

Testing for
COVID-19



SEND resource pack

Social Story

Worried about Coronavirus

Worried About Coronavirus



Most people are worried about Coronavirus.

It is okay to be worried about Coronavirus.



Sometimes our worries can grow. When they get too big, they can be hard to control and make us very unhappy.



Scientists and health workers have been working hard learning how to keep us safe from Coronavirus.



Even when we follow their advice, like hands, face and space, we may still feel worried and unsafe. This is okay.



There are things we can do to try and help stop our worries growing and keep them under control.



We can talk to adults we trust about our worries. They can help us understand them and make them smaller.



We can learn about the advice and guidance we are told about Coronavirus. When we understand, our worries can become smaller.



We can focus on the things in life that make us happy. What are your favourite things? If we focus on good things, our worries can become smaller.



We can try to think positively. There are lots of things happening that keep us safe, like testing and vaccines. Coronavirus will end, we don't know when, but it will end.



Worrying is okay. It is a natural reaction to new and challenging things. But we can control our worries and make them smaller. With small worries we can be happy whilst staying safe.





Resources co-created with and from an original concept by LifeLab, based at the University of Southampton, Southampton Education School and NIHR Southampton Biomedical Research Centre. The views expressed are those of the authors and not necessarily those of the NIHR, or the Department of Health and Social Care.