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HOW KIDS CAN COPE AT HOME

**SCHOOLS WILL
CLOSE
DUE TO
CORONAVIRUS**

CHILDREN MUST REMAIN
AT HOME.



PEOPLE WILL FEEL DIFFERENTLY ABOUT HAVING TO STAY AT HOME BUT ANY SITUATION THAT GOES ON FOR A LONG TIME CAN BE CHALLENGING. EVEN IF YOU FEEL HAPPY AT THE IDEA OF NO SCHOOL, BE PREPARED FOR YOUR FEELINGS TO CHANGE.

HERE ARE SOME WAYS YOU MIGHT FEEL AS TIME GOES ON:

UPSET



'I WAS LOOKING FORWARD TO THE SCHOOL TRIP.'
ABBIE

'MY BIRTHDAY PARTY MIGHT NOT HAPPEN NOW.'
ROAN

LONELY



'BEING WITH MY FRIENDS IS FUN. DOING THINGS ON MY OWN ISN'T AS GOOD.'
ADAM

'I MISS MAKING PLANS AND MESSING ABOUT WITH MY FRIENDS.'
AMY

BORED



'THERE'S NOWHERE TO GO AND NOTHING TO DO.'
LUCAS

'EVERY DAY IS THE SAME, I'M SICK OF IT.'
TILDA

FRUSTRATED



'I'M USED TO BEING BUSY. WHEN EVERYTHING SUDDENLY STOPPED, I GOT CONFUSED AND ANGRY.'
FIONN

WORRIED



'I'M SCARED ABOUT ME OR MY FAMILY CATCHING THE VIRUS.'
EDIE

'I'M WORRIED ABOUT THE FUTURE, WHAT WILL HAPPEN WITH EXAMS AND CLUBS?'
ROSIE

'IF THIS GOES ON A LONG TIME, I'LL BE MOVING INTO MRS WILSON'S CLASS. I'M NOT READY TO SAY GOODBYE TO MRS BARR.'
BETH

'I SHOUT MORE AND MY BODY FEELS TENSE.'
MEALLA

SOME IDEAS

TELL ADULTS AT HOME WHETHER YOU PREFER TO HEAR NEWS ABOUT CORONAVIRUS OR IF IT MAKES YOU WORRY MORE.



YOU MIGHT ENJOY MAKING NOISE BUT MANY ADULTS LIKE PEACE AND QUIET. TRY ARRANGING NOISY TIMES AND QUIET TIMES IN THE DAY TO KEEP EVERYONE HAPPY.



- IT'S GOOD TO TALK TO FRIENDS. YOU COULD SCHEDULE REGULAR PHONE CHATS TO LOOK FORWARD TO.
- DON'T SPEND TOO MUCH TIME ON THE PHONE OR YOU'LL RUN OUT OF STUFF TO TALK ABOUT.
- IF YOU HAVE YOUR OWN PHONE, MAYBE CHOOSE A FRIEND TO CHAT TO ABOUT YOUR FEELINGS RATHER THAN USING GROUP-CHAT; SOME RESPONSES MIGHT NOT BE HELPFUL.
- IT'S GOOD TO HAVE A LAUGH WITH FRIENDS BUT AVOID JOKING ABOUT CORONAVIRUS; IF PEOPLE ARE WORRIED, THEY MIGHT NOT FIND THOSE JOKES FUNNY.
- SET SCREEN-TIME LIMITS AND MAKE TIME FOR OTHER THINGS.

HELPFUL TIPS:

UPSET? TRY: 
BORED? TRY: 
WORRIED? TRY: 

LONELY? TRY: 
FRUSTRATED? TRY: 

EXERCISE AND MOVEMENT

BEING LESS ACTIVE THAN USUAL CAN MAKE YOUR BODY TENSE, TIRED OR WEAK.

'I'LL DO A YOUTUBE YOGA TUTORIAL EVERY DAY.' **ORLAITH**

'I'M GOING TO SKIP IN THE GARDEN EVERY DAY.' **BAILEY**

FRESH AIR

FRESH AIR CAN LIFT YOUR MOOD AND HELP YOU FEEL ENERGISED.

'I'LL HAVE A SNACK OR MEAL IN THE GARDEN EACH DAY.' **ALFIE**

'EACH MORNING I'LL OPEN THE WINDOW AND WATCH THE BIRDS.' **ROSA**

STRUCTURE AND ROUTINE

THIS WILL HELP YOU DIVIDE YOUR TIME BETWEEN CHORES AND FUN.

'I'LL MAKE SURE WEEK DAYS HAVE A DIFFERENT ROUTINE TO WEEKENDS.' **JUDE**

'PLANNING SHORT BURSTS OF ACTIVITY WILL HELP ME STAY FOCUSED.' **ELLA**

CREATING, ACHIEVING, PRODUCING: PROJECTS, LEARNING NEW THINGS ETC

IT'S IMPORTANT TO FIND MEANING AND PURPOSE IN UNUSUAL CIRCUMSTANCES.

'I'LL USE ONLINE TUTORIALS TO LEARN TO PLAY UKULELE.' **HARRY**

'MY DAD WILL TEACH ME TO MAKE CURRY FROM SCRATCH.' **TARIQ**

CHATTING TO FRIENDS AND FAMILY ON THE PHONE/COMPUTER

KEEPING IN TOUCH WITH PEOPLE YOU CARE ABOUT WILL HELP EASE LONELINESS AND BOREDOM.

'I'LL PHONE A FRIEND AFTER DINNER EACH EVENING.' **CALEB**

'I CAN VIDEO-CALL MY GRANDPARENTS.' **HOLLY**

THINGS TO LOOK FORWARD TO IN THE FUTURE

SETTING SHORT AND LONG-TERM GOALS WILL GIVE YOU A FOCUS AND HELP YOU REMEMBER THIS TIME WILL PASS.

'LEARNING TO MANAGE MY TIME BETTER NOW WILL HELP ME IN SCHOOL NEXT YEAR.' **JESSICA**

'I'LL GIVE MYSELF A REWARD IF I CAN MAKE IT THROUGH TODAY WITHOUT LOSING MY TEMPER.' **LOUIS**

REMEMBER WHAT MATTERS AND WHAT SOOTHES YOU.

FOCUSING ON THINGS YOU CARE ABOUT WILL HELP GIVE YOU COURAGE, STRENGTH AND COMFORT.

'KNOWING THAT I'M LOVED AND CARED FOR HELPS ME FEEL SAFE.' **AMIRA**

'PRAYING MAKES ME FEEL CALM.' **OLIE**

REMEMBER: C.I.C. 'CONFIDENT I'LL COPE'

1. I'VE GOT THROUGH STRESSFUL STUFF IN THE PAST.
2. PEOPLE AROUND ME ARE COPING WITH THIS TOO - I'M NOT ON MY OWN.
3. WORKING ON SOME OF THE TIPS ABOVE WILL HELP MY COPING GET STRONGER.