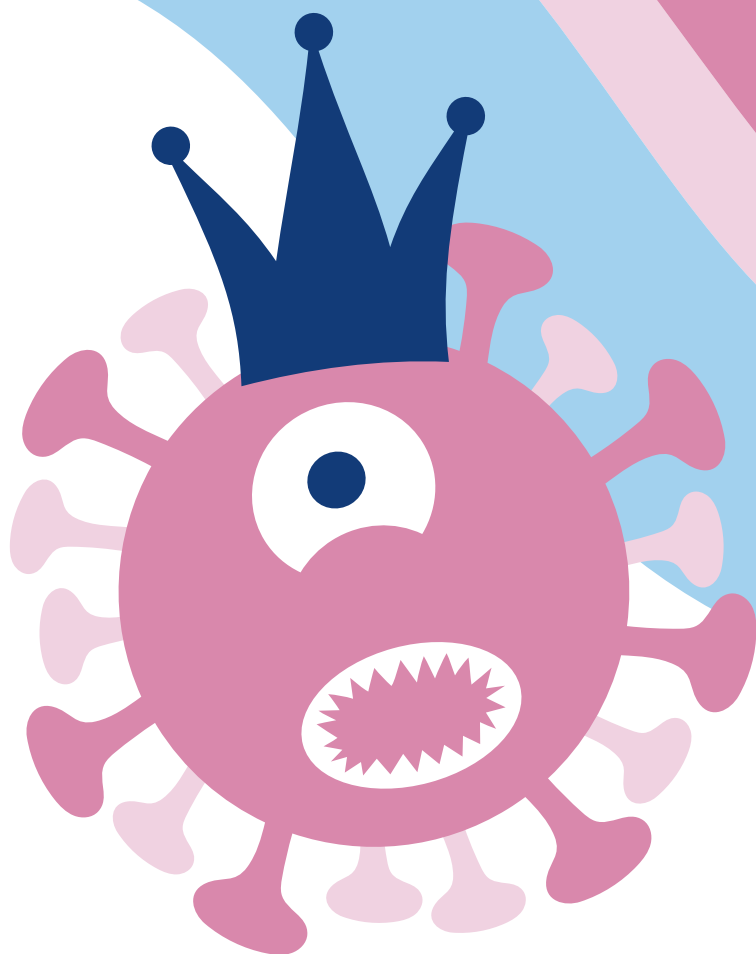


# It's ok to worry about COVID-19

A resource pack **for children (under 12 years old)** to help manage difficult feelings about the coronavirus that causes COVID-19





This pack was created by  
the Early Intervention team  
in Child and Adolescent  
Mental Health Service  
(CAMHS) in NHS Grampian

Click on a title  
to jump straight  
to that page

# Contents

## Part 1: Information about COVID-19

What is coronavirus and COVID-19?	03
Have you heard of coronavirus and COVID-19?	
<i>How do you feel when you hear about them?</i>	04
How you can help	
<i>Remember to wash your hands with soap and water</i>	04
How this pack can help you	
<i>Lots of tips to help with your feelings</i>	04

## Part 2: When you have a worry

Worry tree	
<i>Follow the arrows when you have a worry to help you decide what to do</i>	06
Coping Cards	
<i>Use these coping cards to help you think of your worry less</i>	07
Whole body relaxation	
<i>Start at your head and work your way down your body</i>	08
Take 5 deep breathing	
<i>Deep breathing can help when you feel worried</i>	10
7 minute animal workout	
<i>Pretend to be different animals</i>	11
5 Senses	
<i>See if you can use all your 5 senses</i>	12
Tips for a good night's sleep	
<i>A good night's sleep makes things feel better</i>	13

Part 1:

# Information about COVID-19



**Hello, I am a  
coronavirus**

**I cause a disease  
called **COVID-19****

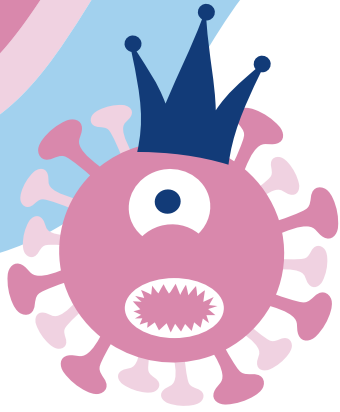
**My real name  
is SARS-CoV-2**

**I have travelled  
all over the world**

**Have you heard  
about me?**

**Yes**

**No**



How do you  
feel when you  
hear my name?



Relaxed



Worried



Confused



Sad



Curious

**I can understand you feel like this...I would feel the same!**  
Even adults get worried when they see me on the TV or read the news.



## How this pack can help you...

You may be feeling worried or anxious, scared, sad, or a mixture of many feelings!

When we feel this way, sometimes it can be hard to sleep, or know what to do to help us feel better.

This pack gives you some ideas for you to try when you feel this way.



## You can help by....

- + Washing your hands with soap and water.
- + Sing your favourite song for 20 seconds!
- + Use hand sanitizer and let it dry for 10 seconds.
- + Try not to touch your face with your hands.

Part 2:

# When you have a worry

# Worry tree

When you have a worry, follow this “worry tree” to decide what to do.





# Coping cards

Cut these out and have them somewhere close by!



## Favourite place

Think of a place where you feel calm and happy. It might be the beach, your bedroom or anywhere else! Imagine what this places looks and sounds like.

Imagine how good you feel when you are there.



## Listen to music



Enjoying your favourite music can take your mind off what's worrying you. Try [feelsfm.co.uk](https://feelsfm.co.uk) and listen to music that matches your mood. Focus your attention on the words, voices or instruments in the song.

## Talk about it



Talking about your feelings is one of the best ways to help you manage how you are feeling. Tell a parent, friend, teacher or anyone you trust.

## Practice a hobby



Why not try playing that guitar your parents gave you! Or do some painting, practice a skill, play a game or anything else you really enjoy!



## Get moving!



Try exercising in any way you like! Dance around your room, run up and down the stairs... the list is endless!

You can also join Joe in his sessions at 9am Monday-Friday on his YouTube channel 'The Body Coach TV' at:



<https://www.youtube.com/user/thebodycoach1/featured>

## Draw your worry

Draw a picture of what you are worrying about. Here are some ideas:

- + What you look like when you are worried and when you are relaxed.
- + What you can do to stop worrying.

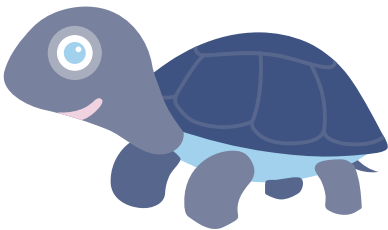


# Whole body relaxation

Try each of these more than once!

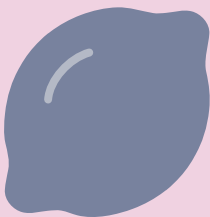


**Here comes a pesky old fly!** He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose! Scrunch your nose up real hard. You've chased him away! Now you can relax your nose. Oops, he's back!



## **Now pretend you are a tortoise.**

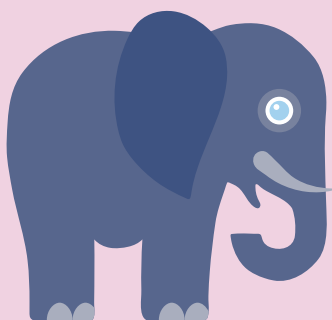
You're sitting on a rock by a nice, peaceful pond, just relaxing in the sun. It feels nice and warm. Oh no, you sense danger! Pull your head into your house. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold in tight! The danger is past now, you can come out into the warm sunshine and relax!



**Pretend you are squeezing a whole lemon in your hand.** Squeeze it hard! Try to squeeze all the juice out. Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed? Try with the other hand now.



**Pretend you are a furry, lazy cat.** You want to streeeeeetttccchhh. Stretch your arms out in front of you. Raise them high over your head. Way back. Feel the pull in your shoulders. Stretch higher. Now just let your arms drop back to your side.



**Here comes a cute baby elephant!** But he's not watching where he is going! He doesn't see you lying there in the grass and he's about to step on your stomach! Don't move, get ready for him. Make your stomach very hard. Tighten up your stomach muscles real hard. Hold it! Oh phew, he's going the other way! Let your stomach go soft. Oops, he's coming this way again!



**Now pretend that you are standing barefoot in a big, fat mud puddle.** Squish your toes down deep into the mud. Try to get your feet down to the bottom of the mud puddle. Push down, spread your toes apart and feel the mud squish up between your toes. Now step out of the mud puddle. Let your toes go loose and feel how nice that is!

# Take 5 deep breathing

If you're feeling worried, why don't you try this?



1. Stretch your hand out like a star.

2. Get the pointer finger of your other hand ready to trace your fingers up and down.

3. Slide up each finger slowly —slide down the other side.

4. Breath in through your nose —out through your mouth.

5. Put it together and breath in as you slide up and breath out as you slide down.

6. Keep going until you have finished tracing your hand.

**How do you feel now? Are you calm or would you like to take another 5 breaths?**

Source: childhood101.com

# 7 minute animal workout

Complete each animal movement for 45 seconds, with 15 seconds of rest in between each activity.



## Frog jumps

Hop, hop, back and forth like a frog left and right.

## Bear walk

Hands and feet on the floor, hips high—walk left and right.



## Gorilla shuffle

Sink into a sumo squat, with hands on the floor, shuffle around the room.



## Starfish jumps

Jumping jacks as fast as you can, with arms and legs spread wide.

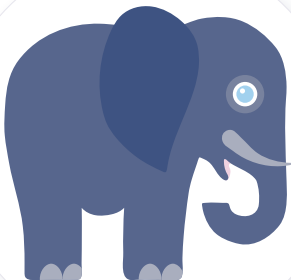
## Cheetah run

Run in place, as fast as you can! Just like the fastest animal in the Sahara.



## Crab crawl

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



## Elephant stomps

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Source: Raising an extraordinary person, <https://hes-extraordinary.com>

# 5 senses

Look around the room and find...



# Tips for a good night's sleep

Are you having trouble sleeping?



Although it can be tempting to stay up late and have a lie-in when there's no school, **stick to your usual bed time and wake-up time.**



**Try not to use tablets/ phone/TVs/games consoles an hour before bed.** Do a relaxing activity instead, like reading, or try out the whole body relaxation on page 10.

**Try to use your bed only for sleeping.** If you sit on it for playing on tablets, Xbox, Playstation etc, get a chair to use instead.



If you can't sleep, try the whole body relaxation on page 11-12 or 'Take 5' deep breathing on page 13.



**Cuddling up with a teddy or blanket can also help!**



**Make sure you exercise during the day!** Why not try the 7 minute animal exercise on page 9?



**Try avoid sweets, chocolate and fizzy drinks** in the evening.

**If you feel your worries are getting bigger, you or your parent can contact:**

**Samaritans:** 116 123  
[www.samaritans.org](http://www.samaritans.org)

**Breathing Space:** 0800 83 85 87  
<https://breathingspace.scot>

**NHS 24:** 111  
<https://www.nhs24.scot>

**Your local GP**



This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email **[altformats@nes.scot.nhs.uk](mailto:altformats@nes.scot.nhs.uk)** to discuss how we can best meet your requirements.



NHS Education for Scotland  
Westport 102  
West Port  
Edinburgh EH3 9DN  
tel: 0131 656 3200  
**[www.nes.scot.nhs.uk](http://www.nes.scot.nhs.uk)**