

COVID-19 Feelings are Okay

A debrief tool for children affected
by COVID-19



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Name



What is COVID-19?

COVID-19 is the name of a disease that is making a lot of people worried.



'CO' stands for CORONA

'VI' stands for VIRUS.

'D' for DISEASE

'19' for the year it was first discovered

A virus is a germ that causes infections in the same way other viruses do - like the common cold, ear infections and chickenpox.

COVID-19 is a new germ that is similar to some types of the common cold or the flu. These germs are all in the same family. It is like they are cousins to each other. That is why some of the signs people get when they have COVID-19 are similar to what people have when they have a cold or the flu.

COVID-19 has caused a lot of disruptions like closing schools, people losing their jobs and businesses and not being able to visit friends and family.

Old people and those who have illnesses have been particularly vulnerable to being affected by COVID-19



 **But!** 

Let's talk about now!



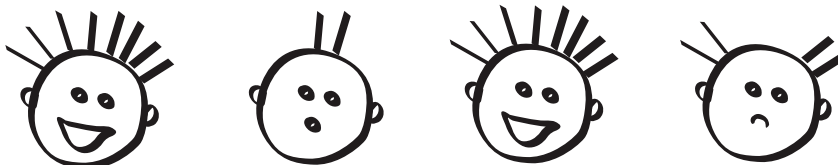
When looked after properly, most people recover from this disease.

Very few children have caught COVID-19 and if they do get it, they are usually mild cases. With the right treatment, they recover.

Sadly, some people die from COVID-19. They are mostly older people or those who are not fit or those who do not get the proper treatment.

We all need to be careful to look after ourselves and others.

There are many people doing everything they can to help people overcome problems caused by the COVID-19. Everyone must do their part to help.





All About Me

My name is:

My age is:

The town where I live is:

My favourite colour is:

My favourite book or author is:

The TV programs I enjoy most are:

My favourite food is:

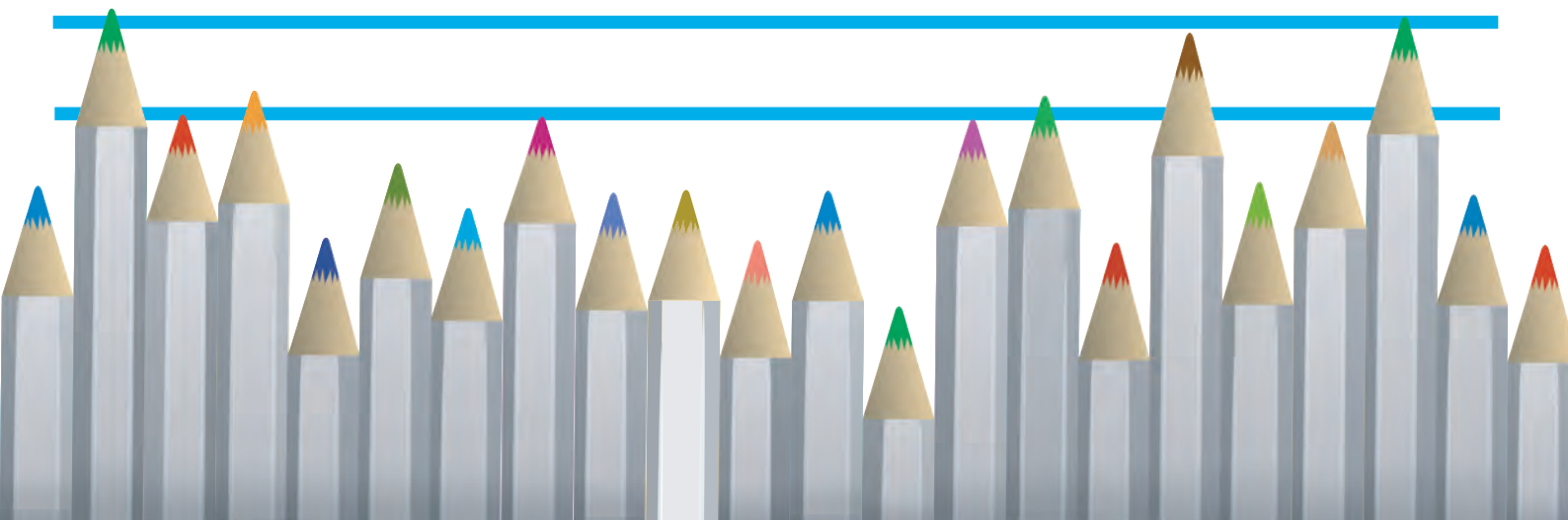
My favourite game or sport is:

The country I most want to visit is:

My favourite person or people are:

My favourite team is:

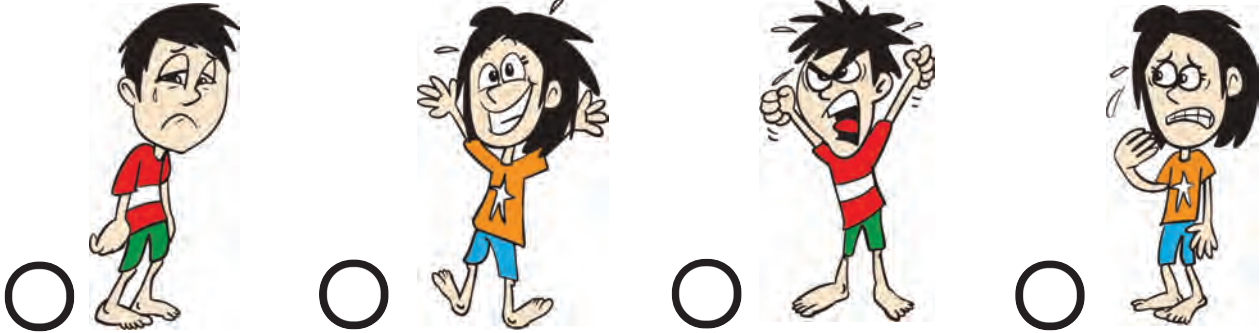
How COVID-19 has affected me and my family:



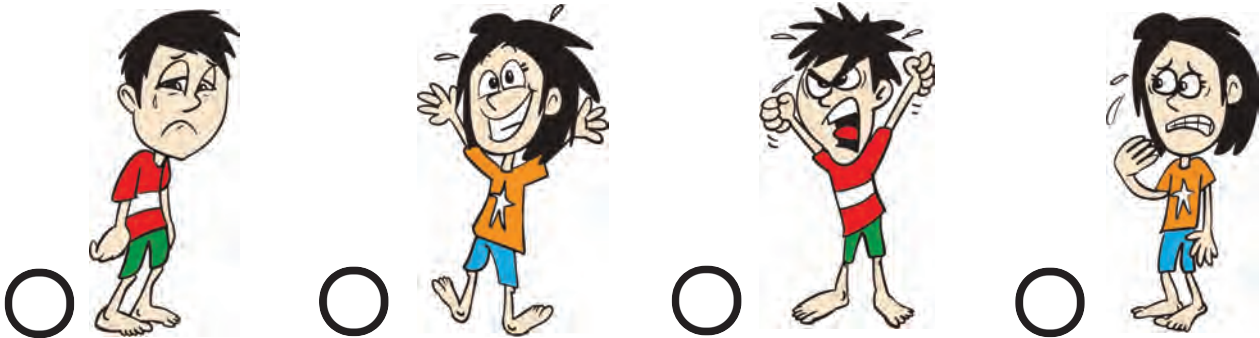
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Sad, Glad, Mad or Troubled?

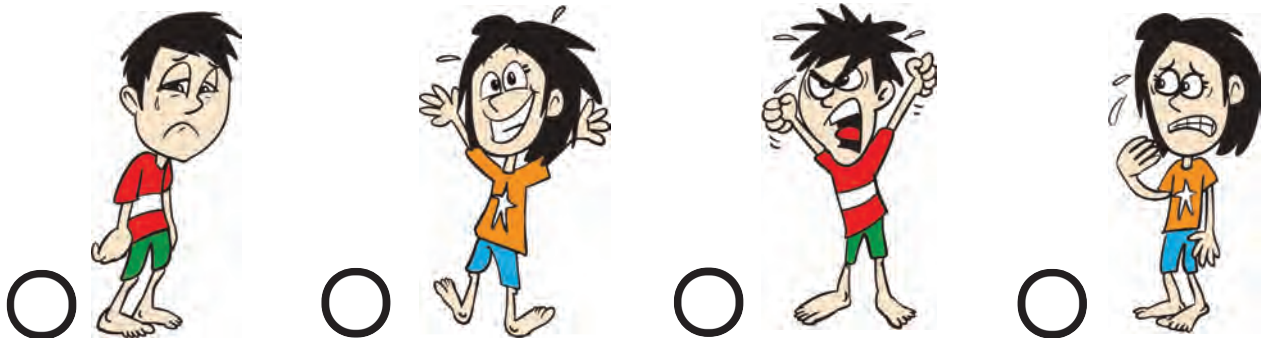
What my life was like before COVID-19.



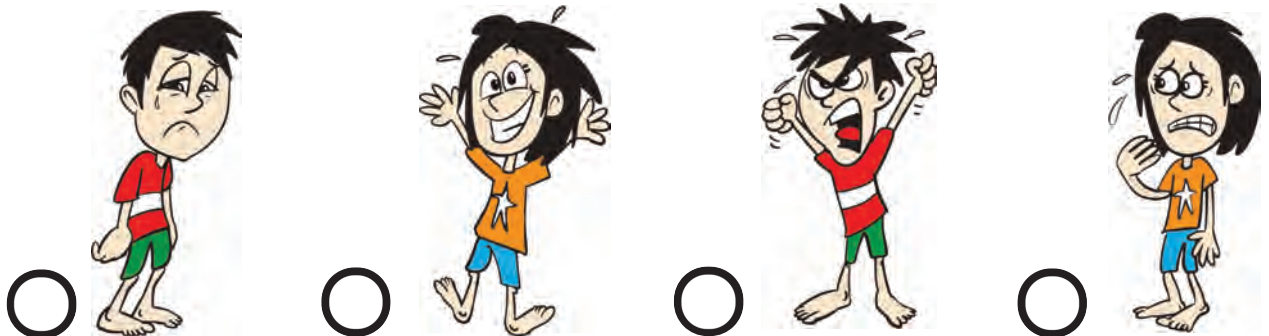
What it feels like (or felt like) during the lock down?.



What I have been like since.



What I think my life will be like after the COVID-19





This is My Life.

You can draw or write

My life before COVID-19.

How my life has been affected by COVID-19.

What my life will be in the future.



Have a plan!

What to do when you feel upset, worried or angry.



Everyone gets angry sometimes, especially when going through a difficult experience. Other feelings we all have include sadness, frustration, embarrassment, shame and loneliness. These feelings are not nice but they are not wrong either - they are normal. However, you need to have a plan - a strategy for what you can do when these feelings are strong. Below are some ideas. Choose at least four. You know best what calms you down so try and think up at least one idea of your own.

- | | |
|--|--|
| <input type="checkbox"/> Ask a trusted person for help | <input type="checkbox"/> Talk to a teacher, counsellor or minister |
| <input type="checkbox"/> Talk to an adult | <input type="checkbox"/> Talk to a best friend or your parents |
| <input type="checkbox"/> Play with a friend | <input type="checkbox"/> Do some physical tasks |
| <input type="checkbox"/> Draw how you feel | <input type="checkbox"/> Do some colouring in |
| <input type="checkbox"/> Takes some deep breathes | <input type="checkbox"/> Think about something positive |
| <input type="checkbox"/> Go for a walk (or a run) | <input type="checkbox"/> Give yourself some time-out |
| <input type="checkbox"/> Pray | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Write how you feel in a journal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Do any physical exercise | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Listen to some music | <input type="checkbox"/> _____ |

Above all - Keep safe! If what you are doing is not helping you, then tell a trusted adult how you feel. Learn the anger rules on the next page.



The 'Anger Rules'

Keep safe when you feel upset, worried or angry



It's okay to be angry

BUT

Don't hurt property

Don't hurt yourself

Don't hurt others

Do talk about how you feel.

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Should you be **Worried?**



- People are getting sick.
- Airlines are cancelling flights.
- Supermarkets are running out of certain supplies.
- Sports matches have been cancelled.
- Some schools have had to close.
- People are being told to stay home.
- Some people have lost their jobs.
- People are worried about there not being enough food.
- Some have died.

If you feel at all worried by these things, you must talk to a trusted adult - soon.

There is good news.

- Governments around the world are working to fight the virus.
- Scientists are working to find a cure.
- Most children only get mild symptoms.
- There are lots of things that we must all do.
- There is plenty of food.
- We have good doctors, nurses and other medical professionals.
- We live in a fortunate country.



How have you been affected?

What are the different ways COVID-19 has affected you, your family or friends?

On this page you can either write or draw a picture to describe these things.



Write a Letter

What would you want to say to someone you either know, or have heard about, who got sick or even died due to COVID-19? Or, perhaps you would like to say 'thank you' to one of the medical people who have helped these affected people. You could do it as a letter or a poem, or a drawing.

A large, irregularly shaped white area enclosed by a thick, black, hand-drawn style border. In the bottom right corner of this area, there is a small illustration of a pencil with a blue and grey body, a gold eraser, and a pink heart shape drawn at the tip of the lead.

HOW TO KEEP WELL



Cover your mouth and nose with a tissue every time you cough or sneeze.



Do not cough or sneeze towards someone else.



Throw used tissues into a bin or down the toilet immediately after use. Then wash your hands with soap.



If you do not have a tissue and you are going to sneeze or cough, then sneeze or cough into your elbow.



Wash your hands often using soap and water. Hand sanitisers are not enough. Soap and water are best, but you need to wash for about 20 seconds.



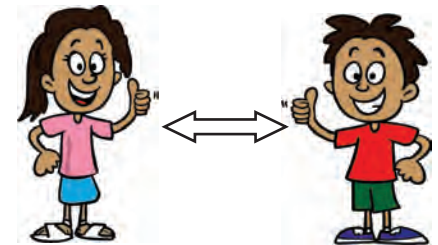
Stay away from someone who has cold or flu-like symptoms.



Be fighting fit to battle COVID-19 by getting enough sleep. Your parents might also be wanting you to take some vitamins or eat more fresh fruit and vegetables



Do not take your mobile device into the toilet and do not touch it after using the toilet until you have washed your hands.



Keep a distance from other people. Give your friends a thumbs up rather than shaking their hand or giving a high five.



Do not touch your eyes, nose or mouth if you have been to the toilet until you have washed your hands with soap.



If you are not feeling well, then tell your parents right away. Especially if you have a cold or are feeling hot.



Do not touch surfaces if you have been to the toilet until you have washed your hands with soap.



Learn from the Butterfly

The way a caterpillar turns into a butterfly gives us an important lesson about not giving up hope for the future.



Once upon a time there was a caterpillar who was unhappy because he had no friends. This made him feel he was not important. He believed there must be something wrong with him. It made him feel even worse when other caterpillars made fun of him.



One day, when things were about as bad as bad as they could be, the caterpillar started to feel tired. He had never felt this tired before and so he fell fast asleep. He slept for a long long time.

When the caterpillar finally woke up, he discovered what could only be described as a miracle. He was transformed. While sleeping he had had turned into a beautiful butterfly. He spread his wings for the first time and not long after that he flew high in the air.



There is a lesson in this that we should all remember. No matter how bad things look at the present time, or how difficult they might be tomorrow, never stop telling yourself that one day things will change.

Tell yourself this: "I cannot change how things are now but I can determine how things will be in the future. I will get through this hard time and I will be a better and stronger person".

So keep looking up. There are many challenges ahead but you will be stronger and better when all this is over.



Ways to Help

Can you think of ways you can help others who have been affected by COVID-19?

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Helpful Points for Parents and Teachers

With the constant media attention over the last few months given to COVID-19 and the kids routines that have been upset, it is not surprising that some children might be feeling anxious. Children that are most vulnerable to suffering anxiety include:

- Children whose education has been badly affected.
- Those who have members of their family that have been struck down with the virus – including the death of a loved one.
- Children whose family have suffered financially.
- Those who have been exposed to domestic violence or other family problems.

Another group of children to be concerned about are those who may have previously been affected by the droughts or the bush fires (Australia) and never had the chance to process what happened before onset of the pandemic. Children who are able to talk about what they are feeling will likely handle their fears and anxieties in a more healthy way than those who do not. This resource will provide you with some ideas on how you can talk to children.

NOTE: The exercises in this book are designed to be done under the supervision and care of an adult such as a teacher, parent, chaplain or counsellor. It is not good enough for children to simply rush through the exercises. Each point should be discussed, and if something is raised, that indicates more than normal anxiety, consult a professional. Often the first person to talk to is a GP.

1. Have student or family talks

Set aside a particular time for talking together with the children as a family or group – sooner rather than later. Remove all distractions such as TV and mobile devices. With the ever-changing situation, you will need to do this regularly.

At each page, use the points raised to ask the children open-ended questions and listen to their responses. For example, you might ask:

- What do you know about COVID-19 or Coronarius?
- What do you think is the worst thing COVID-19 could do to our family/school?
- What do you think is the worst thing that could happen to our country that would be caused by COVID-19?
- What are some of the things that you think we could do to help?

As children answer these questions, it might be necessary to ask more probing questions. For example:

- Could you tell me a bit more about that?
- Could you tell me what you mean when you say you are worried about your friend?

Pick up any sign that they are distressed, worried or have lost hope and focus.

Reassure your children that although diseases can be scary, and at this time, we have to be more careful than usual, this does not mean anything they care about will change permanently. Identify the things that will always be the same for the family or school or sport. Example, the child's interests which may be curtailed temporarily but they will get back to them.

2. Information to think about and discuss.

a. Children and COVID-19

Children generally are less affected than adults in that their symptoms tend to be mild, and they recover quicker. Even when children are not showing any signs, they can still pass the virus onto other, more vulnerable people such as the elderly or sick.

Helpful points continued:

Everyone, including children, must continue to be careful in their hygiene and take all necessary precautions such as social distancing.

If your child feels ill, monitor them closely and protect others around them to make sure they don't pass the infection on to friends and family.

Contact your doctor by phone before taking them to the surgery as special arrangements need to be made.

b. Continue to be diligent with hygiene

COVID-19 is spread when infected people cough, sneeze or talk. It also happens when touching contaminated people, objects or surfaces. Corona viruses have been detected in blood, faeces and urine, so extra diligence should be taken with keeping hands clean after toilet. Disinfecting the toilet and areas where food is prepared or where little hands are likely to have touched is a reasonable precaution.

c. There are things everyone can do to keep themselves healthy. These could be written and put on the wall.

1. Keep your body healthy and strong by getting the right amount of sleep and eating nutritious foods. This means that if you do get the disease, your body is better able to fight it! You might consider taking a vitamin supplement.
2. Wash your hands frequently using soap and water. Hand sanitisers are not enough if the disease is present. Soap and water are best, but you need to wash for 20 seconds.
3. Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue into a rubbish bin. Never leave used tissues on a bench or elsewhere – straight to the bin or down the toilet. Then wash your hands with soap.
4. If you do not have tissues and you are going to sneeze or cough, then sneeze or cough into your elbow.
5. Stay away from someone who has cold or flu-like symptoms.
6. Avoid physical contact such as shaking their hand or giving a high 5. Alternative greetings include giving a thumbs up or placing your right hand on your chest.
7. Do not take your mobile device into the toilet and do not touch it after using the toilet until you have washed your hands.
8. Do not touch someone else's mobile device if they have been using it while in the toilet.
9. Do not touch your eyes, nose or mouth if your hands are dirty, especially after using the toilet.
10. Ensure they have times outside. There is research that shows sunlight, and the outdoors helps everyone's health and well-being.

Note:

All information provided here is for education purposes only. For specific medical advice, diagnoses, and treatment, you must consult your doctor.



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ISBN 978-0-6487061-4-4

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