



Good days in unusual times

By Anne-Mette Lange

Illustrations by Marie Geert Jensen

For all children during these unusual times of coronavirus.

It's not much fun, when you can't do the things you usually enjoy.

In this book we give you tips on how to take care of yourself and have good days.

The authors

Anne-Mette Lange, clinical psychologist.

Department of Child & Adolescent Mental Health, Aarhus University Hospital, Denmark.

Marie Geert Jensen, animator.

Faculty of Media and Communication, Bournemouth University, United Kingdom.

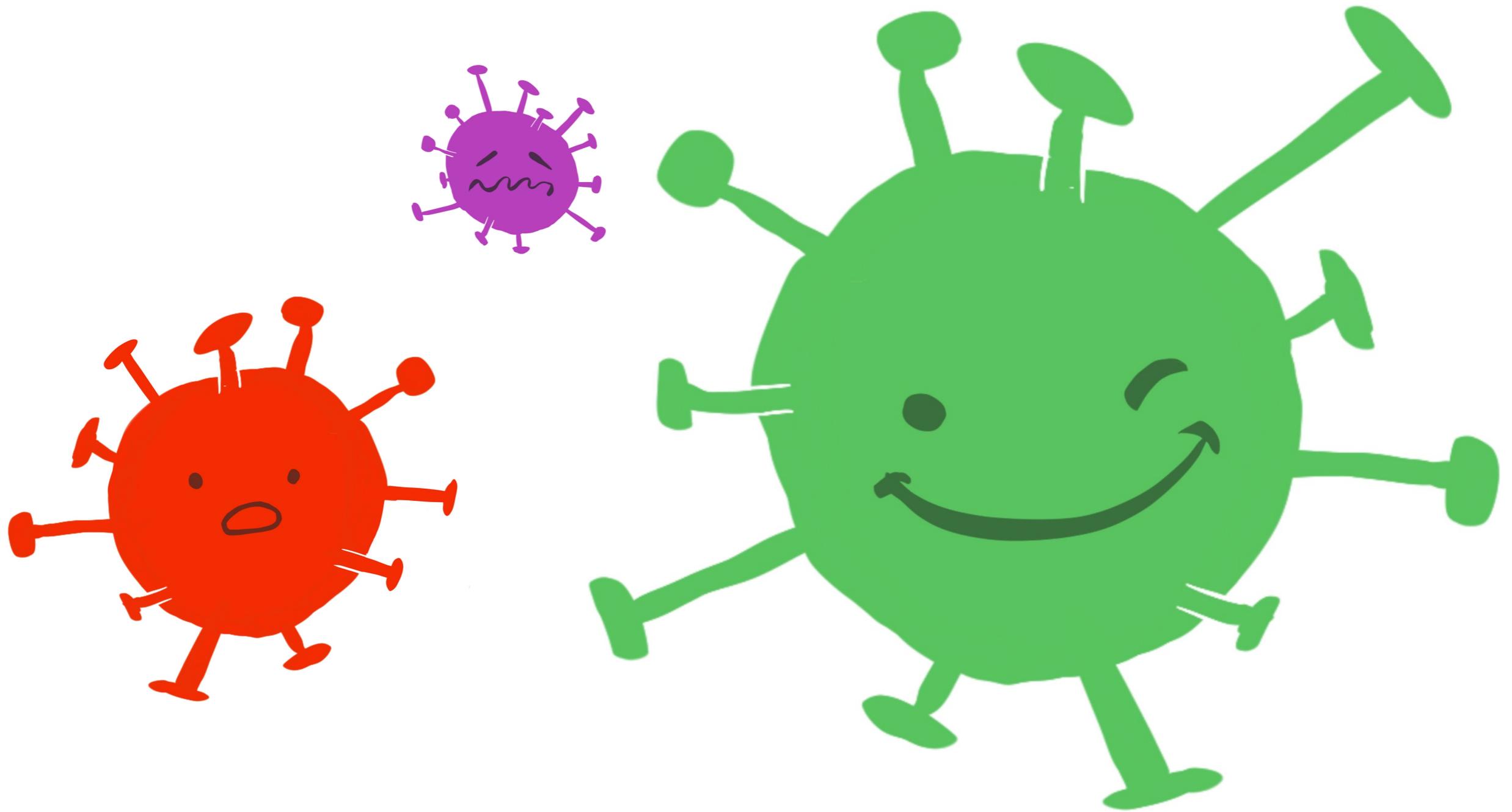
Published in collaboration with The Anna Freud National Centre for Children and Families.

April, 2020.

This book is free and can be downloaded on: <https://www.annafreud.org/>

Copyrights on animations and text.





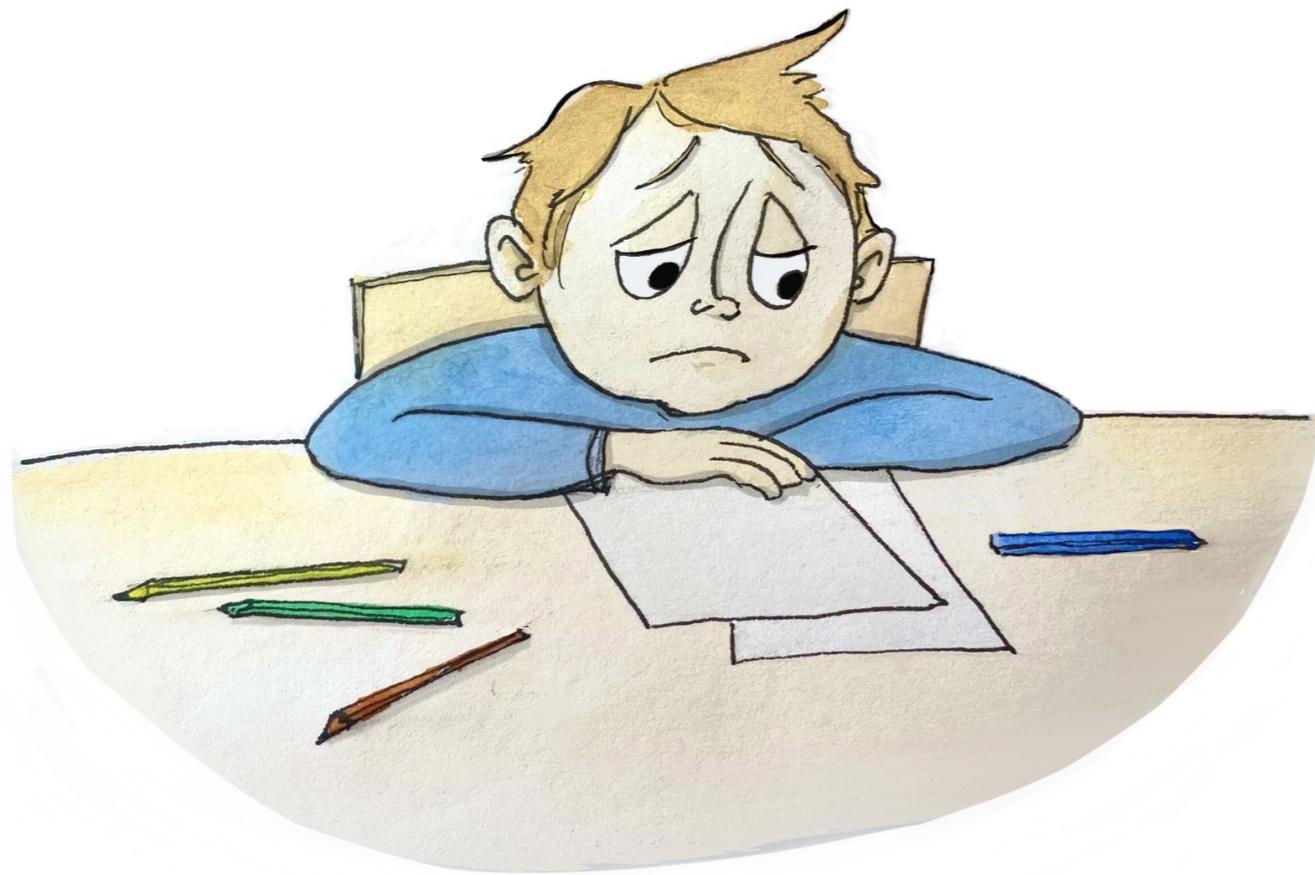
What is the coronavirus?

The coronavirus is a virus that can make you feel sick. Most people who catch the coronavirus get better fairly quickly. A few people get very sick. They go to the hospital where doctors and nurses help them get better.



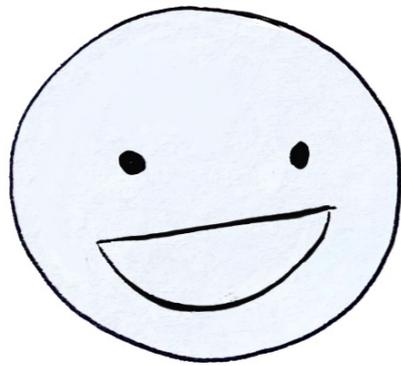
We stay at home

At the moment schools, swimmingpools and playgrounds are closed to stop people from catching the coronavirus. We are helping each other to stop the coronavirus when we stay at home.

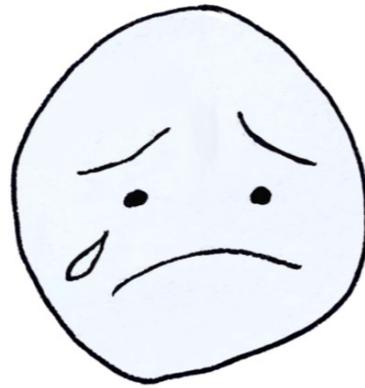


When nothing is like it used to be

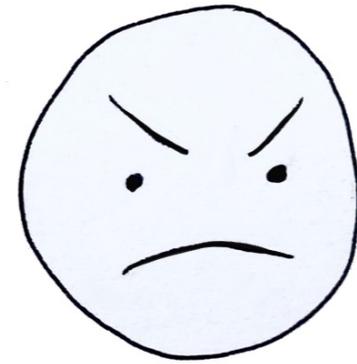
Many children miss school and leisure activities, and many children miss their friends. You may find that you feel a little different, when you can't do the things you usually enjoy. You may be feeling more worried or sad? Or maybe you feel happy, but find that you get cross easily?



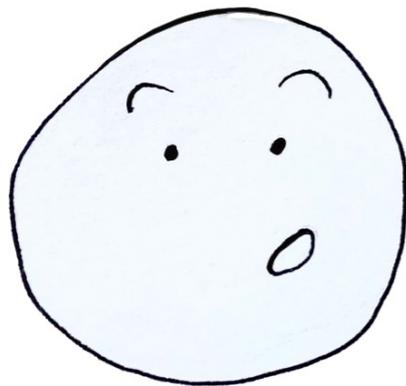
Happy



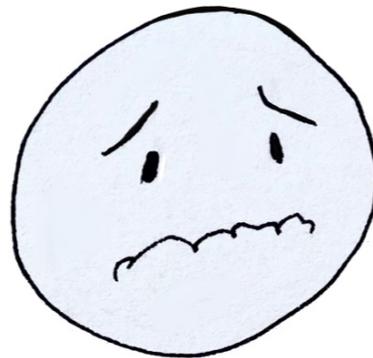
Sad



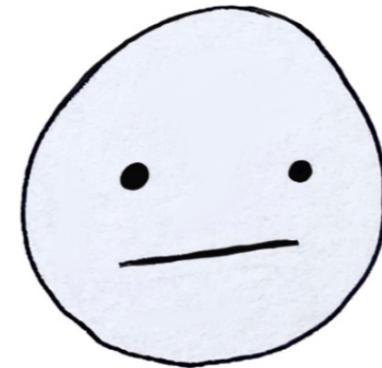
Angry



Curious



Worried



Not sure

How are you feeling?

Talk to your mum, dad or another adult about how you are feeling. They can help you.

Monday	Tuesday	Wednesday	Thursday	Friday
Eat well 	Draw	Play game	Fresh air	Draw
	Read	Dance	Maths	Skype
Skype	Maths	Read 	Paint	Cook lunch
Fresh air				Dance
Maths				
				Sleep well

Make a plan

Make a plan for every day. Just like a school schedule! Ask an adult to help you.

Be sure you make time to learn, to play and to have nice breaks. It is important that you eat healthy meals and sleep well.

A list of ideas

Make a list of ideas with different things that you can do during the day.

You can use your good ideas when you are feeling down. Doing things you enjoy will help you feel better.



Coming up with good ideas

Your list can include ideas that you can do:

- 1) On your own
- 2) With your mum, dad, or other people you live with
- 3) With a friend over Skype or FaceTime

You can also ask your mum, dad, carer, sister, brother, friend, grandma, granddad or teacher if they have good ideas that can help you.



What new skill would you like to learn?



Learn a new skill

It can be fun to learn a new practical skill while you're at home. Perhaps you'd like to learn how to make a salad - how to use the washing machine - how to sow seeds - how to juggle?

Ask an adult if they can help you. When you practice for just 10 minutes a day, you'll suddenly master a new skill!



We are looking forward

At the moment we're helping each other to stop the coronavirus. We're staying home and staying safe. Talk to an adult about your feelings so they can help you.

We are looking forward to doing the things we usually do, again soon!