



HOW TO TALK TO KIDS ABOUT COVID-19

Affirming
YOUTH®

1

ASK QUESTIONS

What are your thoughts? What are your feelings? Are you afraid? Tell me more...

2

DEBUNK MYTHS

Normalize their feelings. Clarify exaggerations. Speak honestly. Ask questions.

3

SPEAK ON THEIR LEVEL

Don't "dumb down" or censor what you tell them. Instill in kids that they are safe.

4

GO OVER SAFETY TIPS

How to wash your hands. Show kids how to cough and sneeze. Do fun activities.



FOR PARENTS: HOW TO TALK TO YOUR CHILDREN ABOUT COVID-19

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviours they have outgrown
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability - acting out - behaviours in teens
- Difficulty with attention and concentration
- Unexplained headaches or body pain



Things to support your child:

- **Take time to talk with your child or teen about the COVID-19 outbreak.** Ask open questions and listen.
- **Be honest.** Answer questions and share facts about COVID-19 in a way that your child/teen can understand.
- **Show them how to protect themselves and their friends.** Let them know it is ok for them to feel upset.
- **Limit your family's exposure to news coverage, including social media.** Children will misinterpret what they hear and can be frightened about something they do not understand.
- **Try to keep up with regular routines.** If schools are closed, create a schedule for learning activities, relaxing or fun activities.
- **Be a role model.** Take breaks, get plenty of sleep, exercise and eat well. Connect with friends and family members.

For more information please visit the GCT#3 website:

<http://gct3.ca/coronavirus-covid-19-pandemic-information/>

Information also available at:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>



CORONAVIRUS (COVID- 19) SAFETY TIPS

Safety isn't expensive, it's priceless

FOLLOW THE STEPS BELOW TO PROTECT YOURSELF FROM COVID-19



Wash your hands frequently with soap and water, or any alcohol-based sanitizer



Dispose used tissues and masks into a plastic-lined waste bin instantly



Use a tissue to cover your mouth as well as nose while coughing or sneezing



Do not touch your mouth, eyes, or nose as infections spread that way quickly



Avoid close contact with any individual having cold and flu-like symptoms



Clean surfaces often, such as kitchen sinks, counters, bathroom taps, etc



Avoid sharing utensils, food, or drinks during this time



Avoid crowded places at any cost

If you are unwell,



Seek medical attention immediately



Stay at home



Avoid contacting others

“ Be **READY**, Be **PREPARED**, Be **INFORMED**, Be **SMART**, Be **ALERT**, Be **SUPPORTIVE**, Be **KIND** ”

#COVID19 | #Coronavirus

Source: WHO



COVID-19 CARE CARDS

hey you! **GOOD MORNING** dear human! with others ♥

doodle + write in me
daily + **SHARE ME**
with others ♥

Something I'm looking forward to today...

Something I'm going to do to look after myself today...

Something I'm going to do to look after someone else today...

Mmm **LUNCH TIME**

Something that makes me happy in my home...

BEFORE BED zzzz...

3 things I'm grateful for...

pssst... sleep tight. see you tomorrow

Something I learned today...

Made by: Madeleine McGivern (Instagram: @adventuresofmum + Twitter: @madeleinejm) and Rosanna Cooper (Instagram: @drawitoutdaily + Twitter: @ArtTherapyToday)

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I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

MY OWN SOCIAL
DISTANCING

MY KINDNESS &
GRACE

PREDICTING
WHAT WILL
HAPPEN

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES





Our Family Homeschool Schedule



9am	Morning walk/run round	3pm	Tidy up and snack time
9:30am	Lesson 1: English, Maths or Science	3:30pm	iPad time for Kids, have a cup of tea
10:30am	Morning break (outside) and snack	5pm	Dinner and solo walk if partner home
11am	Lesson 2: English, Maths or Science + 1/2 hour number game on iPad	7pm	Kids bath time and stories
12:15pm	Lunch time and outside play	8pm	Kids bed time
1:30pm	Lesson 3: Art, PE or Creative play	8:01pm	Sit down, tea, chocolate and Netflix
2:15pm	Lesson 4: Art, PE or Creative play	10pm	Go to bed

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European Union

European
Social Fund

30 DAY PHOTOGRAPHY CHALLENGE



DAY 1	SELF PORTRAIT
DAY 2	WHAT YOU WORE
DAY 3	CLOUDS
DAY 4	SOMETHING GREEN
DAY 5	AFTER DARK
DAY 6	OBSESSION
DAY 7	CHANGES TO COME
DAY 8	ROUTINE
DAY 9	SOMEONE YOU LOVE
DAY 10	CHILDHOOD MEMORY
DAY 11	SOMETHING BLUE
DAY 12	SUNSET
DAY 13	CANNOT LIVE WITHOUT
DAY 14	EYES
DAY 15	SILHOUETTE
DAY 16	A GOOD HABIT
DAY 17	TECHNOLOGY
DAY 18	YOUR SHOES
DAY 19	SOMETHING YOU WANT
DAY 20	IN MY BAG
DAY 21	FACELESS SELF PORTRAIT
DAY 22	INSPIRATIONAL
DAY 23	PATTERNS
DAY 24	ANIMAL
DAY 25	STRANGERS
DAY 26	CLOSE-UP
DAY 27	CELEBRATION
DAY 28	FLOWERS
DAY 29	BLACK & WHITE
DAY 30	SELF PORTRAIT



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We have found the following and hope that you might find them useful.

A free, electronic book from this link:-

<https://beyondthemoon.fun/product/the-sock-monster-ebook/>

David Walliams is releasing an audio book at 11 am each day. Follow this link and then click elevenses:-

<https://www.worldofdavidwalliams.com/>

Daily morning workout with Joe Wicks here: -

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Virtual museum tours here

<https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/>

Camel Creek are offering classes three times a week, follow this link for more information.

<https://www.camelcreek.co.uk/camel-creek-classes-every-mon-wed-fri-at-11am/>

Maths support from Carol Vorderman here

<https://www.themathsfactor.com/>

There's a virtual zoo experience here

<http://cincinnatizoo.org/home-safari-resources/>

Welcome to: The Great Indoors

<https://www.scouts.org.uk/>

Cooking activities for Children

<https://www.bbcgoodfood.com/>