

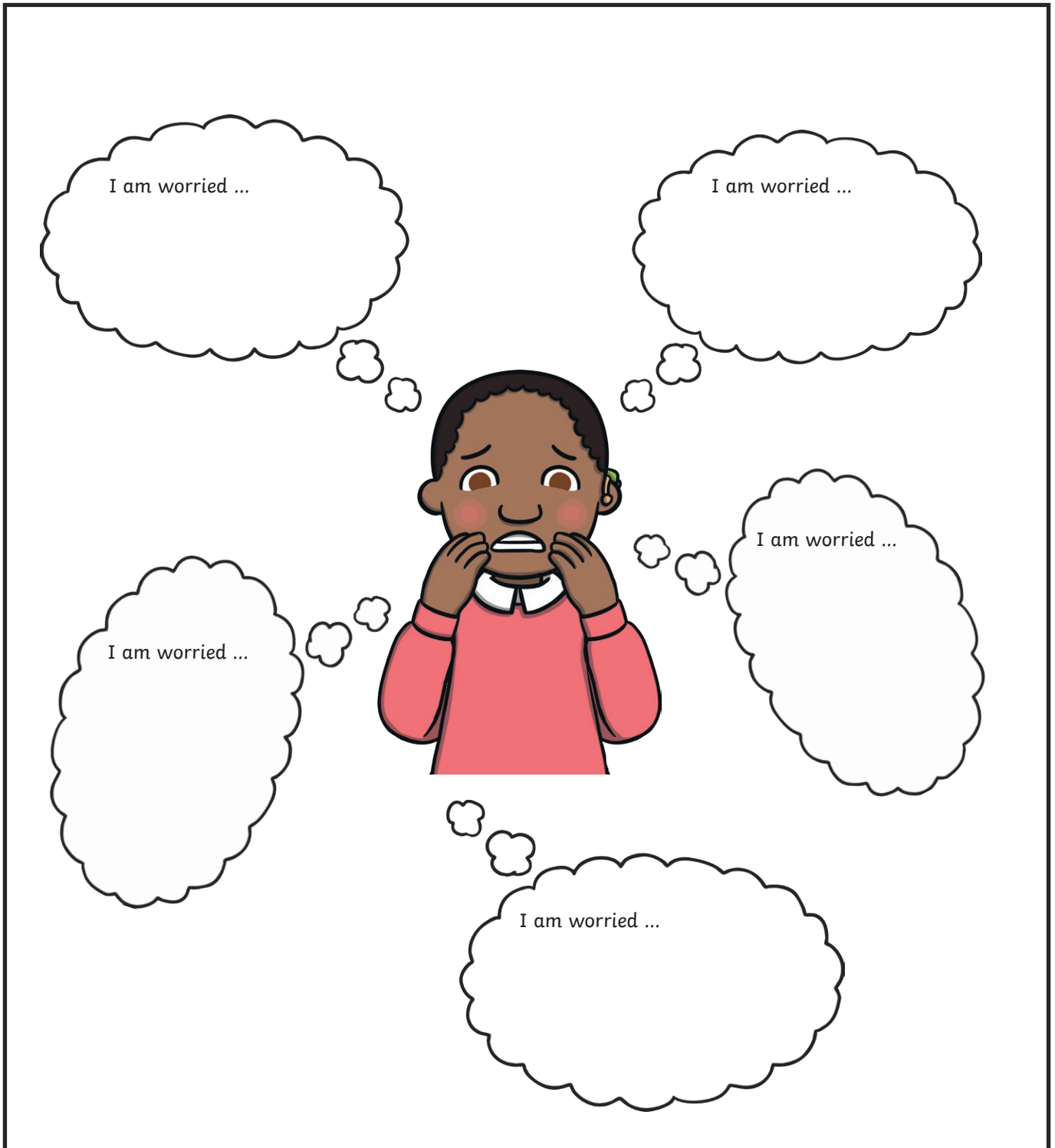
COVID – 19: What Are Your Worries and How Can You Cope?

This activity will ask you how you are feeling about COVID-19 and what you are worried about. The first page is completed for you as an example. Talk through the example with an adult and then complete the blank version on the following page.

Once you have talked about what is worrying you, please look at the activity that shows some ideas of useful coping strategies to try. The blank activity sheet gives you the space to write your own ideas about what will help you to cope with and feel better about changes that might happen because of COVID-19.

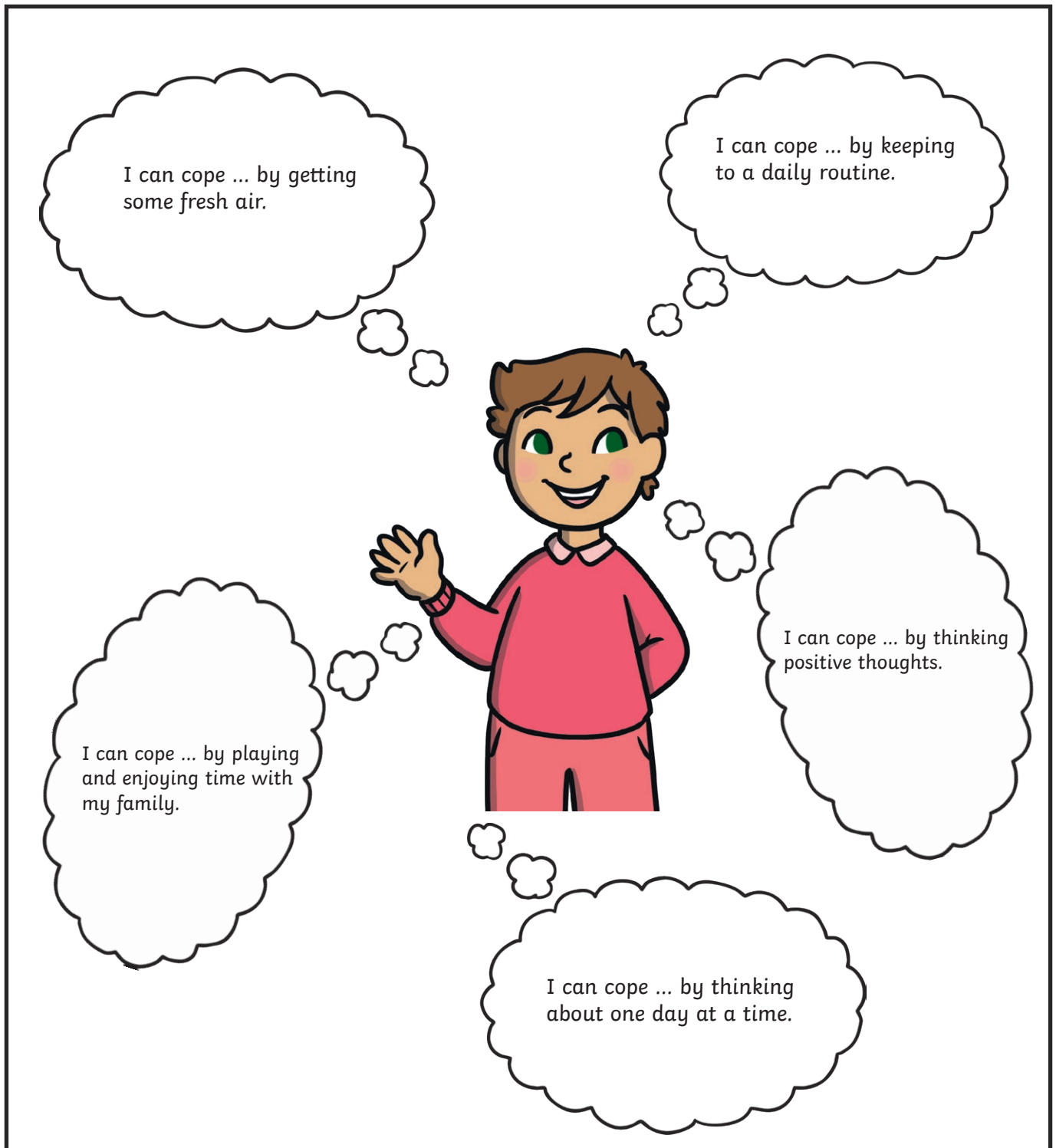


What Is Worrying Me About COVID-19?



How Can I Cope?

Now you have talked about what is worrying you, look at the ideas on this page and talk about whether they may help you to feel better. On the next page, there is a blank activity sheet to which you can add your own ideas.



How Can I Cope?

