

Thinksheet about: having to go to school/sitters during the Corona virus situation

Connecting thoughts, feelings and behaviours in expected/unexpected situations

EXPECTED behaviour in this situation	How it might make other people feel	How people might treat me	How I might feel about myself
<p>Follow NHS & Government advice/rules</p> <p>Make & follow a plan to structure the days as healthily as possible <i>(including physical exercise, mental health calmers/distracters, learning activities & fun)</i></p> <p>Try your best to consider and respect others <i>(remember we are all going through the same situation throughout the world)</i></p>	<p>More relaxed Less worried</p> <p>Happier Calmer</p> <p>Proud Relieved</p>	<p>Help and support me when I need</p> <p>Smile more Listen to me more</p> <p>Talk/play/share with me more</p> <p>Give me time and/or space when I need it.</p> <p>Reward/treat me, if they can</p>	<p>Safer Calmer/less anxious Happier</p> <p>Engaged (less bored)</p> <p>Proud</p> <p>Included Accepted</p>
UNEXPECTED behaviour in this situation	How it might make other people feel	How people might treat me	How I might feel about myself
<p>Complain about having to go to school Moan about the situation/rules</p> <p>Keep saying you can't do it and you will have a meltdown if you have to</p> <p>Refuse to give things a try</p> <p>Threaten to, or, ignore the rules</p> <p>Hurt people, say nasty things, break/throw things</p>	<p>Fed-up</p> <p>Guilty and helpless <i>(some adults HAVE to go to work to help keep the country running and everyone as safe as possible)</i></p> <p>Upset Exhausted Scared Annoyed/angry</p>	<p>Tell me off, or to be quiet Ignore me</p> <p>Frown/look sad or upset</p> <p>Avoid me</p> <p>Refuse to play with me/listen to me/share with me</p> <p>No rewards or treats</p>	<p>Upset Worried</p> <p>Angry Bored</p> <p>Mis-understood Un-cared for</p> <p>Worn out</p> <p>Left out</p>