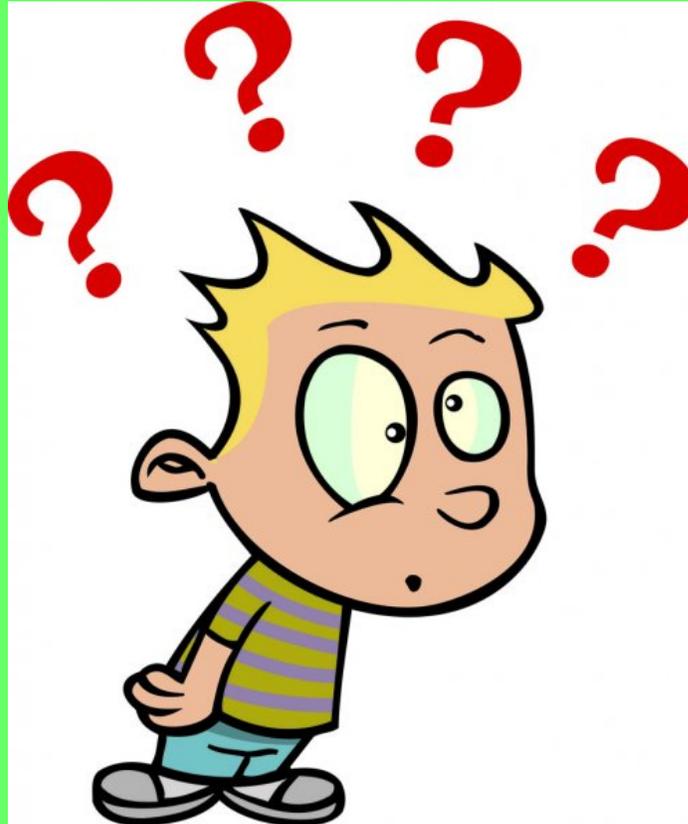


SOMETHING WEIRD HAS HAPPENED  
Where Has Everybody Gone?



I think you have heard people talking about the Corona Virus. It is a little virus that is making some people sick. Mostly it makes people cough, feel tired and have a fever. But older people and people who are not very healthy can get sick from it. Everybody wants to make sure that the people they care about stay healthy and well, so we have decided to fight this busy virus. We can make it go away if we all do some important things....

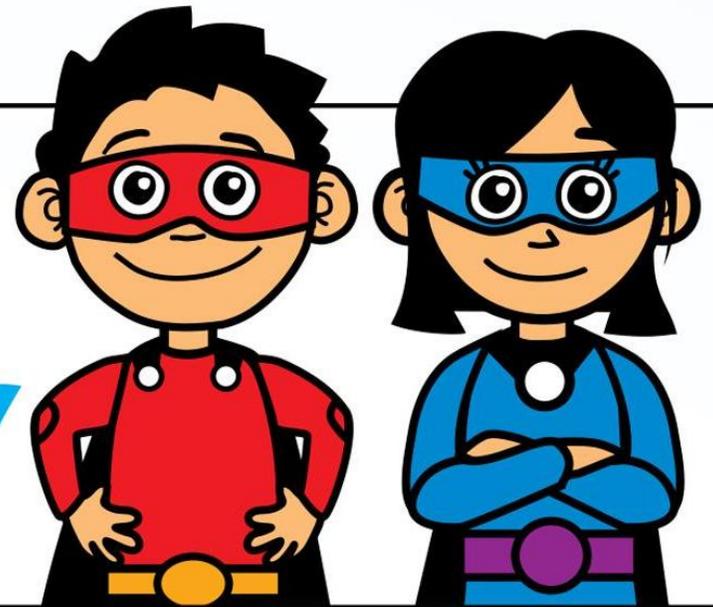


- There's no need for you to worry, because adults are working very hard to keep kids and other adults safe. Even if you do get this virus, kids usually don't get very sick from it. It's more like getting a cold.
- But you still have a special role to play in protecting others! Older people need your help to stay healthy

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# ***HOW TO FIGHT CORONAVIRUS***

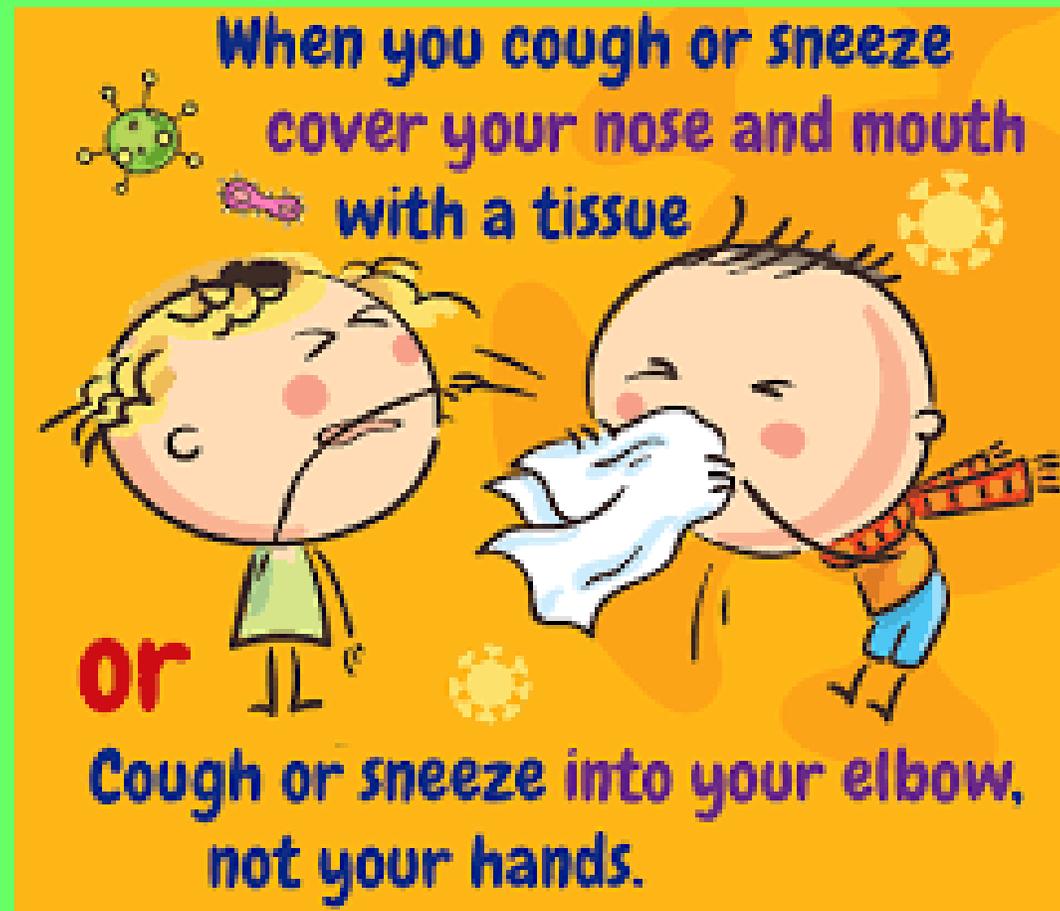
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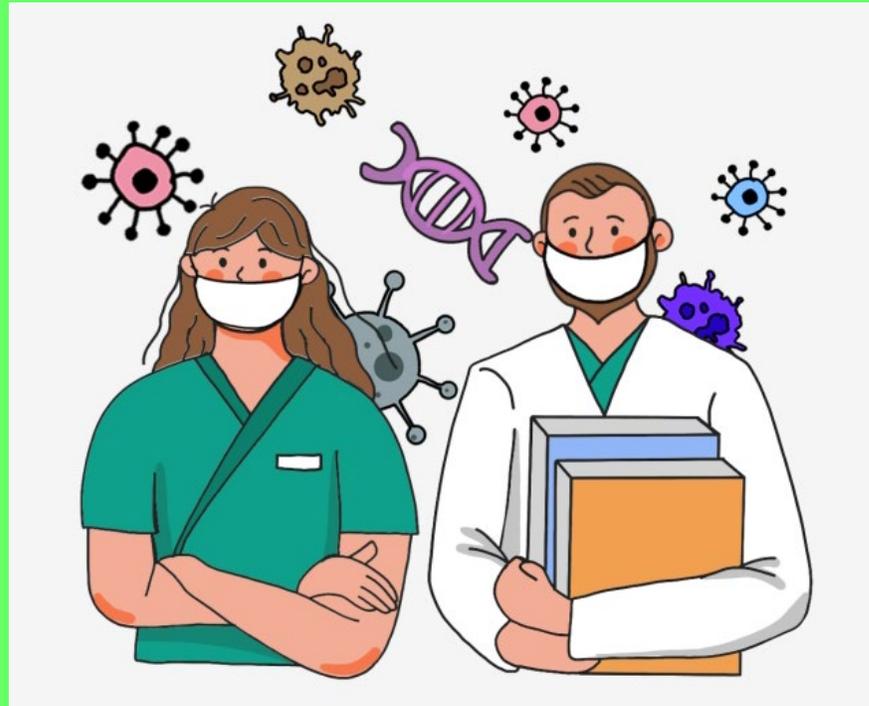
This virus likes to travel from person to person, which is why we all have to stay away from places where there are lots of people for a while, like schools, McDonalds, play centres and Ashdale and Oakdale. This is to make sure that everybody we care about stays safe...



This virus likes to stick to coughs and sneezes, so when we cough or sneeze, we have to try and catch our cough or sneeze in a tissue and then throw it in the bin every time.....



We all have to try and stay in the house as much as we can just now, because when lots of people get together, someone who is a bit unwell might cough or sneeze on us.... This is why sometimes we might not be able to give some older people a hug, and why we might see some people who are working, like doctors and nurses, covering their nose and mouth with a mask....



This virus likes sticky hands so we will have to wash our hands with lots of bubbly soap - if you can sing Happy Birthday two times in a row each time you wash your hands you will be doing it right...we can do this together



When we all work together to do these things, the virus will go away and everything will open up again  
Then we will be able to get together and do all the things we like to do in school, in town, in the play parks, at the swimming pool and also in Ashdale and Oakdale... Yay!!!!



# What you can do to keep healthy

It is important to keep yourself healthy, by eating good food, and drinking lots of water.

Exercise is also very important, and the grown-ups who care for you will help you with this.

Try playing football or going for walks near your home together

Try making an obstacle course with things in the house or garden

Olivia and Aoibhinn might not be able to go to the sensory room, but maybe you can do some of the activities you usually do in the sensory room. These games and activities can help you to use up energy if you feel fizzy or restless or anxious

# What you can do while your school is closed

It is important to keep doing some of the things you might do in school, like reading and writing, so that you don't forget all the things you have learned

Plunkett and Stephen also have to stay at home, but they might send you some worksheets to do. So might your school. The grown ups who care for you will help with these

Reading good books, and watching some education programmes on TV or on video is also a good idea

Maybe you can start a project or keep a scrap book?

# What you can do if you feel a bit angry

It is normal to feel angry if you can't go out and do things you like to do, but you can turn an angry feeling into feeling strong by doing something helpful or fun that needs lots of strength

Carry something heavy like the shopping to help the adults who might not be so strong

Push a wheelbarrow to help in the garden, or dig a hole for planting flowers and vegetables

Pull a rope, swing very high, bounce on your bed or trampoline and maybe you will begin to feel strong and bouncy instead of angry....

# What you can do if you feel a bit worried

Sometimes when we are anxious, we can be a bit jumpy

Try some of these things to help you relax

Swing nice and slowly and look at the sky

Play a drum like a heart beat - see if you can keep a rhythm

Play 5,4,3,2,1 - 5 things I can see, 4 things I can touch, 3 things I can hear, two things I can smell and 1 thing I can taste

Listen to some music and dance or sway to the rhythm

Do some baking or cooking with the grown-ups who care for you

Blow bubbles

Snuggle up and listen to a story, or watch a movie together

# What you can do if you feel a bit bored

This is a good time to try some new things. Ask someone to help you

Build a fort

Cook a curry

Make a lighthouse with empty toilet roll tubes

Write a story

Make some slime

Watch Art Attack or other art and craft videos and try out some new art ideas

Remember that everyone is feeling the same, and doing things together is much more fun than being on your own

# What I can do if I am not going to Therapy

Olivia, Aoibhinn, Rachael, Susan, Carleen and Vanessa might not be allowed to go into work now until the virus has gone, and everyone is back in Ashdale and Oakdale

We miss all of you very much and want to know that you're doing OK  
This is a difficult time for everybody because we can't do the things we want to, or need to do every day....

Maybe you can think about some of the questions on the next page with your keyworker, so that your keyworker knows if you are having a difficult time and if you need extra special support.

If you do need some extra special support we can try and help too

# My Feelings

What do I like to do that makes me feel GREAT



What helps me to feel kind of COOL



When I'm not sure how I feel, what helps



What do I do when I don't feel OK



Who can I tell when I am very upset



What I need you to do when I feel really angry or scared



If I am feeling excited about something today, how excited am I?

If I am feeling excited, what am I excited about?

Not  
Excited



Just Right



A Little Bit



Don't Know



Happy Out



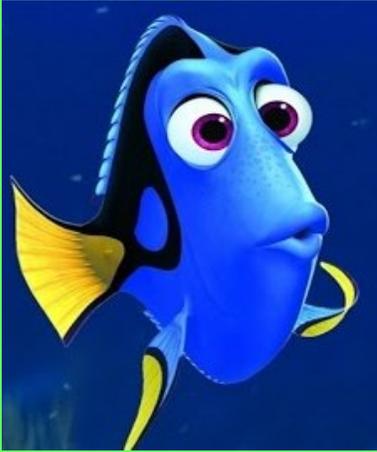
Very  
Excited



If I am feeling worried about something today, how worried am I?

If I am feeling worried, what am I worried about?

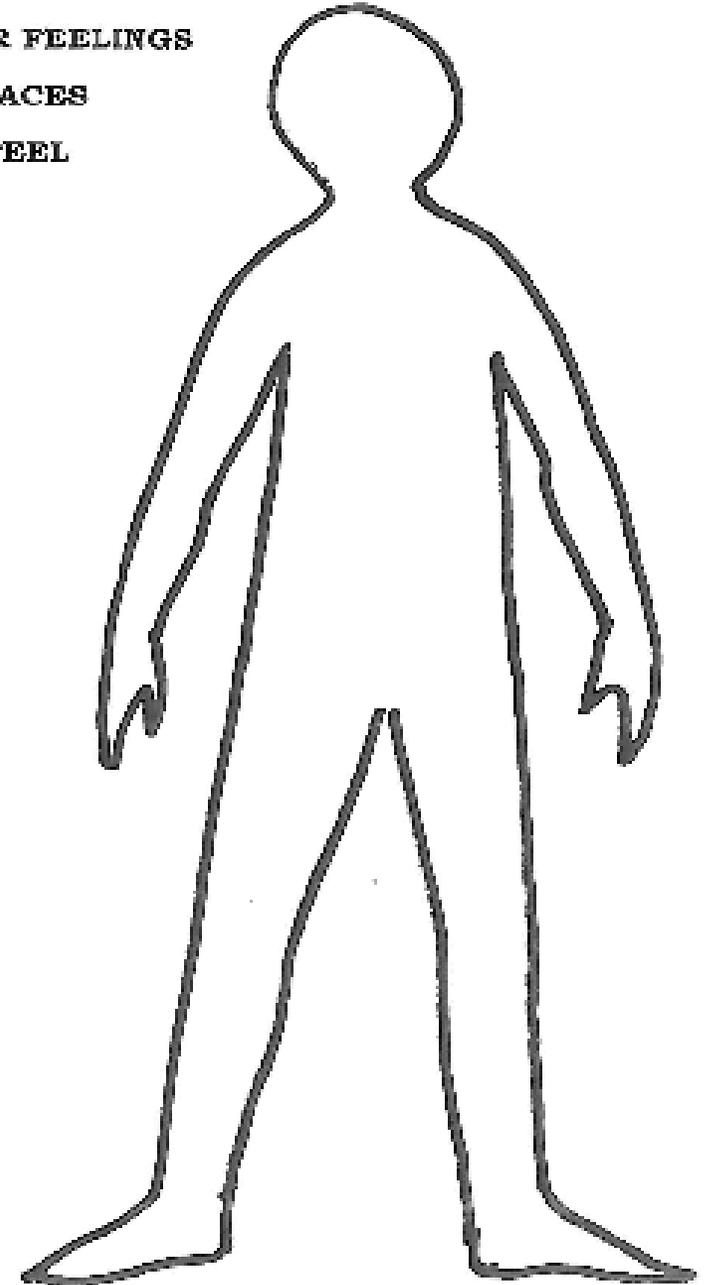
These two feelings can feel the same in our bodies and a grown-up can help us know which one is which

<p>Not Worried</p> 	<p>Am Just OK</p> 	<p>A Tiny Bit</p> 	<p>Don't Know</p> 	<p>Very Worried</p> 	<p>Frightened</p> 
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Sometimes it helps  
when we know  
where our feelings  
are in our body  
Where are my  
feelings in my body  
today..... Can I  
colour them in?

WE ALL FEEL OUR FEELINGS  
IN DIFFERENT PLACES  
WHERE DO YOU FEEL  
YOUR FEELINGS?

HAPPY-  
EXCITED-  
NERVOUS-  
ANGRY-  
BAD-  
SCARED-  
GUILTY-

# What are the night times like?

I sleep well



It's hard to get to sleep



I wake up a lot



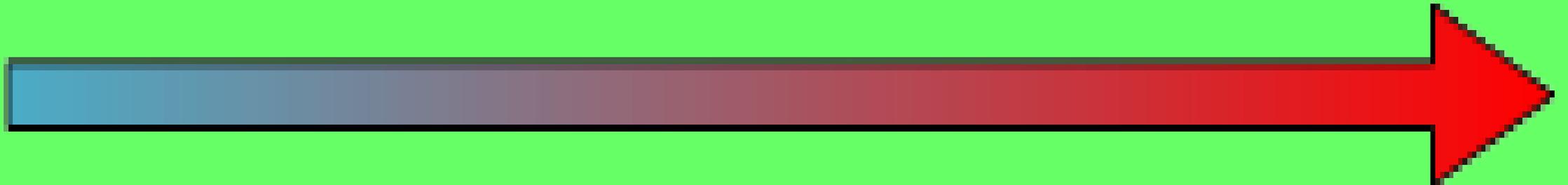
I don't know



I have bad dreams



I can't sleep



# My Supports

Who I like to talk to:

What helps me relax:

What makes me laugh:

My silliest memory:

The funniest movie:

My favourite dinner: