

Keep calm and social distance

We are living in uncertain and unusual times which can cause some worries. If you are worried use this to help you or talk to some grown-ups.



C

Can you write down how you are feeling or express yourself with drawing?

Draw, write or think about your happy place to calm down.



A

Are you feeling worried or upset?

We are living in unusual times and it is normal to be worried, try talking to a grown-up about it.



L

Listen to your thoughts

Listen to how your body is expressing your feelings and to the thoughts you are having.



M

Make a list of things that make you feel calm and happy

When you have felt worried before what has made you feel better?



E

Everyone feels worried sometimes

So try talking to other people about your worries.



R

Remember to talk to your parents

Talk to your parents about how you are feeling so they can help you.