When times feel strange

It’s strange not being in school at the moment.

In some ways it’s nicer. We get to stay at home where all our favourite things are.



In some ways it can feel odd. Like not having the same routine or not seeing friends.



Everyone is feeling a bit unsure at the moment.



Some may feel bored.

Some may feel worried about when the these changes will stop.

Some will be confused about the changes in other people’s behaviour and things like shops being empty or closed.

Some will be missing their other family members who do not live with them.

Some will wonder when they can go back to school.

All of these thoughts are natural.

Here is what I could do during this time –

* Create a timetable of school tasks I have been given to do. Don’t forget to add frequent breaks. It is important I do my school work. I will continue to learn. It will give me something to focus on. I will feel a sense of achievement. It will keep my parent/s happy.

* Try some new activities that you have never done before. An example is – plan a menu, become a chef, and cook your family a meal.

* Try to spend time independently. Some parents need to work from home. Parents need to carry on with their daily household chores. Parents also need some space during the day.

* Try to get outside if possible, for some daylight and also for exercise. Both are important for my health and they will make me feel happier. I must remember to stick to the rules that the adults give me.

* When I feel worried about the situation, I can talk to someone about it. This may be a great opportunity to contact my friends or grandparents.

* Look through all my old things. I might find some books and games that I had forgotten about.

* Mostly, I must remind myself that this will be over at some point. Even though I feel strange now, it will go back to normal eventually.