Coming to terms with school changes linked to Covid-19

Making sense of it
So you have found out that school is closing and you will not be doing your exams this year. How has it made you feel?

- Sad because you might not see your friends and teachers again;
- Worried about what this will mean for your future;
- Frustrated because you have worked so hard
- Angry because this feels so unfair
- Confused about what you can or should do.

You are not alone in these feelings. Lots of your friends feel the same. You are in the middle of a very unusual situation that nobody around you has experienced before. You may feel you have lost out but be assured your feelings are normal.

However, people, and you, are resilient and when difficult things happen we often grow as individuals. The process can be uncomfortable and at first we might not think we are up to it but most of us get through it.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Shock</td>
<td>Initial freeze at hearing the bad news.</td>
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<tr>
<td>Denial</td>
<td>I can't believe this is happening to me.</td>
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<tr>
<td>Anger</td>
<td>Why is this happening to me? It's unfair and frustrating.</td>
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<tr>
<td>Bargaining</td>
<td>How can I find a way out of this?</td>
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<tr>
<td>Low mood</td>
<td>What was the point in all that work?</td>
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<tr>
<td>Testing</td>
<td>I'm going to try different ways to deal with this.</td>
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<tr>
<td>Acceptance</td>
<td>Okay I'm finding a way forward.</td>
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</tbody>
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Time to reflect
1. What has been the best experience you have had at school?
2. Who would you like to thank for your time at school?
3. Name three things that you have learned you are good at.
4. What has made you most proud about school?

What can you do next?
1. Talk to an adult you trust about how you are feeling. This flowchart might help you to do this.
2. Keep in touch with your friends and make sure you talk, rather than just doing social media.
3. Look after yourself – eat well, exercise, get outside (but practise social distancing), do things that make you feel good about yourself.
4. Write a routine! You might feel that it would be a good idea to stay in bed all day – you’ll feel worse for it!
Thinking ahead

In the future I want…

Who will help me?

What will I need to get there?

What can I already do that will help me?

Some useful websites…

https://www.actionforhappiness.org/
www.kooth.com
www.nopanic.org
https://stem4.org.uk/story/
www.youngdevon.org
www.youngminds.org.uk

…and apps to help you.

Action for Happiness
Calm
Catch it
Daylio
Headspace
Mindshift
MoodGym
Smiling Mind
Stop Think Breathe
SuperBetter

NHS recommended apps:
https://www.nhs.uk/apps-library/category/mental-health/