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.

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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, swimming pools 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.
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?
How are you feeling?

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