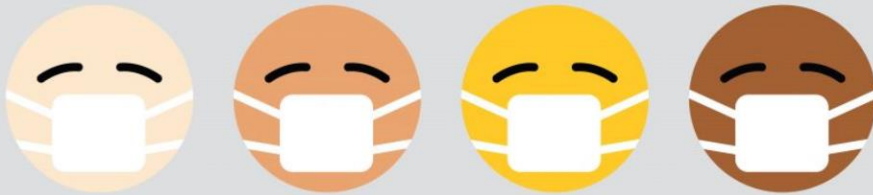


Part 5: Positive Self talk

COVID-19
Coronavirus

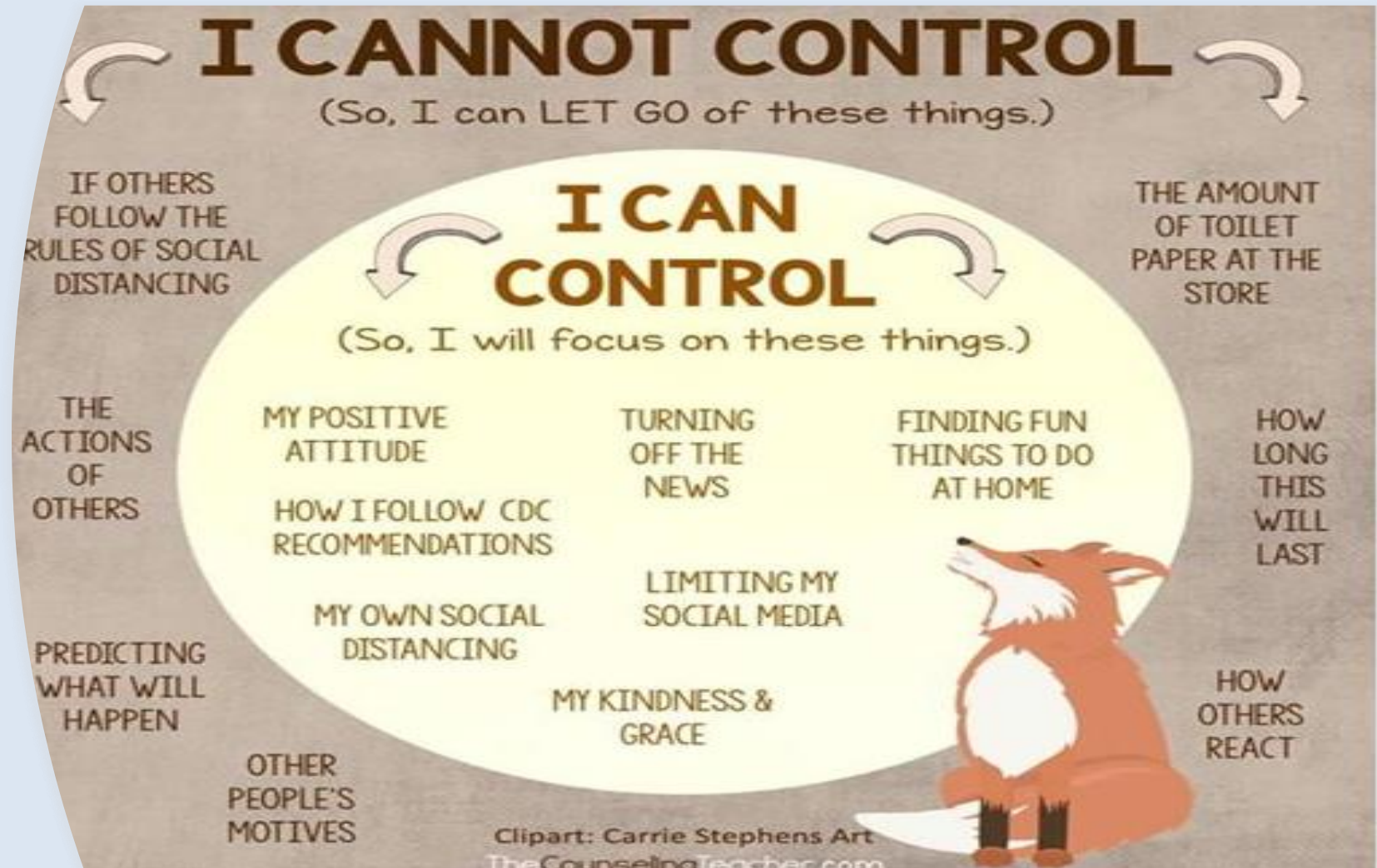


What we can and can't control

- There are some things we cannot control at the moment.
- Schools are closed because the government have said this will help keep more people safe from the virus.
- There are some things we can control like how we plan our time while we are at home.



Some things we cannot change..



Circle of Control

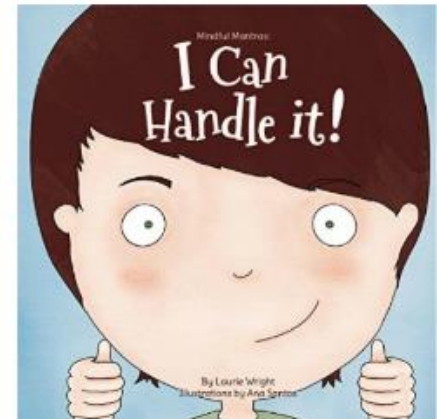
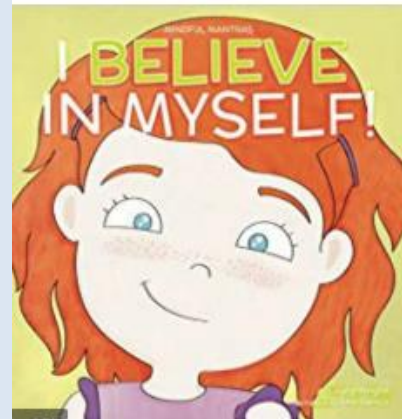
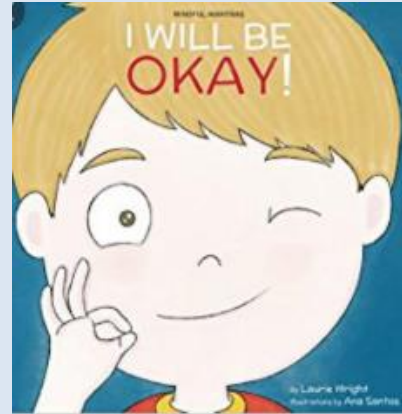


Task one



Positive self talk

- When we are feeling tired, sad, bored, fed up or worried, it can be hard to do things, even things we usually find easy.
- We need to be kind to ourselves.
- <https://www.youtube.com/watch?v=D900XCu5XMg> Watch this video!



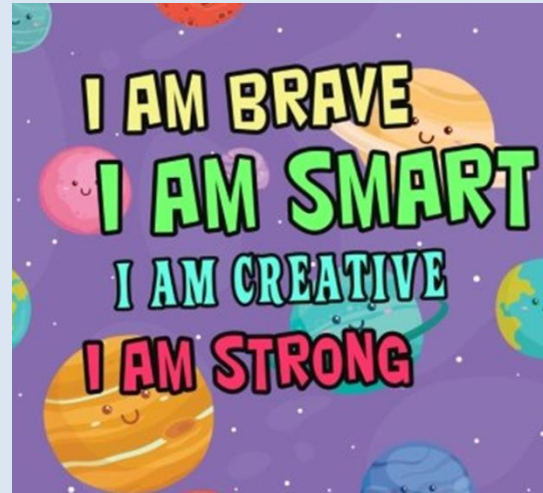
Listen to some songs

- <https://www.youtube.com/watch?v=cyVzjoj96vs&list=PLDkXpKMpJ0zV9lquT170nd31-Gr6hJa8K>
- https://www.youtube.com/watch?v=Ud_eeFkzH4w&t=8s



Task 2 Positive thinking- Make a put me up poster.

Make a list of
positive 'I am..' sentences.



Put it up where you
can see it each day!





I am....

Positive thinking

If something is not going well, take a break and try again later.

Remember we learn when we make mistakes.

It's ok to ask for more help with things.



Let's shake off any negative thoughts



Shake It Off - Think About It | GoNoodle

<https://www.youtube.com/watch?v=eSUbuM3pT4E>

**It is ok
to ask
for help**

- **It always helps to talk to someone if we have a worry.**
- **Remember it is normal to feel a mixture of feelings, both big and small, happy and sad, especially during these difficult and uncertain times**
- **If you have a big feeling that is making it hard to think about anything else, to concentrate or stopping you getting to sleep, it's time to get some help.**

