

## Useful Websites

Newport City Council has created a whole section of resources on their website useful for both parents and children and are specifically about the Coronavirus. These include coping strategies, sources of advice and support including educational activities for children and parents.

<http://www.newport.gov.uk/en/Council-Democracy/Coronavirus-COVID-19.aspx>

Alex Scheffler author of the *Gruffalo* has produced a free book about Coronavirus.

<https://nosycrow.com/free-resources/>

BBC bitesize has daily lessons live with videos, activities and more for all school-aged children

<https://www.bbc.co.uk/bitesize>

Childnet has a range of games, books and information about staying safe online

<https://www.childnet.com/resources>

Change for Life has tips to stay healthy and eat well. Include Disney themed activities

<https://www.nhs.uk/change4life/activities>

Go noodle has movement and mindfulness videos for children

<https://www.youtube.com/user/GoNoodleGames>

Childline also offers advice including 10 tips for coping with lockdown

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/#lockdown>



Newport City Council - Children's Services  
Teams



# My Guide to Coronavirus

We know this is a difficult and worrying time for everyone, so this is why we want to provide you with helpful information that will make it easier for you to talk to others about your worries and feelings.

In this pack, we have put together some of the most helpful tips we could find to help children better understand the coronavirus and its impact on our lives

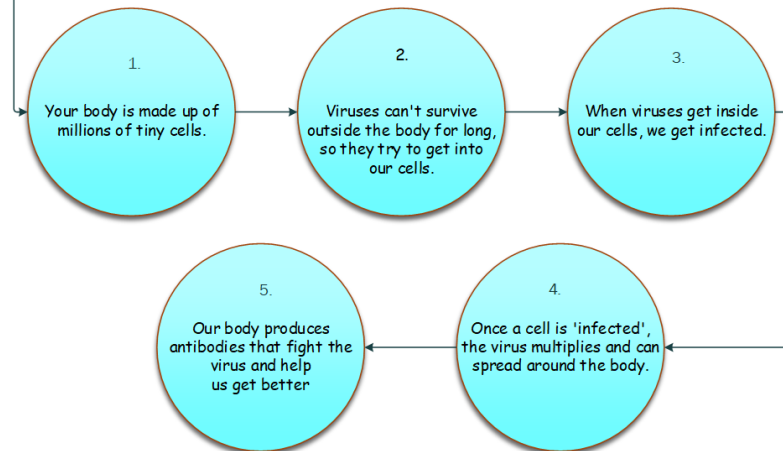
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## What is Coronavirus?

There is a new kind of virus spreading around the world, it's called a coronavirus because "corona" means "crown" in Latin and the virus looks like it's wearing a spiky crown.



### How does a Virus Work



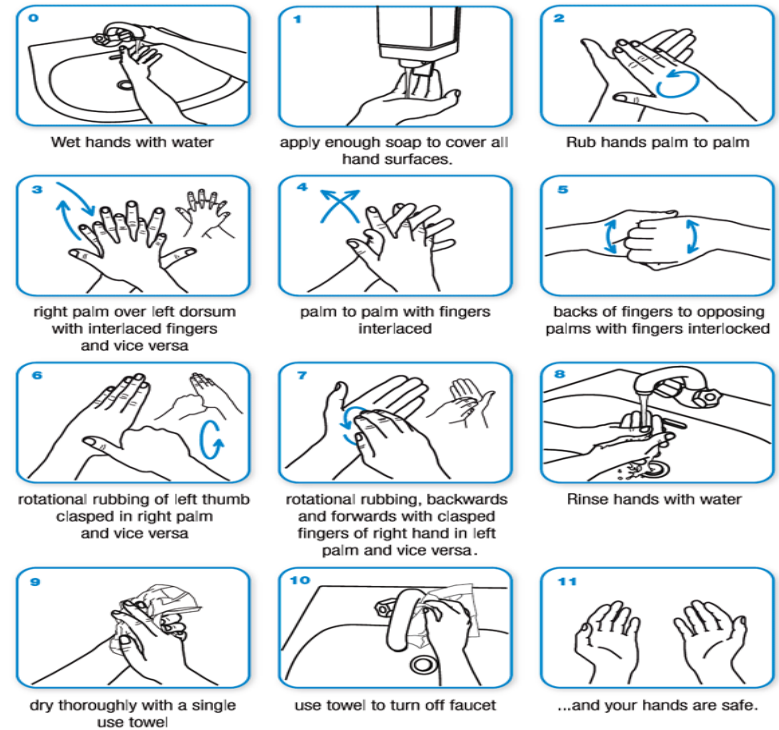
## Why is coronavirus dangerous?

If the virus gets into the cells in our lungs, it can stop the cells from doing their job, which is to help us breathe.

## How to keep yourself safe

We can all do something to help stop the spread of coronavirus.

1. Wash our hands more often for at least 20 seconds.



2. Avoid touching your eyes, nose and mouth.



3. Use a tissue or your elbow to catch a cough or a sneeze. Make sure you put the tissue straight into a bin and wash your hands afterwards.



4. Making sure we practice 'social distancing'. This means keeping a safe distance away from other people who do not live in our homes so we don't spread the virus.



A safe distance is at least 2 metres-that's about the whole length of a dinner table in school.



5. It's really hard to keep a safe distance away from people in large crowds which is why the schools have closed. This means you won't be able to play with your friends for a while but there are other ways to keep in touch to say hi.



You could:

- Write a letter or draw a picture for your friends and post it.

- Write an email on your computer and send it to your friends or their grown ups.

- Speak to them on the phone/video message on WhatsApp/send a text.

6. We need to make sure we stay at home to stop the virus from spreading. You are allowed to leave your home ONCE a day to do some exercise like going for a walk or a ride on your bike.





What if I am worried or frightened?



If you are worried about the coronavirus then make sure you speak to a grown up so they can help. You may have lots of questions which they can help to answer.



Try writing your thoughts and feelings down. You can also write down any questions you may have.



Thinking about who we can speak to or things we can do to distract ourselves from worrying may help. Here is a Safety Plan to help you.



Safety Plan  
for

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If I am feeling unsafe in my house I can:



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If I am feeling worried I can:

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If I need help in an emergency I can:

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People I can talk to

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