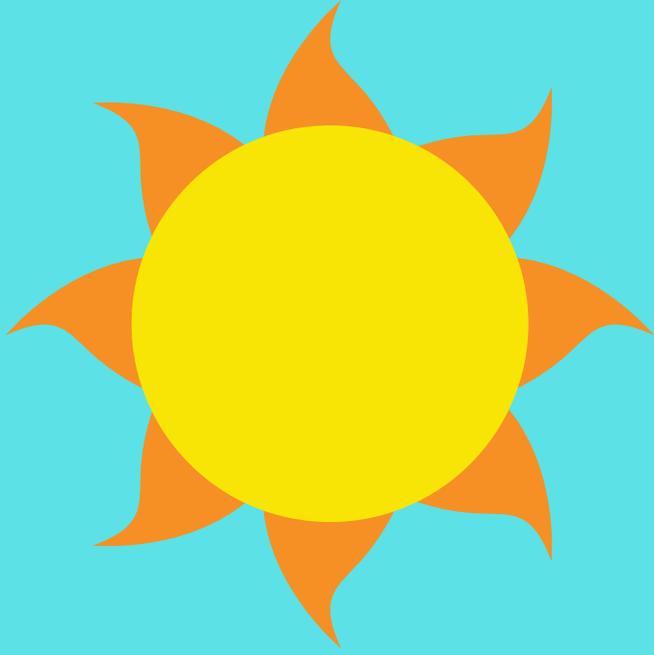


My support Pack

Autism and Coronavirus

CHILD PACK





Contents

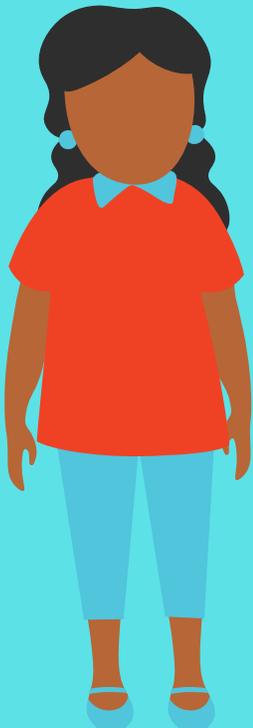
Uncertainty

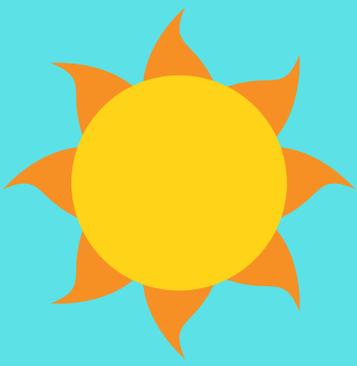
New rules

Change in routine

Social time

Self care





Uncertainty

There's a lot of uncertainty about when we'll be able to start returning to 'normal' life. This can be a great source of anxiety, and it's normal to feel worried.

Something that can help with this is learning how to ask people to change the conversation and limiting how much you listen to news about the virus.

Rules

There are different rules we should be following but sometimes we don't understand what the rules mean so it can be difficult to follow them properly.

We might be scared that we accidentally get something wrong.

Try talking to your parents/carer to help you understand the new rules.

You can put the poster on the next page up on the wall to help you.

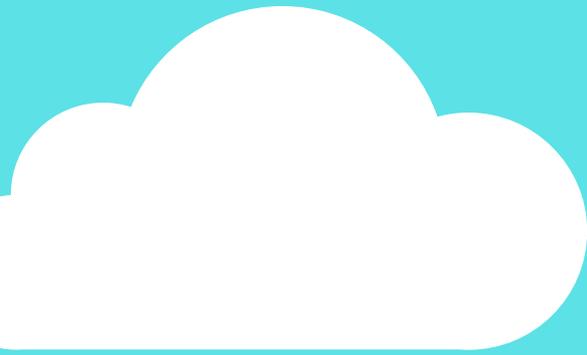


Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



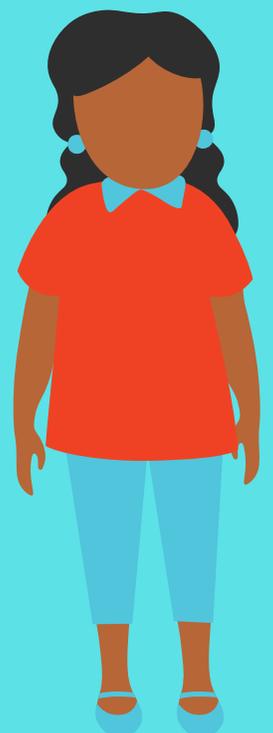
SOURCE: WORLD HEALTH ORGANIZATION



This is a difficult time with all the changes that are happening, it can be stressful to change your normal routines, but because everything had to happen so quickly there was no time to get used to the idea of change. One day you might have been in school and the next all your lessons were online.

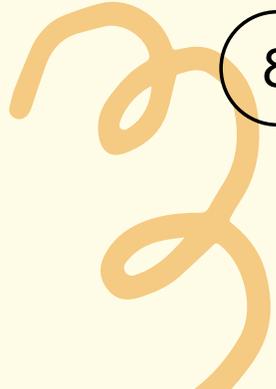
One thing that can help is getting into a new routine that works for you.

Below is an example of a routine and a blank one for you to fill in.



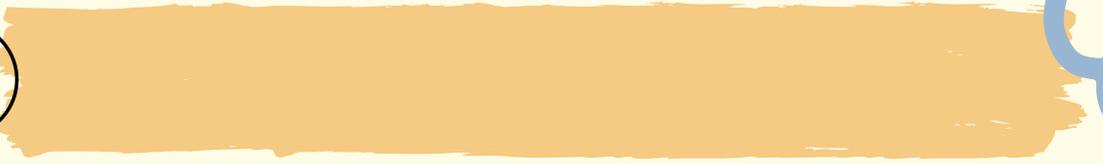
MONDAY



- 1 Get up and have breakfast
 - 2 School work
 - 3 Quiet time: Reading
Puzzles and/or workbook activity
 - 4 Let's have lunch then play
 - 5 Get creative
 - 6 Teatime
 - 7 social time / family time
 - 8 Bedtime
- 

DAY

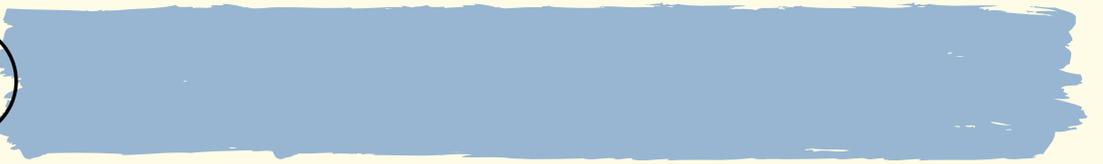
1



2



3



4



5



6

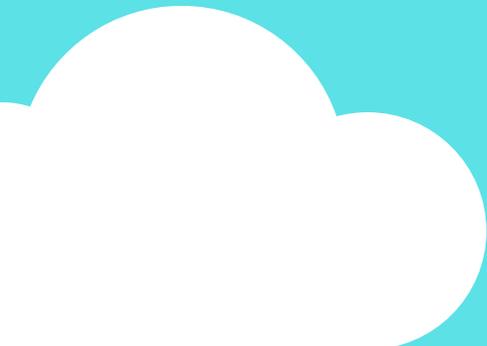


7



8





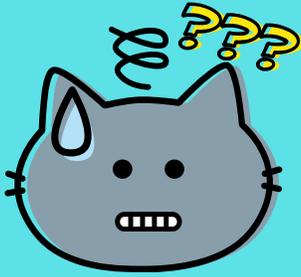
Social Time

Due to the government guidelines regarding social distancing and isolation, you won't be able to meet any of your friends in person, which may be making you feel sad. You can try video-calling people - you can ask your parent or carer to help you.



Remember to keep safe online
and don't talk to people you don't know!





Self care

Feeling worried



Lots of thoughts? Anxious? Confused?

A lot of people are finding things tricky at the moment, these are difficult times for everyone. It's okay to help with your anxiety and worry you can use something called CBT - Cognitive Behavioural Therapy

CBT gets people to look at their thoughts, feelings, and behaviours.

Shows them how to replace worrying/negative thoughts with more happy ones.

Helps them change behaviours that cause challenges in everyday life.



Event
Watching the news!



Thoughts
We will all get ill



Emotion

Worry

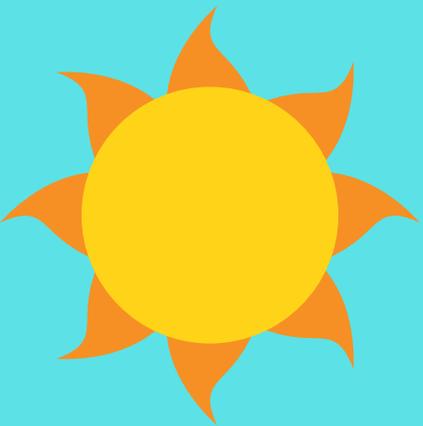


Physical feeling
Sick

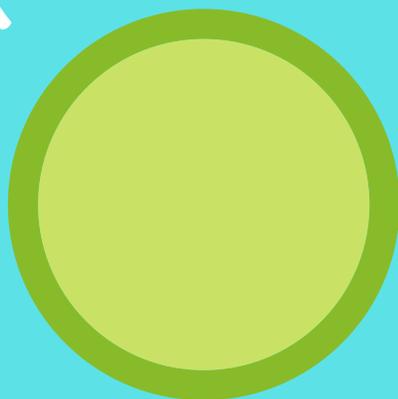
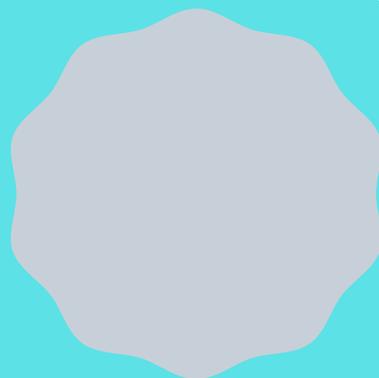


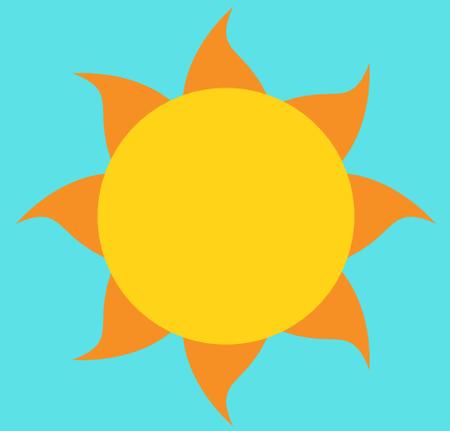
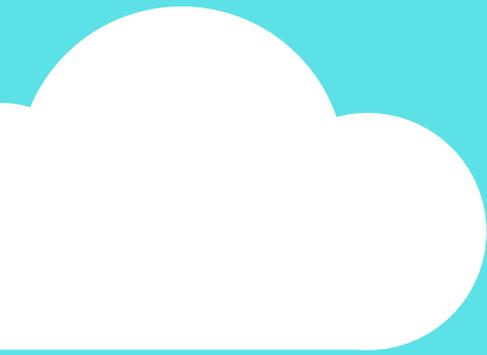
Behaviour
Shouting or running to
hide





Worksheet





We all having bad thoughts or negative thoughts "NaTs"
These thoughts need swatting so we can change them to
new positive thoughts - which can change how we feel and
how we behave.

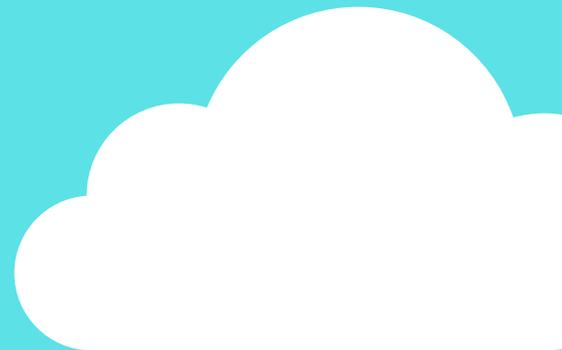
Negative thought



Is it a real?
Can we change it



New thought





**We are all going to
get ill**



**Evidence
shows if you
follow the
guidance you are
less likely to catch it**



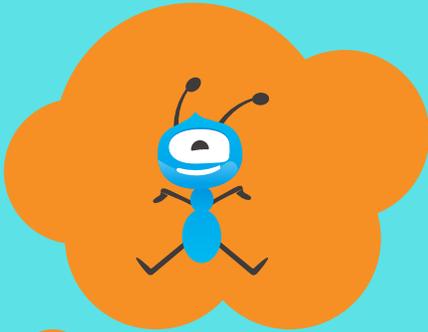
**New thought
If we follow the
guidance we be safer**



Worry

**New feeling
Happier and
safe at home**





● Thought

.....

.....



Evidence - For and Against

.....

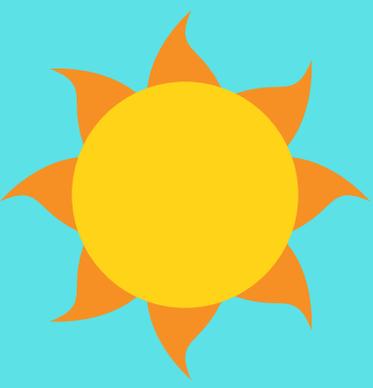
.....



New positive
thought

.....

.....



5-4-3-2-1 METHOD TO REDUCE ANXIETY

HOW IT WORKS

BEFORE STARTING THIS EXERCISE, PAY ATTENTION TO YOUR BREATHING. SLOW, DEEP, LONG BREATHS CAN HELP YOU MAINTAIN A SENSE OF CALM OR HELP YOU RETURN TO A CALMER STATE. ONCE YOU FIND YOUR BREATH, GO THROUGH THE FOLLOWING STEPS TO HELP GROUND YOURSELF:



5

You can see



2

You can smell



4

You can touch



1

You can taste



3

You can hear

Take 5
deep breaths

Resources:-

The National Autistic Society guidance on managing anxiety might also be helpful - you can call the Autism Helpline on 0808 800 4104 for further advice.

Social stories and support

<https://theautismeducator.ie/2020/03/11/corona-virus-social-story/>

Dave the Dog is Worried about Coronavirus

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>



Local support:

Gloucestershire Healthy Living and Learning - <https://www.ghll.org.uk/>

Teens in Crisis - <https://ticplus.org.uk/>

On Your Mind Gloucestershire - <https://www.onyourmindglos.nhs.uk/>

This booklet was created by Young Minds Matter Gloucestershire, part of the School's Mental Health Support Team.

