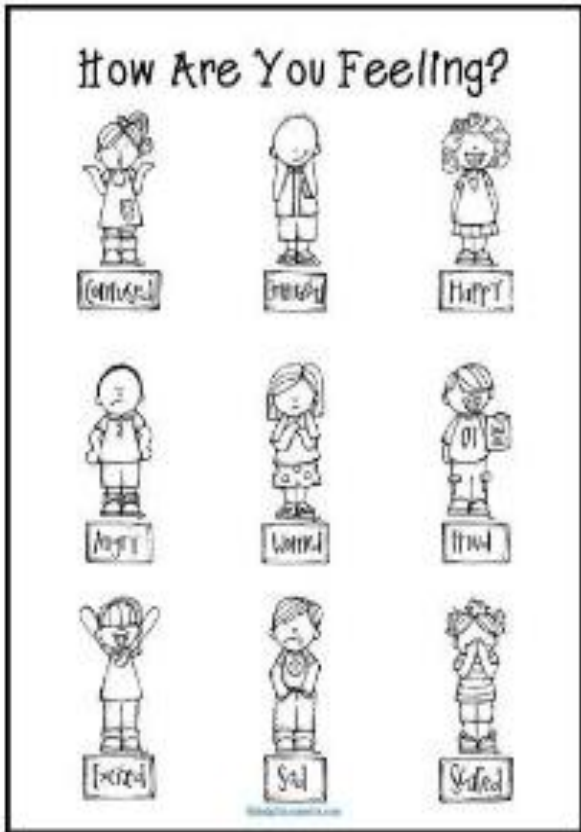
[Anna Freud Resources](#)

Mindfulness

Mindfulness involves maintaining a moment by moment awareness of our thoughts and feelings, body sensations and external environment. It helps us to tune in to what we are sensing at that moment rather than reliving the past or worrying about the future. Research has found mindfulness to be effective in reducing anxiety and depression. Below are some links to mindfulness type activities that can be found online.

- [Mindfulness support from Mind](#)
- [Smiling Mind Mindfulness Resources](#)
- [Kids relaxation techniques](#) – Guided Imagery
- <https://www.cosmickids.com/>
- [Positive Psychology – Mindfulness for Children](#)
- [Puppy Mind by Andrew Jordan Nance](#)
- [Mindfulness Colouring](#)
- [Mindfulness Rainbow Walk](#)
- [Star Breathing](#)
- [Headspace app](#)

Feelings Posters



List of Feelings

| | | | | | | | | | | |
|--------------|--------------|--------------|-----------------------|---------------------|----------------------|------------------|----------------|--------------------|-----------------|----------------|
| | | | | | | | | | | |
| Happy | Sad | Angry | Other feelings | HAPPY | SAD | MAD | BRAVE | EMBARRASSED | FRIENDLY | SORRY |
| Calm | Ashamed | Annoyed | Afraid | | | | | | | |
| Cheerful | Awful | Bugged | Anxious | | | | | | | |
| Confident | Disappointed | Destructive | Ashamed | | | | | | | |
| Content | Discouraged | Disgusted | Bored | DISAPPOINTED | FRUSTRATED | SILLY | HOPEFUL | LEFT OUT | EXCITED | JEALOUS |
| Delighted | Gloomy | Frustrated | Confused | | | | | | | |
| Excited | Hurt | Fuming | Curious | | | | | | | |
| Glad | Lonely | Furious | Embarrassed | CURIOUS | CRANKY | SENSITIVE | PROUD | INSECURE | GRATEFUL | LOVED |
| Loved | Miserable | Grumpy | Jealous | | | | | | | |
| Proud | Sorry | Irritated | Moody | | | | | | | |
| Relaxed | Unhappy | Mad | Responsible | GUILTY | UNCOMFORTABLE | SHY | HURT | SURPRISED | SCARED | KIND |
| Satisfied | Unloved | Mean | Scared | | | | | | | |
| Silly | Withdrawn | Violent | Shy | | | | | | | |
| Terrific | | | Uncomfortable | | | | | | | |
| Thankful | | | Worried | | | | | | | |

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