

## A Guide to Coronavirus for Younger Children (Approximately 7-11 years)

*You might also find our 'guide to Coronavirus for older children and young people helpful'*

### What is Coronavirus?

The Coronavirus (which can also be called 'COVID-19') is a virus that can make people feel unwell. It can cause a high temperature, a cough and shortness of breath. Most people who get the Coronavirus will get better at home. Sometimes it can make people feel very unwell and they might have to go to hospital for treatment. You can find out more about the virus by talking with an adult. You can also follow some of the links below:



-  • Here is a cartoon video explaining more about the Coronavirus - you might like this if you are in Years 3, 4, 5, 6 or 7.  
• <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
-  • Here is a short story about the Coronavirus – you might like this if you enjoy having pictures with words <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
-  • Here is a cartoon superhero story to explain the coronavirus and what you could do to fight it. <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>
-  • Here is a comic explaining what the coronavirus is and what might change or be different for you. <https://www.ppmd.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

### What can I do to keep safe?

We can all help to stop germs spreading by coughing and sneezing into our elbows and washing our hands, making sure we wash all over our hands and between our fingers. You need to wash your hands for about 20 seconds – that's about as long as it takes to sing the 'Happy Birthday' song twice. You don't need to wash your hands all the time but maybe before eating or after going outside, for example. If you are not sure when to wash your hands, ask an adult.



We can also help stop germs spreading by reducing our contact with others as much as possible. For some children, this will mean not going to school. It may also mean not going to visit family and friends for a while.

Some people might wear facemasks to help avoid the spread of germs. You don't have to wear a facemask. Please remember that because someone is wearing a mask, that does not mean they have Coronavirus or are unwell.



### Keeping busy at home

It will probably be useful to think about keeping a routine to the days that you would normally have been at school. A good idea could be to ask an adult to help you make a timetable for the week or each night before you go to bed so you know what you are doing the next day. Your teachers might have already sent you some ideas; in case they have not, we have included an example below and added a blank one at the end of this document for you to create your own:

Before 9am	Wake up		Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 – 10am	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc... See 'Exercise Ideas' on page 3.
10 – 11am	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
11 – 12pm	Creative Time		Lego, drawing, colouring, craft activities, singing, music, cooking/baking together.
12pm – 1pm	Lunch/Relax		<u>Controlled Electronics</u> iPads/tablets, computers and games consoles. <b>Please remember online safety and supervise your children.</b>
1pm -1:30pm	Exercise Time		See 'Exercise Ideas' on page 3
1:30 - 2:30pm	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
2:30 – 3:00pm	Quiet Time		Relax with a book, watch a TV programme or play a board game etc...
3:00 – 4:00pm	Fresh Air		Outdoor play or exercise indoors.
4:00 – 5:00pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games/apps. (see list of <a href="#">Websites</a> and <a href="#">Apps</a> on page 3).
5:00 – 6:00pm	Tea Time		Have tea and then relax and prepare for bed/story time.

## Learning

As your teachers /lecturers might not to be with you over the next few weeks, you might need to do some learning at home. Here are a few places you can look for ideas if you're not sure what to do:

- As your teachers might not to be with you over the next few weeks, you might need to do some learning at home. BBC bitesize might be able to help you with this. Bitesize: <https://www.bbc.co.uk/bitesize>
- As well as learning, bbc bitesize has some games and other ideas for keeping busy. <https://www.bbc.co.uk/bitesize>
- Twinkl might help you with some home learning activities such as stories, problem solving activities, colouring, creative writing, reading revision and lots more. <https://www.twinkl.co.uk/resources/covid19-school-closures>
- Creative writing exercises [http://www.expresseumpoetics.org.uk/wpcontent/uploads/2016/07/04\\_c\\_creative\\_writing\\_exercises.pdf](http://www.expresseumpoetics.org.uk/wpcontent/uploads/2016/07/04_c_creative_writing_exercises.pdf)
- Maths activities
- <https://www.myhomeschoolmath.com/visualperception.html>  
<http://www.amathsdictionaryforkids.com/>  
<https://www.10ticks.co.uk/>
- Paper and pencil type activities which develop problem-solving skills such as Noughts and Crosses (or make up your own shapes e.g. cats and dog, same grid, just draw cats and dogs). More ideas here <https://www.playworks.org/resource/fun-paper-and-pencil-games-to-play/>
- Play cards and board games to help develop a range of skills such as turn taking, waiting, problem solving, maths, reading and to have fun.
- Story line Online has lots of free on-line stories read by actors and with animations <https://www.storylineonline.net/>

## What should I do if I am worried?

You might be feeling a bit worried about what is happening and this is completely normal. Remember, not everything we see and hear in the news and on the internet is always right. Please keep talking to adults that you trust for more information. Top tips to help you feel more relaxed:



- Keep talking to adults that you trust for more information.
- Try not to watch / listen too much to the news – pick a time each day to watch or listen: updates from the Prime Minister and NHS are likely to be most helpful.
- Take a break from social media, like Facebook, Instagram, Snapchat and others, if the updates are getting too much.
- Plan some activities that you enjoy that might help to take your mind of things, like going for a walk, chatting to a friend, watching a film or reading

a book. There are some links to resources and activities below which can help you to relax and feel calm.

### Relaxing

It is important to have time to relax. Everyone does this in different ways. Some people like listening to music, some like reading and others like exercise. Here are some ideas below for how you, your family and friends might practise staying relaxed:



- Bed time stories to listen to 'for children of all ages'  
<https://bedtime.fm/peaceout>
- Yoga and mindfulness videos  
<https://www.youtube.com/user/CosmicKidsYoga>
- Mindfulness app for children 4+  
[www.smilingmind.com.au/smiling-mind-app](http://www.smilingmind.com.au/smiling-mind-app)
- Mindfulness colouring  
[www.diaryofajournalplanner.com/free-mindfulness-colouring-sheets/](http://www.diaryofajournalplanner.com/free-mindfulness-colouring-sheets/)
- Mindfulness games cards  
<http://www.unm.edu/~unmvclib/gamification/cards/mindfulgamescards.pdf>

### Further support

You might want to talk to someone outside the family about an issue you're going through. Childline has someone to talk to day or night and you can talk to them about anything, whether it's big or small.

- Phone 0800 1111 (24 hours)
- <https://www.childline.org.uk/>
- [Chat 1-2-1 with a counsellor online](#)

Blank Timetable Example

Time	Activity	Jobs (tick them once completed)