

## 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:

-  • A cartoon video explaining more about the Coronavirus - you might like this if you are in Years 3-7: <https://www.brainpop.com/health/diseasesinjuriesandconditions/Coronavirus/>
-  • 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>
-  • 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>
-  • A comic explaining what the Coronavirus is and what might change or be different for you: <https://www.ppm.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

### What can I do to keep safe?

**Handwashing:** washing our hands is important. 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.



**Limiting the spread of germs:** we can all help to stop germs spreading by coughing and sneezing into our elbows. 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.

**‘Social distancing’:** one of the best ways to keep people safe and to avoid getting unwell during this time is to have time apart from each other. For some children, this will mean not going to school. It may also mean not going to visit family and friends for a while and going to clubs or teams. This won’t last forever. There are lots of ways you can keep in touch with friends and loved ones during this time, for example through social media, phone calls, video calls, text messages, writing letters and drawing pictures. Remember, it’s important to stay safe online – if you ever feel worried, upset or scared about something that happens online, tell an adult straight away.



How do I keep busy at home?

It may 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 make 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 Websites and Apps on page 3).

### What about my learning?

As your teachers might not be with you over the next few weeks, you might need to do some learning at home. Try and give the work a go, it is ok if you are finding it difficult.

Here are a few places you can look for other ideas if you're not sure what to do:

- BBC bitesize might be able to help you with this (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>
- Expressium poetics has some creative writing exercises:  
[http://www.expressumpoetics.org.uk/wpcontent/uploads/2016/07/04\\_c\\_creative\\_writing\\_exercises.pdf](http://www.expressumpoetics.org.uk/wpcontent/uploads/2016/07/04_c_creative_writing_exercises.pdf)
- These websites have lots of different Maths activities:  
<https://www.myhomeschoolmath.com/visualperception.html>  
<http://www.amathsdictionaryforkids.com/>; <https://www.10ticks.co.uk/>
- Playworks has some ideas for fun games to play:  
<https://www.playworks.org/resource/fun-paper-and-pencil-games-to-play/>
- Story line Online has lots of free on-line stories read by actors and with animations  
<https://www.storylineonline.net/>
- There are lots of games and activities you can do without the computer too. You could: play cards, play board games, go on a scavenger hunt in the garden, do a jigsaw, make up your own play, or use the recycling to make your own models.

### 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.

### Will I still be doing my SATs?

If you're in Year 6, you might be wondering what's going to happen with the SATs. The Prime Minister has said that children do not need to sit their SATs this year. You may be feeling a range of different things about this – happy, relieved, upset, disappointed. Lots of children and teachers will be feeling a mixture of these things too. Here's a link to some activities that might help you think and talk more about this: <https://t.co/hKPIHwv6rr>. Remember, you can also talk to a trusted adult.

### How do I keep calm and relaxed?

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 tips on staying calm and relaxing:



#### Top Tips

- 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.

Here are some more ideas below for how you, your family and friends might practise staying relaxed:

- Bedtime 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 aged 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](#)

## Make your own timetable

(You could put pictures in or colour code each activity – whatever works best for you!)

Time	Activity	Jobs (tick them once completed)