

Managing Anxiety

I am a VIRUS,
causing the flu and
the Common Cold



See this

<https://www.mindheart.co/descarqables>


This link provides a social story in multiple languages to explain Covid-19 in a child-friendly way.

Social stories

<https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/>

Please see schools websites for others.

Use the strategies in the Pupil's pack to support anxiety and mental health needs.



- ✓ Be honest with children. You can't always have the answers!
- ✓ Be logical and realistic.
- ✓ A calm and reassuring approach is vital
- ✓ Use their own language to give explanations
- ✓ Stick to the Government Guidance

Covid-19 Advice

- ✓ Search NHS Covid-19 advice for latest health advice
- ✓ Call 111 if you are unsure of what to do.
- ✓ Government Guidance can be found here: <https://www.gov.uk/government/publications/covid-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Talking to kids about coronavirus...

- Ask them what they're actually worried about.
- Be honest but not alarming.
- Be mindful of your own reactions – children will look to you for reassurance & feed off your anxiety.
- Explain that things in the media may sound worse than they are.
- Explain that coronavirus is not serious for the majority of people – especially children.
- Teach them the importance of hand-washing.
- Explain that coronavirus won't go away overnight, but will get more common & then start to go away.
- Only use accurate sources for information – like NHS.uk.



#familiestoolkit

Supporting the Family

