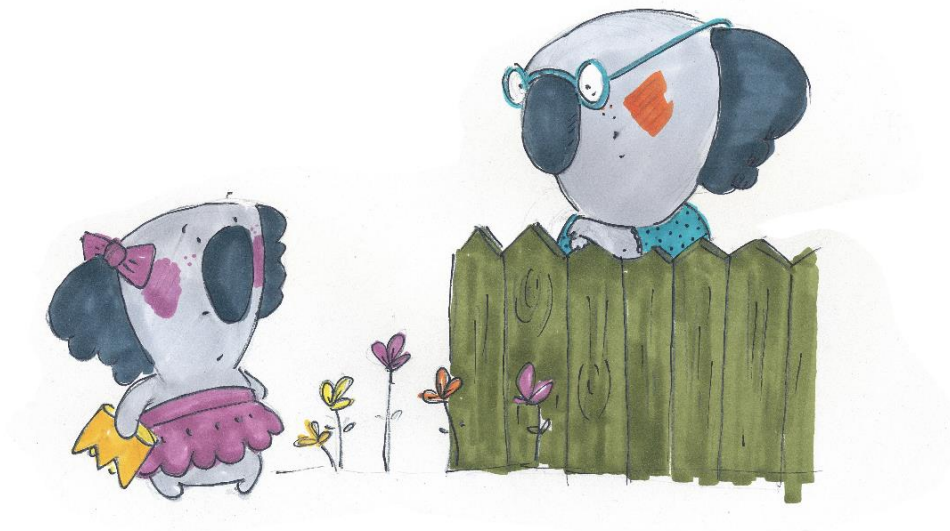


Let's talk some more about Coronavirus






Shona Innes

27 March 2020

Thanks for the lovely picture, Irisz Agocs!

www.shonainnespsychology.com.au

 @shonainnespsych  shonalinnes  @Shona_Innes

Hi. How are things going?

Well, it's been two weeks since I last talked to you. I reckon things are still a bit weird.

Even though it's just a teeny tiny germ, this Coronavirus thing (or COVID-19 or whatever you want to call it) seems to be causing some big changes.

School has closed.

The footie isn't even being played anymore.

Instead of going to work, Mum is working on her computer at home and spending lots of time on the phone.

So, I thought it was time I had another chat to Nan.

What has changed at your place lately?

Draw or write about the changes you have noticed.

Nan said that they stopped kids going to school because we sit and play close to our friends at school. It was time to stay further apart. She said it's all about something called **distancing**.

Remember last time, I said that Coronavirus is a germ and germs spread in our coughs, sneezes and spit? Did you draw a picture of germs flying out in a cough or sneeze?

I said to Nan that I thought that washing our hands, coughing into our elbows and trying not to touch our faces would stop germs.

Nan said that these things *DO* help stop bad germs and we should still do these things. But she said people should be staying further apart from each other so people couldn't accidentally cough or sneeze on you.

What things have you been doing to stay well and healthy?

Nan said that, to be extra sure the Coronavirus germs don't travel from one person to another, people needed to make sure they stood further away from people – far enough away so that sneezes and coughs with germs couldn't reach them.

I was a bit upset when I thought I was not going to be able to get close to Mum or Nan - but Nan said it was okay to stay close to the people you usually live with unless they'd been away overseas and close to other sick people.

I asked Nan if we could all wear a special suit – like a space suit (do you get it? “*space*” suit, like distance, give people more “*space*”?) to keep the bad germ away.

Nan laughed and said that it might be hard to sit down in a space suit and a bit tricky to play games. She thought it would be too hard to hug someone in a space suit.

Nan said we won't need special suits if everyone just does the handwashing thing and keeps good space between them. Nan's probably right.

Draw a picture of your imaginary space suit. You might even have something you could use to dress up.

Trying to keep more distance between people was also why the football games had stopped.

When I first heard there wasn't going to be anymore football, I was upset. I love my footie. Nan said that stopping the games was about making sure the players didn't get sick and pass the germ (as well as passing the ball) to each other.

I thought about my favourite player getting sick and I did not like that idea at all! Even though I will miss the footie, I reckon stopping the games for a while is probably for the best.

I've made up some of my own new games and sports while I have been at home. What games can you play to keep you moving while you are at home?

Nan also said that people should stay at home. That's why Mum is working at home now. Mum also said she wants to be at home with me now that school has closed.

While Mum is doing her work, I've been doing some work that my teacher sent me to do. I try to stay quiet while Mum is working, but sometimes it is really hard.

What can you do at your place if the grown-ups need to work?

Frankie's dad, my Uncle Jeff, owns a café. I love to go there on the weekend and get a milkshake with Nan, but the café has had to close so that people can do that distancing thing.

Also, Nan said people really, really, REALLY should be staying at home for a while. She said she'd make me a milkshake at home.

What things can you have or make at home instead of going out?

I'm still talking to my other Gran using the camera on my tablet. We have started to play a cool game together when we log on. I miss my Gran and she says she misses me, too.

Gran said she's knitting me a scarf in my favourite footie team colours. She said she's knitting some extra love into it.

How can you put some extra love into the things you are making at home?

Nan has a friend, Karen, who is a nurse. Nan says Karen is working extra hard at the moment trying to help people who get sick with the Coronavirus germ. Nan says she is so glad we have some many workers helping people out.

Nan made extra lasagne and dropped it off at Karen's door. She said we have to make sure we look after all of the people who are helping us.

Also, Nan got really excited when she told me what all of the clever doctors and scientists are doing to try to fix the Coronavirus problem. They are all trying to make new medicine. I think I might be a scientist when I grow up.

Do you know anyone who is helping sick people? What can you do to thank somebody or to make people feel happy today?

So, talking to Nan still makes me feel better when I get worried.

Thanks, again, Nan! X

Make sure you keep talking to your “go to” person. It sure can help you feel better if you are feeling worried.

I’m off now – I’ve got a space suit to make.

Have fun in your space!