COVID-19 AND CHANGE
We usually have things we do everyday in order. This is called a routine.
Sometimes our routine changes. During the Corona Virus outbreak our routine has changed.
This means I am not able to go to school or see my teacher.
My teacher might be sending things for me to do on WhatsApp. I can only see my teacher on videos on the phone/computer.
When my routine changes, it might make me feel upset – this is because it is different.
It’s OK to feel upset. I can try to stay calm by taking a deep breath, or by counting. This will help to keep my body calm.
I can tell my mom/dad/granny/grandpa/caregiver that I am upset. It’s OK to feel upset.
Change means things are different, but everything will be OK.
With thanks to...

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