

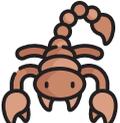
Threat mind map

Who is this resource aimed for?

This is a resource aimed for children with high perception and low reality of COVID-19.

What is threat?

A threat is anything that is likely to be dangerous or damage us. These could be lots of different things including:

 <p>An animal that could bite or scratch us</p>	 <p>A person that may hurt us</p>	 <p>Things in nature such as the sea, a storm, or even thorns on a plant.</p>
--	--	--

How does our body react?

It is normal and natural for us to avoid threat. It is to keep us safe and make sure we aren't harmed. Our body reacts in different ways to try and make sure that we aren't hurt by something that threatens us. Some people call this the flight, fight and freeze response.

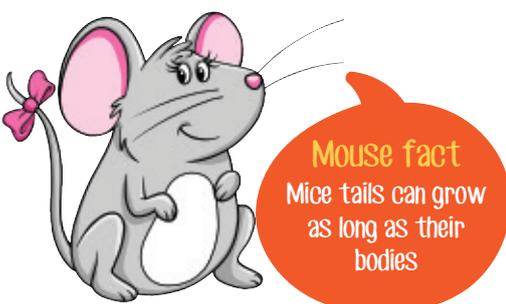
<p>Flight</p>  <p>When we try and run away</p>	<p>Fight</p>  <p>When we stay and fight</p>	<p>Freeze</p>  <p>When we stay and try and be hidden</p>
--	---	--

What is my own responses to threat?

We all respond to threat differently. Think of a time you were scared (you may wish to do this with a grown-up, especially if you are still worried). Have a think about how you felt, what were the feelings in your body.

The examples below are different things that could happen. Have a look at the examples below. Put a tick next to the ones that happen to you.

- Sweat
- Tummy ache
- Butterflies in tummy
- Need to go for a poo
- Be sick
- Feel sick
- Feel angry
- Cry
- Run away
- Mouth feels dry
- Super focussed
- Shout



continued overleaf



Threat mind map

Why are we talking about threat and COVID-19?

COVID-19 has been a pandemic. This means that it is has been a virus that has been in lots and lots of countries. Many people have had to change what they have done in order to prevent catching COVID-19 either because they may get very ill from having the virus, or because they might make other people very unwell. COVID-19 has been a threat and we have reacted to it in different ways. Some people have felt

very worried about going into shops, even if they wear a mask. Other people haven't been very bothered about COVID-19. We all respond to risk differently but how we respond to it may affect the way that we behave.

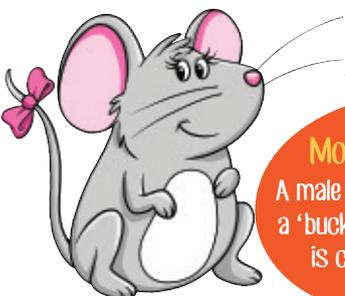
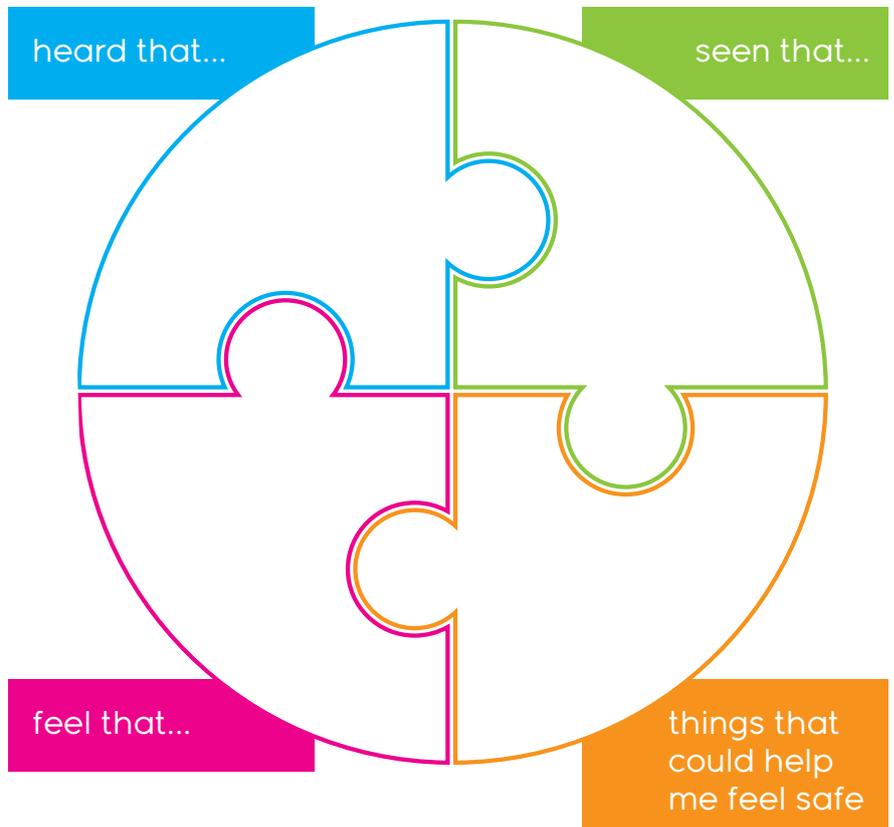
In the image below, think about how you feel about COVID-19, what do you notice;

 See	 Hear	 Feel
--	--	--

Then think about what you think might help you feel confident in school. You may wish to share this with a teacher or parent/carer so they understand how you feel. You may wish to complete the image opposite and share with an adult you trust.

When I think about returning to school and COVID-19 I want people to help me explore what I am worried about, when I feel these worries and how they affect me.

When I think of COVID-19 I have;



Mouse fact

A male mouse is called a 'buck' and a female is called a 'doe'