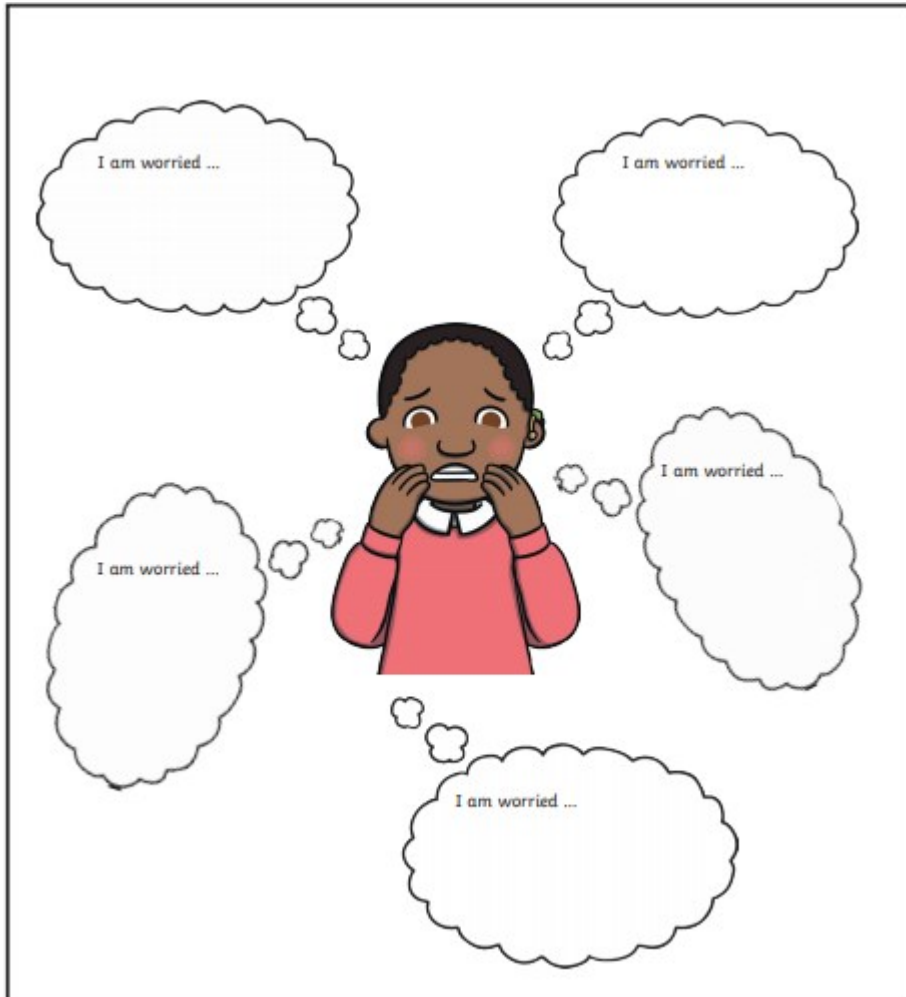


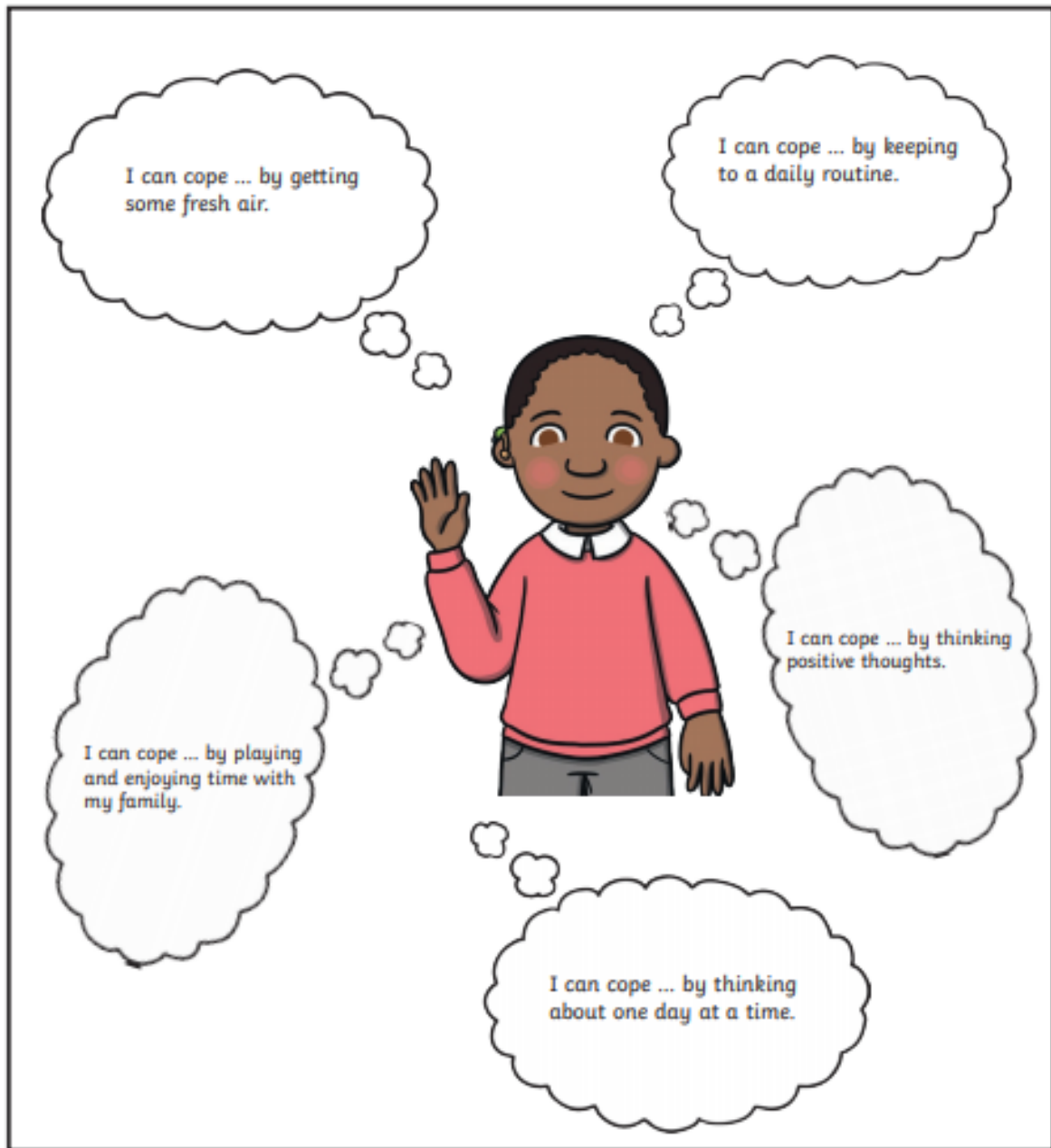
This optional activity will ask you how you are feeling about COVID-19 and what you might be worried about.



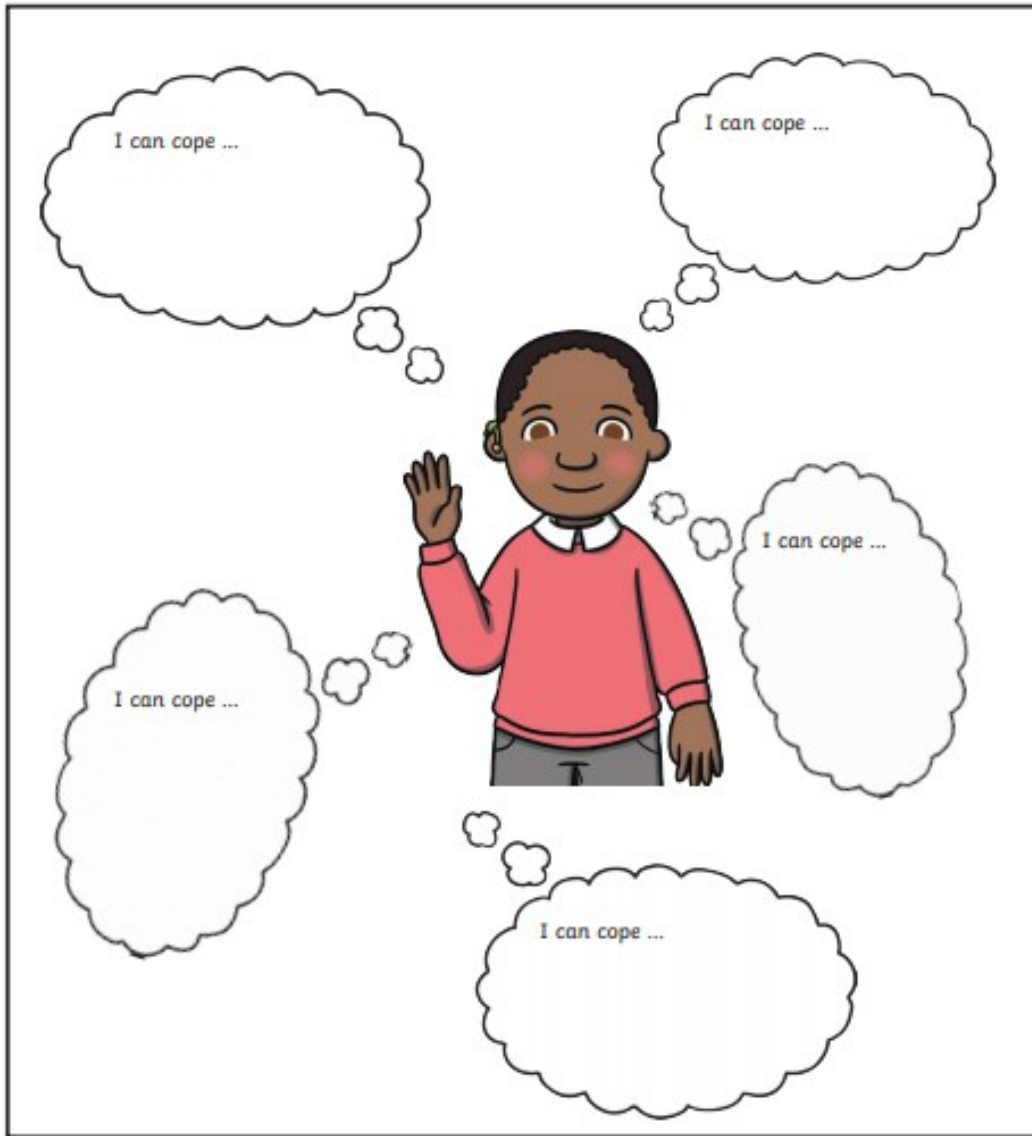
Talk about your worries with your grown-up. Then think about how you could feel better. What could you do?

It's important to talk about your worries.

Now you have talked about what is worrying you, look at the ideas on this page and talk about whether they may help you to feel better.



There is a blank activity sheet to add your ideas.



Every Cloud Has a Silver Lining

There is a saying, 'Every cloud has a silver lining'.

People think of clouds as grey and grumpy. They block the sunshine and are often full of rain to spoil the day.

But lots of people say that even in a grey and grumpy cloud, there is something good; that's the silver lining.



So, when something not-so-good happens, you can usually find something that is good about that situation if you look hard enough.