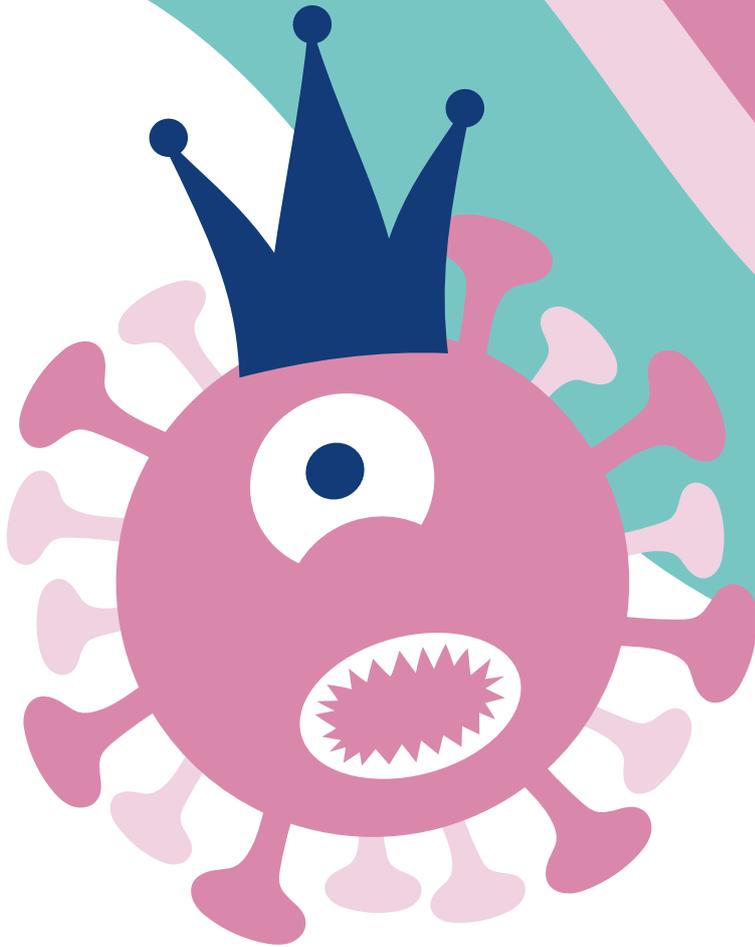


# It's ok to worry about COVID-19

A resource pack **for young people with a learning disability** to help manage difficult feelings about the coronavirus that causes COVID-19





This pack was created by  
the Early Intervention team  
in Child and Adolescent  
Mental Health Service  
(CAMHS) in NHS Grampian

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Part 1:

# Information about COVID-19

# What is coronavirus and COVID-19?

What you need to know about the coronavirus that causes COVID-19.

COVID-19 is an illness caused by coronavirus. It affects your chest.

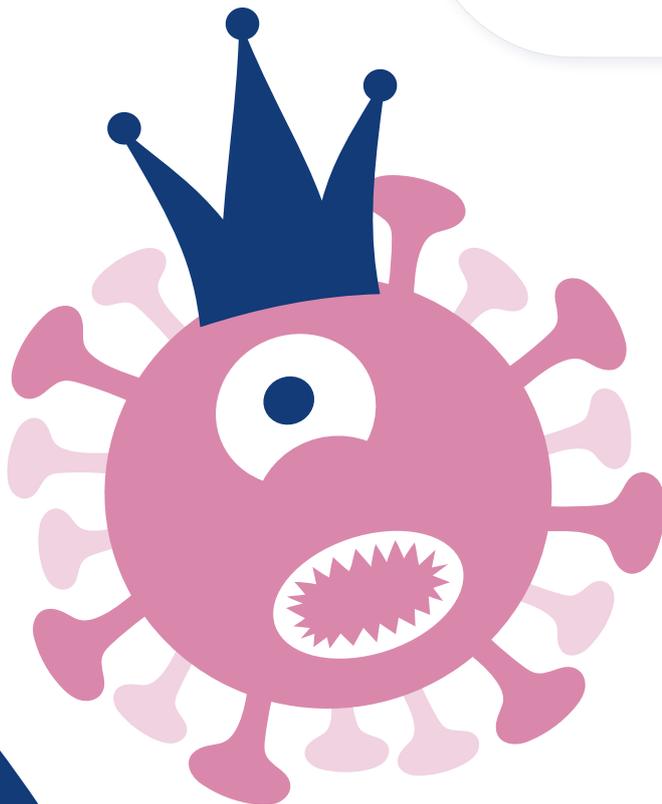
## You might have COVID-19 if you have these symptoms:

- + A temperature—feeling very hot to the touch.
- + A new cough or lots of coughing in the last day.
- + Difficulty breathing.

Having these symptoms does not always mean you have COVID-19. If you're worried talk to a parent.

Lots of people feel more worried than usual at this time.

This is very normal.



# Everyone is talking about COVID-19

What you need to know about the coronavirus that causes COVID-19.

It might feel like COVID-19 is all everyone is talking about! This is because people are sharing information to try and help keep everyone safe.

Although this is meant to be helpful it's really important to remember that not all sources of information are based on facts.

**Can you think of something someone said, or posted online, that you now know was untrue?**

**Just because someone says or posts something online doesn't mean it's true.**

Talk to an adult if you're worried about something you read or heard someone else say.

**Can you think of a time when someone got facts muddled?**

# There will have been changes

You have been asked to stay inside to help stop COVID-19 spreading.

You will have had to stop doing some of the things you enjoy like going to the cinema or going clothes shopping.

You might feel worried about these changes and that is ok.

**If you feel worried you can talk to someone who will help you feel better.**

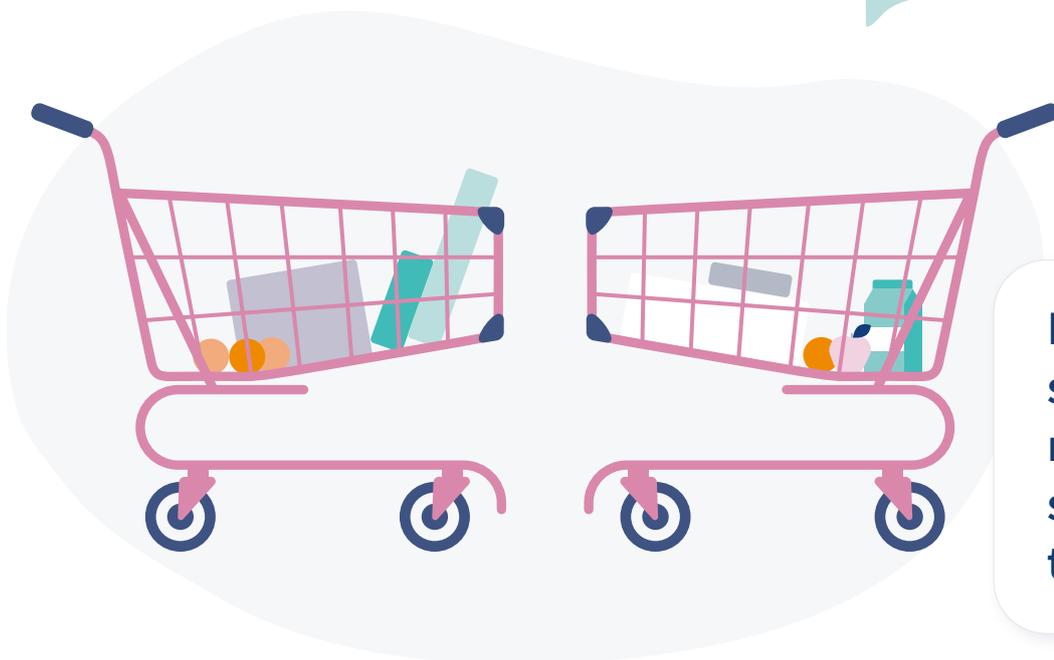


# Social distancing

How do I socially distance when I'm not at home?

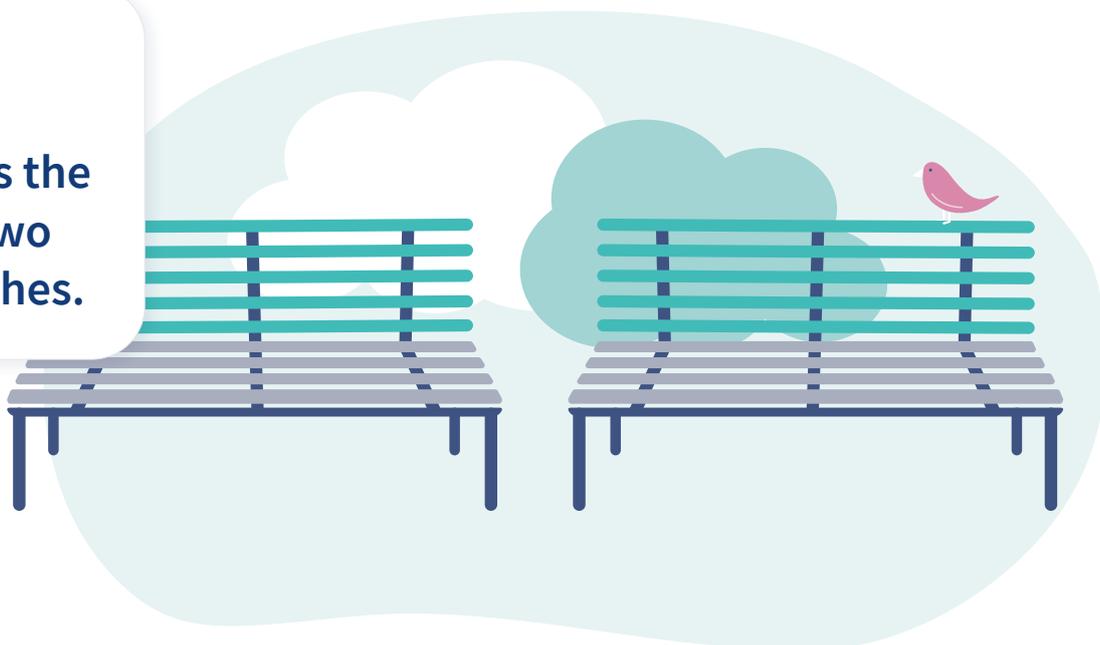
You may have been asked to 'social distance'. This means you have to stay at least 2 metres away from other people. This reduces the chance of Coronavirus spreading.

**What does  
2 metres  
look like?**



**If you are out shopping, 2 metres is the same as two trolleys.**

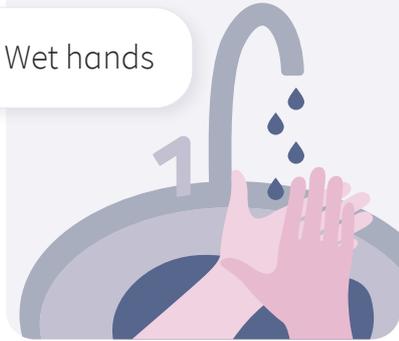
**If you are outside, 2 metres is the same as two park benches.**



# Other things to do to stay safe

Things you can do to help you avoid contracting coronavirus.

1. Wet hands



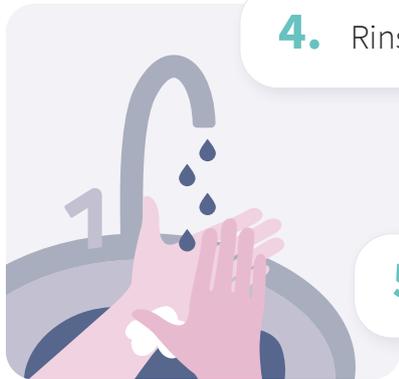
2. Apply soap



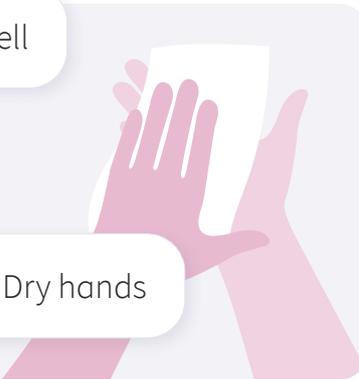
3. Wash hands for 20 seconds



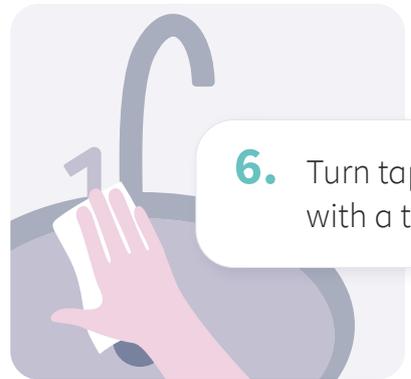
4. Rinse well



5. Dry hands



6. Turn tap off with a towel



## Cover your nose and mouth

When you cough/sneeze, cover your nose and mouth with a tissue.

Or cough/sneeze into your elbow, not your hands, and remember to throw your used tissues in the bin.

## Wash your hands

Especially after going to the bathroom, blowing your nose, and before eating.

## Don't touch your face

Try not to touch your mouth, eyes and nose. If that's hard to do keep your hands busy with something else like a ball or squeezey toy.

# Changes at school

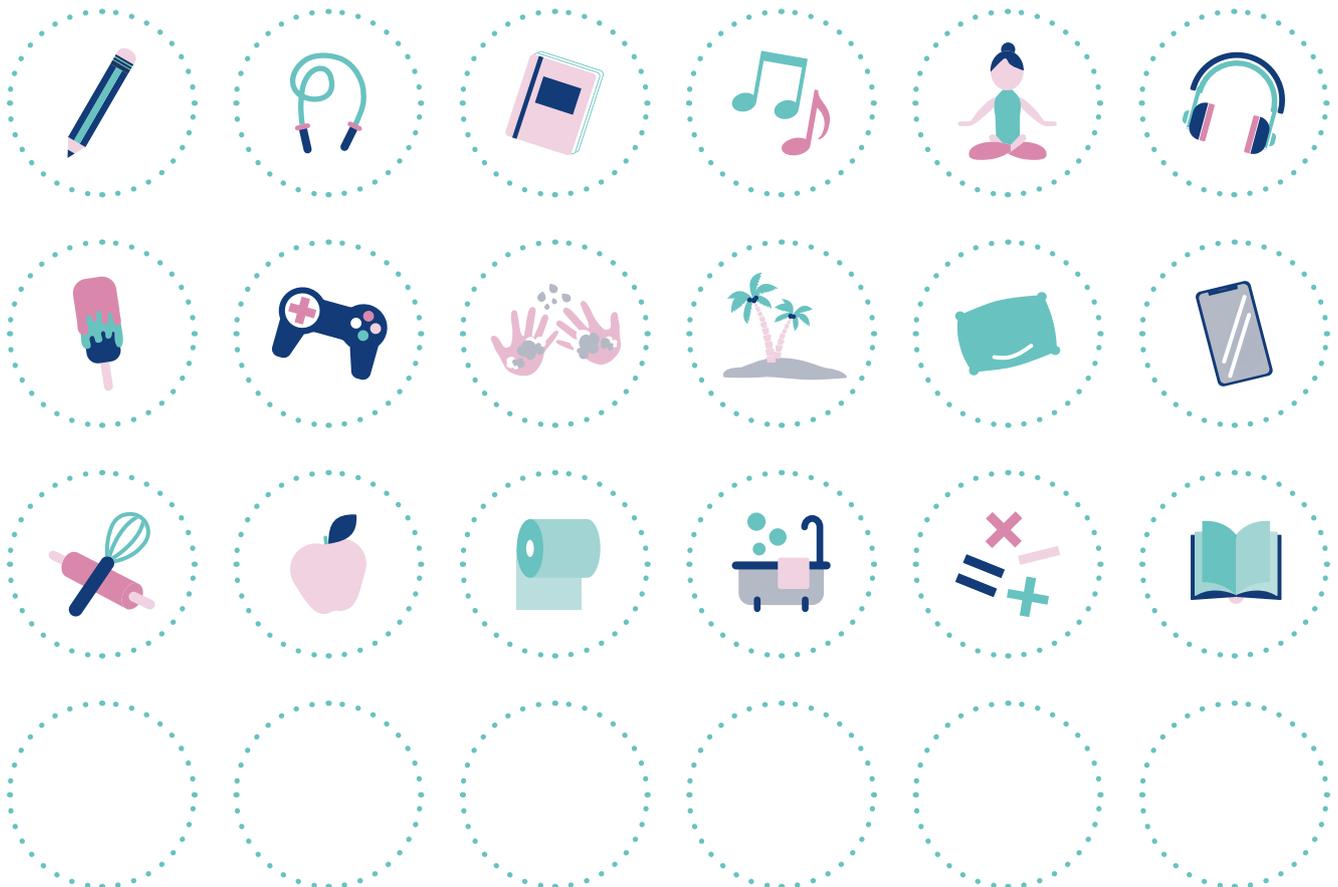
Your school might be closed at the moment. This means your daily routine would have changed.

The schools have been closed to help children and teachers stay healthy.

This might make you feel more worried than usual because your routine would have changed.

Some people find making a schedule like the one you'd have at school helps them feel better.

**Why not try making your own schedule using the template on the next page?**



You can cut out these activities to use or draw your own! **If you need help ask an adult.**

# Home routine template

Use this timetable and the activities on the previous page to fill it in for yourself.

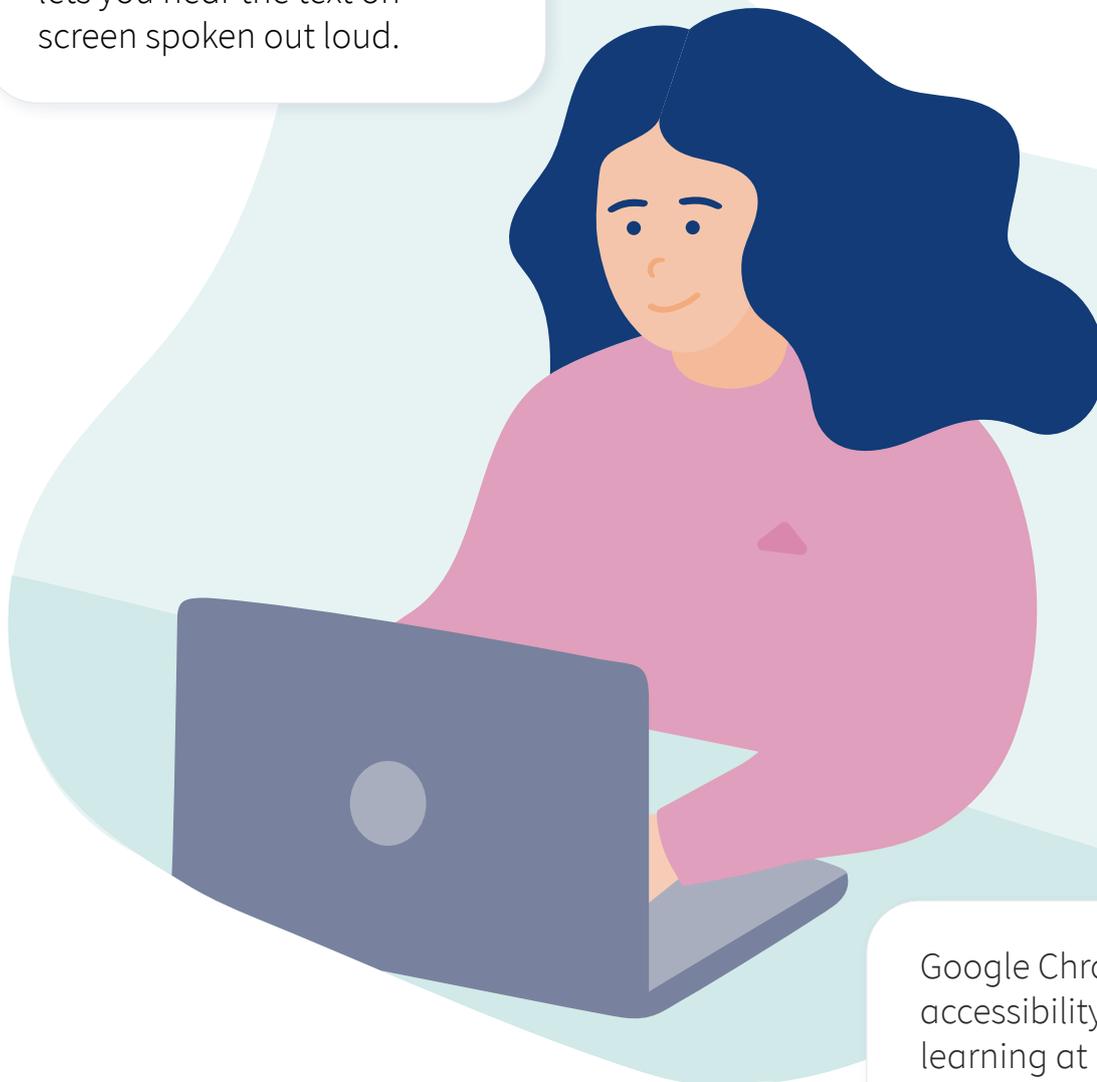
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

# Learning at home

Your school may be using websites or apps like Google Classroom for learning while you are at home.

## There are tools to support your learning on Google Classroom

For example screen reader lets you hear the text on screen spoken out loud.



Google Chrome has some accessibility tools to support learning at home. You can see using the link below:

[Google Chrome tools](#)

Part 2:

# When you have a worry

# Noticing worries

Sometimes you might feel worried but not know why. You can try keeping track of how you feel using the table below.

	Getting dressed	Eating breakfast	Washing dishes	Doing schoolwork	What else do you do?
Mostly worried 8					
7					
6					
5					
4					
3					
2					
1 No worries					

This can help you spot parts of the day where you need a bit more support.

# Managing worries

Here are some tips to distracting yourself during coronavirus.

**Focus on activities that use muscles and get you moving.**

Continue to do what makes you feel positive and happy at home.

**Get fresh air when you can. Walks and runs are still ok as long as you keep your distance from others.**

Eat and drink enough food and water to improve your mood.

Try to avoid conversations about Coronavirus just before bed.

Limit the time you spend reading or watching news stories.

**Try to get enough sleep. This will help you feel more rested and relaxed.**



# Keeping in touch

While we can't visit our friends and family at the moment, we can still keep in touch.

You might be missing seeing the people you love. Seeing other people is important and helps us feel more connected to each other.

**Here are some things you can do to keep in touch.**

**You can use things like Skype, phone, Microsoft Teams, Facetime or Zoom to stay in touch with friends and family.**



**You can send cards or photos in the post to loved ones.**



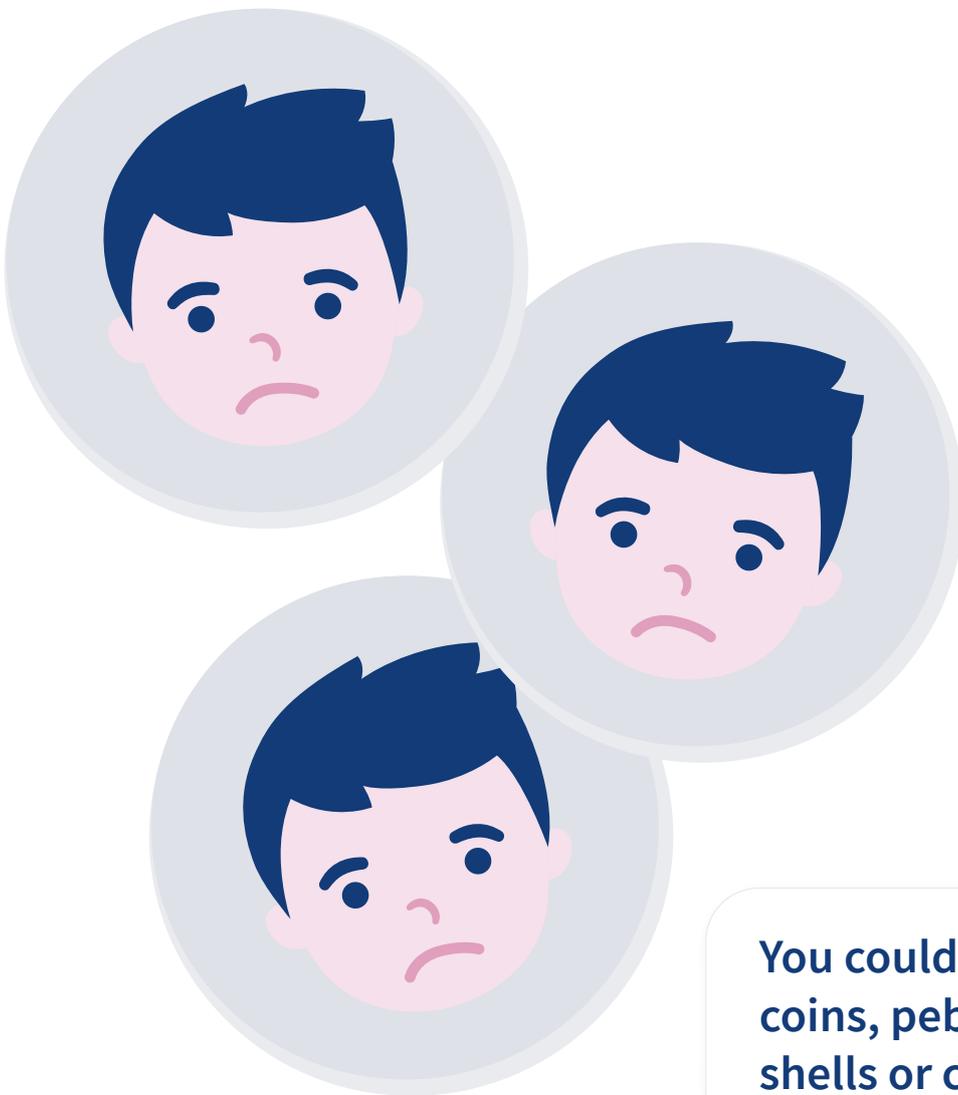


# Worry tokens

If you find yourself worrying a lot, it might help you to use worry tokens.

When you're feeling worried you can give your worry token to a trusted adult to let them know how you feel. They can talk about your worry or help you solve your problem.

**Adults may not always have the answer when you ask. They will do their best to help you with what you're worried about.**



**You could use coins, pebbles, shells or counters.**

Part 3:

# If you need to relax

# Take 5 deep breathing

If you're feeling worried, why don't you try this?



**1.** Stretch your hand out like a star.

**2.** Get the pointer finger of your other hand ready to trace your fingers up and down.

**3.** Slide up each finger slowly —slide down the other side.

**4.** Breath in through your nose —out through your mouth.

**5.** Put it together and breath in as you slide up and breath out as you slide down.

**6.** Keep going until you have finished tracing your hand.

Source: childhood101.com

**Here is a video if you need help:**

**Take 5 video**

# 5 senses

Look around the room and find...

5

things you can

**see**

1

thing you can

**taste**

4

things you can

**hear**

2

things you can

**smell**

3

things you can

**touch**

# Bubble breathing

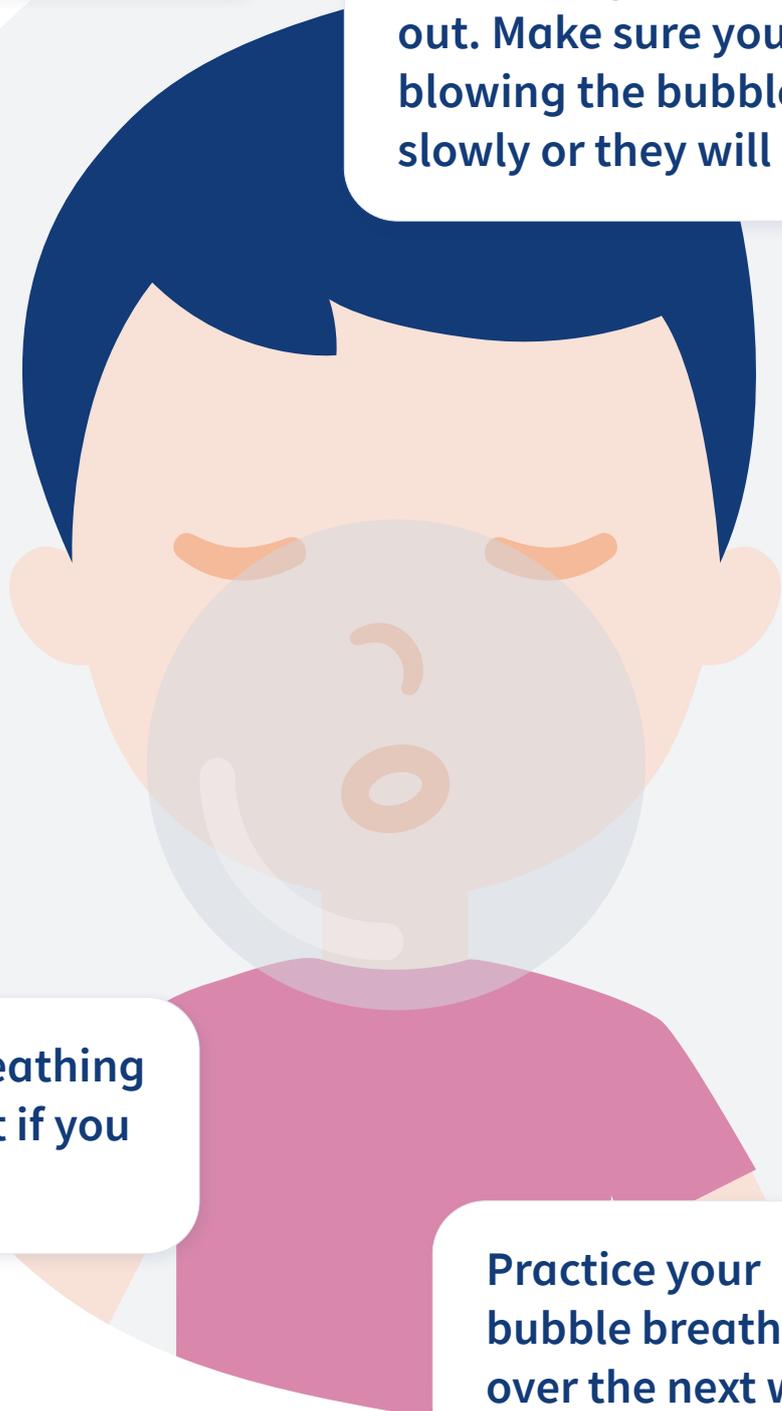
You can use bubbles to practice calm breathing.

**Take a big slow breath in through your mouth.**

**Now slowly breathe out. Make sure you are blowing the bubbles really slowly or they will pop!**

**Bubble breathing works best if you practice.**

**Practice your bubble breathing over the next week.**



How big were your bubbles? Rate them out of 10 if you like!

Mark each time you practice your bubble breathing!

Monday						Really big! 8/10
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

# Activities using your body

You can use your body to calm yourself down.  
Try these activities at home with an adult.



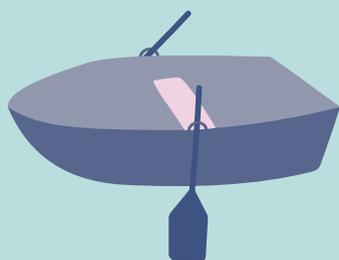
Try bear hugs! Ask an adult from your home to wrap their arms around you like a bear.



Push a wheelbarrow around your garden.



Pull a wagon of toys around your living room.



Play 'row, row, row your boat' sitting opposite someone. Gently pull and push against their hands and feet.



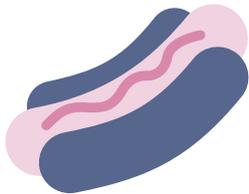
Stand on a trampoline or sit on a therapy ball and bounce as high as you can. You can count or sing a song while you do this to make it more difficult!



Play musical statues using your favourite music. Move slowly to slow music or quickly to fast music.



Choose an animal and walk like it. Waddle like a duck, slither like a snake, hop like a frog, crawl like a crab, or flap like a bird.

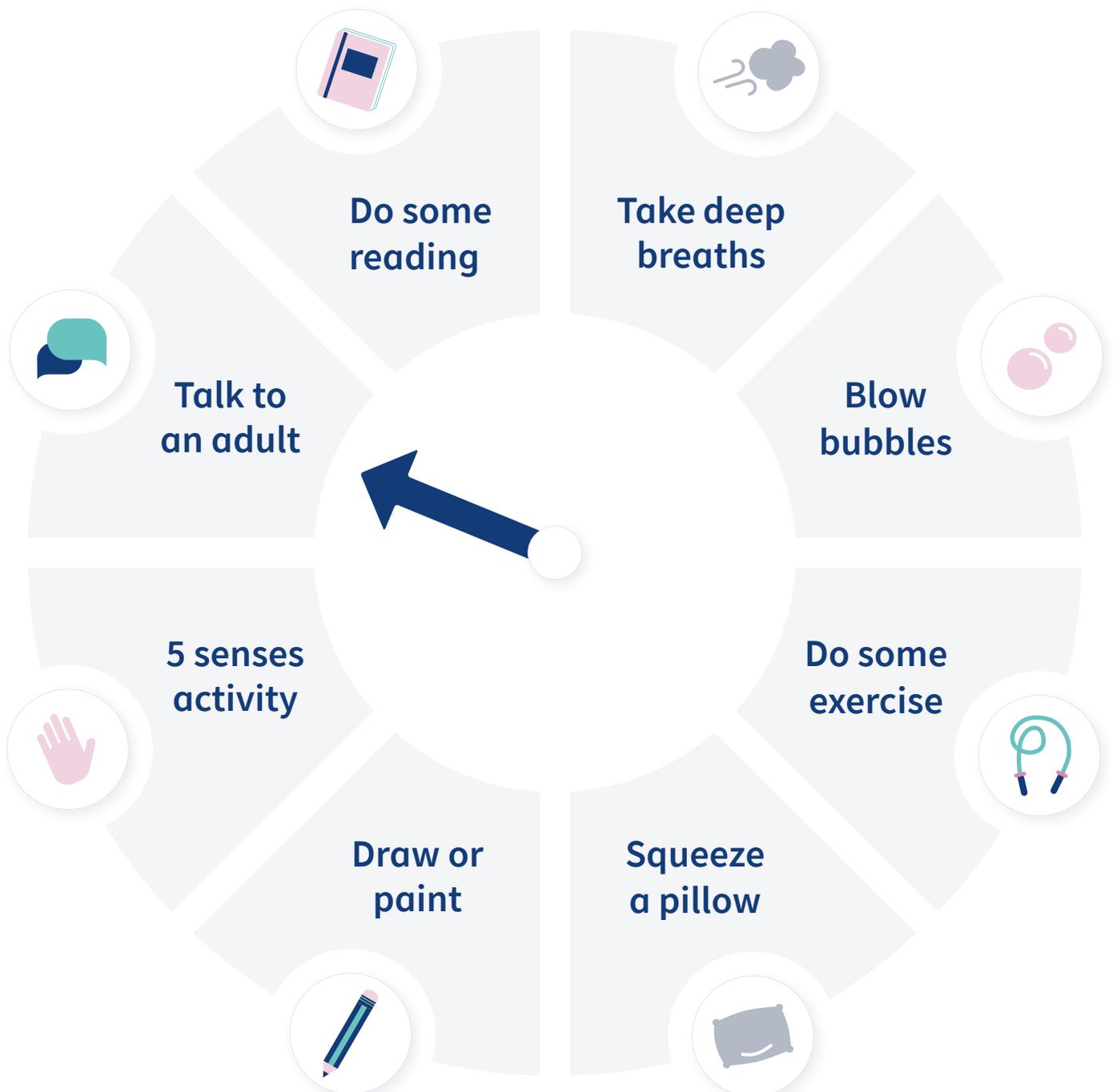


Ask an adult in your home to wrap you up in a blanket or soft yoga mat like a hotdog (make sure to keep your head free). If you like this, you can ask an adult to 'steamroll' you with a therapy ball.

# Worry buster wheel

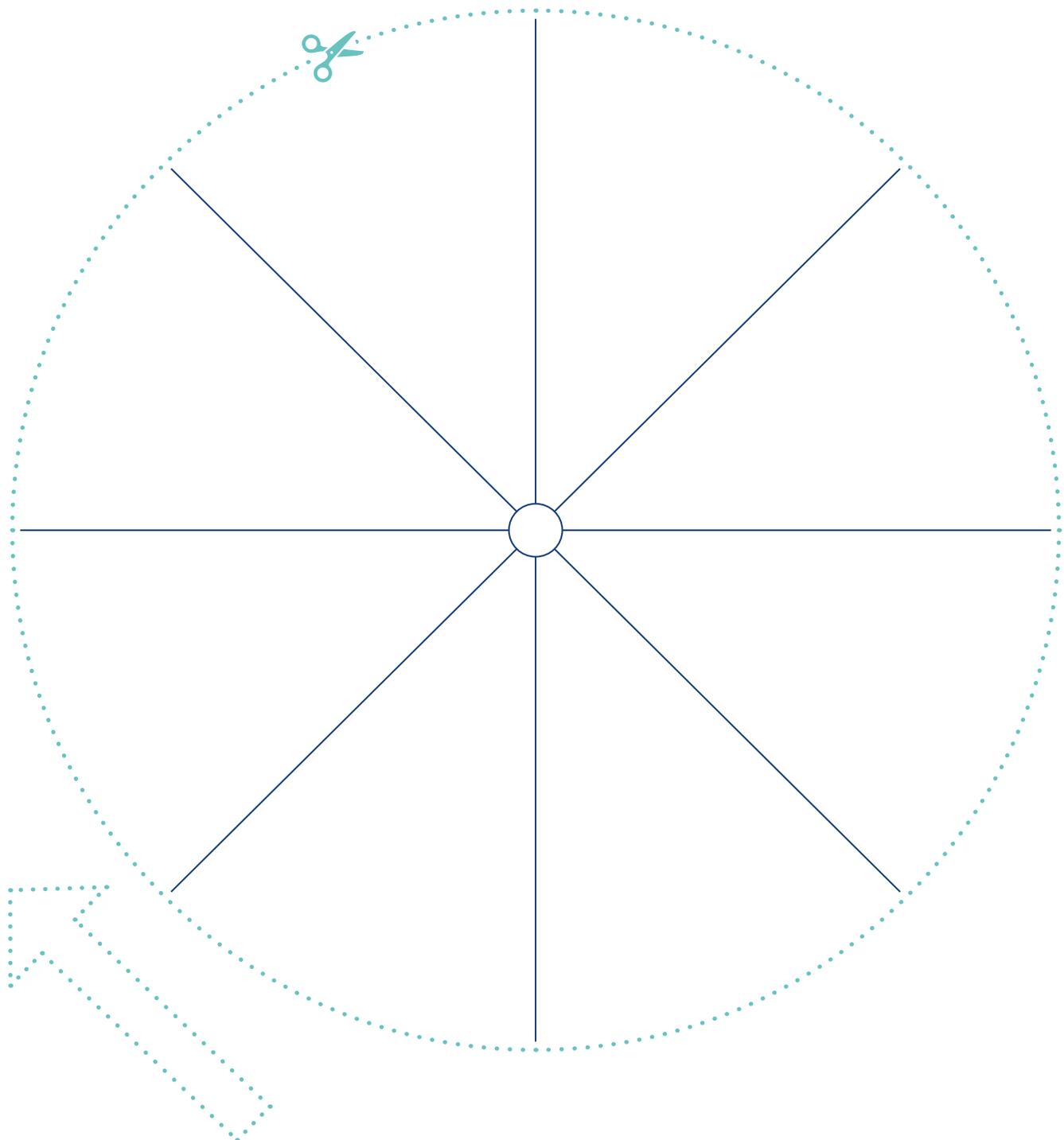
Use this worry buster wheel to choose an activity quickly if you are feeling overwhelmed.

Sometimes when we feel worried we can get overwhelmed and forget all of our coping strategies. You can use this wheel to help you in these moments.



## You can fill in your own below!

To make this wheel spin you need to cut around the dotted lines and put a paper fastener through the arrow and the middle of the circle. **If you need some help ask an adult.**



# Rainbows

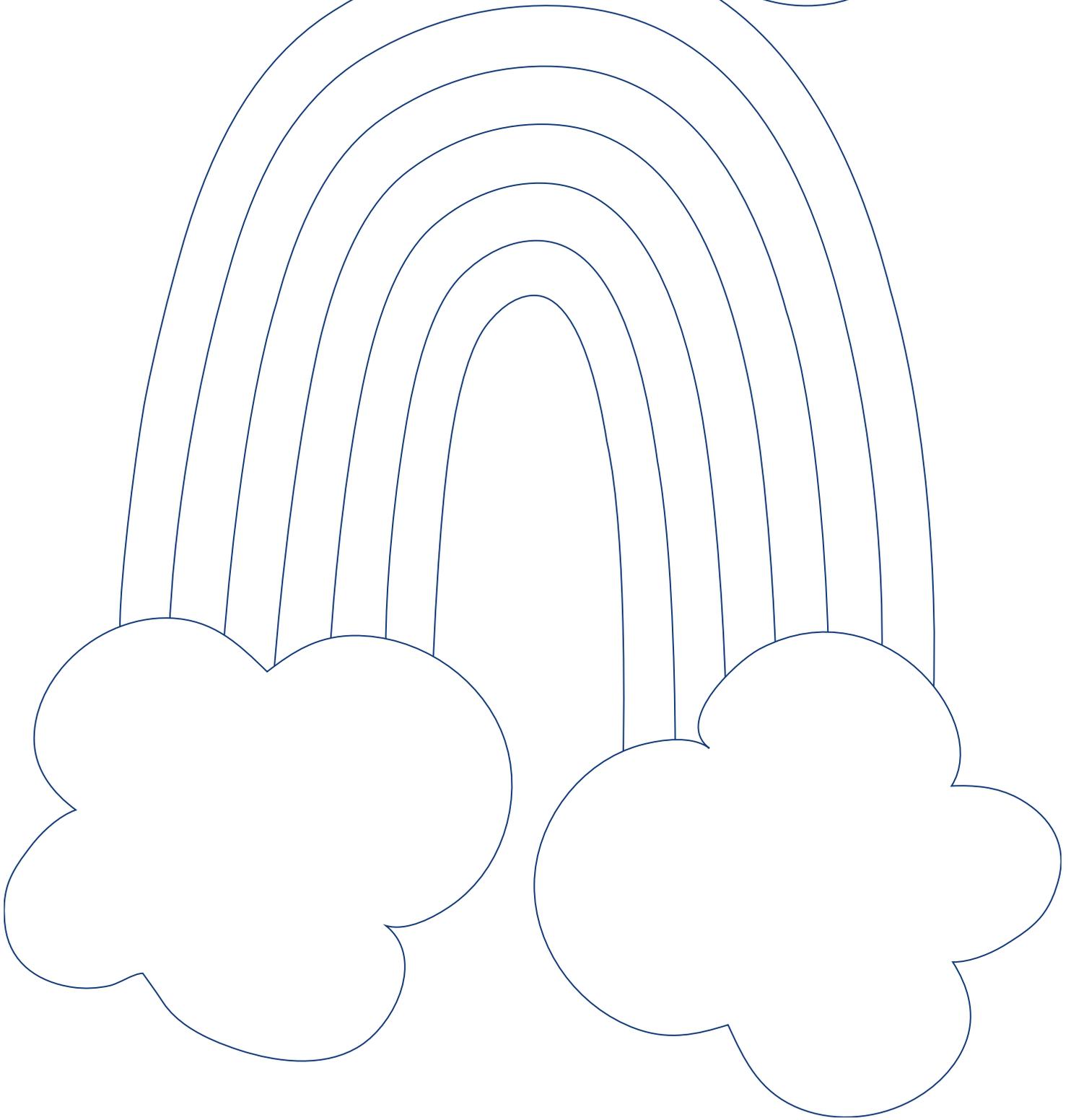
Lots of windows have got rainbows in them. This is to cheer up people that might be feeling sad.

The image features two stylized rainbows. The rainbow on the left is larger and has a color palette of teal, light blue, dark blue, grey, pink, and light pink. The rainbow on the right is smaller and has a color palette of dark blue, grey, pink, and light pink. Both rainbows are positioned above two large, fluffy grey clouds. A speech bubble is attached to the right side of the larger rainbow, and another speech bubble is located below the smaller rainbow.

**When you go outside  
look for rainbows in  
your street or put one  
up in your own window.**

**Colour in your own rainbow  
to cheer other people up.**

NHS



# Further resources

This is a hard time for everyone. There are lots of resources to help you and your parents while you're at home.

## Online support

### NHS Grampian CAMHS

NHS Grampian CAMHS resource packs for helping young people manage feelings about COVID-19, as well as a podcast series of 'top tips' on managing stress in tough times. **Please note these are not learning disability or COVID-19 specific.**

### Scottish Government

Regular updates and health advice on COVID-19, lockdown restrictions and advice.

### NHS health advice

Regular updates and health advice on COVID-19.

### WHO COVID-19 advice

Regular updates and health advice on COVID-19.

### WHO advice on stress

Advice on coping with stress during the COVID-19 outbreak.

## Guides and videos

**Public Health Wales**

Easy read resources on staying at home during the COVID-19 outbreak.

**Beyond Words**

Wordless resource on beating coronavirus.

**SCLD**

Easy read resource on beating coronavirus.

**DSA**

The Down's Syndrome Association's guide to coronavirus.

**NHS on YouTube**

Instructional video on how to wash your hands effectively and keep yourself safe.

**NHS on YouTube**

Supporting neurodiverse children in challenging times such as during self-isolation

## Learning at home

### Younger children

#### The Sensory Project

The sensory project has created a list of educational resources.

#### Sensory App House

Apps for pupils with Profound and Multiple Learning Difficulties (PMLD) or Severe Learning Difficulties (SLD).

#### ITV

ITV has produced some animated children's stories performed in sign language.

#### ASDAN

Free resources to support home learning and education.

#### 'Sensory stuck at home'

The 'sensory stuck at home' facebook page is filled with great ideas to support sensory play for those stuck at home:

## Older children

#### Kids Activities

List of education companies offering free subscriptions.

#### Down's Syndrome Assoc.

The Down's Syndrome Associations guide to learning at home.

#### Dep. of Education

The Department of Education has created a list of online education resources for home education.

## Social Stories

### Nurse Dotty Stories

Dave the dog Social Story on being worried about COVID-19.

### Elsa Support

Elsa Support 'school is closing' Social Story.

### Makaton

COVID-19 Makaton resources.



## Exercise resources

### Down's Syndrome Assoc.

The Down's Syndrome Association guide to keeping fit at home.

### P.E. with Joe Wicks

P.E. with Joe Wicks on Youtube.

### The Fit Kit

The Fit Kit team from Affinity Trust have created a 10 minute workout for people with learning disabilities.

### Diverse Dance Mix

Diverse Dance Mix are running daily dance sessions that you can join from home.

### Being Active

An everyday guide for people living with an impairment or health condition.

### Bumble Bee Physio

Bubblebee physio has created some exercise videos for children and young people in wheelchairs.



If you feel you or your child's worries are getting bigger, you can contact:

**Samaritans:** 116 123

[www.samaritans.org](http://www.samaritans.org)

**Breathing Space:** 0800 83 85 87

<https://breathingspace.scot>

**NHS 24:** 111

<https://www.nhs24.scot>

**Your local GP**

This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email **[altformats@nes.scot.nhs.uk](mailto:altformats@nes.scot.nhs.uk)** to discuss how we can best meet your requirements.



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