

My Worries



Many people share similar worries in connection with the Coronavirus pandemic
Read each of the worries ranking them 1- 10 (low – high)

- _____ Family members or myself falling ill
- _____ Not knowing what will happen in the future
- _____ Not being able to see family members
- _____ Unable to visit or play with my friends
- _____ Watching or listening to the news
- _____ Changes to school routine
- _____ Working in a different classroom
- _____ Washing Hands
- _____ Unable to go shopping
- _____ Travelling on a different bus or in a different taxi to school
- _____ Parents going into work
- _____ Feeling upset and worried
- _____ Not knowing when the pandemic will end
- _____ Walking out in public
- _____ Other: _____



How to use My Worries:

Many children may be experiencing different worries at this time but may not be able to articulate them. This worksheet addresses some of the common worries that pupils are experiencing. Ask the child or young person to scale each of the worries. Share facts and solutions to support reducing the worries that score highly. Sometimes pupils are relieved to know that many people share the same worries and this in itself supports reducing any worries. For older children help them to identify their own solutions to reducing their worries. Ask them questions such as why have they given some worries a high score? Have they experienced similar worries before, or similar feelings that these worries evoke? If so, what different strategies worked to reduce the worries/feelings?

Example of factual responses:

Family members or I falling ill – The fact is that there are always more healthy people than unhealthy people and many people who contract the Coronavirus experience mild symptoms.

Not knowing what will happen in the future – In the future you can still play your favourite games, talk to your friends, watch the TV etc. (include pupils interests and emphasise different certainties in the future)

Not being able to see family members – You may be able to see your family through video apps and talk to them on the telephone or write a letter.

Unable to visit or play with my friends – You can contact your friends via telephone; write a letter or maybe video call.

Watching or listening to the news – The news contains lots of information that may be confusing and scary. Many people watch the news once a day or ask an adult to tell them the facts about the coronavirus to get up to date information.

Changes to school routine – Everyone in school has a different routine. School may feel, smell or look different, this is OK. Create a new routine that feels comfortable.

Working in a different classroom – Many students will be working in a different classroom; this is OK and helps to keep everyone safe. If you feel uncomfortable in a different classroom tell an adult.

Washing Hands – It is important to follow the government guidance when washing hands, remember to not wash them too much or too little – ask an adult for support if needed (Timetable throughout the day).

Unable to go shopping – Due to social distancing only one person from each family can enter the shop. Usually this will be our parents/carers who know what to buy for the family and how to keep safe when shopping.

Travelling on a different bus or in a different taxi to school – Most pupils will travel in a different bus or taxi to school in order to follow the government guidance to keep safe, this is OK. An adult will keep you updated with your transport arrangements to help you keep safe.

Parents going into work – Many parents are going to work. Everyone that goes to work knows how to keep himself or herself safe when working.

Feeling upset and worried – Many people feel worried and upset about the same things, it is OK to feel worried and upset but it is important to remember to share your worries with an adult.

Not knowing when the pandemic will end – Every pandemic has a beginning and an end, scientists around the world are working on finding an end to the virus.

Walking out in public – The government guidance states that it is safe to walk outside when following the social distancing rules. Fresh air and exercise are important to keep everyone fit and healthy.