

Wellbeing ideas...

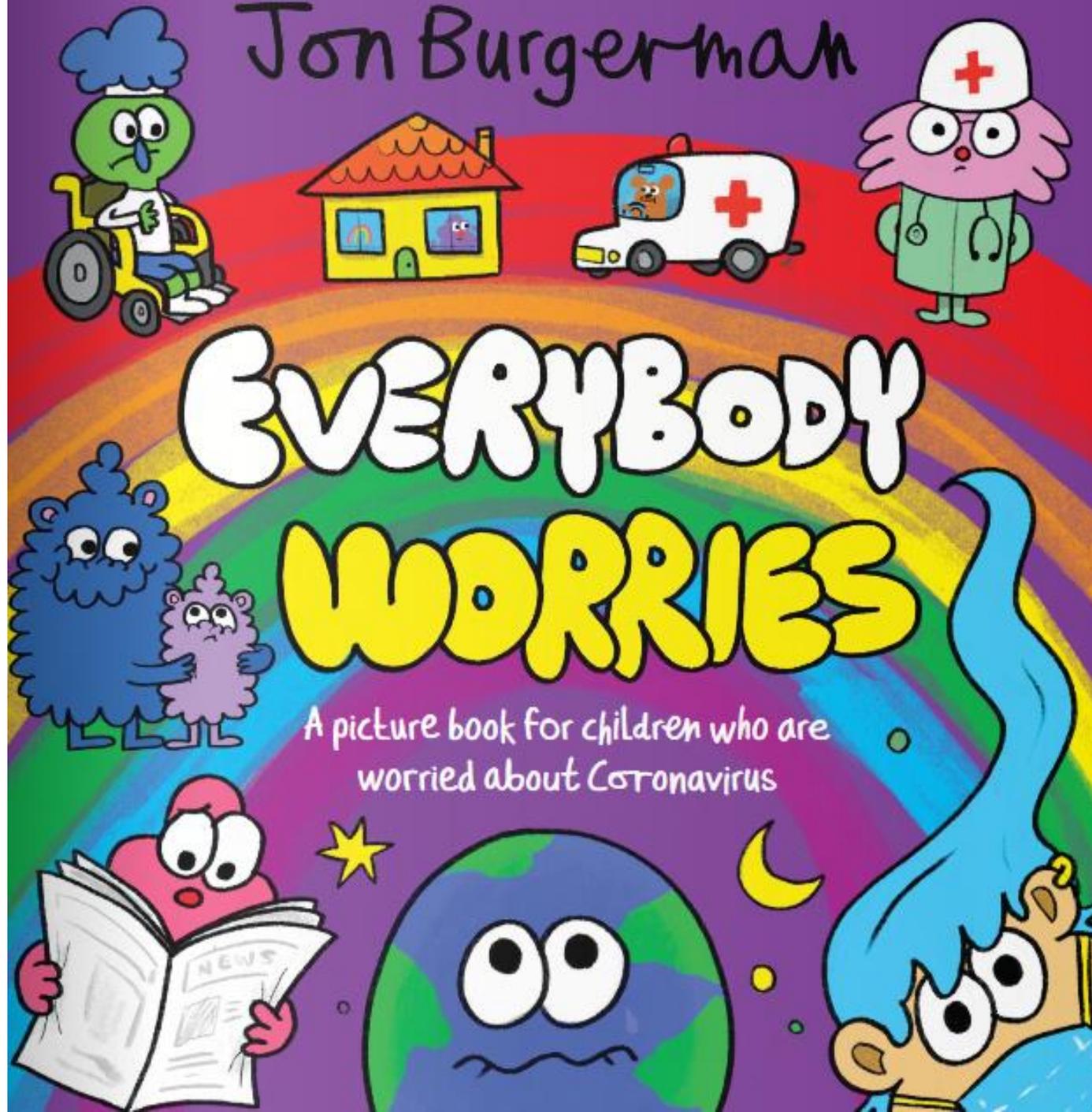
- Read the eBook 'Everybody worries' together and talk about your feelings.
- Draw and write about your feelings or anything that's worrying you. This will help you making you feel less anxious.
- Do something creative, this can help you to feel calmer and distract you from problems.
- Write 1 or 2 words about how you're feeling in a journal or worry jar everyday.
- Draw a heart or a star for yourself and write 3 kind words or messages to yourself. Remind yourself that no matter how difficult things feel, you are not alone - someone in your street is likely to be feeling similar emotions to you right now.
- Draw a heart or a star for someone else who is feeling like you do and write 3 kind words for them too. You can do this for as many people you like.
- Write a list of your values and things that matter to you, like feeling calm, being kind or taking care of your pet.
- Imagine 3 months from now. Draw or write what could look different, what challenges you will have faced and what positive changes you want to make.
- Draw or write the positive qualities they notice about you, especially the ones that you find hard to see yourself. Include things like being kind, patient and fun.
- Play wellbeing games at <https://www.childline.org.uk/toolbox/games>
- Talk about your rights to play-Article 31. Set time aside to play together.



If you are stuck indoors due to the coronavirus crisis, try to connect to nature indoors through play with these lovely ideas from the 'Outdoor Classroom Day' community!

- Write about or draw the nature you can see outside your window.
- Create a nature den - add plants, use nature colours and play nature sounds.
- Spot animals out of your window and imitate them.
- Share your favourite memories of playing in nature.
- Play a nature-based game of 'I spy' out of your window.
- Make a pinwheel, open the window and find out how windy it is.
- Open your window and listen to the sounds of nature.
- Spot clouds and keep a journal of all the things you see in them.
- Make a nature scrapbook - things you can hear, see, feel.
- Sing nature songs out of the window or on the balcony.

Jon Burgerman



EVERYBODY WORRIES

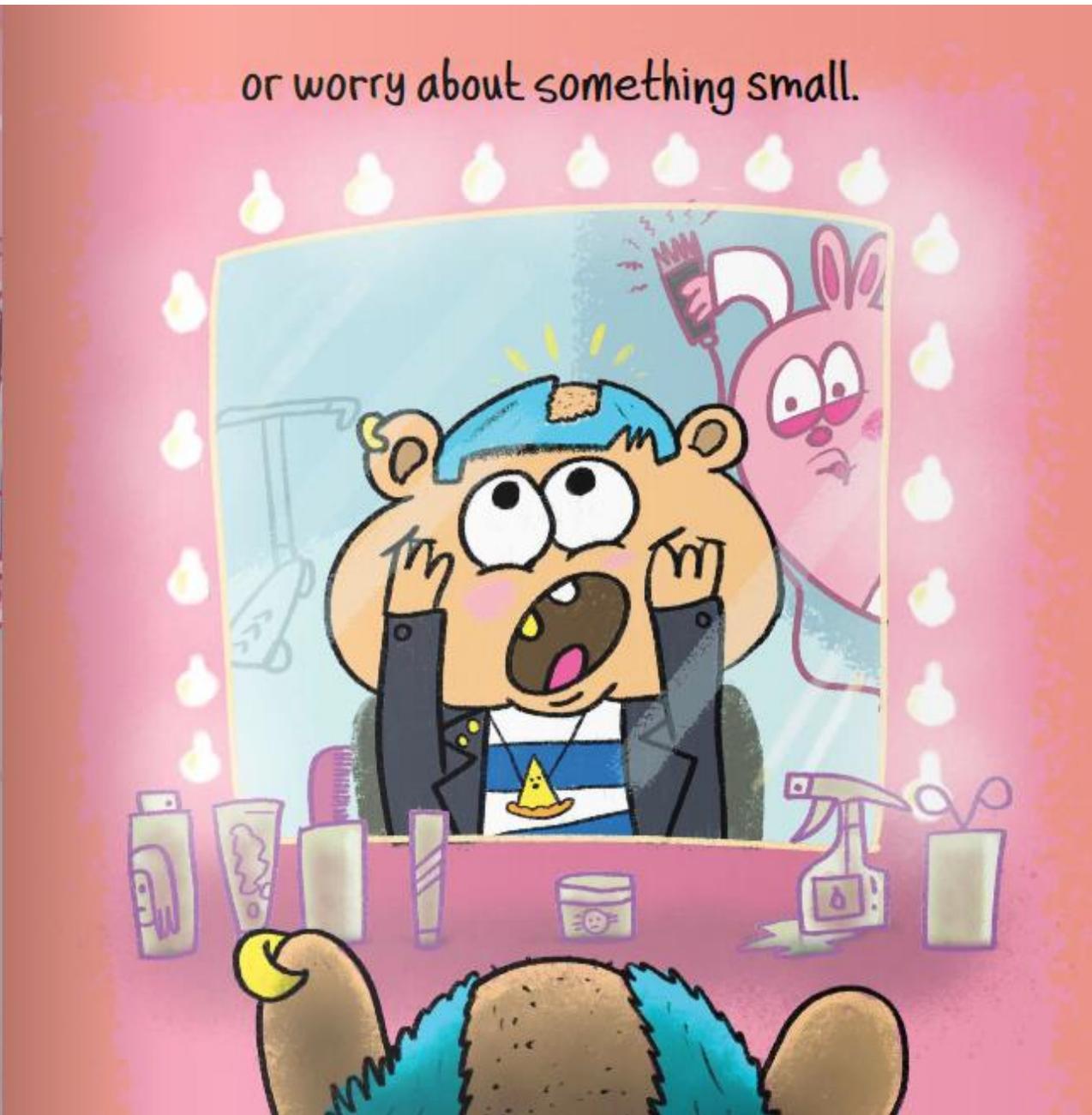
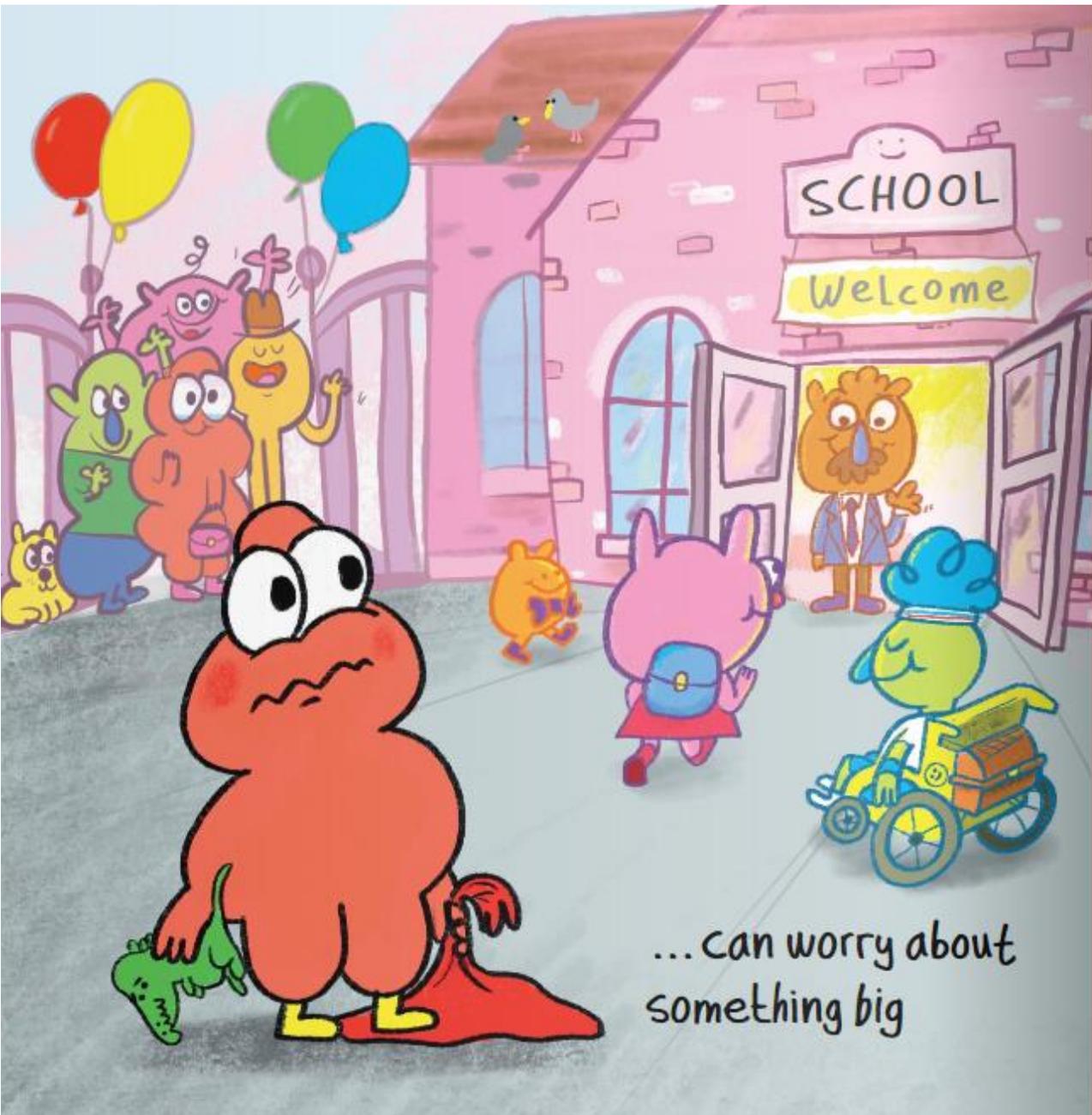
A picture book for children who are
worried about Coronavirus

Even the bravest of the brave



and the coolest of the cool...





Even the toughest
of the tough



and the smartest of the smart...



... can be worried by noises
they hear in the dark.

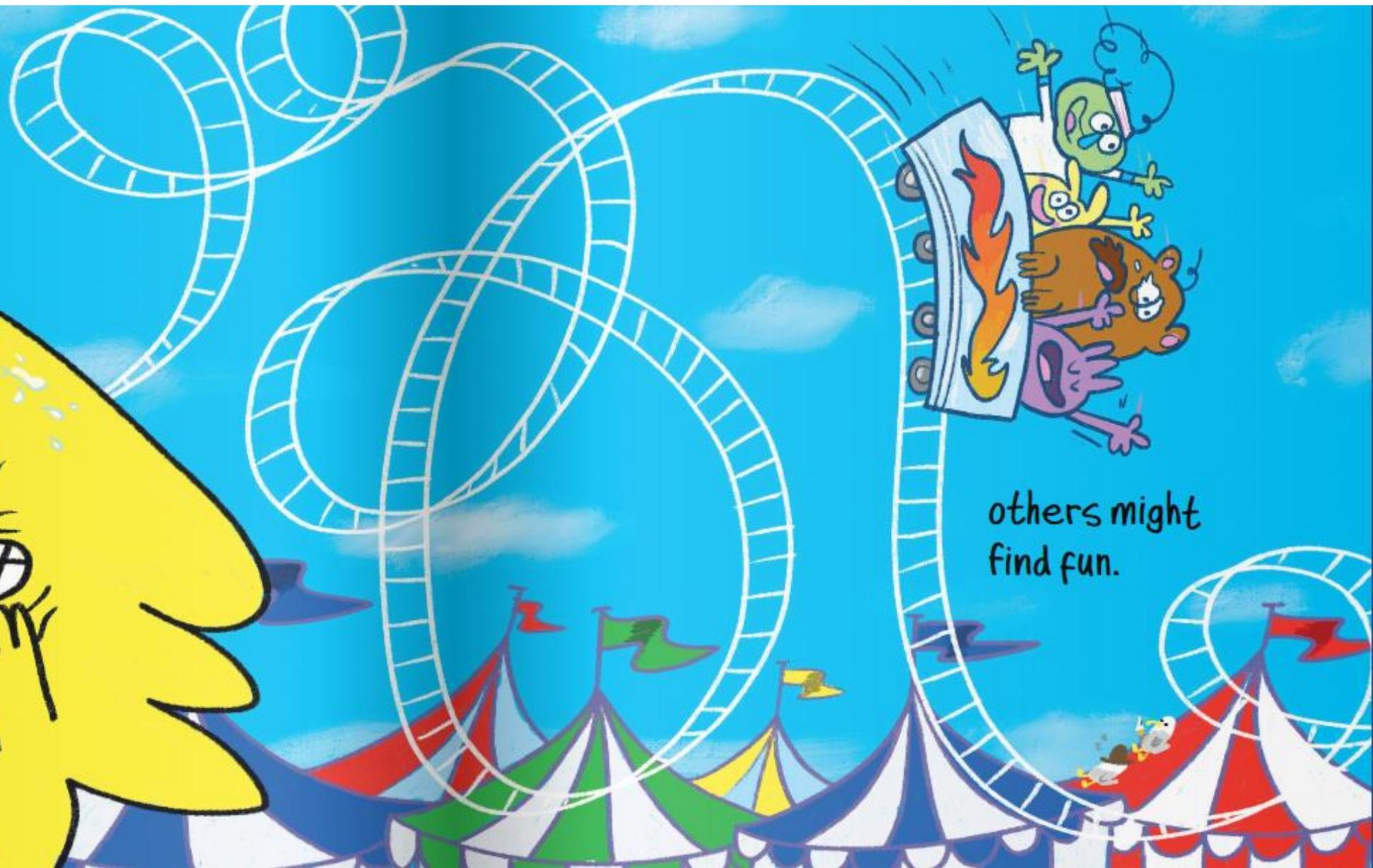


CREEEAAK
SQUEEEAK

It's only me!



What you find
worrying



others might
find fun.

Worries aren't always the same



for everyone.



But sometimes an event turns
the world upside down



and everybody worries and wears a long frown.



Worrying is normal when so much has changed.



It's okay to worry when things don't stay the same.

Your head might ache and your heart beat quickly,
as worries rise like a wave...



...and make you feel sickly.



So let's talk to each other,
we might all feel the same.



Let's draw our
worries and give
them a name.



Let's take three
breaths, slow
and deep.



Let's exercise,
eat well and get
enough sleep.



Let's speak to our family
and friends on the phone.

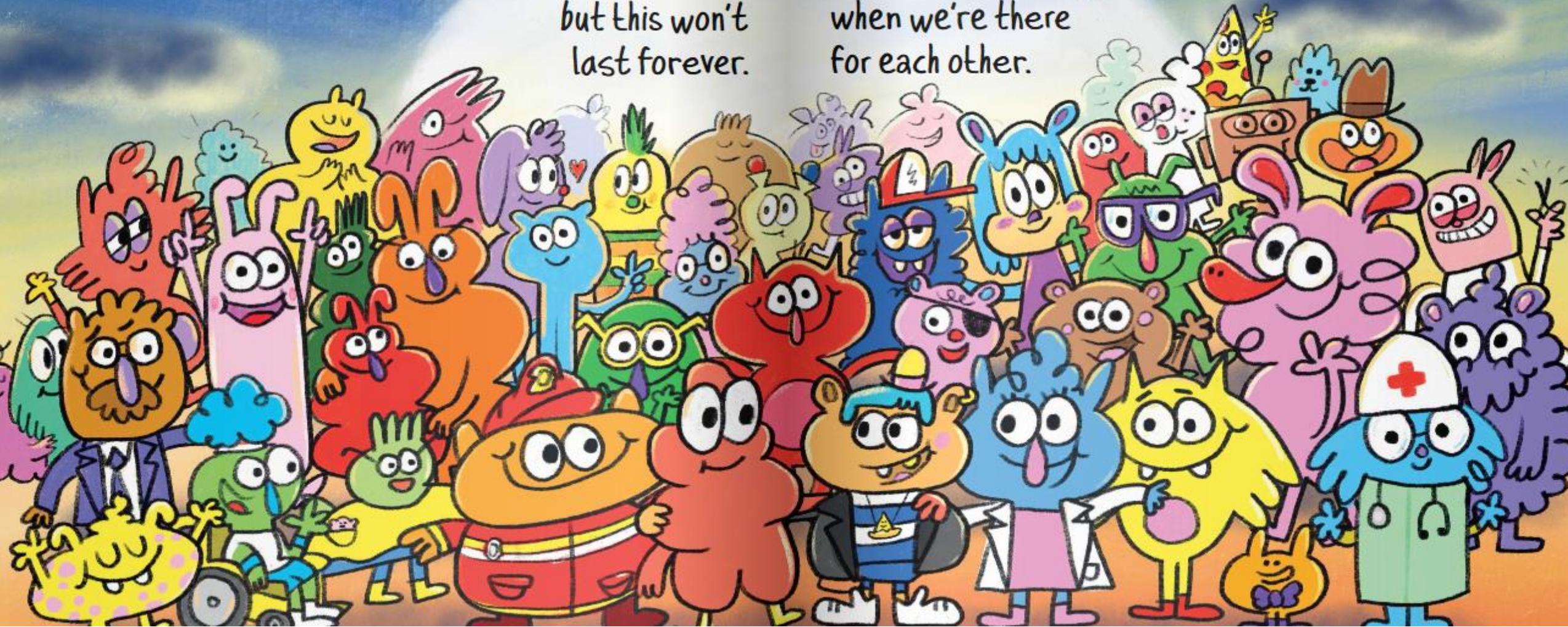


Let's paint beautiful rainbows,
to show we're not alone.



It's okay
to be worried,
but this won't
last forever.

We can
overcome anything,
when we're there
for each other.





If your child feels worried or anxious, here are some links to places that can help:

YOUNG MINDS

A charity offering advice on how to support your child's mental health:

<https://youngminds.org.uk/find-help/for-parents/>

NHS

Advice on managing anxiety in children:

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

BRITISH PSYCHOLOGICAL SOCIETY

Advice on talking to children about illness:

<https://www.bps.org.uk/news-and-policy/advice-talking-children-about-illness>

CONTACT

Coronavirus information for parents of disabled children:

<https://www.contact.org.uk/advice-and-support/covid-19/>

THE NATIONAL AUTISTIC SOCIETY

Coronavirus resources for autistic people and families:

<https://www.autism.org.uk/services/helplines/coronavirus/resources>

THE SAMARITANS

Free 24-hour support helpline:

Telephone: 116 123

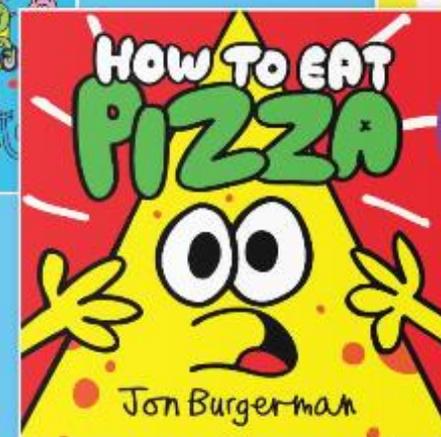
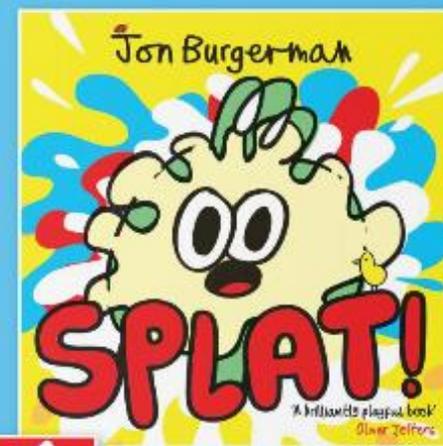
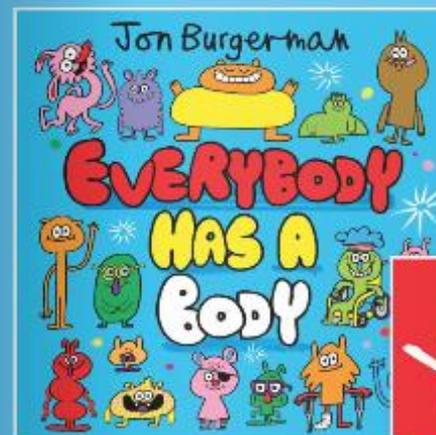
<https://www.samaritans.org/>

UNICEF

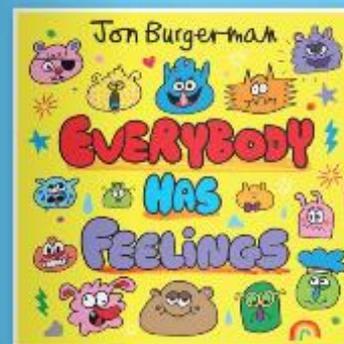
What you need to know about the virus to protect you and your family:

<https://www.unicef.org/coronavirus/covid-19>

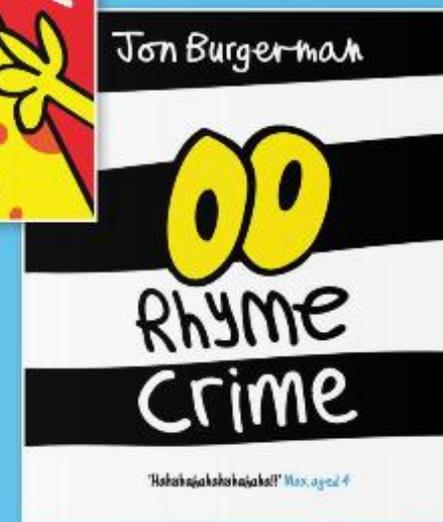
More books by Jon Burgerman
for EVERYBODY to enjoy!

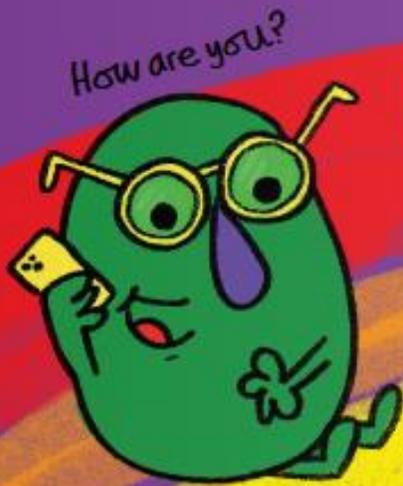


OUT
NOW



OUT IN
FEB 2021





It's OK to worry about Coronavirus.

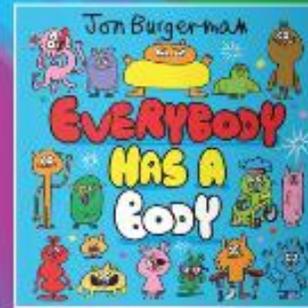
This book offers support to children who are feeling worried by Coronavirus and the sudden changes it's brought to their lives.



It reassures children that this will pass, we are there for them, and we will get through this together.



Also in the series



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