

The
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CORONAVIRUS AND WELLBEING

Child-led learning resource

ABOUT

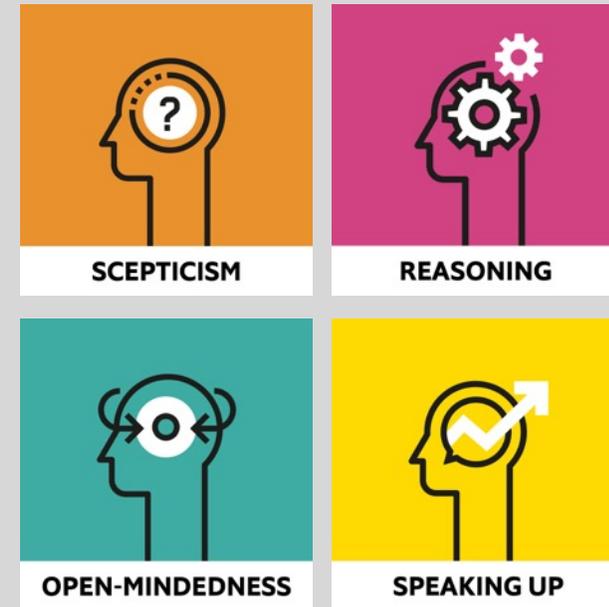
This activity helps you to think about how the coronavirus is affecting mental health. This resource links to the UN's Sustainable Development Goal 3: Health and wellbeing.

You will be able to explore interesting questions like:

- What kinds of things help your mental health?
- Has the coronavirus affected your mental health?
- Does media coverage (in the newspaper, on the radio etc) help or hinder mental health?

You can give this a go on your own, but if there's someone at home who can join you, why not work together? You could also connect with someone by telephone or video.

We'll practise some critical-thinking skills which are important for understanding and discussing the news.



Ready? Let's go!

WARM-UP

Many countries around the world are following social-distancing measures in a bid to stop the spread of the coronavirus. These include closing schools, restricting movement and placing limits on meeting people from another household. Such unprecedented measures are affecting people's mental health. Mental health is just like our physical health - we all have it and we all need to look after it. In the UK, a survey by Young Minds found that 83% of young people who have a history of mental health needs agreed that the coronavirus had made their mental health worse.

Try these questions to warm up your thinking on this topic.

They might not be straightforward, so take your time to think outside the box.

If the coronavirus was a
**MUSICAL
INSTRUMENT,**
what would it be?

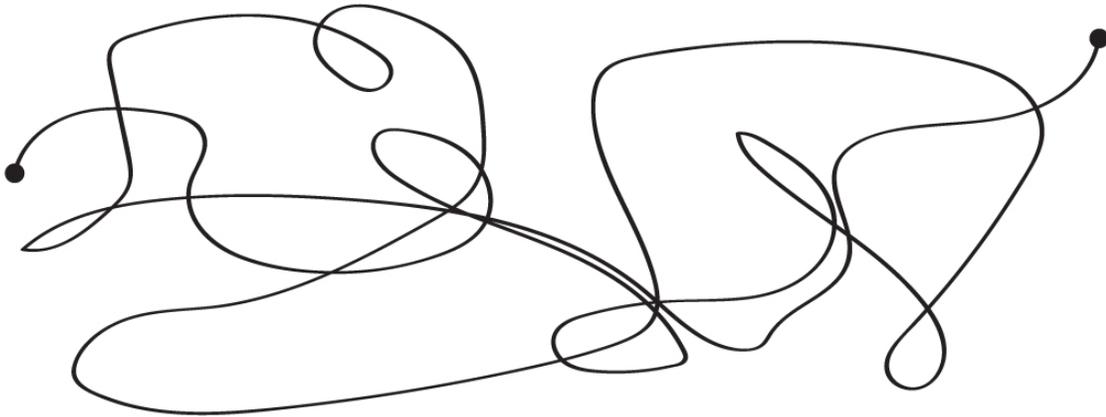
If health was a
COLOUR,
what colour would it be?

If your mental wellbeing was an
ANIMAL,
what would it be?

DEFINITION DRAWINGS

Making art helps some people's wellbeing and mental health.

Read the two definitions on the right. Turn one of the definitions into a continuous line drawing. To do this, touch your pen or pencil to the paper and don't let it leave the page until you have finished.



What words would you use to describe the drawing activity?

Mental Health

Good mental health, or being mentally healthy, means:

- We feel good about ourselves
- We can make and keep positive relationships
- We can feel and manage a full range of emotions (from being over-excited and happy, to feeling too much sadness or fear)
- We can ask for help if we feel out of control

Wellbeing

How we feel and function, whether we are on our own or in society. It includes how we see our lives as a whole. Lots of things can support wellbeing, like having a routine or exercising.

WHAT'S RIGHT FOR YOU?

Mental health is personal - different things work for different people.

However, there are suggestions that help lots of people.

Choose three things that are important to you. →

- Are there any other ideas you would add?
- Are any of the ideas unhelpful for you?
- Which ideas do you find easy?
- Which ones are more difficult?

If you are working with a partner, compare your answers.



WHAT'S RIGHT FOR YOU?

Think about your wellbeing during the current coronavirus crisis. Are there any things that are important now that weren't as important in the past?



OPEN-MINDEDNESS

Wellbeing is different for everyone. How might the following factors affect someone's wellbeing?

- Wealth
- Location
- Age
- Ability

How would these factors affect the ideas on the last page? For example, how would your age affect how you connect with other people?

IN THE NEWS

Young people have been adapting to life in lockdown and the new social-distancing measures.

A 10-year-old who had both legs amputated has walked the equivalent distance of a marathon, raising almost £10,000.

Thousands of young people are taking part in daily PE lessons with Joe Wicks. Join in! Search *PE with Joe* on YouTube.

Children have been decorating pebbles and leaving them out for others to find on their daily walks.

Cook Stars have been holding a lockdown cookalong, where children are encouraged to get creative and make delicious meals.

Make a pledge. What can you do in the next week that will have a positive impact on your wellbeing, or the wellbeing of others? Try to think of two ideas.

REFLECTION

- What kinds of things do you find stressful?
- What kinds of things help improve your wellbeing?
- Do you find it easy or difficult to talk about wellbeing?
- Is there anything that family members can do to support you?





SUPER-REFLECTION

- Who should take responsibility for young people's mental health?
- Does media coverage (in the newspaper, on the radio etc) help or hinder wellbeing?
- What can people learn about wellbeing as a result of the coronavirus?

NOW...



Do some research

Find out about different ways to improve your wellbeing



Have a discussion

Talk to someone else about the issues covered in these activities



Become the teacher!

See if you can go through these activities again, as the teacher, with somebody else in your household

WHAT NEXT?

It's normal to feel anxious or worried about a pandemic.

Further support can be found at:

- [Youngminds.org.uk](https://www.youngminds.org.uk)
- [Kooth.com](https://www.kooth.com)
- [Stem4.org.uk](https://www.stem4.org.uk)
- [Themix.org.uk/mental-health](https://www.themix.org.uk/mental-health)

Found these activities helpful?

Share them with your teacher and see if they can encourage more pupils at your school to try them too!

Find out more about Connecting Classrooms.

This resource was supported by the Connecting Classrooms through Global Learning programme from the British Council and UK aid. To find more home-learning activities, and to get involved in the programme, you can visit [britishcouncil.org/connectingclassrooms](https://www.britishcouncil.org/connectingclassrooms)

