

Tips for helping KIDS to stay calm with Covid-19

Take 5 Breathing

Make a star shape with your hand

Gently place the index finger of the other hand at the outside base of your thumb

Breathe in slowly through your nose as your index finger moves slowly up your thumb

Breathe out slowly through your mouth as your index finger moves slowly down the other side of your thumb

Continue these breathes as you move up and down each finger



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BUILDING CONFIDENCE AND EMOTIONAL
RESILIENCE IN CHILDREN AND YOUNG PEOPLE

Helping KIDS to stay calm with Covid-19

Children need help to manage feelings

1

Be aware of your child's emotions

2

Validate feelings by listening empathetically

3

Name Feelings to Tame Them

4

Set limits and help children problem solve

All feelings are OK. Not all behaviours are OK



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Worry Time

The more time we give worries the larger they become, but trying to completely ban worries can also make them grow.



1. A set time each day when you spend about 15 minutes without interruptions telling a trusted adult your worries. Writing down the worry sometimes helps too.

2. During worry time, try to resolve your worries proactively. Simply try to come up with solutions to your worries if possible

3. Stop as soon as your 'worry time' is finished. If any worries still feel unresolved, simply carry them over to tomorrow's 'worry time'.

At other times, simply note down any worries that pop into your head and try to refocus on what you are doing now.

It gets easier with practice!

If the worries do not seem important when it comes to

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Using 5 Senses to Relax

Using your body to get out of your mind

What are.....

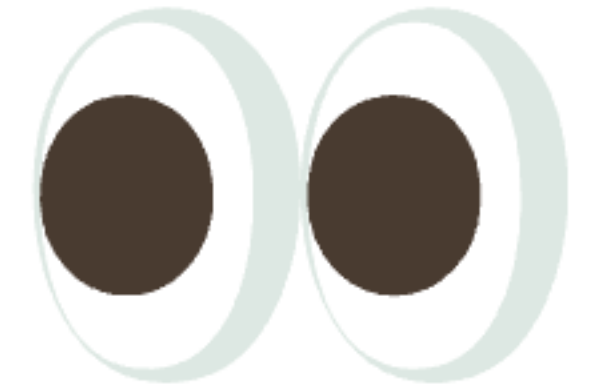


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5

things you
can see



4

things you
can touch



3

things you
can hear



2

things you
can smell



1

things you
can taste



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Bubbles Meditation

Eyes closed- imagine you are sitting in a big bubble.

This bubble is YOUR bubble

Imagine a colour - a safe and happy colour (pause)

It is a lovely colour that makes you feel calm (pause)

Imagine the air in front of you turns into that colour (pause)

Imagine the air at your side turns into that colour (pause)

Imagine the air behind you turns into that colour (pause)

Imagine the air above you turns into that colour (pause)

The colour feels safe, happy and warm

Now your bubble is filled with that colour (pause)

When you breathe in - imagine you breath in that colour

Each time you breath in you feel safer, lighter and happier

Imagine you are like a balloon filling with that colour (pause)

Breathe out - gently open your eyes - notice how you feel



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Do something physical

Dance or shake it out

Do some stretching

Give yourself a hug

Do some physical exercise – star jumps, run on the spot

Jump on the trampoline

Follow a workout video

Go for a run or bike ride

Go in the garden

Punch a pillow

Keep a balloon off the floor with your foot



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Laugh and have some fun

Do something fun

Listen to something that makes you laugh
Look at something that makes you smile

Do some craft, watch a funny movie or video clip, play a game, tell a joke, look at photos of fun times, read a book or magazine, do some colouring, drawing or art



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All feelings are OK...

These are very different, stressful and uncertain times.
It is OK to feel a range of emotions.
But not all behaviours are OK



It might not feel like it now but these feelings will change in time especially if you find others to talk to



**Tell
someone
how you
feel**



Helping PARENTS to cope during Covid-19

In these worrying times, it is easy and understandable to feel overwhelmed, but try these strategies to help you cope...

Notice what you CAN do to keep you and others safe!

Accept emotions may run high, so take a moment, take a breathe & be kind to yourself & others

Practice mindfulness - whilst the wider world worries, bring your attention to the moment in front of you

Stay connected with family and friends you might have to try new ways!

