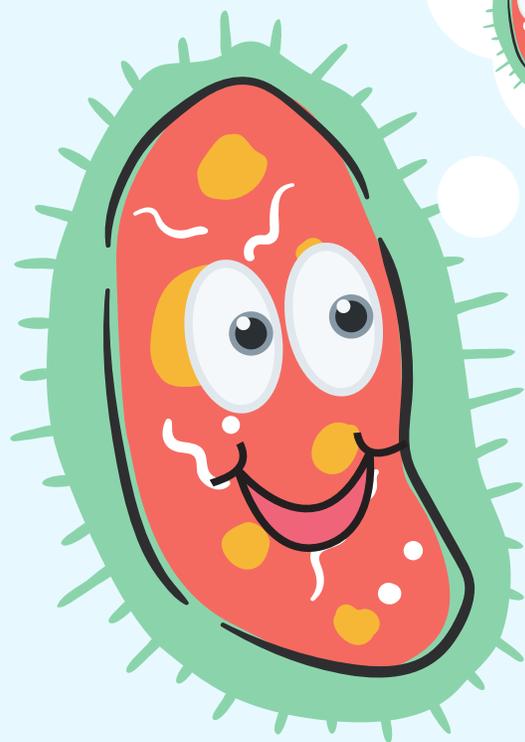


HELP FOR WHEN I AM FEELING LONELY

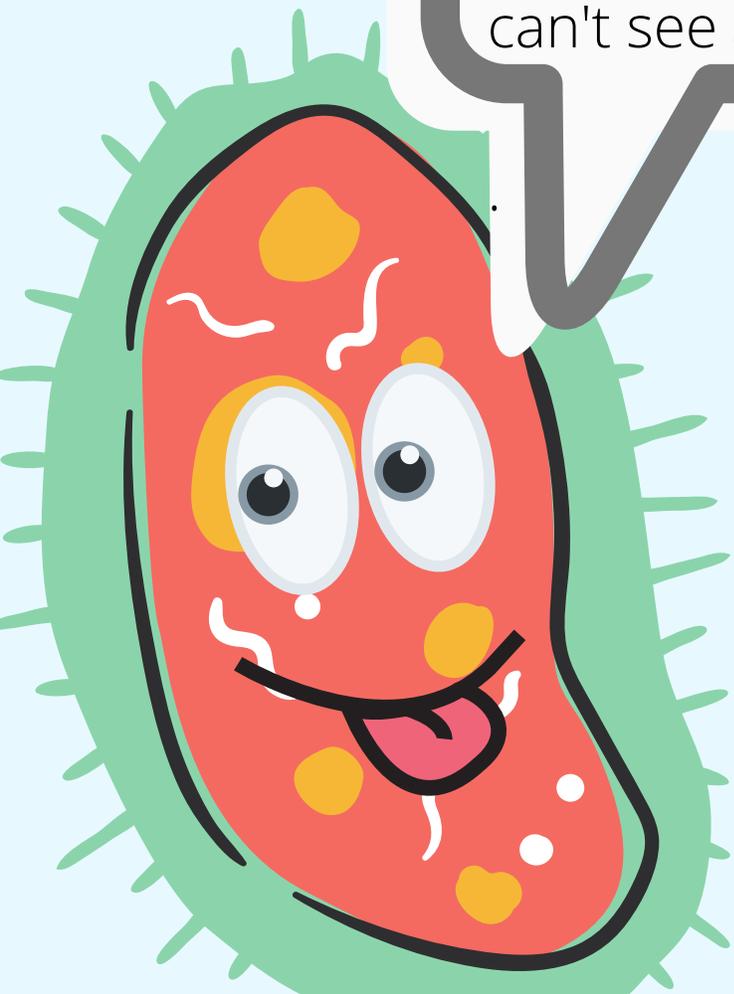


MANAGING ISOLATION IN A
CORONAVIRUS OUTBREAK

SCARY TIMES

Hello! I am the coronavirus, you may have heard of me and my brother and sister, cold and flu!

I have made everything change for a little while which can be very scary and make you feel lonely because you can't see all your friends and family.





***IT'S NORMAL
TO FEEL SAD,
STRESSED,
CONFUSED,
SCARED OR
ANGRY***

Talking to people you trust
can help, such as friends
and family.

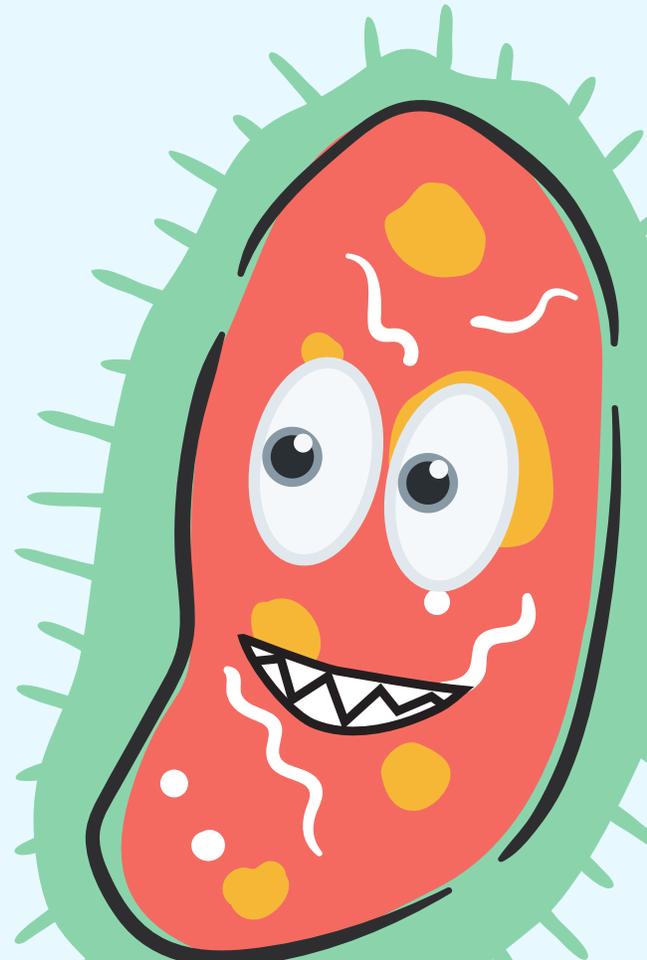
ABOUT ME!

1 I can make people poorly and give people a cough or make them too hot

2 I jump from one person to another

3 I have made schools close so I do not spread

4 I have asked you all to stay at home to stay away from me

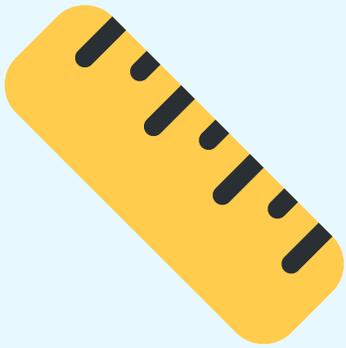


HOW TO STOP ME!

Wash your hands for at least 20 seconds with hot soapy water.



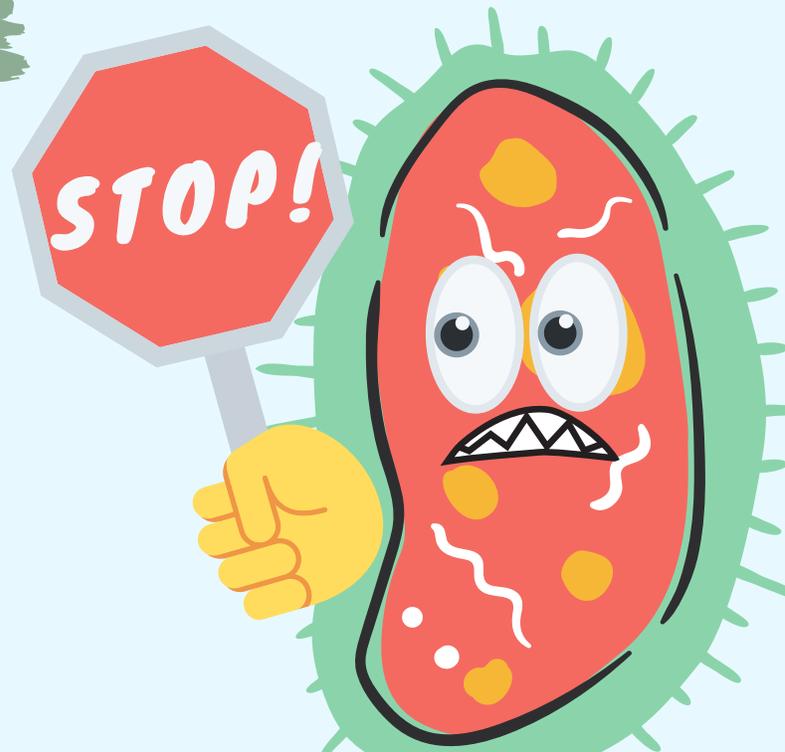
Stay 2 metres away from other people when you are out of your house.



Sneeze or cough into a tissue and put it in the bin.

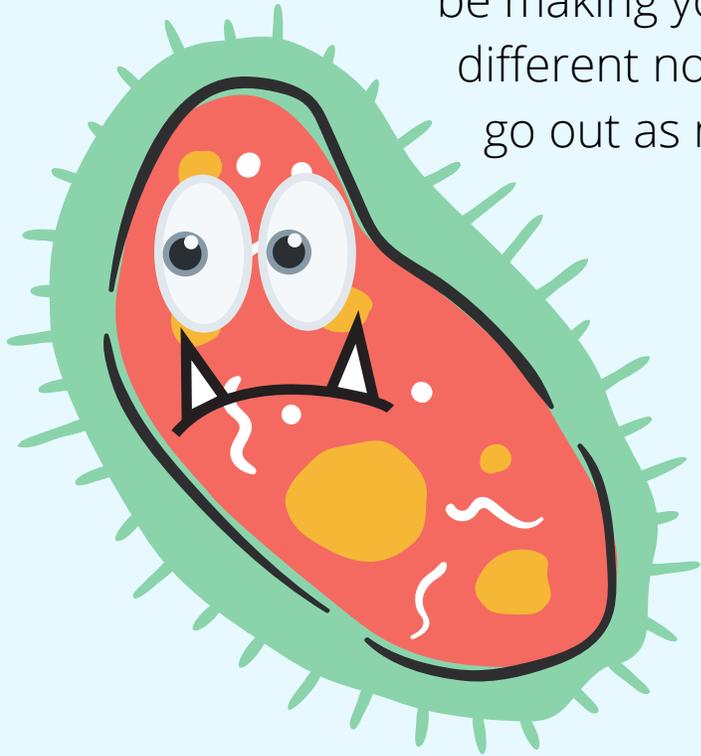


Stay home when you can.

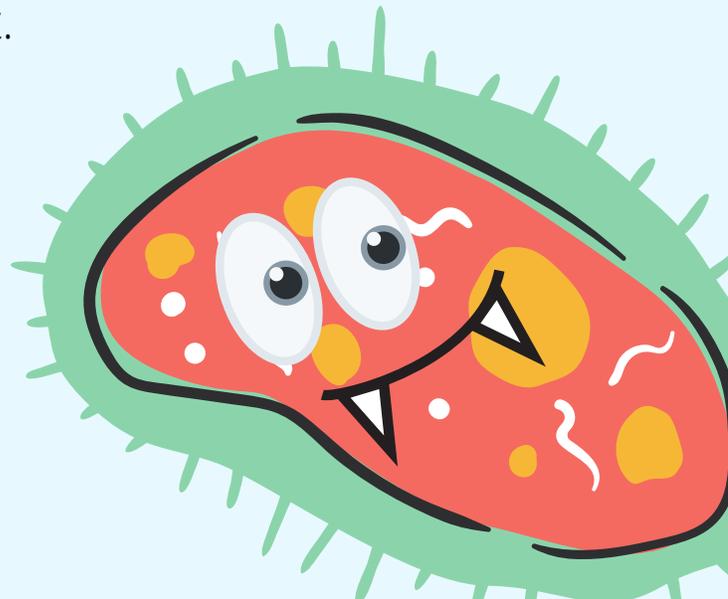


EVERYTHING IS DIFFERENT

Everything might seem a little bit scary and it might be making you feel sad and lonely. Lots of things are different now, you might not be at school or able to go out as much. The people you live with might be worried and the news might be scary.



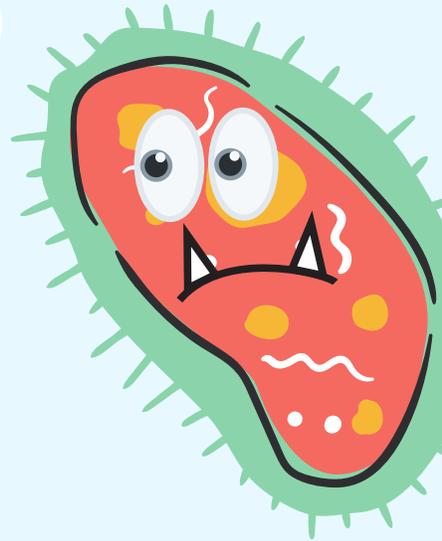
This booklet will give you some ideas of things to do to help you when you are feeling lonely, you may need to ask a grown up to help with some things or to go on the internet.



WHY DO WE FEEL LONELY?

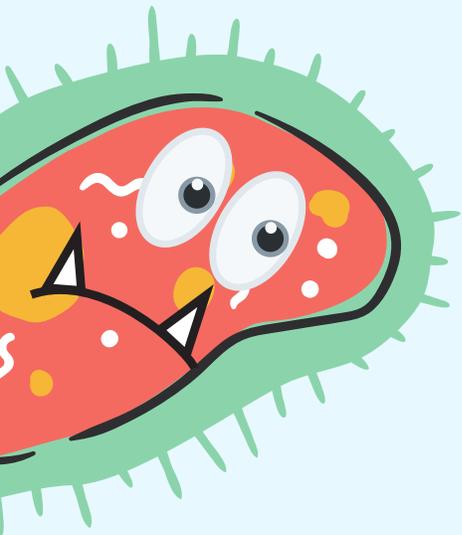
It is normal to feel lonely sometimes, because people are meant to be around their friends and family, we need them. So when we aren't around them we miss them and want to see them, this is loneliness.

I MISS MY FRIENDS



WHY CAN'T I SEE PEOPLE?

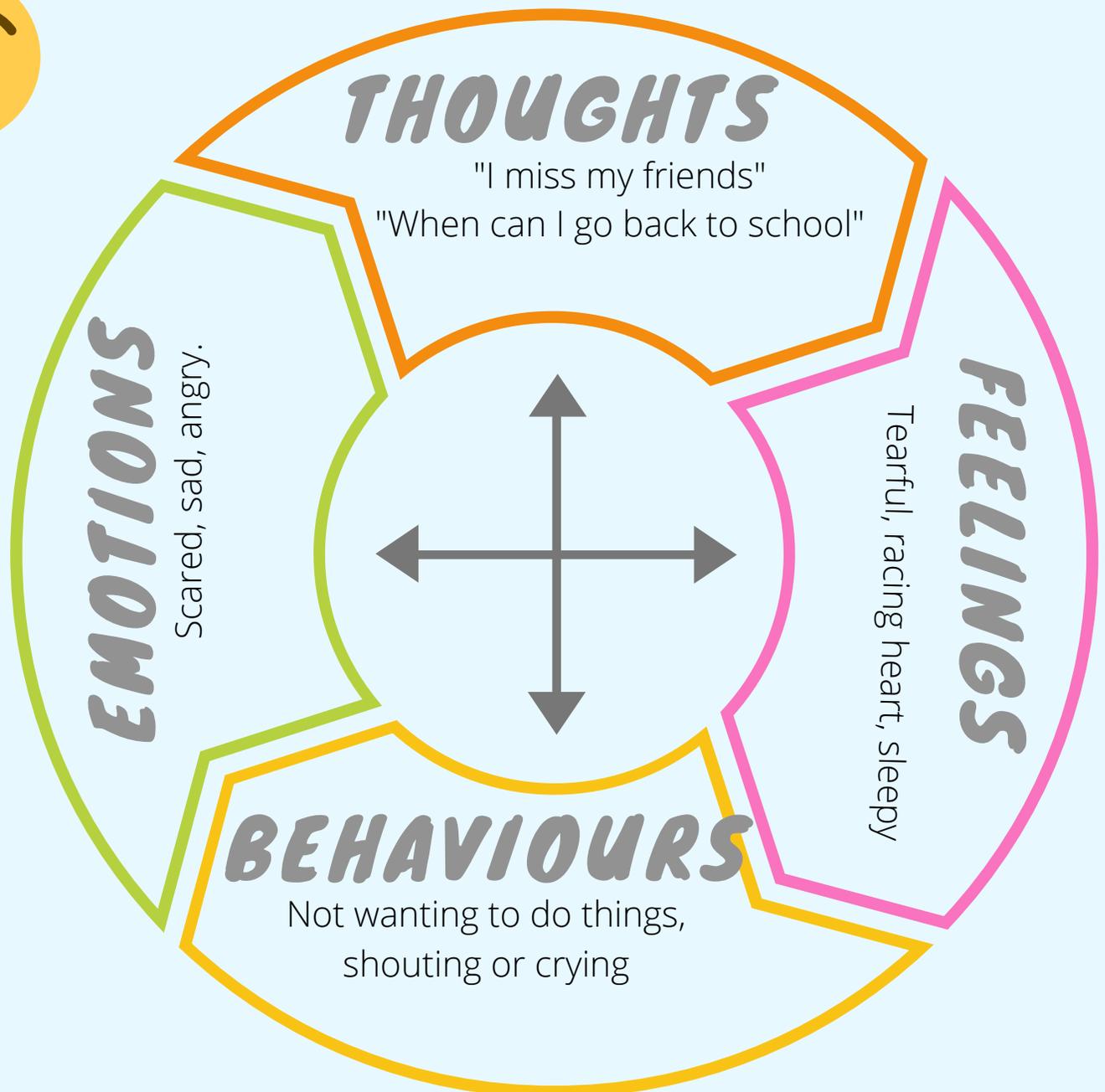
At the moment we all have to stay at home as much as we can and we can't see people who do not live in our house, this is so that the coronavirus can't jump to lots of people. Hopefully then less people will get poorly and then the doctors and nurses have more time to look after people in hospital. So as much as it is rubbish that we can't see our friends, you are helping to save peoples lives like a super hero!



HOW YOU FEEL

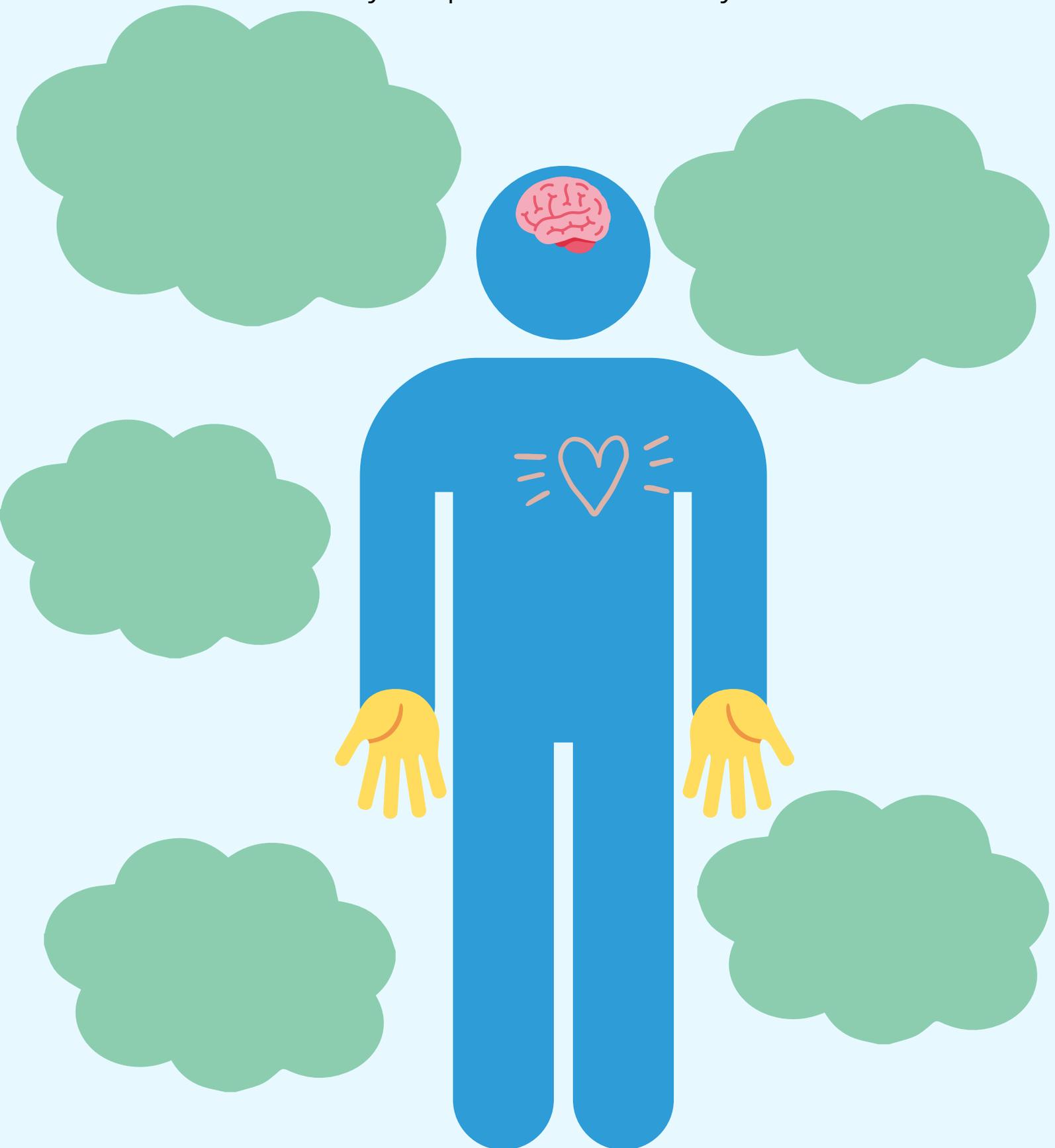


When you are feeling lonely, the thoughts in your head can change how you feel in your body, and the things you do. This can make you feel worse.



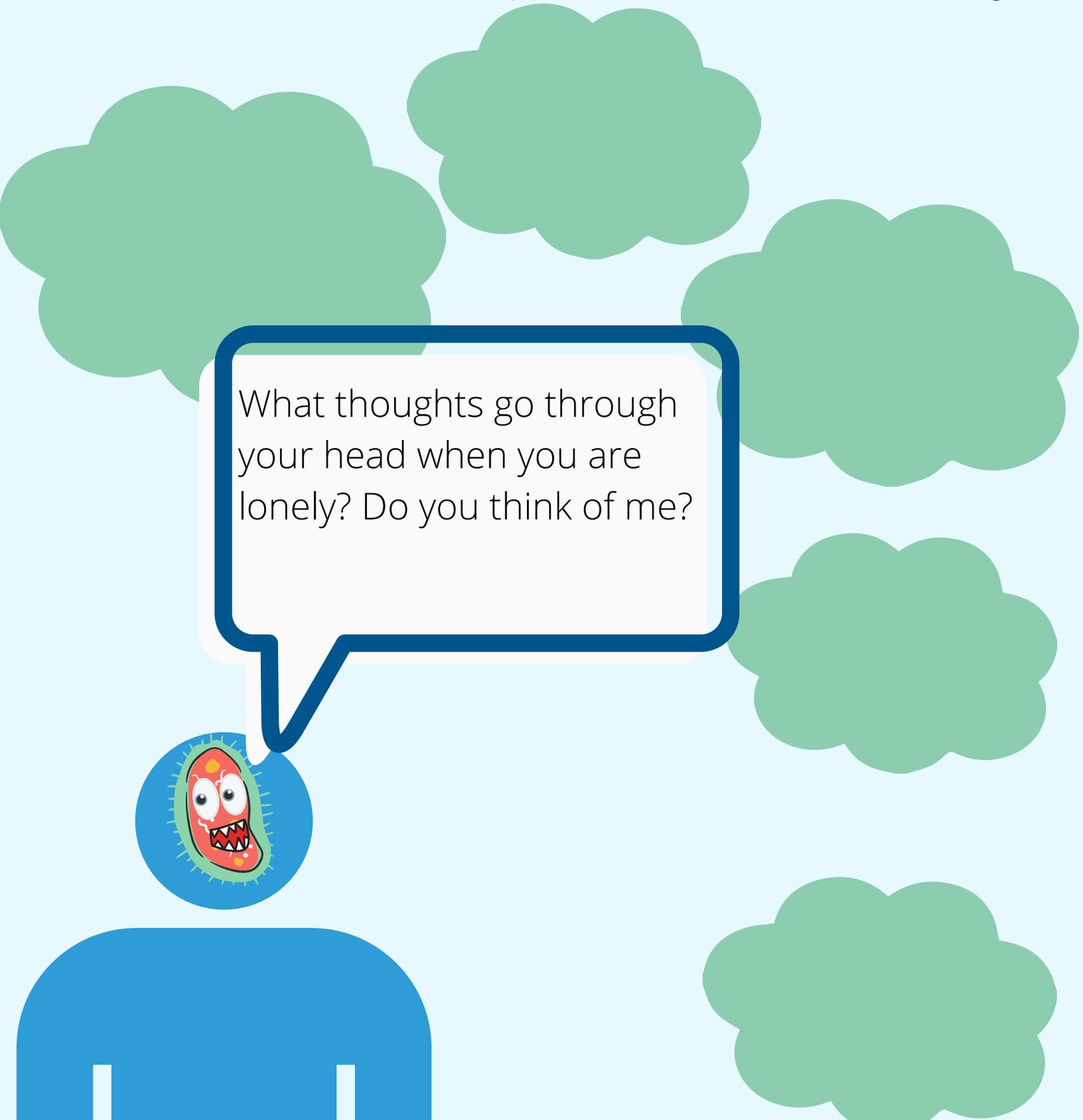
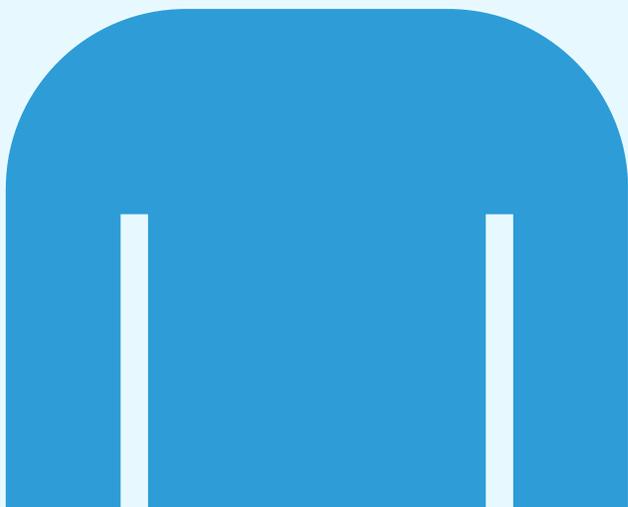
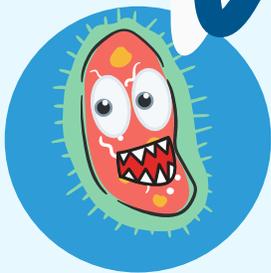
HOW YOU FEEL?

Write or draw in the bubbles how you feel in your body when you feel lonely and put arrows to where you feel like this.



WHAT DO YOU THINK?

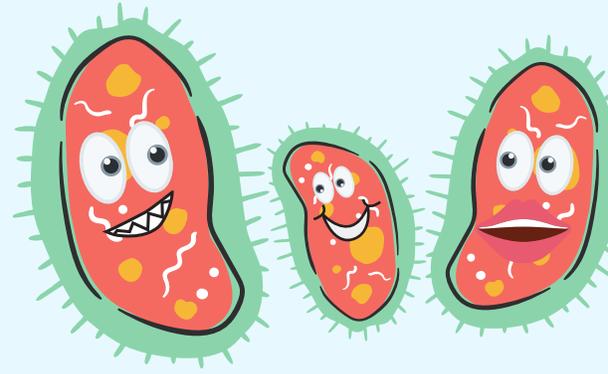
What thoughts go through your head when you are lonely? Do you think of me?



TOP TIPS

1

Spend time with your family and do something fun together.



2

Ask if a grown up can organise a phone call or video call to your friends or family who you don't live with.



3

Keep a routine - Write down a daily routine of school work, fun time and time for exercise.



4

Write letters to your friends and either ask someone to post them or get someone to send them digitally for you. It can be great fun to have a penpal.

SCHOOL

It is okay to have mixed feelings about not being at school, you might be happy one moment and then miss your friends and teachers. It might seem easier to just avoid doing your work all together, but keeping up with your school work can help keep routine. This is really important when you are struggling with your feelings and it will also help you when school returns to normal.

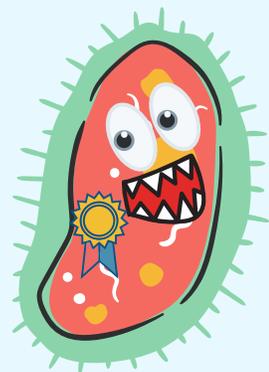


GET ORGANISED -

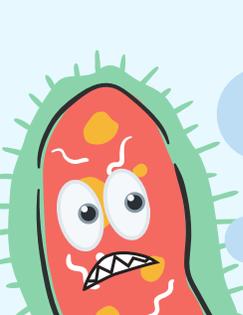
Make sure you have everything you need to do your work and schedule time to do each bit

REWARDS-

You are doing so well just to be giving it a go when times are tough. So do little bits at a time and treat yourself when you complete a bit.



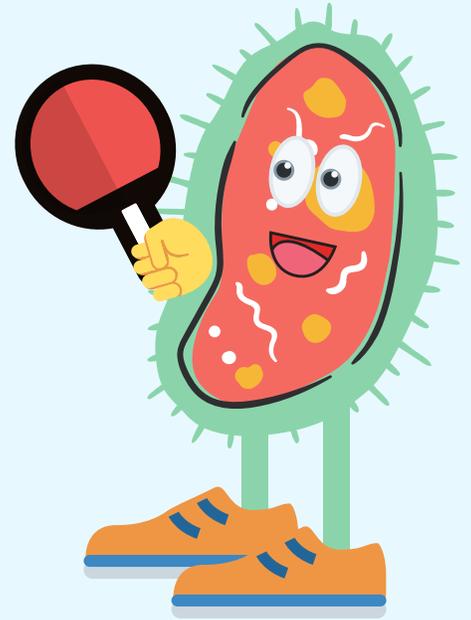
ASK FOR HELP -



If you are finding things hard, it is okay to ask for help. Your teachers can help or ask your family.

EXERCISE

Staying active can change how we feel and can make us feel happier. So it is important that we keep our bodies moving when we can't do P.E. Why not ask your family to video call your friends or family while you exercise, so you can do it together .



Try something new!

Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
<https://www.facebook.com/lvyogafareham/>

Dance:

<https://www.youtube.com/channel/UCJIZkpEAHfJ4kSkkbB8krDg>.

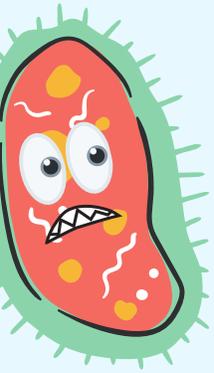
<https://www.youtube.com/user/popsugartvfit>

Exercise every day

Get your whole family to join you for PE and join a class like Joe Wicks' 9am PE class.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>.





RESOURCES

Relaxation exercises - <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>

Understanding coronavirus workbook - <http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Coronavirus social story - <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Worksheets to support wellbeing during coronavirus - <https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

<https://www.twinkl.co.uk/search?term=mental+health>

Build your happy place - <https://www.childline.org.uk/toolbox/games/build-your-happy-place/>

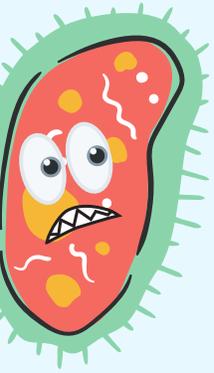
Childrens guide to coronavirus - https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/?utm_source=Children%27s+Commissioner+for+England&utm_campaign=55b235e7e4-EMAIL_CAMPAIGN_2020_03_31_04_29&utm_medium=email&utm_term=0_5e06e44c59-55b235e7e4-395746454

Comic and help explaining why you are at home, what hospitals are like, the importance of washing hands, Resources to help whilst at home.

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Mindful gNats app (free on Android) - relaxation exercises and help managing negative thoughts.





RESOURCES

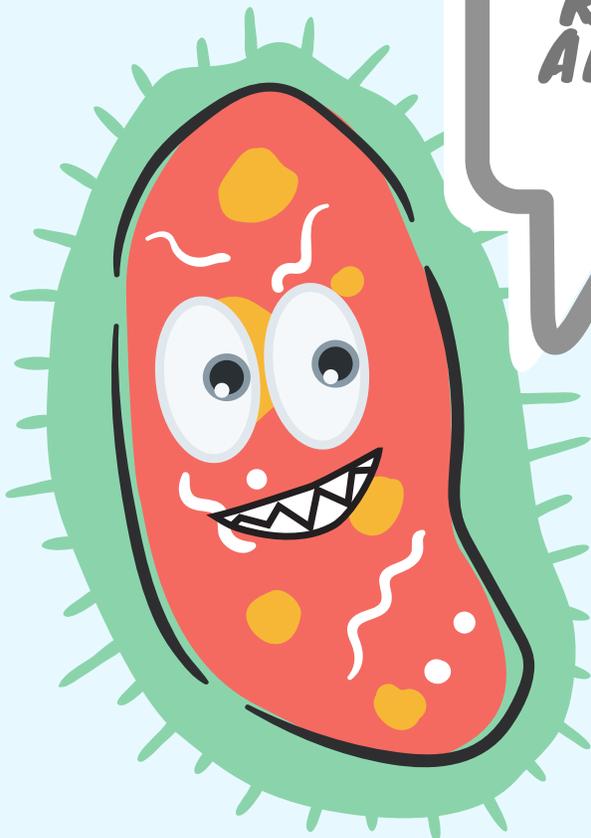
Video calls - ask a grown up to organise a video call for you, they can use facebook messenger, facetime, zoom, or other apps. Facebook messenger has games that you can play with friends whilst you chat.

Write to your friends - send emails, or write postcards to your friends:

<https://www.facebook.com/LOLSurpriseUK/photos/pcb.1079360392442596/1079356415776327/?type=3&theater>

PenPal schools - you can do school work and makes friends from across the world

<https://www.penpalschools.com/parents.html>



**STAY SAFE AND
REMEMBER YOU
ARE NOT ALONE!**

Local support:
<https://www.ghll.org.uk/>
<https://ticplus.org.uk/>
<https://www.onyourmindglos.nhs.uk/>

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

