

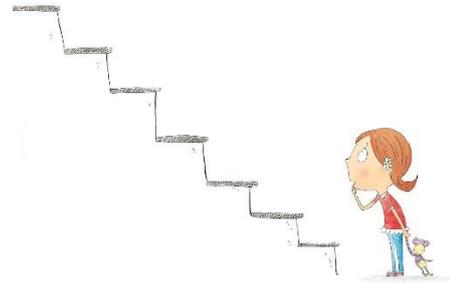
# Coping with Coronavirus

## For Children

Are you worried about the coronavirus?

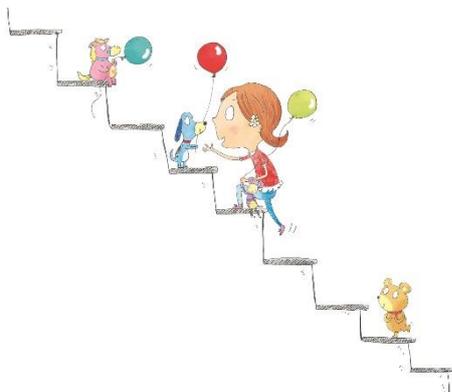
That's ok!

It can be scary when things change.



## Some tips that might help you

- Remember that your mum, dad or carer are there to keep you safe.
- Talk to them when you are feeling worried.
- If you don't feel like you can talk about it, you could draw a picture or write it down.
- Your Gateway therapist is here to help you too! You could ask your mum and dad to talk to them about your worries. Or you could talk to your therapist on video to tell them yourself.
- Keep busy while you are at home on your 'staycation.' It will help you feel better!



- Do all the school work and lessons you can
- Play with your favourite toys and games
- Help your mum, dad or carer with chores around the house
- Read lots of books
- Watch your favourite TV shows and films
- Play in the garden when the weather is sunny (or splash in the puddles when it is not!)
- Video call your friends or relatives
- Go out for a walk with your mum, dad or carer
- Write cards to send to your friends, teachers or relatives (or you could draw them a picture!)
- ...there are lots of things you can do to keep busy! Your mum, dad or carer will plan lots of fun activities too.

## Tips for helping you feel better

If you start to feel worried or sad, talk to your mum, dad or carer straightaway. They will help you feel better. You could also try these things:

- Take a big, deep breath. Count to 5 on your fingers and blow out (pretend you are a big whale blowing air out of your blowhole!)
- Find an activity that makes you feel calm
  - Draw a picture
  - Colour in
  - Read a book
  - Listen to music
  - Cuddle with your mum, dad, carer or sibling
  - Snuggle up with your favourite toy
  - Play with your toys
  - Run around outside
  - Do some starjumps
  - Sing a loud song
  - Write in a journal
  - ...try them all to find what works for you!
- You could write down your feelings to remember what to tell your therapist in your next appointment (or give to your mum, dad or carer to talk about).
- If you miss your friends, ask your mum, dad or carer to help you set up a video chat. You could even have a virtual playdate together!



## Your appointments at Gateway

Your appointments at Gateway will be a little bit different too! Like you, we are staying at home for now.

That doesn't mean we are not here to help you! We will still see your parents or carers, and we might even see you too (over the computer or phone). It might seem a bit strange at first, but we think we will all get used to it soon.

**Enjoy your staycation!**