

# Coming to terms with school changes linked to Covid-19



PLYMOUTH  
CITY COUNCIL

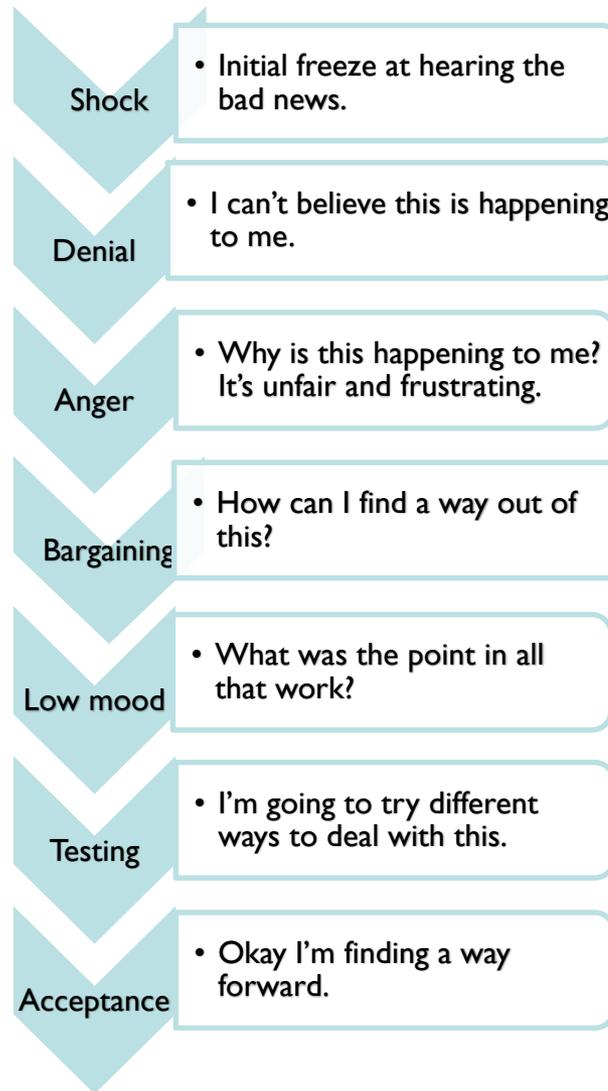
## Making sense of it

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.



## 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](http://www.kooth.com)  
[www.nopanic.org](http://www.nopanic.org)  
<https://stem4.org.uk/story/>  
[www.youngdevon.org](http://www.youngdevon.org)  
[www.youngminds.org.uk](http://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/>