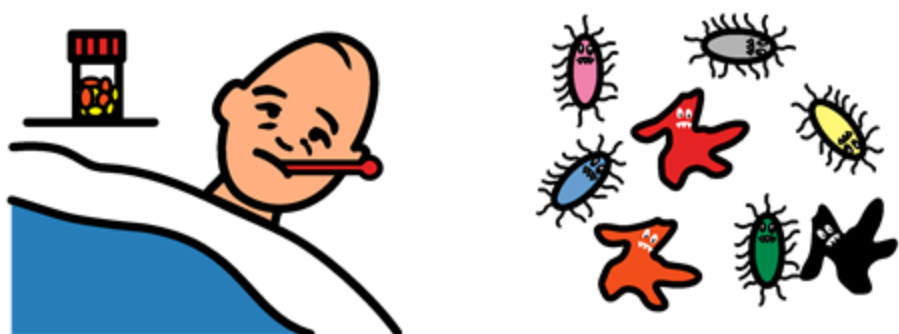


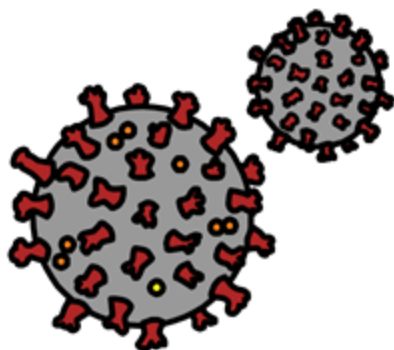
It is OK to Feel Anxious or Worried Sometimes

Sometimes people get sick. Little things called germs make people sick.



1.

Right now there are some germs called Coronavirus that are making lots of people get sick.



2.

Feeling anxious is when we are worried or scared about what might happen.

I might feel anxious about the Coronavirus.



3.

I might have heard things on the news or people talking about Coronavirus that make me feel anxious or worried.



4.

It is okay to feel worried about
Coronavirus.

But it is important to
remember that most
people will get better from
Coronavirus.



5.

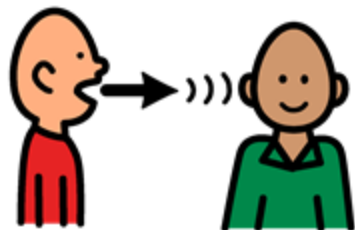
My body is like a superhero
and will fight the germs.



I can help by washing
my hands.

6.

If I feel anxious or worried I can talk to someone about it.



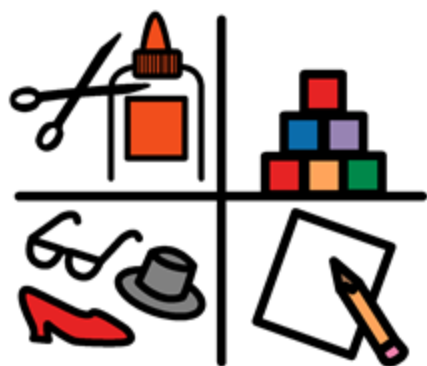
I can say "I feel worried"

They will help me feel better and happy.



7.

There lots of things I can do at home to keep busy and help me feel happy.



8.

You might want to cut out the individual boxes and make them into a book to share with your young person.

I could:

- Read a book



- Crafts



- Listen to music



- Help with jobs



- Write a story



- Colour



- Do some exercise



9.

It is important to remember that the Coronavirus will finish.



Most people will get better.



I am safe at home with my family.



10.