**Talking about Coronavirus/COVID-19**

**What do you know about coronavirus/COVID-19?**

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**What changes have you noticed?**

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**What questions do you have about coronavirus/COVID-19?**

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**What are you worried about?**

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**What things can you do to make yourself feel better/happy again?**

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**Who can you talk to about your worries?**

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**What can you do to help other people who are worried?**

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**Tips & Strategies for Talking to Your Child/Student about Coronavirus/COVID-19**

1. It is important to give students information
2. You will be amazed how much students are hearing and often not understanding
3. This is worksheet is to open the lines of communication about Coronavirus/COVID-19 with the child/student
4. Remember to keep the explanation simple and direct, use their words wherever possible – this ensures the child/student has a clear understanding and reduces anxiety.
5. It is important that it is written down as children can refer back to it and process at their own speed (even if you think your child can’t read, I find writing it down an essential part of the process)
6. You may even want to record the document so the child can listen to *your* voice to process it, and it may even reassure them
7. As things are changing so rapidly – you may need to revisit this document regularly and add in any changes e.g. schools closing or lockdown procedures
8. I know we all feel like we don’t have time to do these things but I can’t emphasise enough taking the time to do these things with students to reassure them and reduce anxiety
9. It is okay to tell children that WE don’t know all the answers at the moment but we will update them as we know e.g. schools closing.
10. PLEASE remember this is not an English exercise – this is an activity to support the child/student in these uncertain times, correct spelling/grammar/handwriting is not important.

**\*You might want to substitute the word ‘worried,’ with a relevant word for your student/child\***