BIG CHANGES
Staying at home
24 MARCH 2020

What's happening?
There is a virus that is making people ill. Everyone is working hard to keep people safe.
The best way to keep everyone safe is for lots of people to stay at home. This stops big groups from spreading the virus to each other.

What will I do?
Most children will stop going to school for now.
They will stay at home with their families.
You will be staying at home for now.
The adults are still planning what will happen, so we don't know all the answers yet.

What will be different?
Instead of going out to school each day, you will stay at home.
You won't see your friends or the grown-ups from school.
You won't need to wear your school uniform.
You won't have your normal lessons with a group of children.
Your parents might be trying to do their work while you are playing.
Some people in your family might feel unwell.

What will be the same?
You will still have a bedtime and a waking up time.
You will still have breakfast, lunch and tea.
You can learn and play at home. Your school might give you activities to do.
Your adults will help you keep in contact with your important grown-ups and friends.
You might still be able to play outside.

When the adults know more about what will happen, they will tell you. If you have questions, you can ask the adults at home.

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How are you feeling?

Children have lots of different feelings at the moment. You might be feeling worried, sad, excited, happy or nervous. That's ok! Circle all the feelings you're experiencing.

All the grown-ups want you to feel safe and happy. You can talk to a grown-up at home about your feelings.

You and your grown-ups at home can think about your worries and hopes for your time at home. You can use these ideas:

People I would like to keep in contact with: _____

Projects and games I would like to try: _____

Ideas I would like to find out more about: _____

What I can do if I have lots of energy: _____

What I can do if I need to rest and relax: _____

Something I'm worried about is: _____

Something I'm happy about is: _____

Grown-ups at home can help me by: _____

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