# I am Self-Isolating Due to Corona Virus
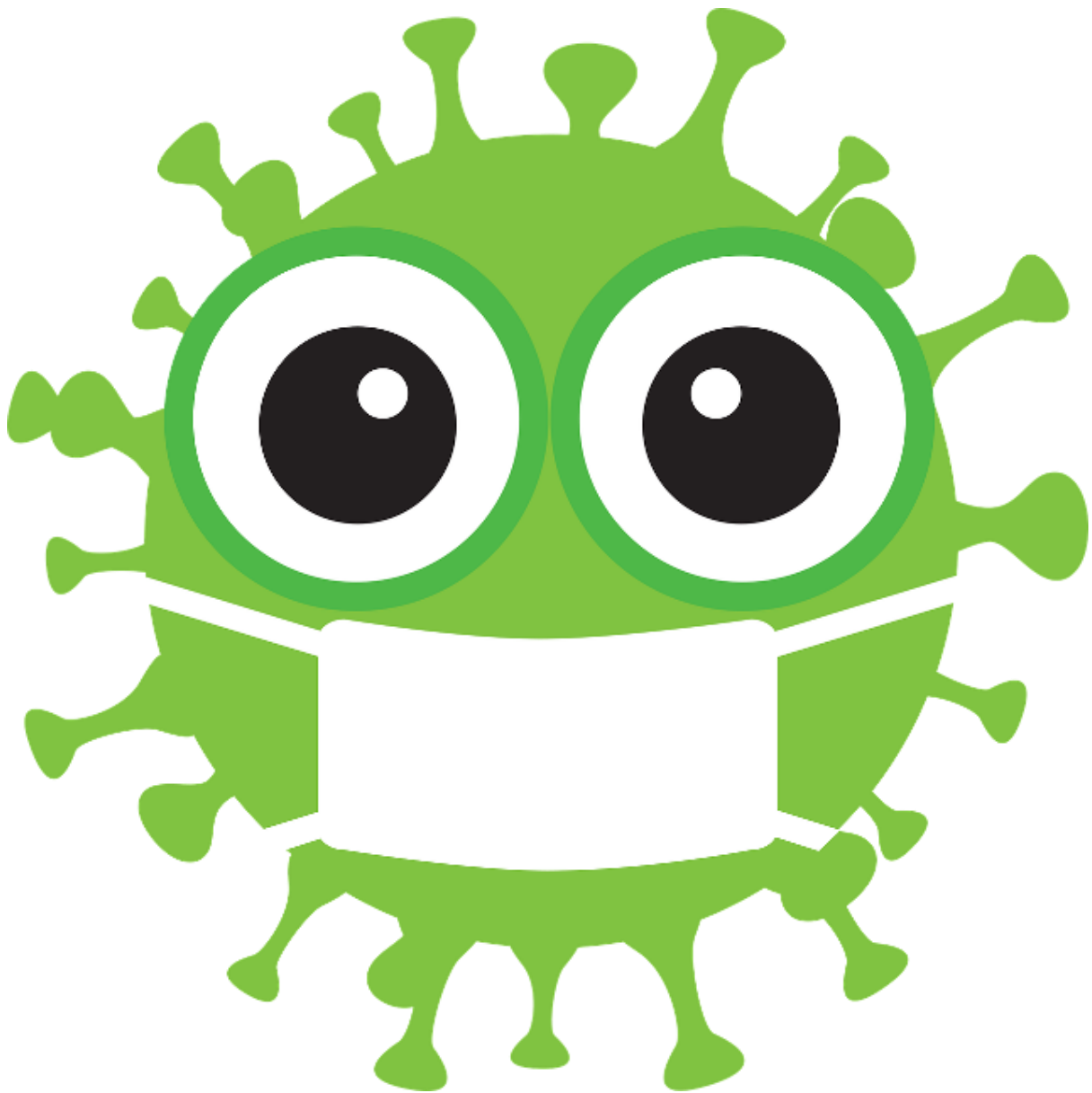
To keep ourselves, and others safe we need to follow the guidelines and self-isolate for 14 days.

This could feel like a long time.

During the school term on weekdays we will have school work to complete and at the weekends we can do the things we enjoy at home.
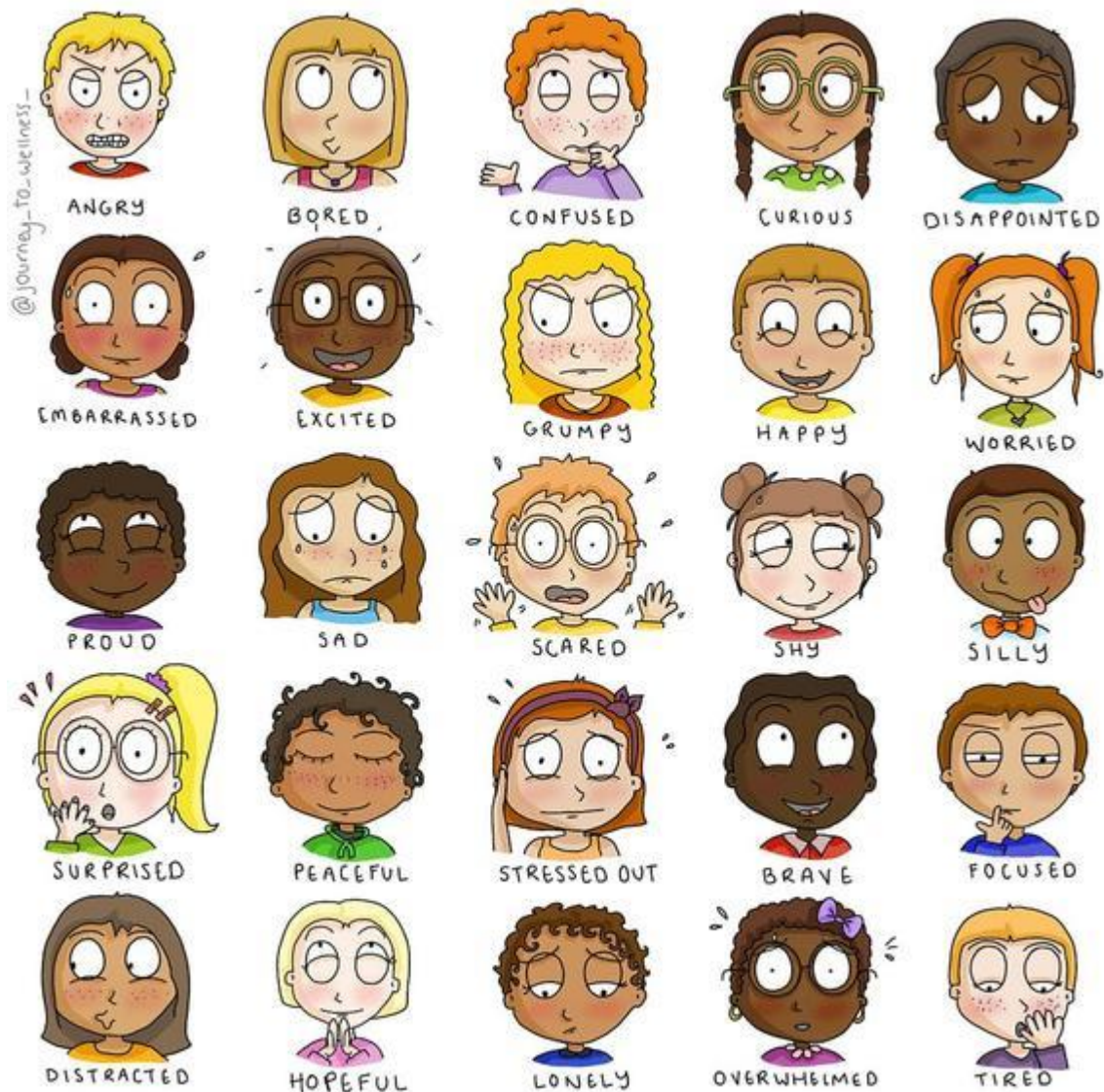


Tick off my self- isolation days here



Hooray I have finished my self-isolation.

We might feel a bit worried that we have been near someone who has Corona Virus. We need to remember that for most people Corona Virus is a very mild illness.

Circle all the feelings you are having.



ANGRY    BORED    CONFUSED    CURIOUS    DISAPPOINTED

EMBARRASSED    EXCITED    GRUMPY    HAPPY    WORRIED

PROUD    SAD    SCARED    SHY    SILLY

SURPRISED    PEACEFUL    STRESSED OUT    BRAVE    FOCUSED

DISTRACTED    HOPEFUL    LONELY    OVERWHELMED    TIRED

@journey_to_wellness_

It is normal to experience lots of emotions.

Remember to talk to your family about how you feel.

If you are feeling really worried you could make yourself a worry jar.

My Worry Jar

Open at Worry Time:
4:15 to 4:30

Decorate a clean jam jar, be really creative.

If you have a worry, write it on a piece of paper and put it inside the jar.

Decide on a time that you will open the jar and read through your worries with a trusted adult from your household. Don't do this just before bed as we want our worries to feel calmed before bedtime. Worries always feel better when you have shared them with someone. When you feel that the worry has gone or it is manageable, screw the worry up and put it in the bin – this feels good!

Take some time to be calm every day.

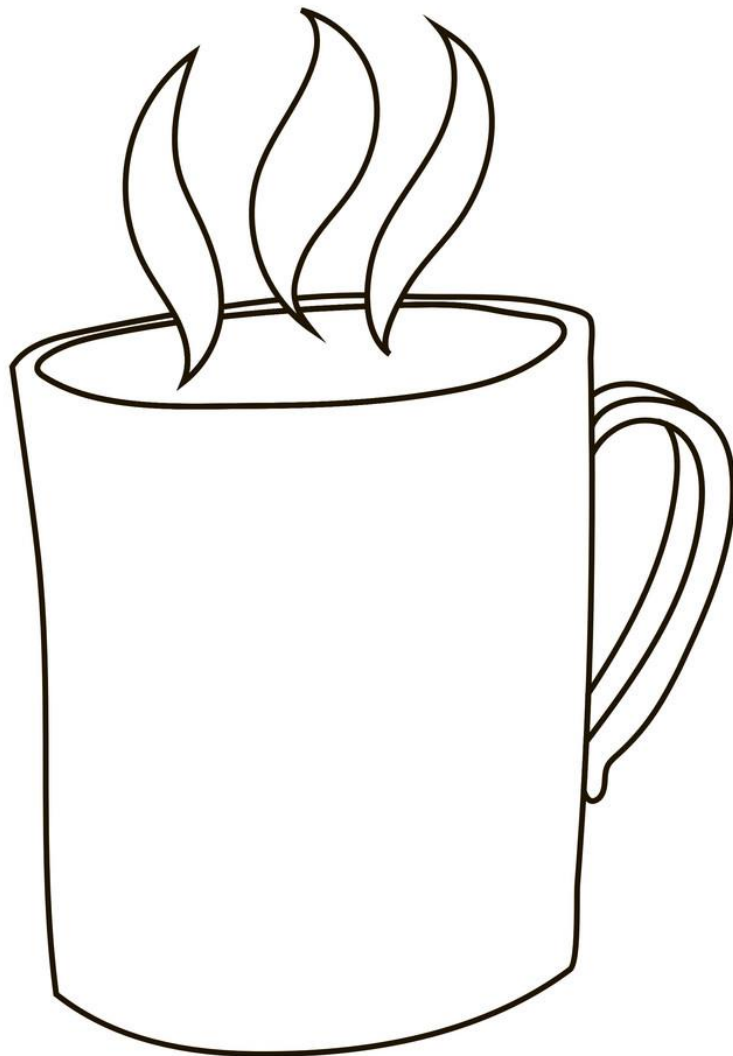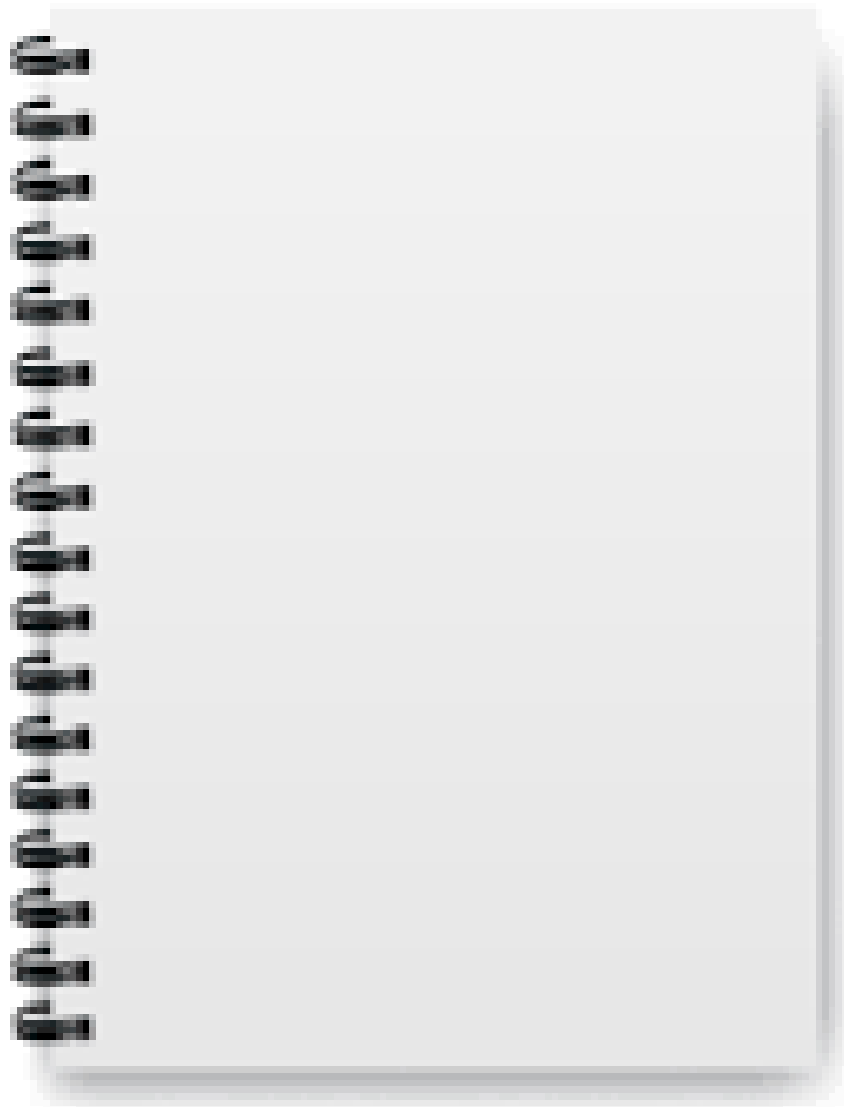Colour a bit of this picture every day.
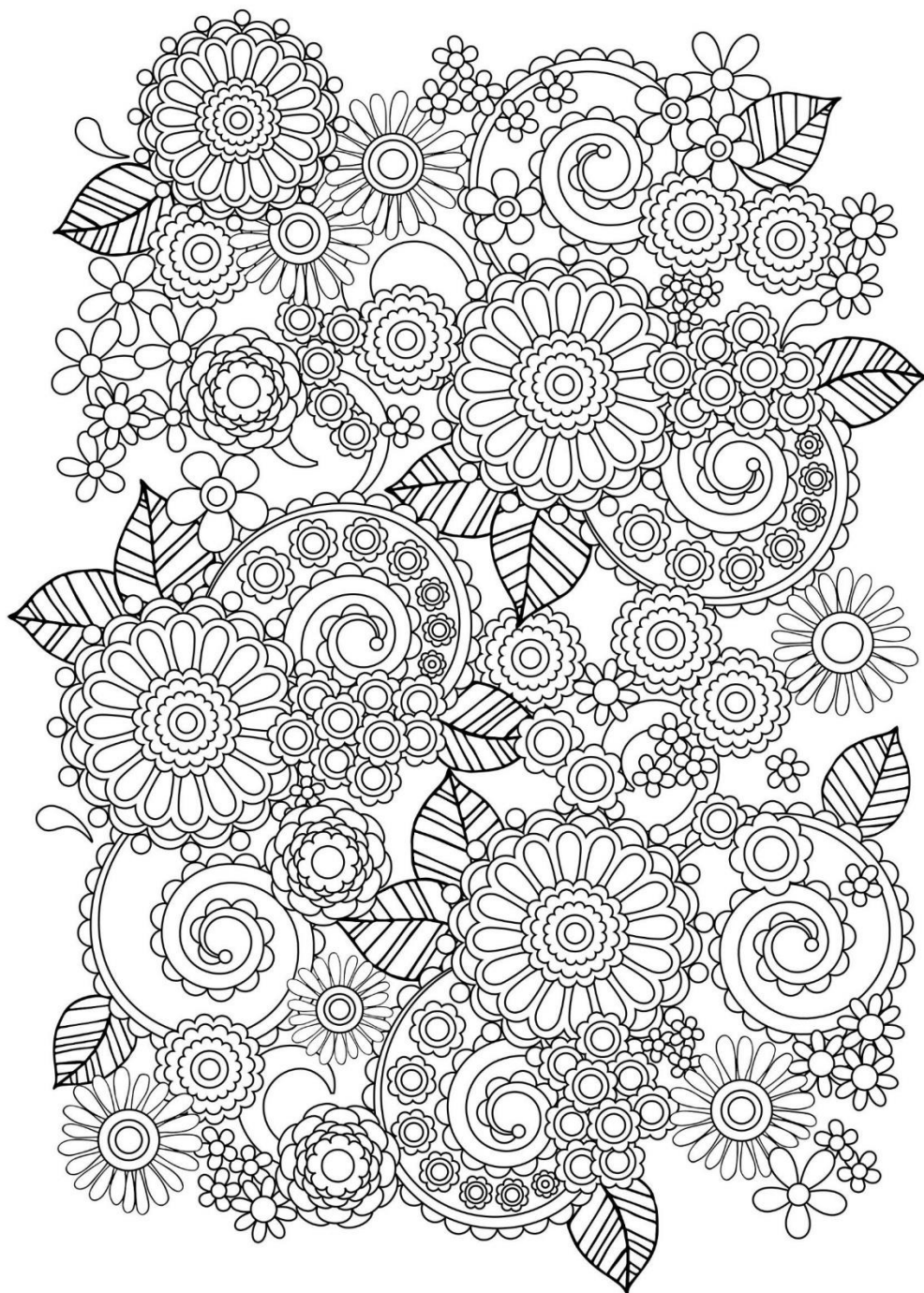
# Star Breathing



Practise this breathing exercise to help yourself feel calm and relaxed.

# Give yourself a hug in a mug

Fill the mug with all the things that make you feel happy. Write them or draw them. Hold these things in your head so that you can think of them if you feel sad.
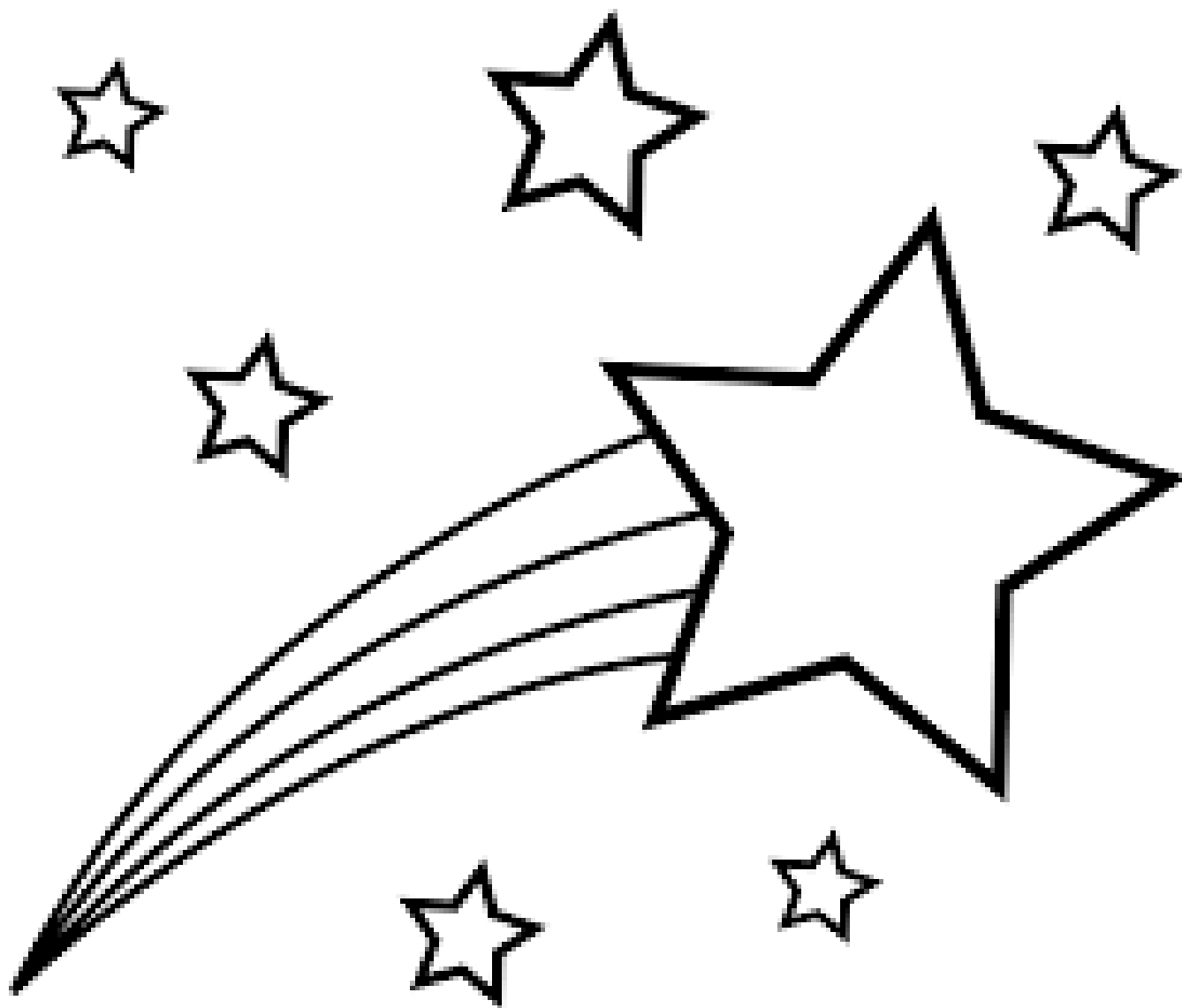
# My favourite things about self-isolation

What am I most looking forward to about returning to school?

Decorate the stars with your thoughts.

Awarded to

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I completed my

self-isolation.