Big world 🌑 My world 節





Not in my control

In my control

Big World issue:	Whose job is it?	My World issue:	What can I do?
Stopping Covid-19	The Government	I need to help my	Wash my hands and
from spreading	Doctors	family keep it out of	 Stay at home most of the time
1 0	Scientists	my house	 Keep 2 metres away from
	Drug companies		people I don't live with
Food shortages	Supermarkets	I need to make sure	Don't waste food
	Food Companies	our food at home	 Learn how to make things
	Farmers	lasts	using up leftovers
	Lorry drivers		 Plan meals for the week
			Try different foods
Schools are closed -	Department of	I need to keep up with	 Check what work I have been
children aren't	Education	my work at home	given each day
getting their	School Governors		Plan a schedule throughout
education	Head Teachers		the day
	Teachers		Make time for breaks, creative
17 1 1 1 11	Parents		times and fitness
Knowing when it will	All the world's	I need to learn to feel	 Learn about the things that halo may fact color.
all be over	doctors, scientists, and governments	okay about NOT knowing when it will	help me feel calm
		all be over	 Plan these activities into my day
Making sure people	Government	I need to stay at home	Use this as an opportunity to learn
follow the rules about	Doctors	I can't do the things I	new activities to do at home:
staying at home	Scientists	usually do	Keeping fit On line fitness,
			football challenges, playing in
			my garden or walking with my
			family
			Creative – keep a diary, write a blog groate a comin draw
			blog, create a comic, draw, build things with Lego, etc
			Make a plan for what you would like
			to do when this is all over
Old and ill people will	NHS	I can't see my friends	Use technology to talk to
have to self –isolate.	Government	or some of my family	people and check in on them
They might be lonely	Social Services	any more	 Set up whatsapp group
and not able to get	Charities		• Teach relatives how to use
food	Community groups		video messaging

Find more advice and resources at www.hacw.nhs.uk/sltcovid19



