

## Tips for Children – Together Against Corona

Many things have changed since the outbreak of the corona virus (COVID-19). In the media, we see pictures of protective suits and hospitals. Often, we have to wear masks. At school or even in your family things may have changed, too. It is ok to be worried because of the corona virus or these changes. It is normal to feel stressed out and lonely, when you cannot pursue your hobbies or when you are not allowed to see your friends or your relatives.



Each person shows an individual reaction to this situation, to stress and worries. You might feel tired, nervous or lethargic. You might be aggressive, irritated or worried more often. This might be even the case in situations which you could easily manage in the past. Also, your appetite has been different, you have slept badly or you have had a hard time concentrating. Worrying can also make you have a headache or stomach ache.



You are not alone in worrying. It is important to talk about these things which give you a hard time. Sometimes, this is not easy at all. This is why you should talk to people whom you trust. Talk to your parents, siblings or friends about your situation and feelings! There might be some things you do not want to talk about to your parents. Then you can talk to an adult at school, particularly when there are problems between you and your parents. Also, ask your friends about how they deal with the situation.

When seeing or hearing negative news, keep in mind that not everybody will be infected by the corona virus and that our hospitals can provide good treatment. Following the necessary rules, we can do it!



Be physically active, talk to your friends or play with them in school breaks. You and your friends can be creative – you may even invent new games which you can play despite wearing masks and keeping your distance to others.

Try to generate an activity plan for the time at home! For example, write down when you want to get up, do your homework, and have breaks for sport activities. Write down when you want to talk to your friends or chat with them on the internet! Write down when you plan to play games with your family.



Go outside as often as you can and air your room regularly! In this way it is harder for the virus to spread.

While eating, make sure you eat lots of vegetables and fruit. Of course, this does not mean that you must not eat any burgers or fries. A healthy diet is always important. But, especially now, it is even more important because it allows your immune system to be strong and fight successfully against illness and diseases.



It is important to go to bed early. In this way, you can sleep well and recover, so you have enough energy for the next day. Before going to bed, try to do something that is fun for you. For example, read a book! If you have nightmares, do not read horror stories and do not watch sad news! You sleep more badly when looking at a screen, your cell phone or when watching TV right before going to bed.

