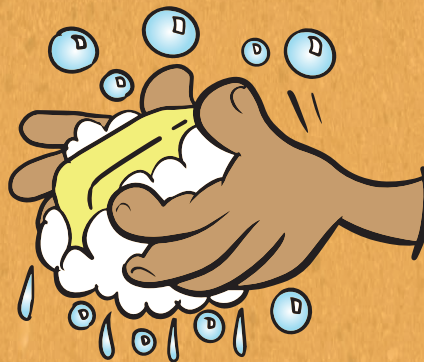
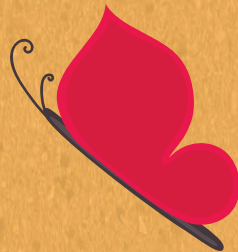
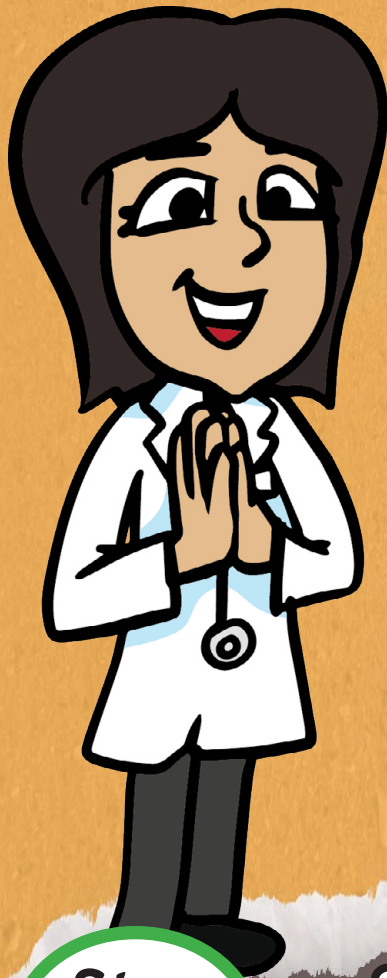


COVID-19 Feelings Are Okay



Step
1

Name

Step 2

What is COVID-19?

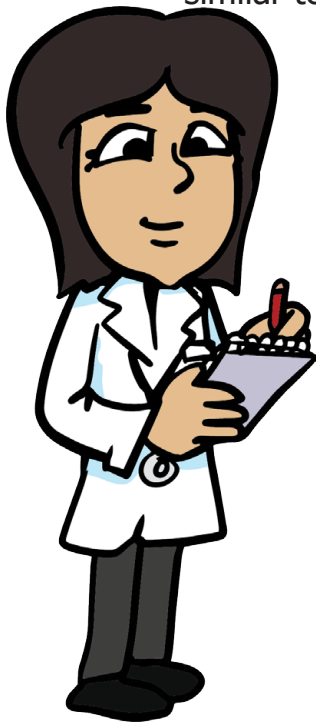
COVID-19 is the name of a new virus making many people sick.



'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 all viruses do—for example, the common cold, ear infections and chicken-pox.

COVID-19 is a new germ that is similar to the common cold or 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 get a cold or the flu.



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

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

👉 BUT 👈

Let's talk about now!

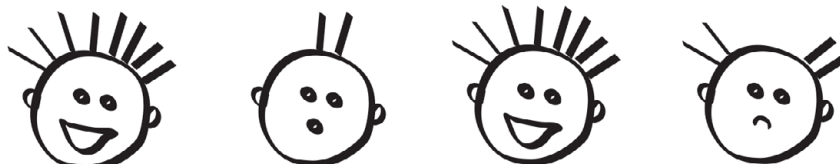
COVID-19 is very easy to catch, which is why everyone is being ex-tra careful.

Most people who get COVID-19, if they are looked after properly, do recover from this disease.

There are injections now available to help stop the spread of COVID-19.

Many doctors and scientists are working hard to learn about COVID-19 so they can find a cure.

There are lots of things we can do to look after ourselves and others. Everyone must do their part to help.



Step 3

All About Me

My name is:

My age is:

The other people living in my house are:

My family consists of:

My family comes from:

The town where I live is:

My favourite subject in school is:

My favourite superstar is:

In my spare time I like to:

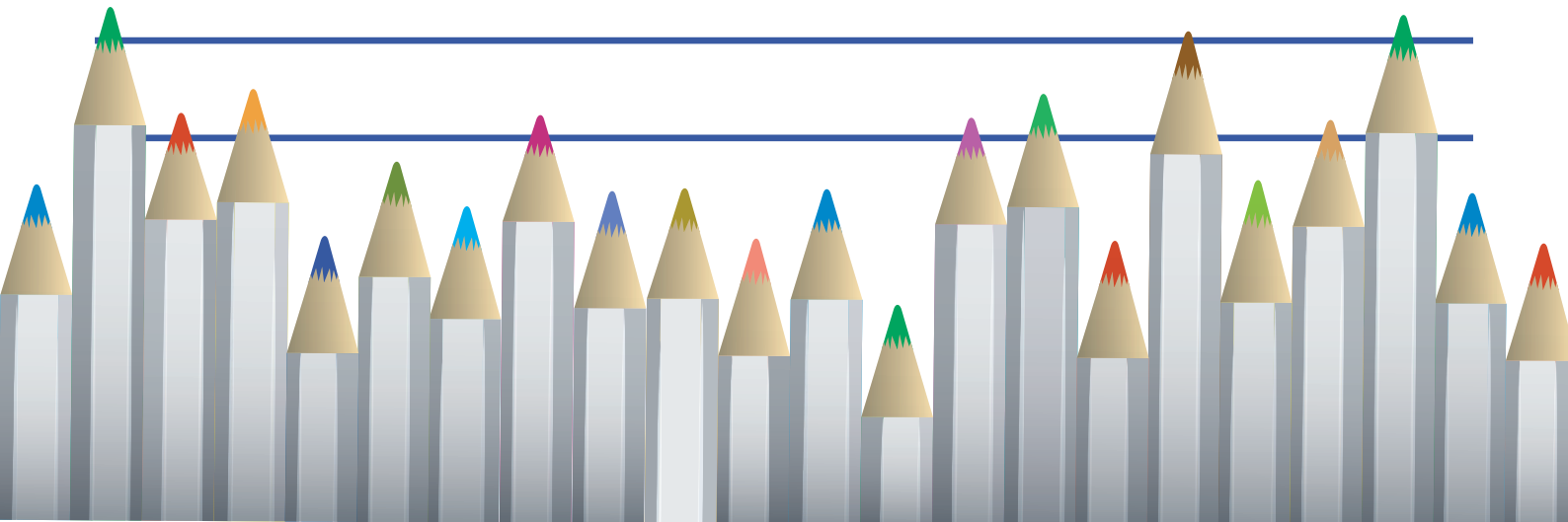
My favourite food is:

My favourite game or sport is:

The place I most want to visit is:

My favourite person or people are:

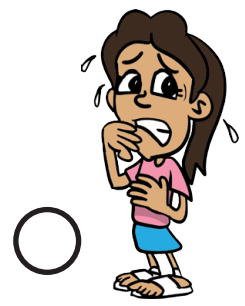
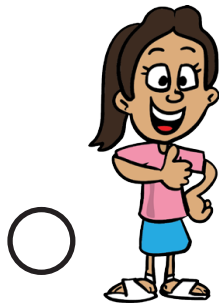
How COVID-19 has affected me:



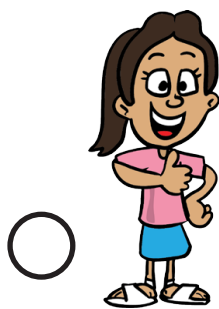
Step
4

Sad, Happy, Angry or Worried?

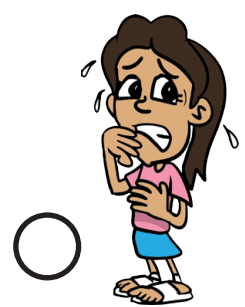
What my life was like before COVID-19.



What I feel like during the lock-down times
(for example, when I can't go to school).



How I have felt since COVID-19 started.



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





This is My Life

Use pictures or words in each of the three boxes

My life before COVID-19

How my life has been affected by COVID-19

What my life will be like in the future

Step 5

Have a plan!

What to do when you feel upset, worried or angry



Everyone gets angry sometimes, especially when going through difficult times. 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 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.

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

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.

Step
5

The 'Anger Rules'

Keep safe when you feel upset, worried or angry



It's okay to be angry

BUT

Don't hurt others

Don't hurt property

Don't hurt yourself

Do talk to someone about how you feel

Do something to help you become calm.

Step
6

What to do when you are

Worried

It is normal to feel worried about COVID. It is a new problem everyone has to face. It is tough when you can't go to school or be with your friends.



Write here some of the things you worry about.

Whenever you are worried, talk to your trusted adult. Sometimes thinking too much about a problem can make it seem bigger than it really is. Your trusted adult can help.

Also, keep doing all the things you can do - like following the hygiene rules.





How have you been affected?

What are the different ways COVID-19 has affected you, your family or your friends? On this page, you can either write or draw a picture to describe these things.

Step 7

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.



Step 8

Keeping 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.



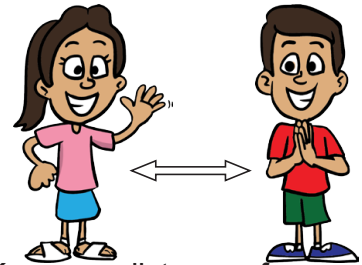
Stay away from someone who has cold or flu-like symptoms.



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 in-to the toilet, and do not touch it after using the toilet until you have washed your hands.



Keep a distance from other people and greet each other in a traditional way by pressing your hands together in front of you and saying 'namaste', touching your heart or giving a wave.



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



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

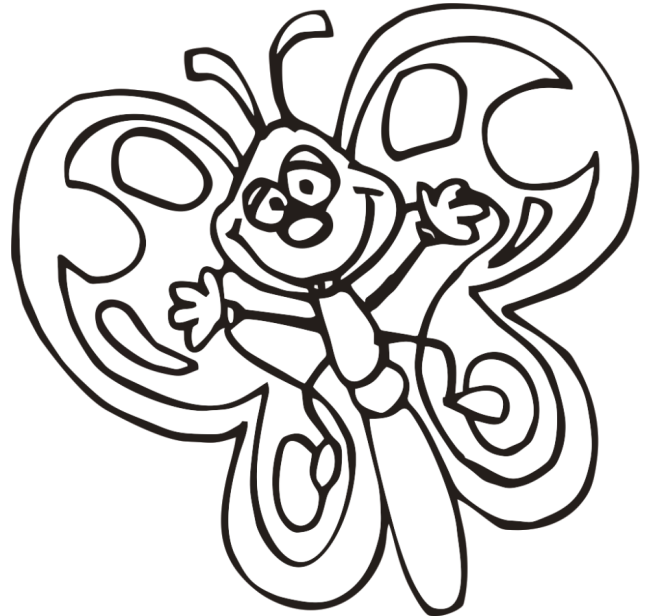
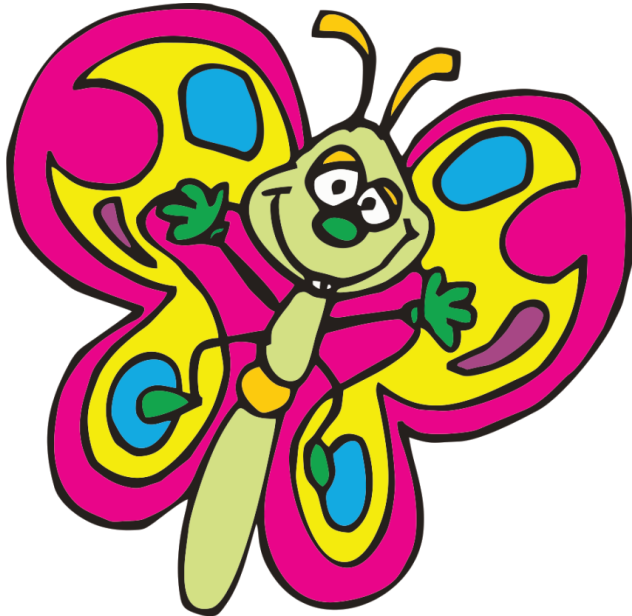


Wear a mask when you go to public places to prevent droplets and aerosols from spreading while you talk, cough, breathe or sneeze.

Step 9

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 very 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 turned into a beautiful butterfly. He spread his wings for the first time, and not long after that, he flew high in the air and joined the other butterflies. The swarm of butterflies all spread their wings, played in the wind and made the sky colourful.

There is a lesson in this that we should all remember. No matter how bad things look at the present or how difficult they might be tomorrow, always know a new season will come. You may feel like a lonely caterpillar, but you still belong to a family and community of beautiful butterflies waiting for you. You were created in a beautiful way, and there is a plan for you. Sometimes during that plan there are challenges and times of loneliness, but there is a bigger plan and a creator watching over you. You may not be able to change the situation now, but the time is waiting for you to dance in the wind as if with beautiful colourful wings. So, keep smiling, and face these challenges with hope. Your family and friends are waiting for you to join them.

Step
10

Ways to Help

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

1

2

3

Helpful Points for Parents and Teachers

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

- Children whose education has been 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 families 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 earthquakes, landslides or other traumatic events and never had the chance to process what happened before the onset of the pandemic. Children who can talk about what they are feeling will likely handle their fears and anxieties in a healthier 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 helpful to simply rush children through the exercises. Instead, each point should be discussed, and if something is raised that indicates more than normal anxiety, consult a professional.

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.

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 Coronavirus?
- 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?
- What is something good that has come during the COVID-19 time?

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. For example, the child's interests may be curtailed temporarily but will start again.

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. However, 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.

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

If your child shows symptoms, monitor them closely and protect others around them so if it does turn out to be COVID, 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 on a poster and pinned to a wall in your home.

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 time outdoors. There is research that shows sunlight and the outdoors helps everyone's health and well-being.
11. Wear a mask when you go to public places.

Note:

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



COVID-19 Feelings Are Okay



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