

Coping with Change Situations

Read the book [Everybody Worries](#) which addresses how you might be feeling during this period of change due to Coronavirus and what you can do.

Strategies to Cope with Change: Using the book for ideas and any others that you might have, write and draw ways in which you can cope with the emotions that you can feel as a result of changes in your lives. This might not just be about coping with Coronavirus, but could include some of the changes that you might have thought about in last week's activity.

Use the grid below to write about your ideas and illustrate them:

Supporting Others: Now you have identified some strategies in which you can cope with change situations, I would like you to use these to support someone else.

Think of someone who you think might need some emotional support at the moment; this could be a parent, sibling, grandparent, other family member or friend. Write a letter, message or email to them explaining some of the coping strategies in order to support them. You can handwrite this or use the computer.

This [link](#) is a guide for parents to support children who may be feeling anxious, but there are some really good ideas on pages 5 and 6 about how to cope with these feelings of anxiety that you could use. It is not Coronavirus related, but is a really useful resource.

