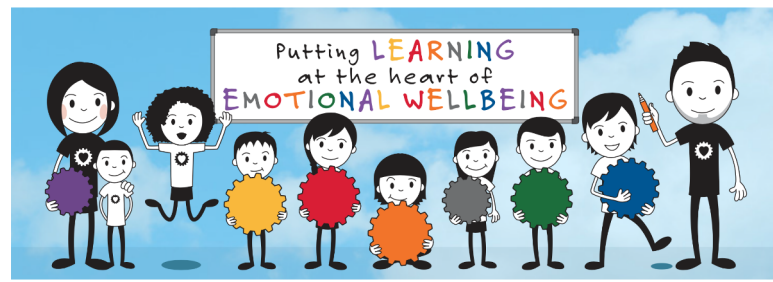




Lochardil Primary School



3 GOOD HEALTH AND WELL-BEING



Opening Up In Lockdown My Cog Story

article 1 Everyone under the age of 18 has all the rights in the U.N Convention. Look out for some of these on each slide.

What Do I Do?

1. Think about the situation we are currently living in due to Covid-19.
2. Edit each slide to make it personal to you. You can include words, pictures or videos.

Trigger - What happened?

Influencing factors - What other info do you know?

Emotion Words - what emotion feelings do you have?

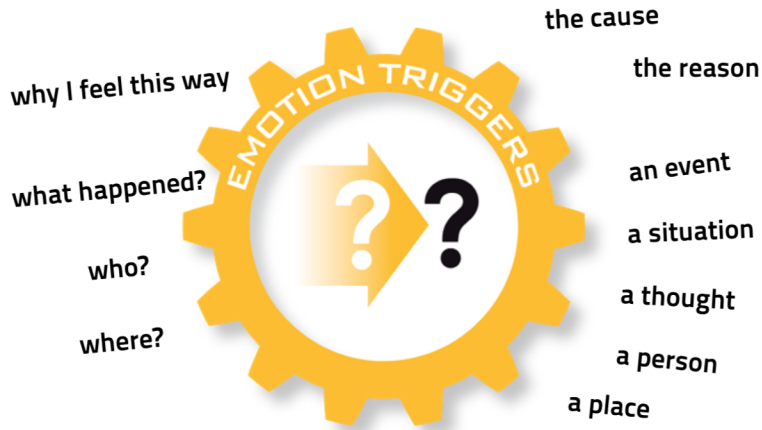
Behaviour - How have your emotions made you behave/react? (What can people see?)

Body Sensations - What do your emotions make you feel inside or on your body (no one else can see this)

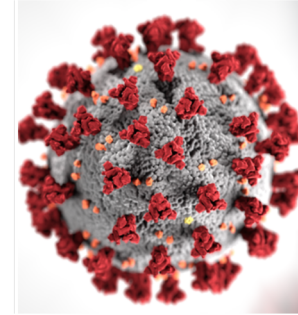
Intensity - How big a deal is it?

Regulation Strategies - What can make it better? What do you do to stay positive?

What makes the emotion happen?



There is a GLOBAL pandemic of Covid-19 , a new virus. We are all being asked to stay at home and not go out. Schools, shops and restaurants are closed. We can not see our family and friends unless we are over 2m apart.



COVID-19
CORONAVIRUS DISEASE 2019

DAILY EXPRESS
MONDAY, MARCH 30, 2020

Carole Malone's lockdown diary
At least I can't now spend money on clothes I don't need

BORIS: THANKS TO NHS ARMY OF 750,000 VOLUNTEERS

6 MONTHS FOR BRITAIN TO GET BACK TO NORMAL.

Health on Monday
The tell-tale signs you've become a stress drinker

The Daily Telegraph
MONDAY, MARCH 30, 2020

Return to 'normal life' may be six months away

Virus test drive-through for NHS staff

article 2 These rights apply to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.

Things to mention or consider

the wider context

take into account...

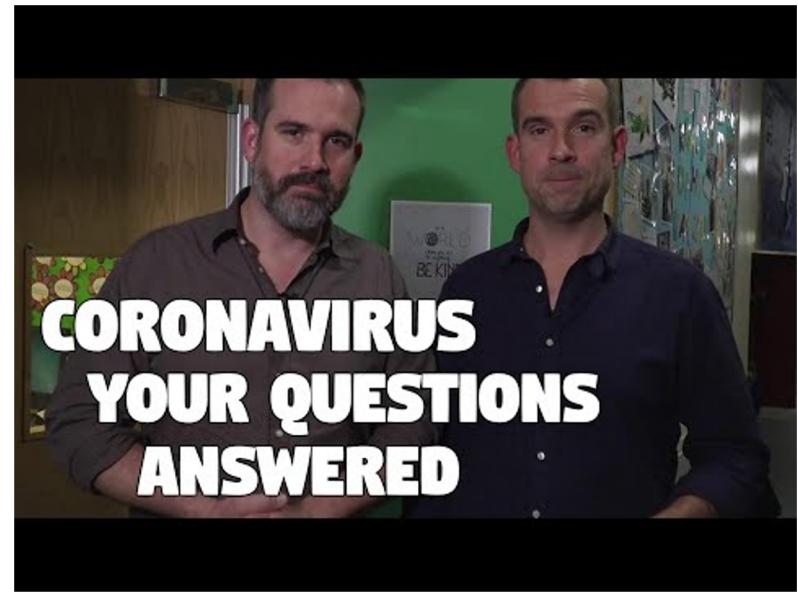
the back story

the bigger picture



about the situation?

about the person or people?

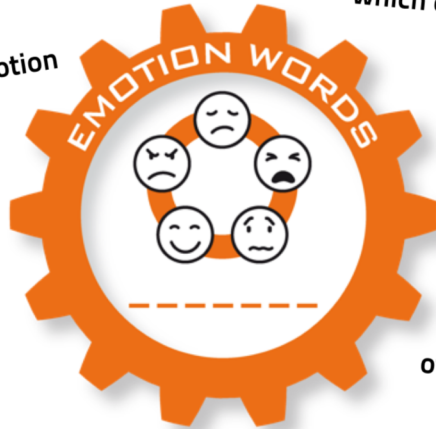


- It started in China and spread across the world
- Only Key Workers are allowed to continue with their jobs.
- Lots of people have died.
- There is no vaccine yet.
- We need to wash our hands often for at least 20 seconds.

article 17 Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand...

What's the word for how I feel?

name the emotion



which emotion is it?

other words?

If I was to be honest, I would say at first I was happy that my school was closing, but after talking to my mum and dad and watching the news I became very worried about the pandemic. I felt worried because people were dying and I was concerned about the family I love. I can't see my family or friends, I can't play ice hockey or floorball or go boxing, this makes me feel angry and upset.

article 12: Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.

What I do. How I show it.



how do I react?

good choice?

what else could I do?

show it?
...or hide it?

face

actions

noises

what I say

Mum and Dad explained that I don't have to worry too much about the virus, we all **discussed** what we have to do in order to stay safe. I was worried about my Dad having to go to work, I felt nervous about him catching the virus and I didn't want him to work. **I asked lots of questions** to find out more.

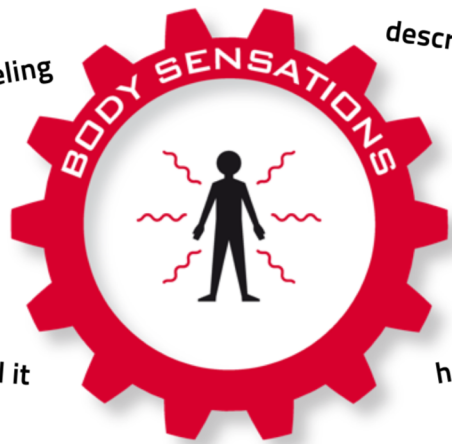
I have to **stay at home**, I can't go anywhere, mum and dad don't even want me going to the supermarket! This makes me sad. 😞😞😞😞

What's happening in my body?

locate the feeling

what does it feel like?

describe the sensation



where I feel it

how it feels

Being worried and nervous made me feel sick, I got a horrible feeling in my stomach, I knew I would not be sick but I got the feeling. It was horrible. 🤢

How strong is the feeling?

How big?

How much?

really

very

0-10?



size

a little bit

a lot

I would say that I was very worried at first, everybody at school was talking about the virus and I did not know who or what to believe. It has affected the whole world.

strong, uncomfortable

What makes me feel better?

change the feeling



calm down

feel safe

cheer up

distract attention

what can I do?
or someone else

So many things have made me feel happy, during lockdown I have kept busy, school work is always done first, I talk everyday to my friends on the Xbox, I walk my dog, 🐕 we go out on our bikes and for walks, I have made cakes, watched movies, played with my drone, played on my inline skates, played with my remote controlled car. I enjoy being at home!



article 31: Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

HERE IS A PIC OF MY DOG 🐕🐕 and me

