



HERE FOR YOU

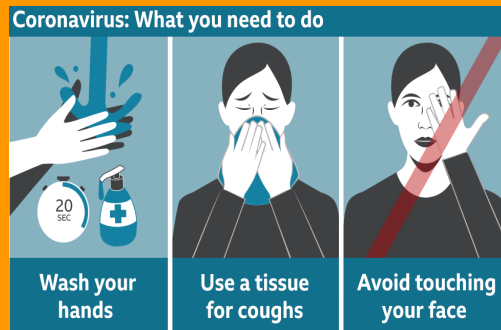
# COVID-19 SURVIVAL KIT !



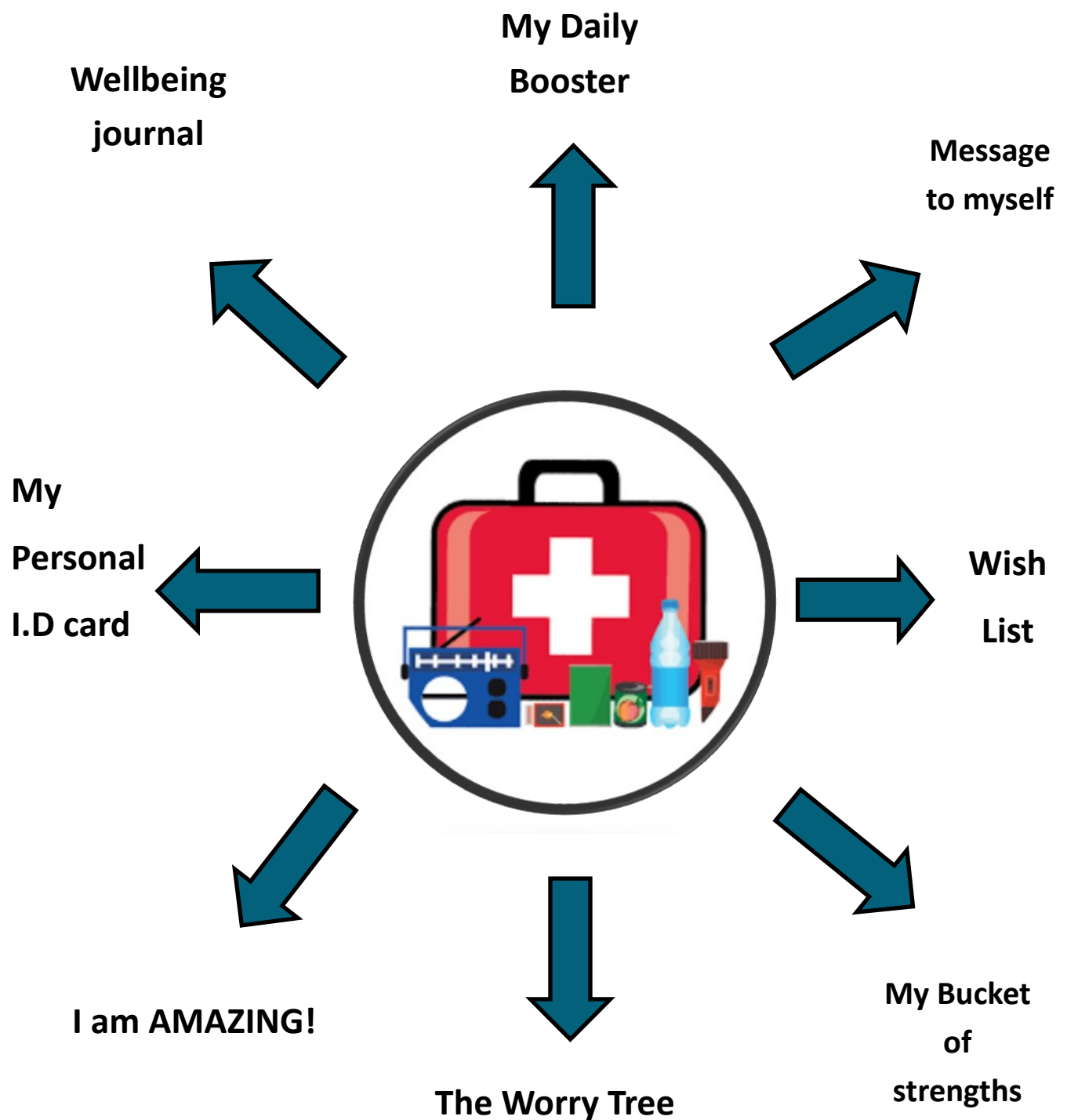
KEEPING HEALTHY TOGETHER



# COVID-19 GUIDELINES

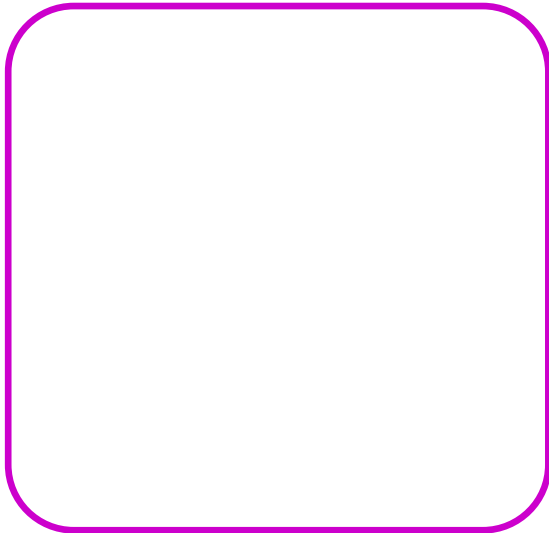


Through Covid-19 many of you have been in lockdown for several weeks and this may mean you have plenty of time on your hands and not sure what to do. So ECYPS has compiled 'My Covid-19 Survival Kit' to help you through this period. It may be challenging but by allowing yourself time to plan and keep a good routine you will feel better mentally, physically and emotionally.



# My Personal I.D Card

Draw a picture of yourself



Name:

Age:

Height:

School

What I like:

Favourite Food

Favourite Film

Favourite Music

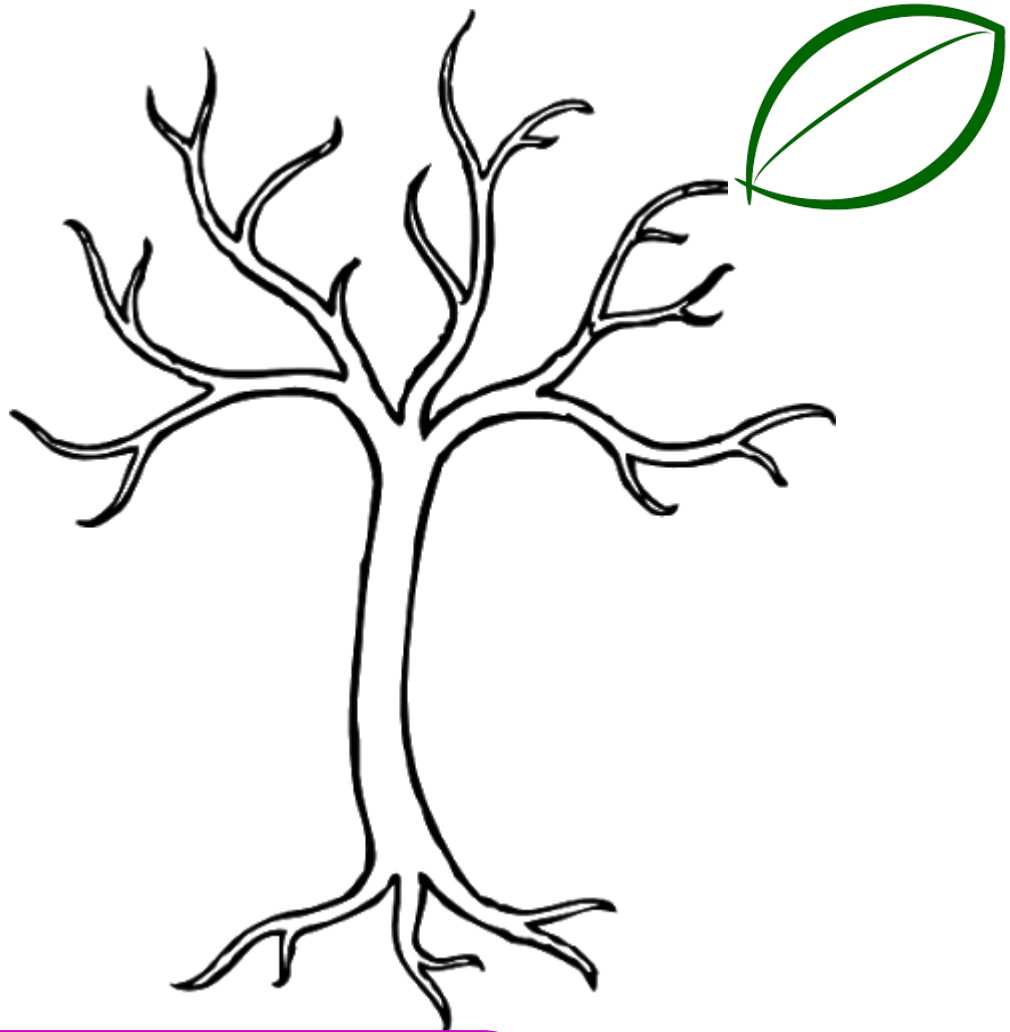
What I don't like:

My hobbies:

# The Worry Tree

What are your main worries? Draw the missing leaves on the tree and write down your worries on each of them...

Imagine the wind swiftly blowing away the leaves one by one.



Rank your worry - not all problems are as big as you think....

1

4

2

5

3

1 is High /5 is low

# Wellbeing Journal Quotes

Believe you  
can and your  
halfway  
there

Inspirational

Keep going  
everything you  
need will come at  
the perfect time

Encouragement

Good friends are  
like stars, you  
don't always see  
them but you  
know they are  
there

Friendship

Don't stress  
Do your best  
Forget the rest!!

Stressed

**Tough times  
never last  
but tough  
people do**

Difficulty

**Be the  
rainbow  
In someone's  
sky**




Kindness

# I am Amazing!

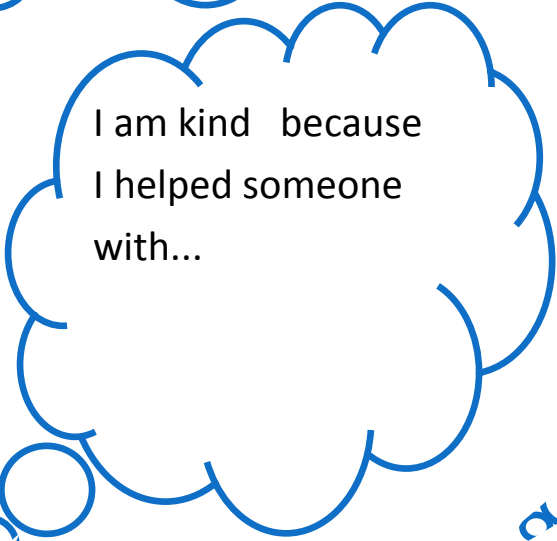
Complete the sentences and read out aloud to yourself.



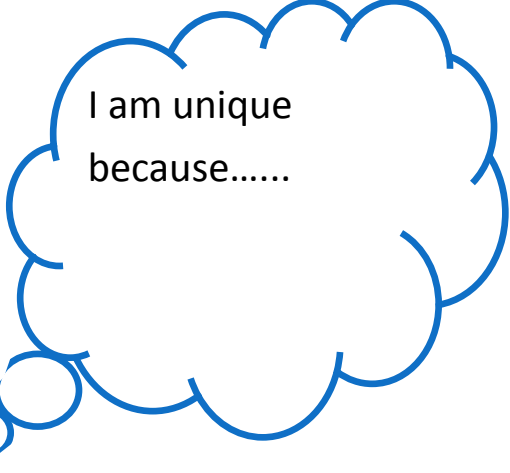
I am great at.....




My special talent is...



I am kind because  
I helped someone  
with...

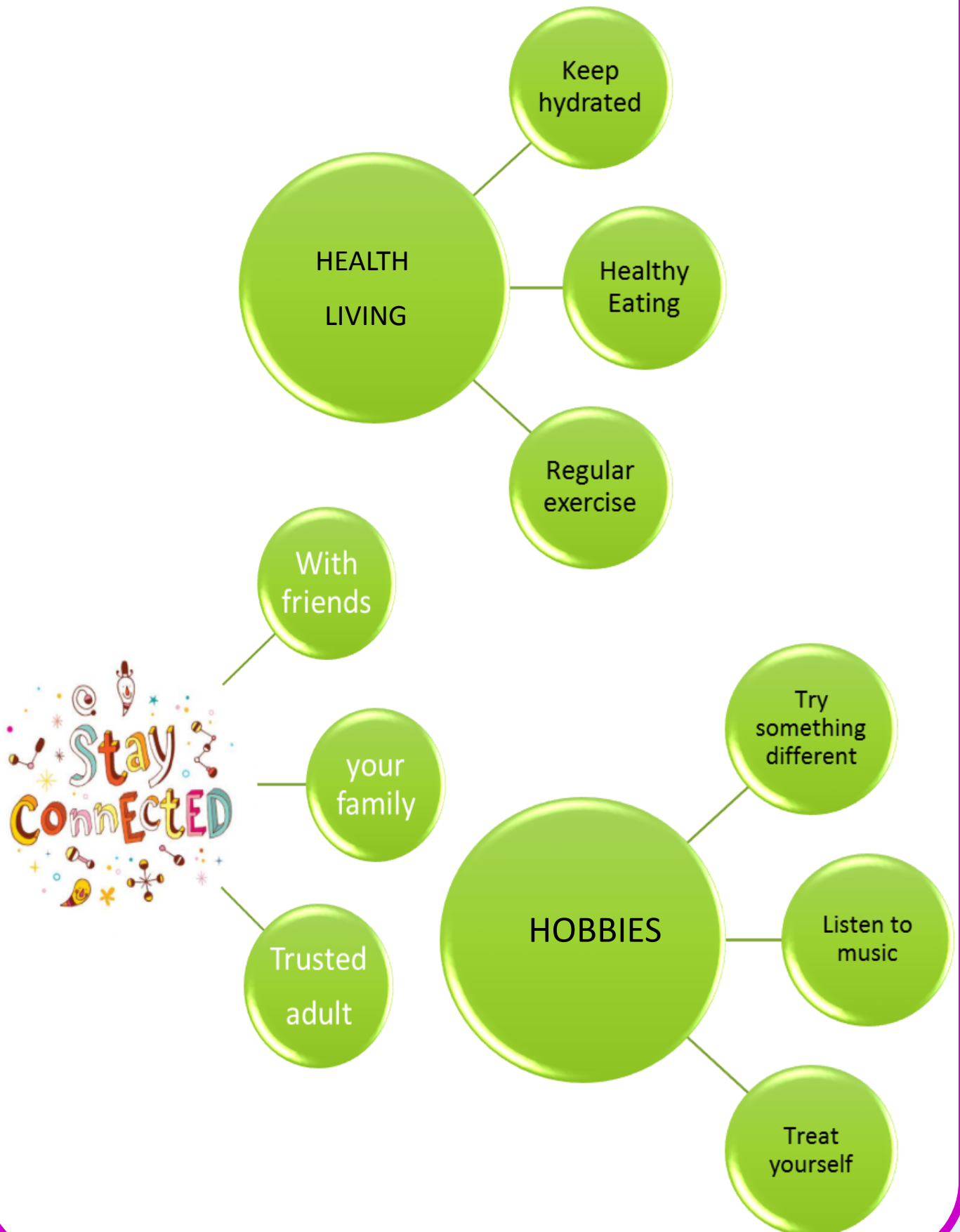


I am unique  
because.....



I am a good  
friend because...

# My Daily Booster





# My Bucket of Strengths

Jot down all your strengths to boost your wellbeing

**Baking**

**Dancing**

Helping others

**Basketball**



# My Checklist

How did you feel this morning?

☐☐☐☐

What made you feel that way..

How do you feel now....

***Positive talk back, practice & develop  
so you can bounce back***



# Celebrations and Achievements

Draw in the frames how you celebrated special occasions during Covid-19



# Special Fridaynight Takeaway

Make your own homemade takeaway and share it with your family.

Noodles-rich  
source of  
**carbohydrates**

Chicken stir  
fry-full of  
**protein**

Vegetables-  
Peppers,  
mushrooms  
carrots

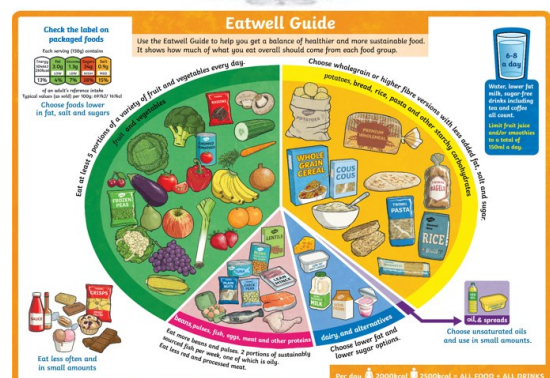
**Vitamins**

Fruits-  
Lychees  
**Vitamins**

Don't forget  
to drink  
plenty of  
Water



## How much water do you need?



## Benefits of Healthy Eating



## Brain Boost



## Better Mood



## Healthy Heart

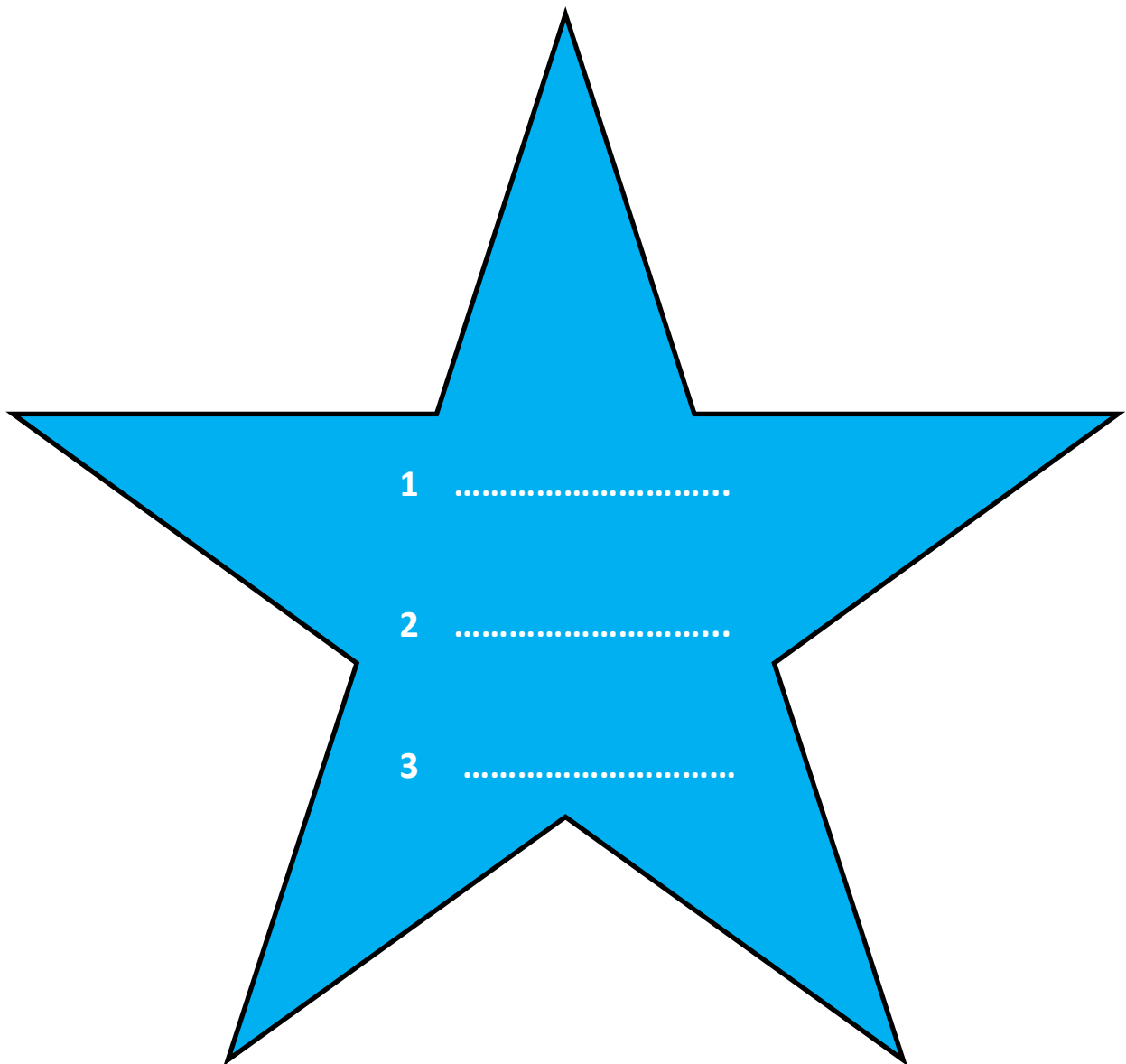


## Healthy Skin



# My wish list

3 things I plan to do when lock down is over



1 .....

2 .....

3 .....

# Wondrous Wings

Imagine you have a large pair of wings.  
Think about all the places you can go to.  
The opportunity is endless.

Draw an image and start writing your masterpiece  
in lockdown.



Scribeasy is an interactive online platform for creative writing.

For more information visit [www.scribeasy.com](http://www.scribeasy.com)



# Big Picture

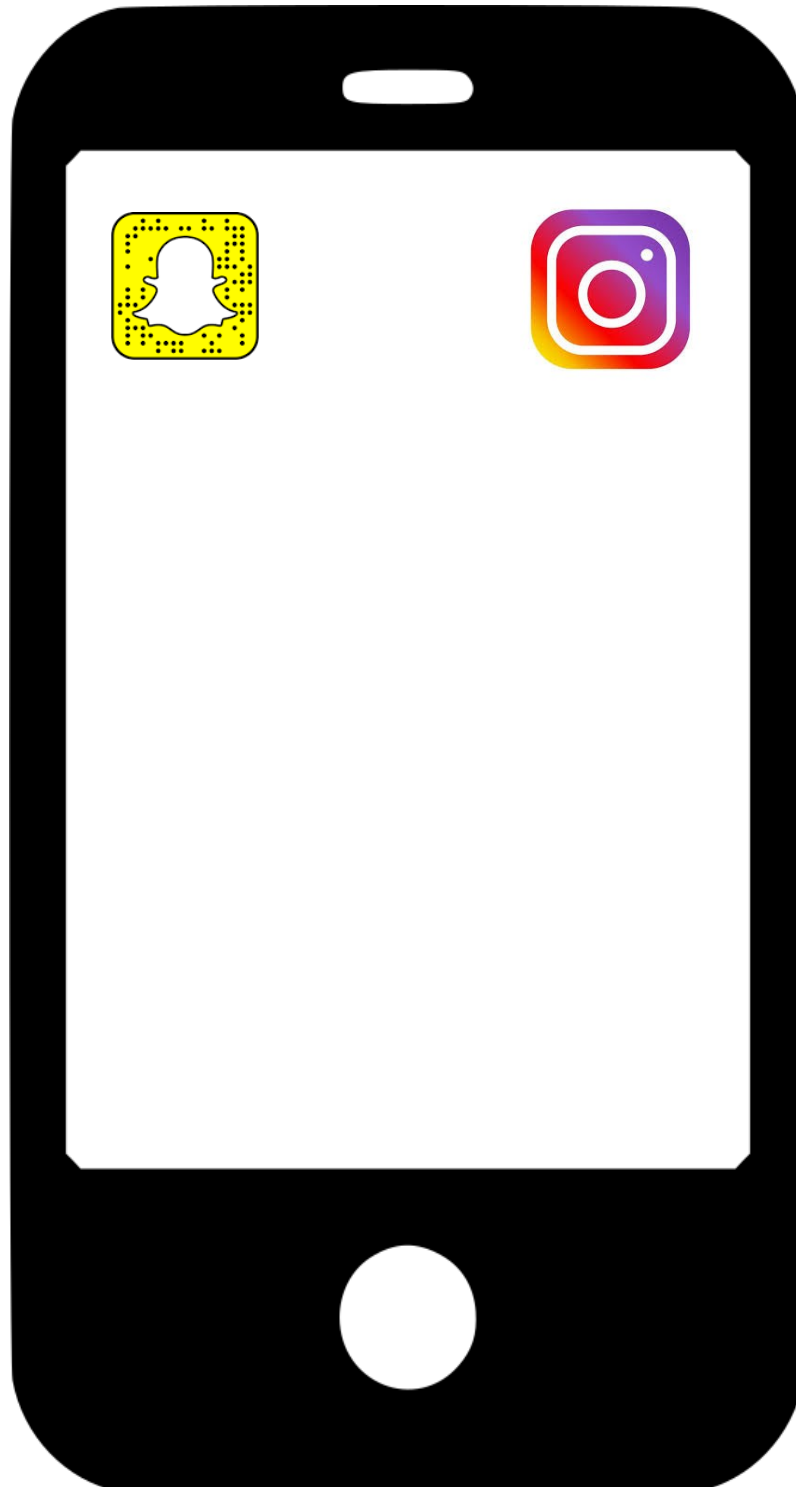
Get Creative, try something new



# Send a message

Using social media snapchat/instagram

What message will you send the moment lockdown is over?





# Online Safety



## Zip it

Don't reveal your

- Name
- Address
- School
- Think about what you say or do online



## Flag it

Tell a trusted person who can help you

- If anyone asks to meet you
- Anybody that upsets you



## Block it

- Don't open files from anyone you don't know
- If someone sends a nasty message it don't respond
- Block IT!!!



## Record it

Save messages, images to show a trusted adult

# Stay Connected

ECYPS is live on:



Facebook.com/groups/COVID19 activities



@ecyps

Email: infoecyps@gmail.com

## Useful contacts:

Childline: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

NSPCC: 0808 800 5000 [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Kooth: [www.kooth.com](http://www.kooth.com)

National Domestic Abuse Helpline: 0808 2000 247

CEOP: Child Exploitation [ceop.police.uk](http://ceop.police.uk)

NHS: [www.nhs.uk](http://www.nhs.uk)

Children's MASH LBE: Worried about the safety of a  
child contact: 0208 379 5555

In an emergency contact : 999

Non-emergency: 101

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