



OUR STORIES

OUR WORTH

OUR PURPOSE

How to help children

Children worry, but they worry more if they see you worried.

DEAL WITH YOUR OWN WORRIES FIRST - like on a plane, we are always instructed to put our own oxygen masks on first.

TALK TO YOUR CHILD about coronavirus. Do it in a reassuring way. Explain that sometimes we have to do things differently even if we don't like it, so that things will be okay afterwards. It's temporary, like the period of transition to a new school and country.

At first we may feel sad and worried but then it's okay.

Now we have to do things that we are not used to doing so that we'll be okay and our life will return to normal again.

MOOD JOURNAL for your child. You can help your child to create a mood journal.

Draw and cut out emoji type faces – the mouth line represents a different feeling. I had these faces on my door and children would often point how they felt before and after the session, whether that be happy, calm, sad or angry.

Every day the child will choose which one goes on that day's page in the journal. There could be two or three there. Then a child will write down (or draw a picture) explaining why he/she chose that face.

This could be shared with a parent at the end of the day and discussed. This will help the child process, balance and express his/her feelings.

KEEP IN TOUCH WITH FRIENDS online (games, puzzles, sharing films, videos) within a set time.

CREATE A CALMING RITUAL

When you feel anxious:

- have a hot drink,-
- Listen to music
- Do something creative- draw, write, etc
- Read, watch a film/sit-com
- Exercise, yoga, mindfulness

For young children: hold a **SOFT TOY**. An old teddy bear, lonely and forgotten can become a friend again. They could have a calming name (a child can choose) and the whole family can share the toy when talking about feelings, about the day, etc. Like a 'pass-the-parcel' game.