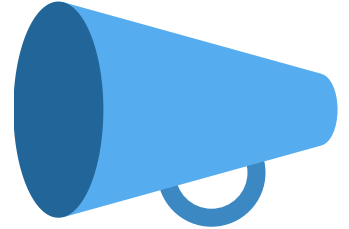


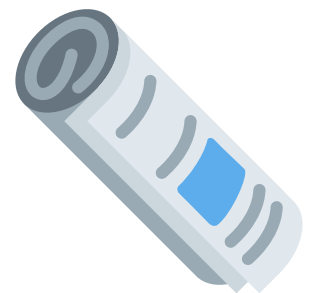
Acknowledge, listen, validate



When talking to a child/young person about COVID-19:

- Give them all your attention, stop what you are doing, solely concentrate on them and the conversation you are having.
- Find out how they are feeling and what thoughts they are having.
- Make sure you validate their concerns and how they are feeling - their problem may seem insignificant to you, but it is important to them.
- Answer any questions with fact, care and support.

Cut down on COVID-19 news



- Limit when the news is on in your household.
- Make a conscious effort to avoid discussing all your worries in front of children / young people.
- Be mindful of young people's direct access to news - talk to them how this can lead to negative thoughts.
- Talk to them about the news, give answers appropriate to their age and educate them on other aspects of news.



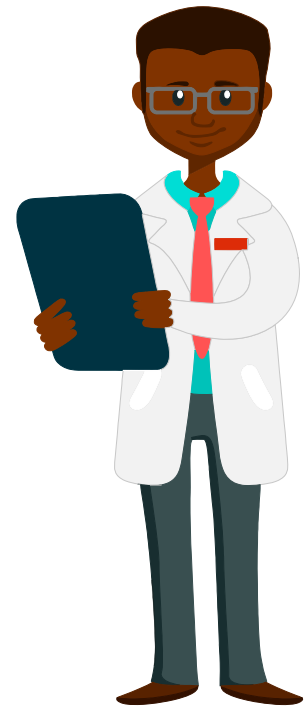
Create routine

Think about creating a special COVID-19 routine with a daily timetable:

- Include protected time to complete activities with your child/young person that trigger positive feelings such as baking, reading, craft, games and sport
- Use online resources such as BBC Bitesize (<https://www.bbc.co.uk/bitesize>)
- Remember to factor in basic health needs, such as maintaining a healthy diet, sleep and exercise. NHS Change4Life (<https://www.nhs.uk/change4life>) website has great ideas to help and support.
- Include time to connect so that children/young people know when they will be seeing or speaking to key people, such as their parents/carers, to alleviate feelings of worry and distress. This can be increasingly important when time is split between different family homes.

Provide clear, evidence based information

- You may get asked questions you do not know the answer to. This is ok, reassure the child/young person that you can find out the answer together.
- Use reputable sources such as nhs.uk or gov.uk.
- Explain information in a way that is understandable.
- Explain what they can do to keep themselves and others safe from COVID-19, such as staying indoors, only seeing the people they live with and washing hands regularly.



Use relaxation techniques



- Build these into your daily lives to encourage relaxation.
- Over the page are some examples to try, for primary and secondary aged children / young people.

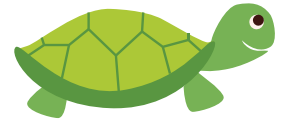
Relaxation for the body

Jaw: Chew the carrot



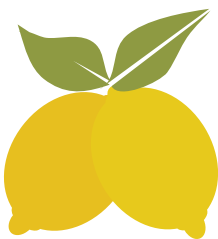
Now, pretend that you are trying to eat a giant carrot. It is very hard to chew. Bite down on it, as hard as you can. We want to turn that carrot into mush! Keep biting, hold for 10 seconds. Good! Now relax. You've eaten the carrot. Let yourself go as loose as you can.

Shoulders and neck: Hide in your shell



Now pretend you are a turtle. Try to pull your head into your shell. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight! Hold for 10 seconds. OK, you can come out now. Feel your shoulders relax.

Hands and arms: Squeeze a lemon



Pretend you have a whole lemon in each hand, now squeeze it hard. Try to squeeze all the juice out! Feel the tightness in your hand and arm as you squeeze, squeeze hard! Don't leave a single drop. Hold for 10 seconds. Now relax and let the lemon drop from your hands. See how much better your hands and arms feel when they are relaxed.

Arms and shoulders: Stretch like a cat



Pretend you are a furry cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up over your head. Feel the pull in your shoulders. Hold for 10 seconds. Great! Let them drop quickly and feel how good it is to be relaxed.

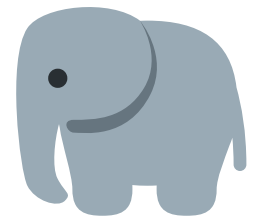
Relaxation for the body

Face: Get that fly off your nose



Here comes a pesky fly, and he has landed on your nose! Try to get him off without using your hands. Wrinkle up your nose. Make as many wrinkles as you can. Scrunch your nose really hard and hold it as long as you can. Hold for 10 seconds. Good. You've chased him away. Now you can relax and let your face go smooth.

Stomach: Make sure the elephant doesn't squish you



A cute baby elephant is coming towards you but he is not watching where he is going and you are lying on the grass. You don't have time to move out of the way, you need to make your stomach very hard and tighten up your muscles. He looks like he is going the other way, let your stomach go soft and relaxed. Oops he is coming back again, squeeze your stomach really hard so he won't hurt you. He's moving away again now, you can relax as much as you can. He's turned round and is coming this way! Make our stomach as tight as possible as he steps over you! Now he's gone and you can relax completely. Your safe and can enjoy the feeling of being relaxed.

Legs and Feet: Squish your toes in the mud



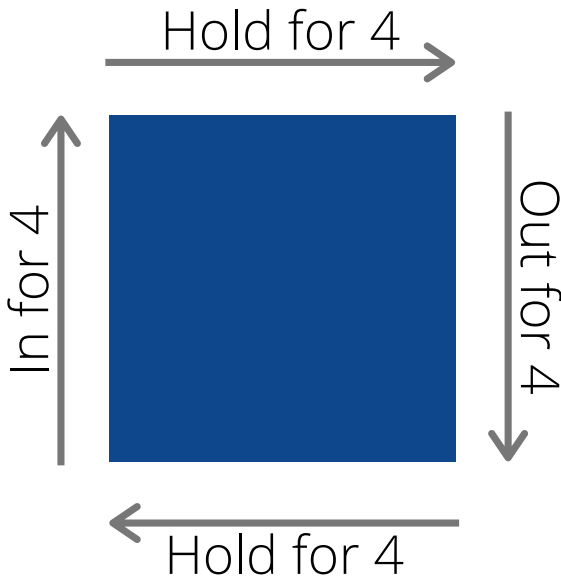
Pretend that you are standing barefoot in a big, mud puddle. Squish your toes down deep into the mud. Try to get your feet down to the bottom of the mud puddle. You'll probably need your legs to help you push. Hold for 10 seconds. OK, come back out now. Relax your feet, relax your legs and relax your toes.

Breathing relaxation

Square breathing

Find a square in the room and focus your eyes on it. As you look up the left side of the square from bottom to top, breathe in for 4 seconds. As your eyes go along the top of the square from left to right, hold your breath for 4 seconds. Then, as your eyes move down the right hand side of the square, breathe out for 4 seconds.

Lastly, as your eyes move along the bottom of the square from right to left, hold your breath for 4 seconds. You can repeat this for a couple of minutes or until you feel better.



High five breathing

Find a square in the room and focus your Try

holding up your right hand with your palm towards you. Then starting on the bottom left edge of your hand, with a finger from your left hand, you slowly bring your finger up to the top of your little finger, while doing this you take a long breath in. Then you breathe out slowly and while doing that bring your finger to the bottom of your next finger, repeating until you get to the bottom of your thumb. Remember to

repeat this for as long as you need to help you relax.

