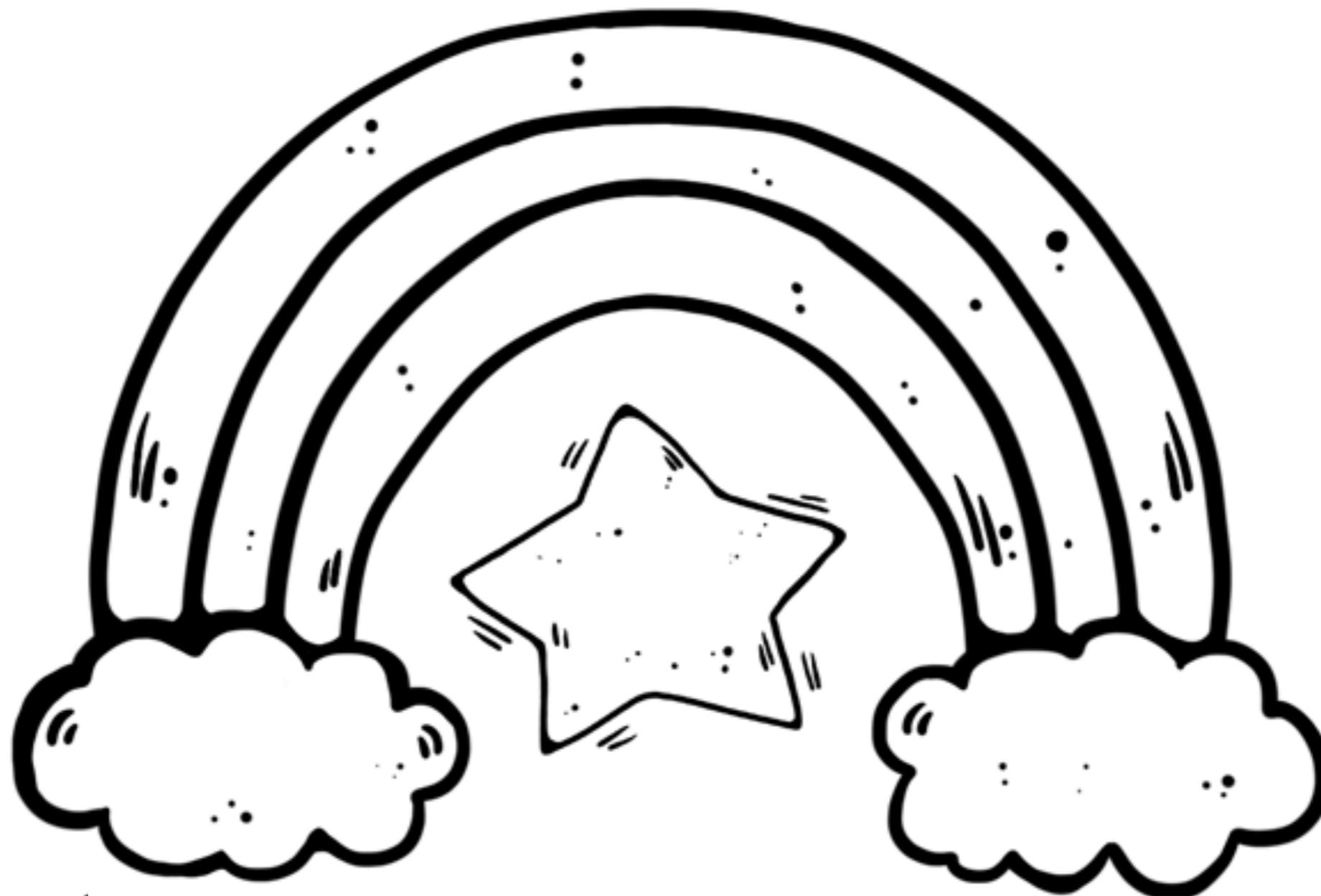


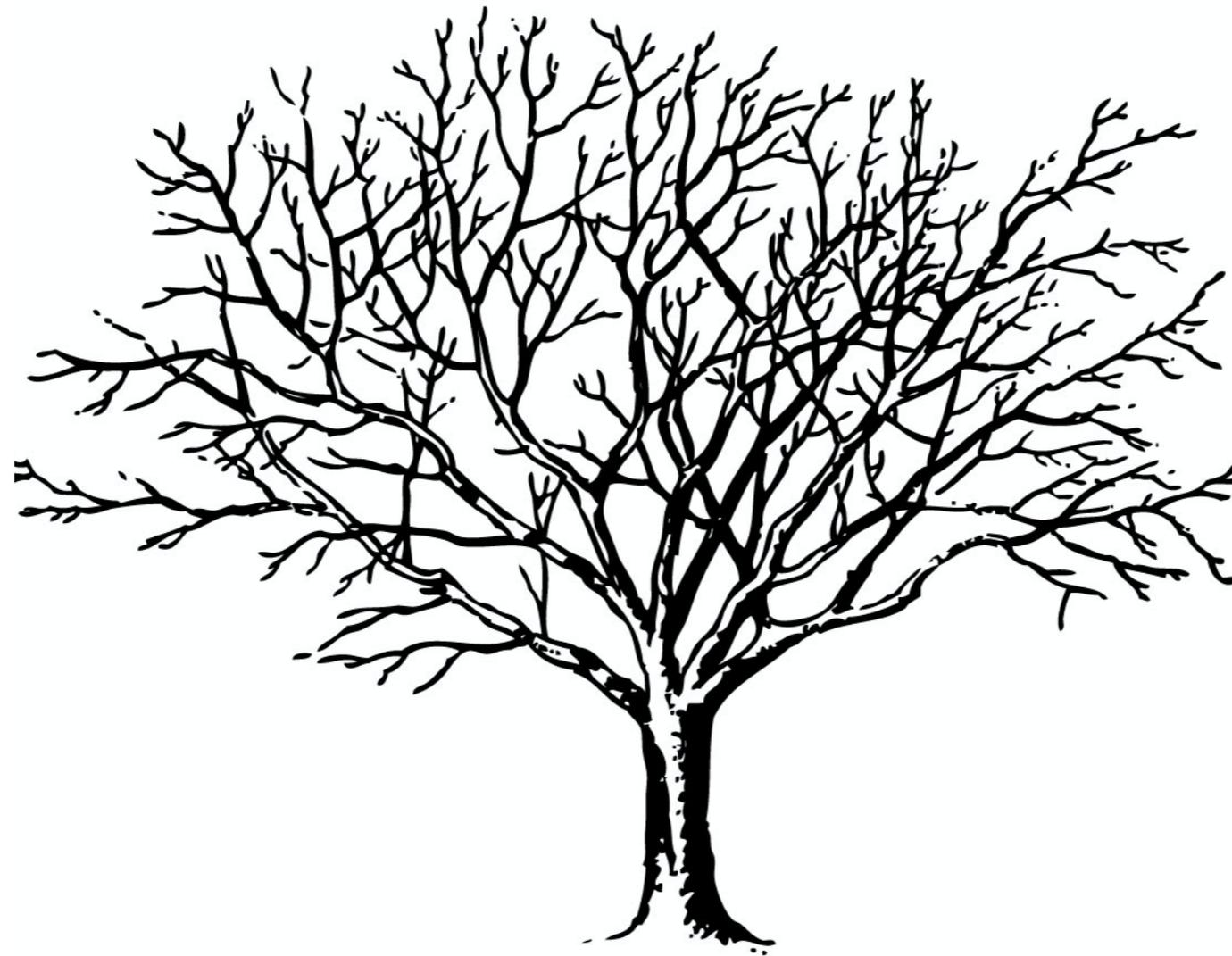
# My Changing World



Brighton and Hove Inclusion Support Service

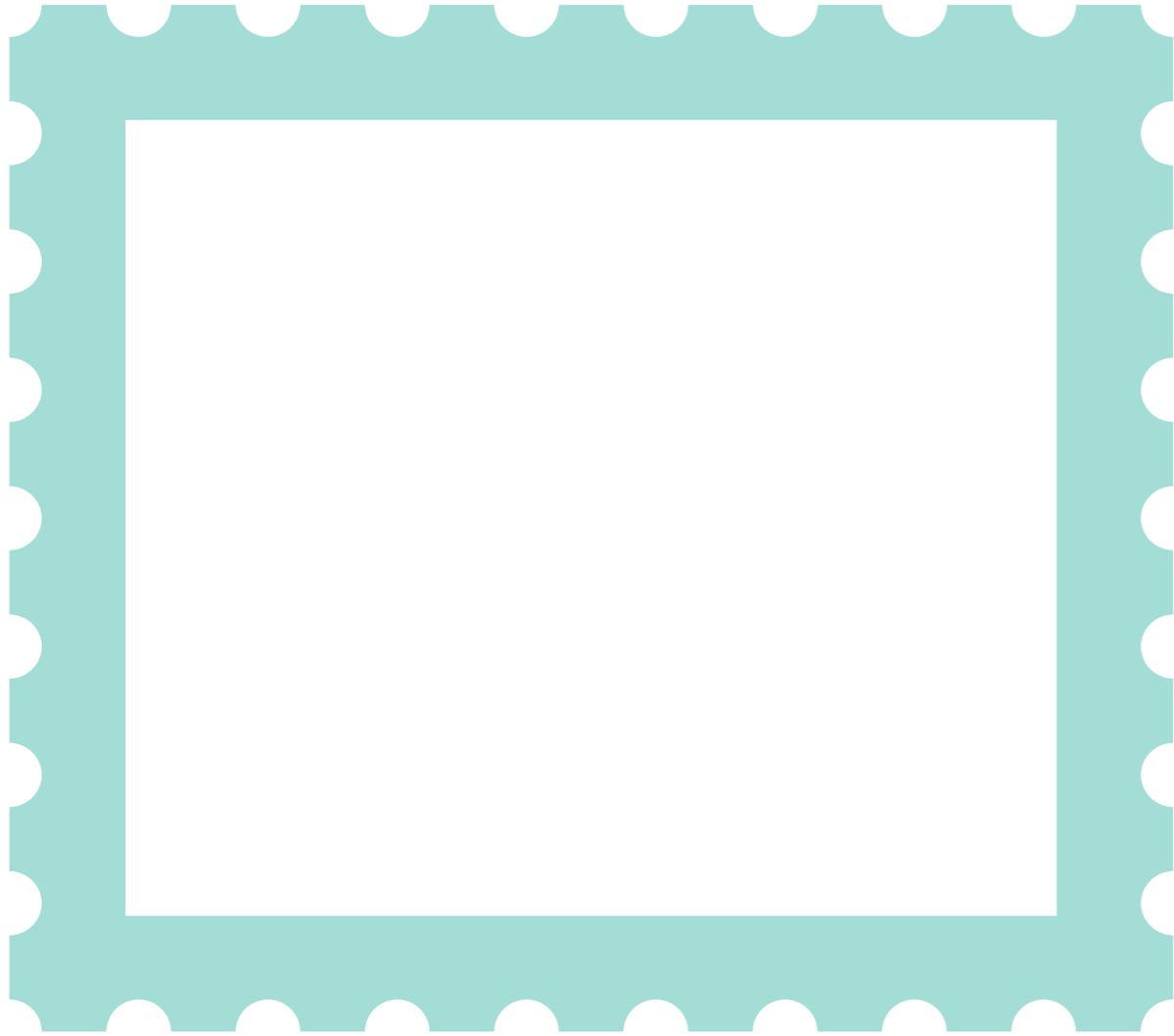
Social, Emotional and Mental Health Team

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## Sometimes change is a part of life

Think of a tree in Spring, Summer, Autumn and Winter. Think of all the times it can change within a year. Colour the tree to show your favourite season.



Me when I was a baby



Me as I am now

## People change too!

Look how different you have become over time. Many changes have happened.



## Change happens to us all

Maybe you have moved house, learnt to ride a bike or you have a new pet. What other changes can you think of?



## Big changes are happening in our world

You may hear people talking about Coronavirus at home or you might have seen it on the TV. When a new Coronavirus germ enters the body it is called COVID-19.



## What will happen to me and my friends?

Some of us will not get ill at all, but we can carry these germs in our bodies. Some people who are elderly or have other illnesses may need more help to fight off the virus.



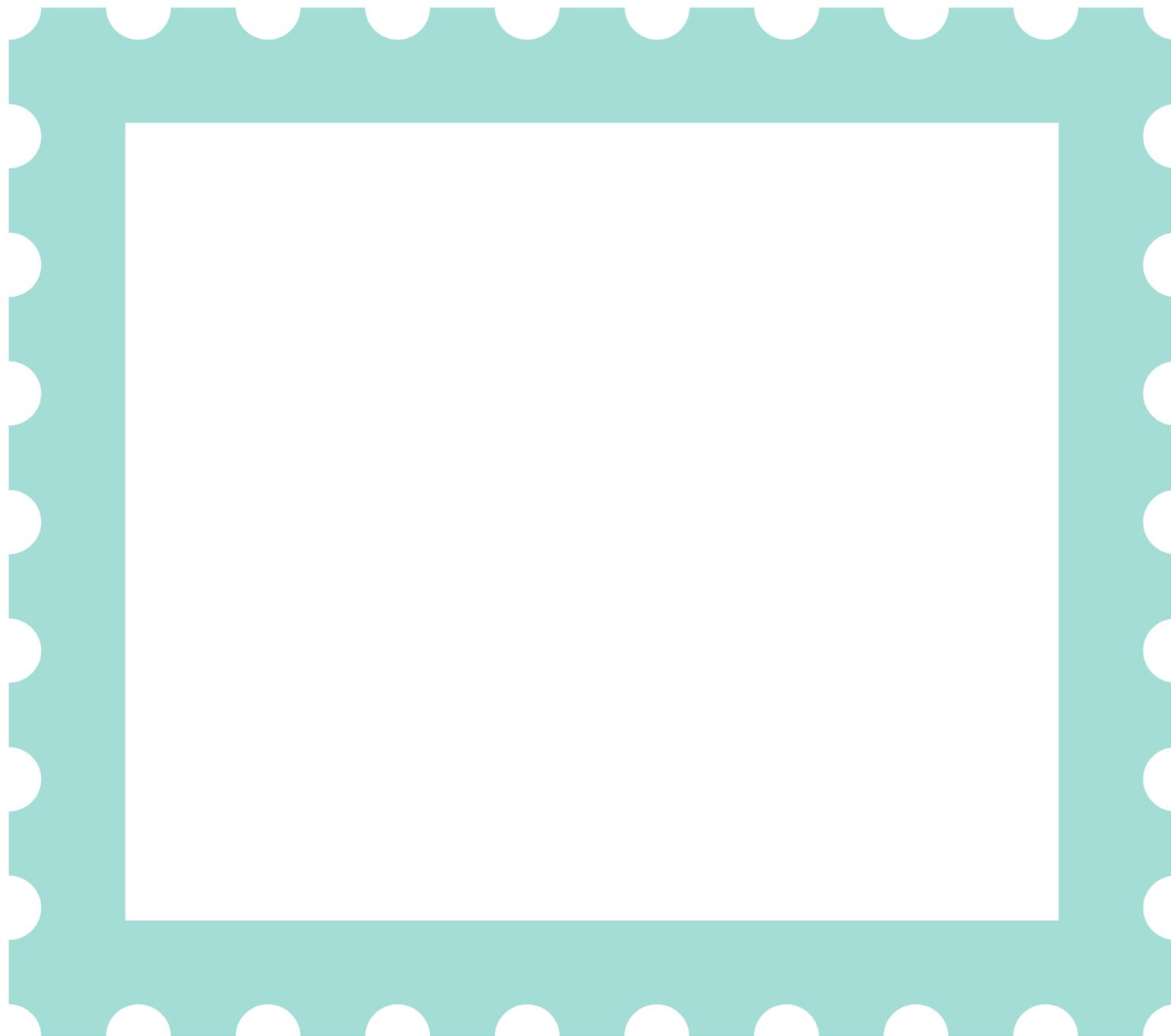
Do you know  
anyone who still  
needs to go to  
work?

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## Big changes are happening in my world

In order to protect other people from getting the virus we need to stay at home. Some people have to go to work like doctors, nurses, shop workers and many more!

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Who are you  
missing?

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How are you  
feeling?

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## COVID-19 affects everyone!

It's difficult when we can't see our friends and families, or we can't go to the park or go to school. It is okay to feel sad, angry or frightened and it's okay to talk about these feelings.

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Loved

Angry

Important

Upset

Excited

Happy

Safe

Sad

Scared

Lost

Alone

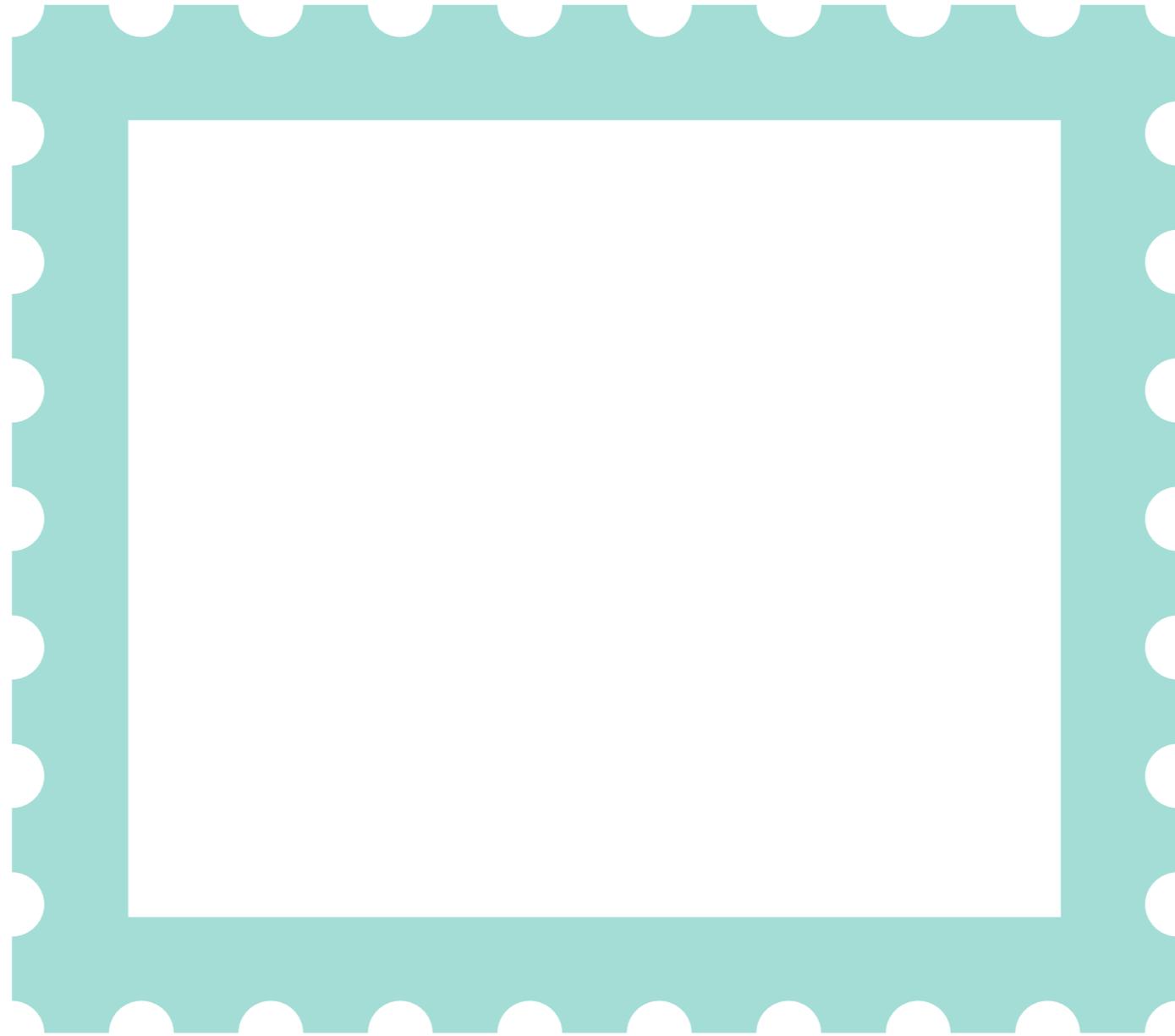
Thankful

Calm

Cheerful

Sometimes I feel...

Circle the emotions that you have experienced in the last few weeks and underline the 3 that you have most often.



## Life has changed

Here are some pictures of me doing something fun before COVID-19.



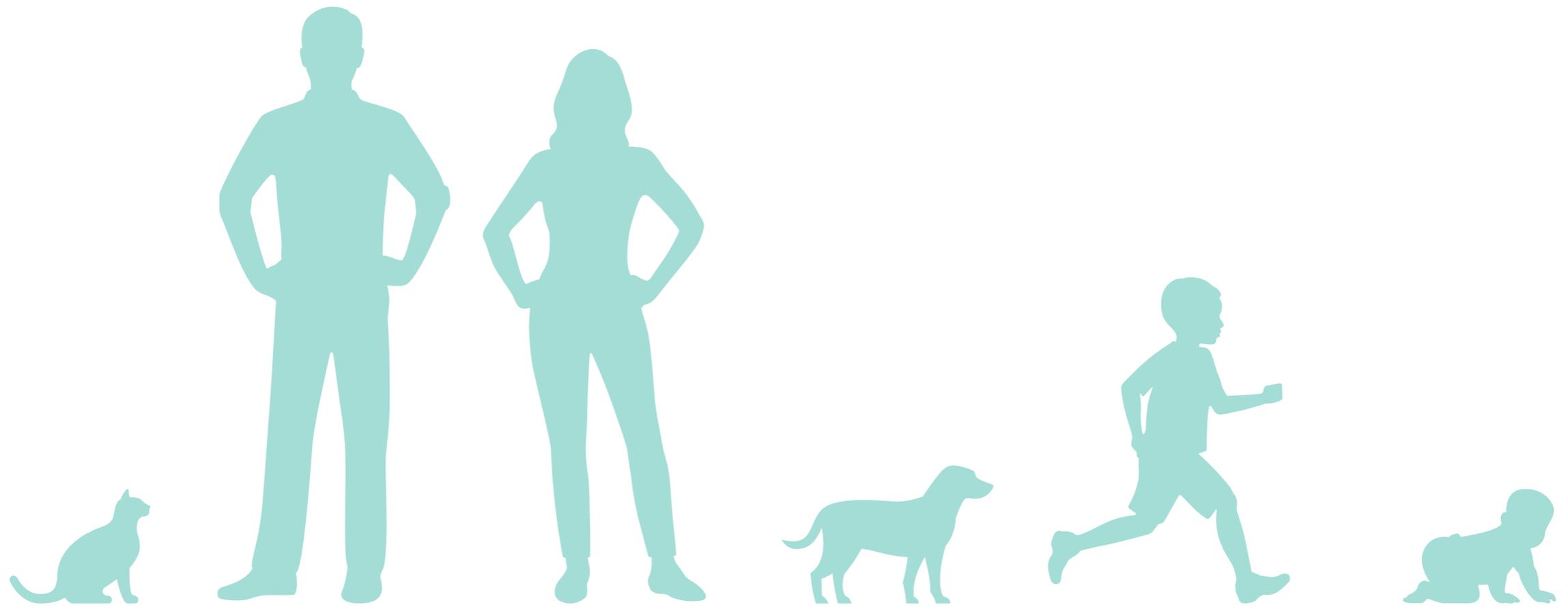
## Special moments

Let's take a snapshot of some special moments that you have had over the past few weeks. You can write or draw them and store them in the bottles above.



## Special moments

Think about how those special moments made you feel and label the bottles. You can revisit these special moments when times are tricky.



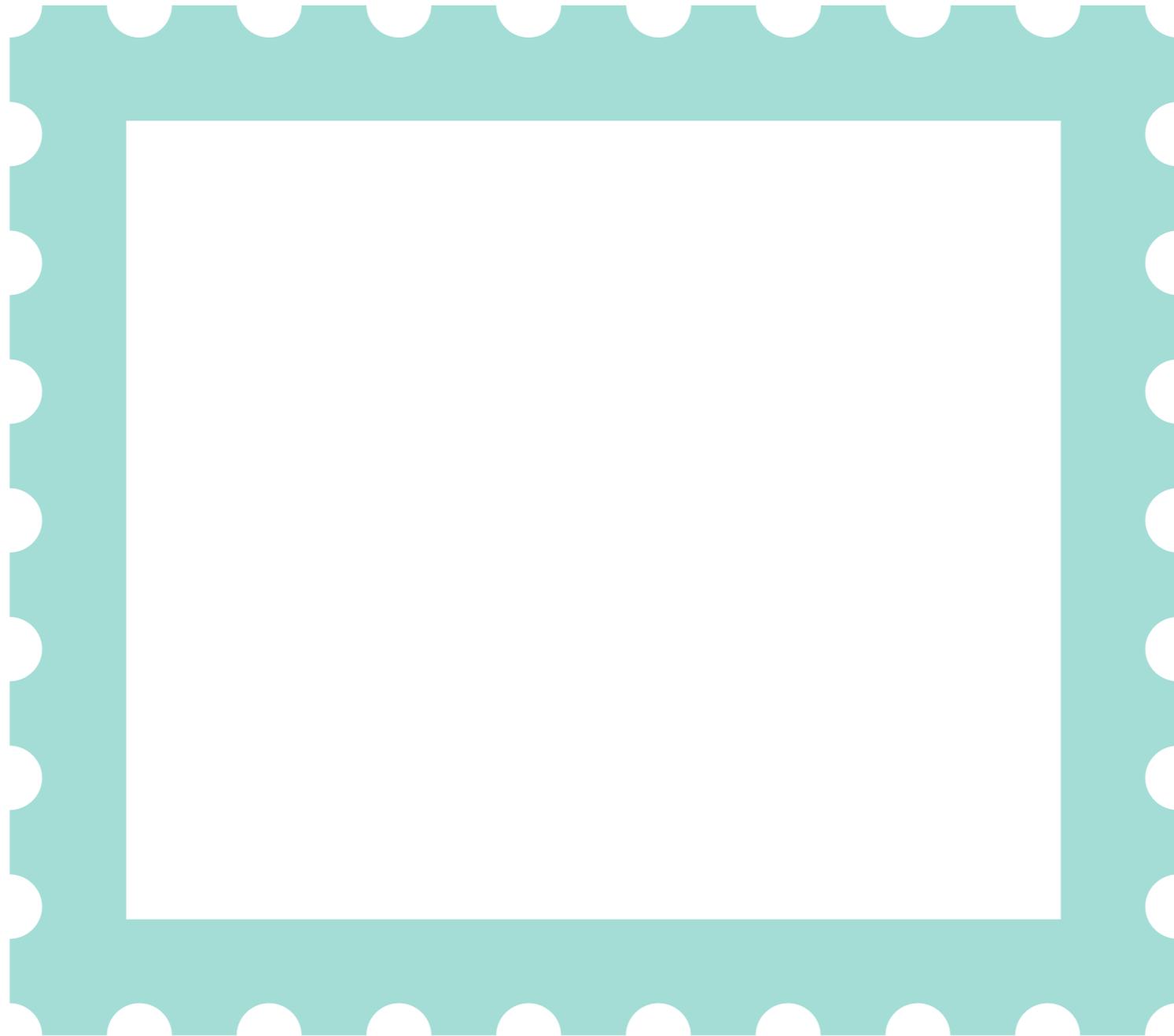
## Be kind to the people around you

If you have brothers or sisters try to be patient. You could help the adults you live with or maybe just give them a hug - they are probably worried too!



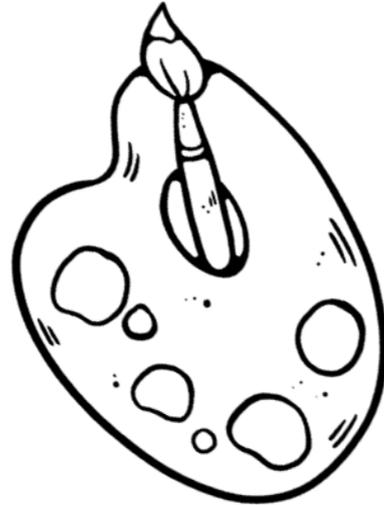
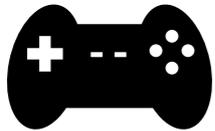
## Sometimes it's hard to be kind all the time!

When we are feeling sad, worried or angry there are some things we can do to help us feel safe. You could try some of the things in this book and write down your own ideas too!



## Create a 'safe' space

This could be in the garden, your bedroom, a den you have made or a comfy spot in the lounge - it's up to you! Draw a picture of your 'safe' space.



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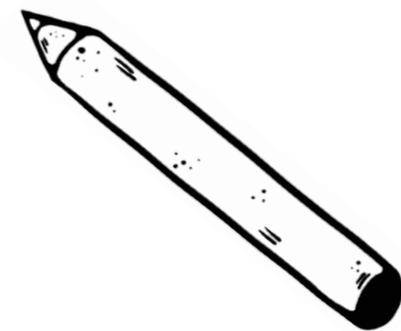
## Do something relaxing

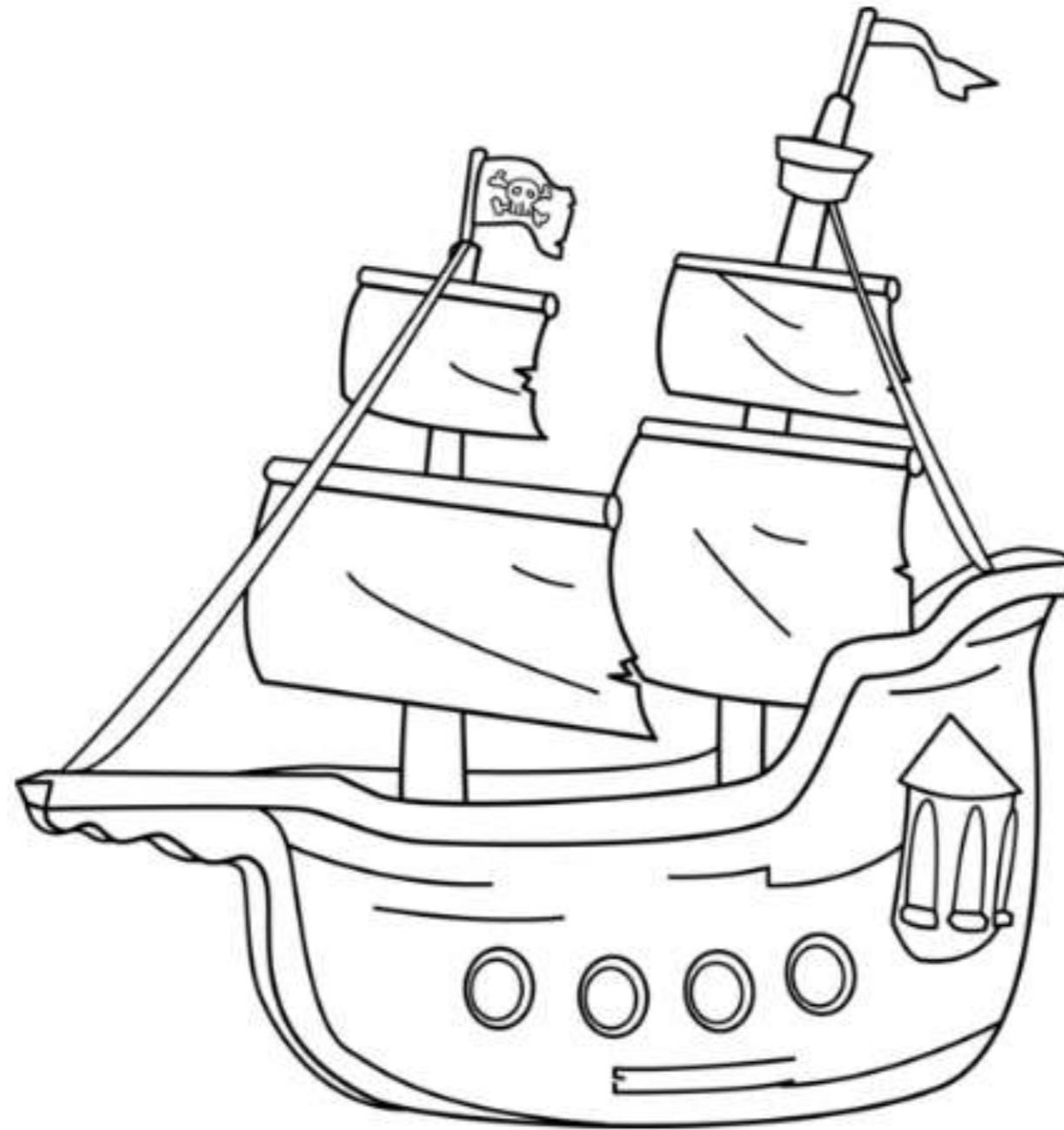
Watch a movie, read a book or listen to some music. List some more relaxing things that you could do at home.

# Other ideas that could help

When feelings get difficult we can help our bodies to relax. Here are just a few ideas you might like to try:

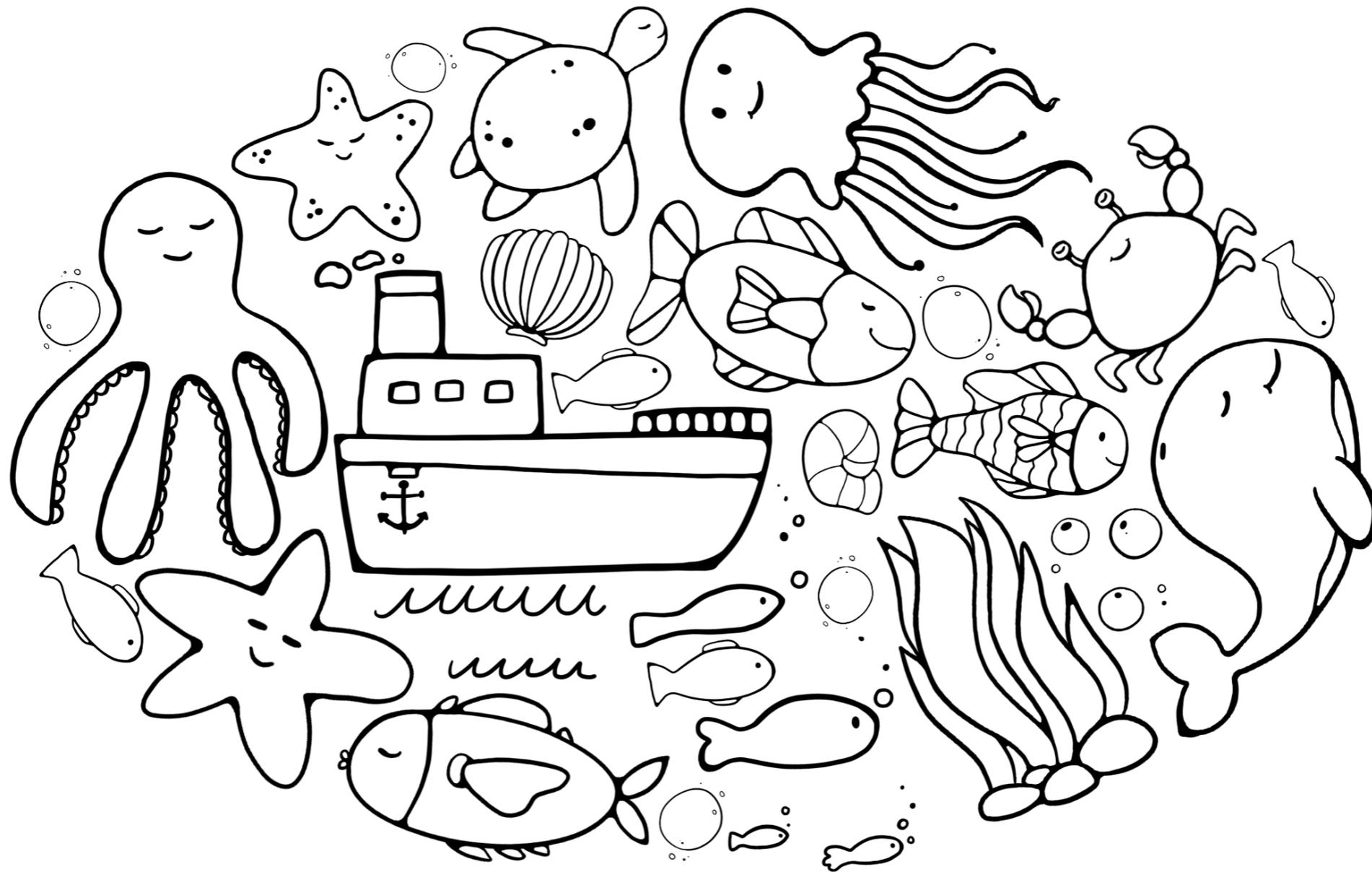
- Think about your senses - what can you see, feel, hear, taste, touch and smell?
- Blow some bubbles, blow some feathers or blow up a balloon.
- Do some physical exercises.
- Make some rhythmic movements - try some dancing, clap your hands or stamp your feet.
- Count to 10 and then count back to zero.
- Get creative - make a memory box, write a letter or make a card for a friend.
- Deep breathing and mindfulness exercises.
- Make a journal.
- Talk to someone you trust about how you are feeling.





## The Journey

These changes can feel like being on a tall ship. Sometimes the sea is rough and we have to hold on tight. Sometimes the wind dies down and we feel like time is standing still.



## It will take time

After a while things will start to change again and this journey will be over. One day we will be able to visit our families, see our friends and go back to school.