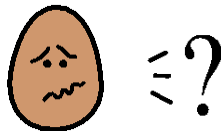
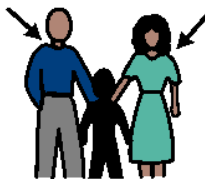


Staying safe and well during the coronavirus

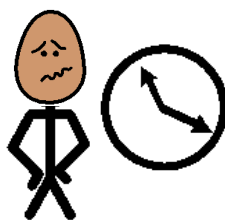
There have been some big changes in our lives over the past few weeks.



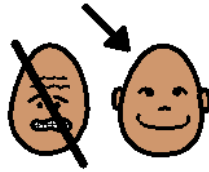
You might be feeling worried about the things you have heard about the coronavirus. It's normal to feel a bit anxious, especially when so many people are talking about it.



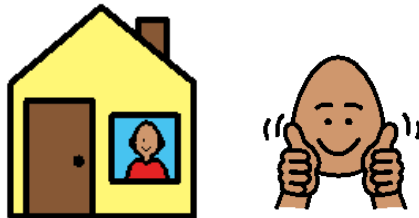
If you have questions, your parents or carers can help.



It's important that we don't spend all of our time worrying about it.



We cannot change this situation, but we can find new and different ways to enjoy life at home and stay happy.



This leaflet shows you some things you can do to make this time at home enjoyable.

The Coronavirus

The Coronavirus is a virus that causes an illness.



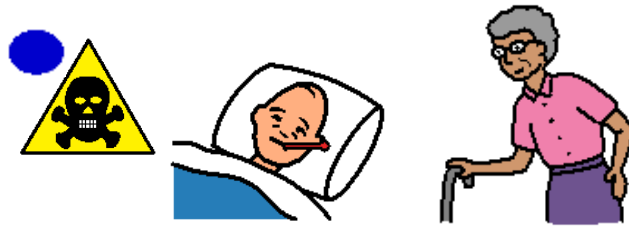
It is spreading quickly at the moment, around the world and in the UK.



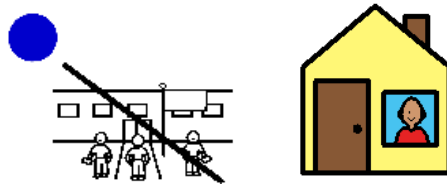
You may be feeling worried about you or your family catching the virus.



Remember that children who get the coronavirus will **usually** only get a little bit ill. For most children who catch the virus it will be like having a normal cold. Many people will not get the virus. Most adults with healthy bodies are not likely to become very ill.



Coronavirus can be dangerous to people who already have serious diseases or are older.

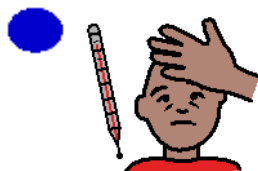


That is why we must do everything we can to protect them by staying home and closing most schools.

If someone is ill with the virus they will have:



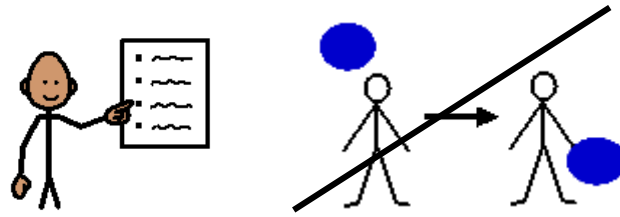
- A cough that starts suddenly, and they will cough a lot



- A high temperature - they will feel hot to touch

People who get the virus should stay at home, usually for 14 days.

Lockdown



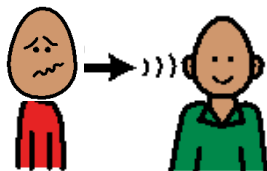
The government has made some new rules to try to stop the virus spreading.







We all need to stay at home more than usual, and away from other people.



It can be hard being at home for a long time. Sometimes you might feel bored, upset or worried.



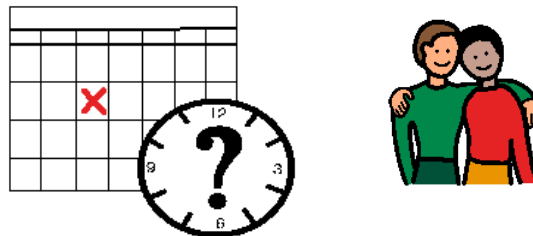
Feeling worried is normal, and it's important to talk to an adult about how you are feeling.

			
Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad	Happy	Frustrated	Mad/Angry
Sick	Calm	Worried Silly/ Wiggly	Terrified
Tired	Feeling OK	Excited	Yelling/Hitting
Bored	Focused	Loss of Some	Elated

Remember to tell your family which Zone you are in, or to use your Zones Check-in.

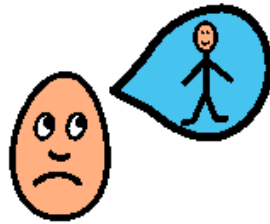


You can also write down or draw how you are feeling.



We do not know yet when Lockdown will finish but we do know that these new rules will come to an end.

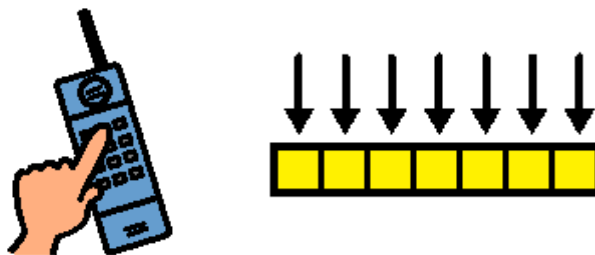
Keep in touch!



Now, you cannot go to play with your friends or to see your relatives. This is difficult because we miss our friends and family.



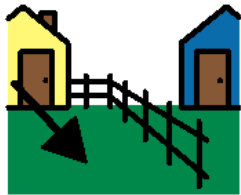
You can contact friends and family by using Facetime, making phone calls, texting, or using the internet. This a great way to talk to people and still keep everyone safe!



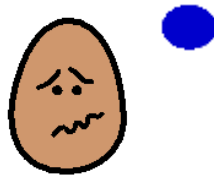
If you are missing your friends a lot, you could arrange to talk to them at the same time everyday.

Going outside.

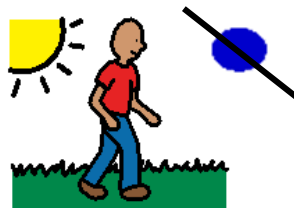
It is important to get fresh air and stay active because this will make you feel good.



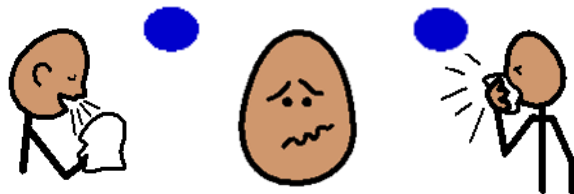
You can still go out to your garden, if you have one, and go outside for exercise.



Some of you might be worried about going outside, in case you catch the virus.



You cannot catch the virus from just going outside.

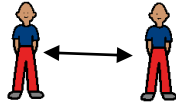


You catch the virus from being very close to someone who has the virus. This means if someone who has the virus coughs or sneezes near you, or if you touch something that they have touched.

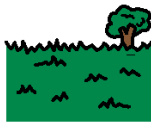
When you go outside for a walk:



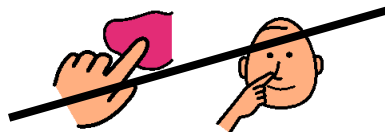
- Wash your hands with soap before you go out, for at least 20 seconds.



- Keep 2 metres apart from other people. This means leaving lots of space between you and other people when you pass them.



- Going to a quiet place, where less people are.



- Try not to touch any surfaces, or to touch your eyes, nose or mouth



- If you cough or sneeze, cover your mouth and nose with a tissue.



- Throw any tissues in the bin afterwards.



- Wash your hands with soap when you get home, for at least 20 seconds.

You can make your walk fun!



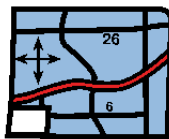
- Lots of children around the country are doing a 'Rainbow Treasure Hunt'! During your walk, try to look out for rainbows in people's windows or outside people's houses. You can make your own when you get home too.



- Take photos during your walk, and draw pictures of what you've seen. You could also make a scrapbook.



- Look out for different things during your walks. You could count some of the things you see e.g. how many cars, dogs, lampposts you pass. Or - play a game like 'I Spy!'

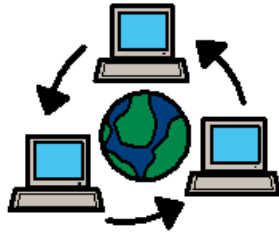


- Make a map! You could make a map of where you are going to go on your walk or where you have been. Or use Google Maps to help you.

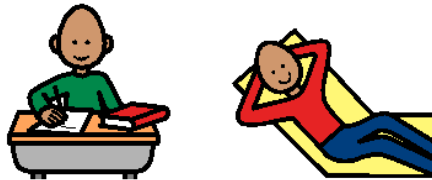


- Enjoy your walk!

Activities



You can still do some of the same things that you do at school, and you can use online learning.



Make time for work and for relaxing too!



There are lots of different activities you can do at home.

Check out the school's website for ideas of different things you can do at home <https://www.grange-park-school-kent.co.uk/page/?title=Home+Activity+Suggestions&pid=240>

You can even do your own Sensory Circuit!



Stay safe at home and we look forward to seeing you all again soon.