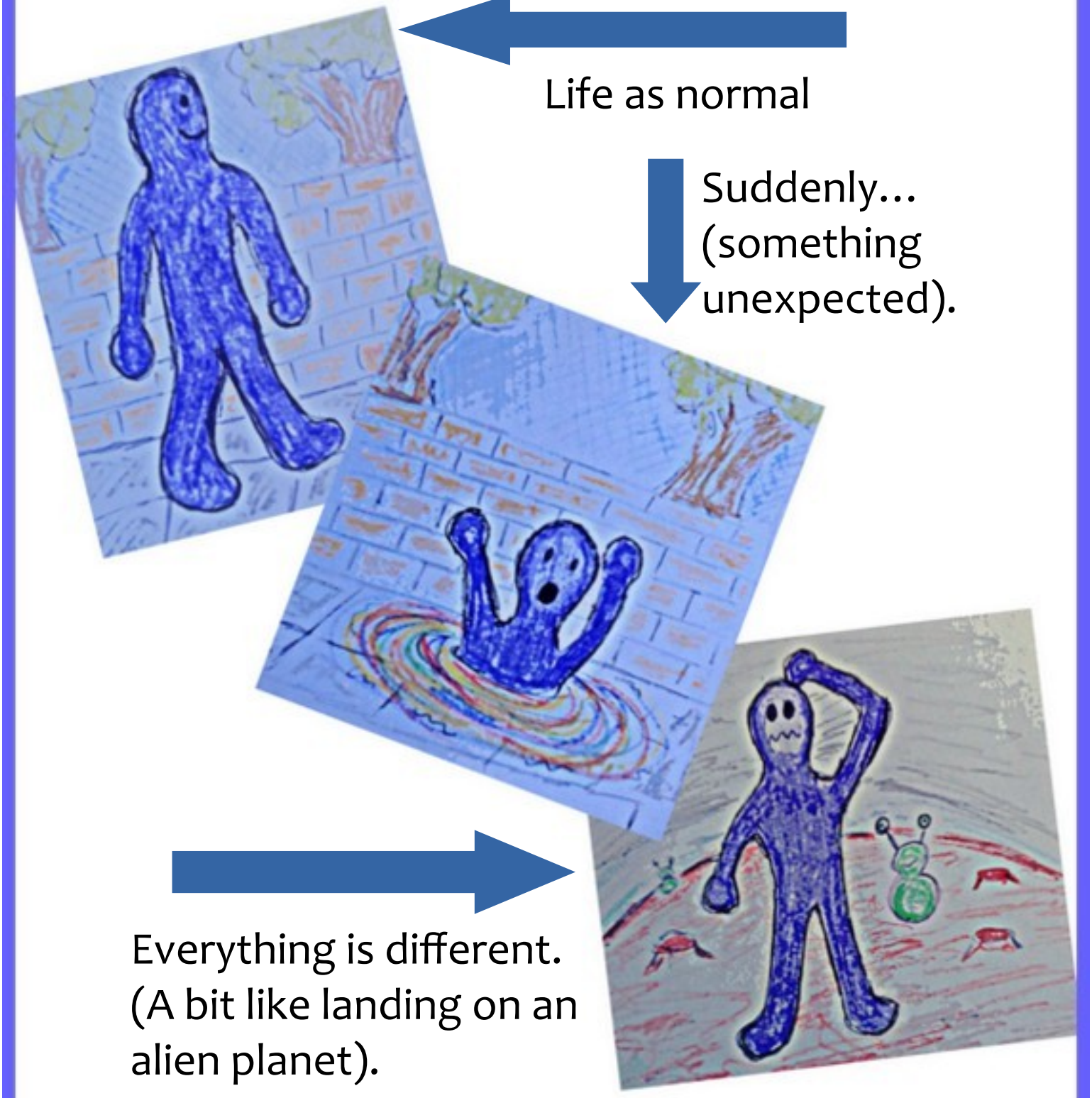
There has been a lot of **Change** recently.

For Tom it has felt a bit like this...

Life as normal

Suddenly… (something unexpected).



Everything is different. (A bit like landing on an alien planet).

Tom has had to stop going to school, stay in his house and can't go and play with his friends!

What has it been like for you?

……

……

……

……

……

……

……

……

……

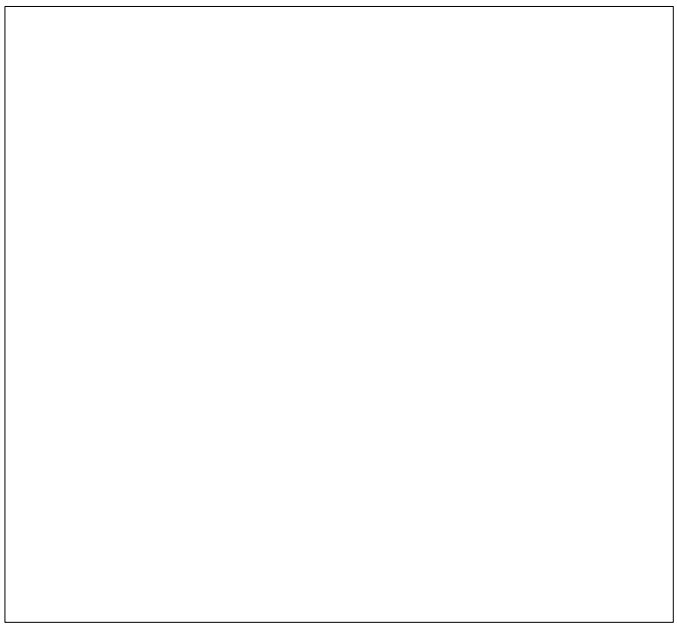
……

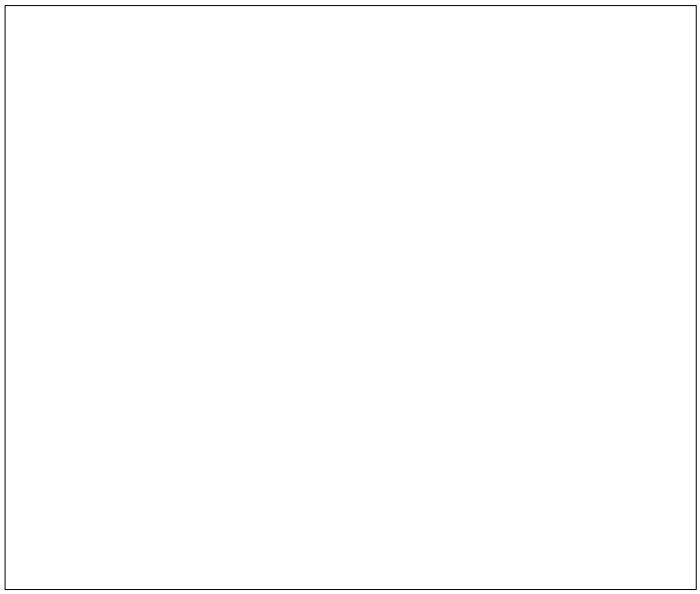
……

……

……

……





……

……

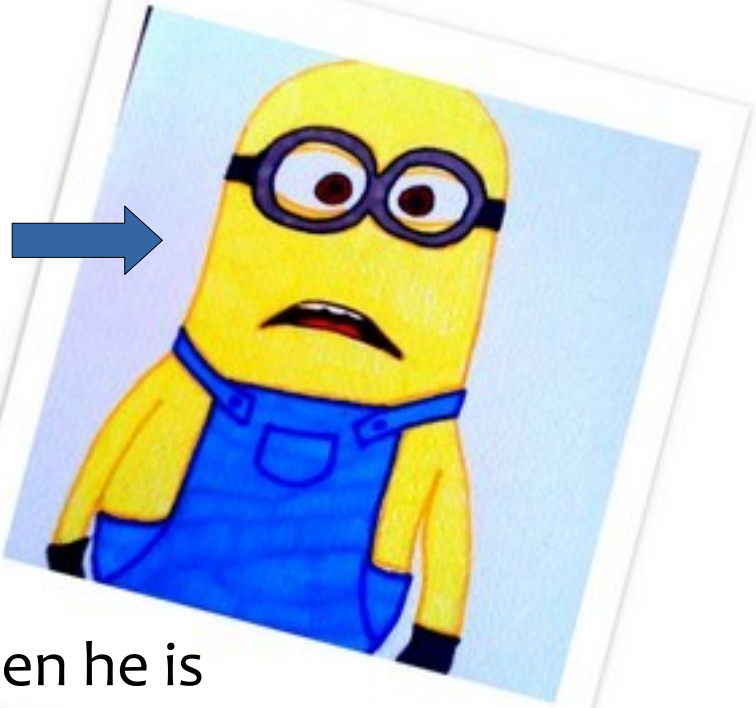
……

……

……

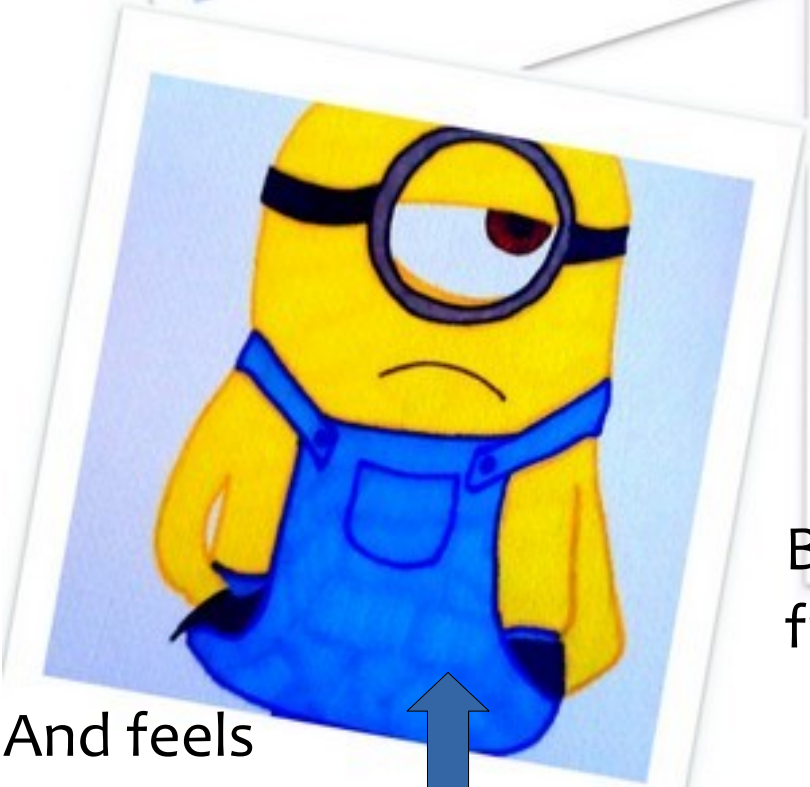
Tom has lots of different feelings about the changes.

First he feels **shocked** and **confused** like this chap



Then he is **happy** as he does not have to go to school

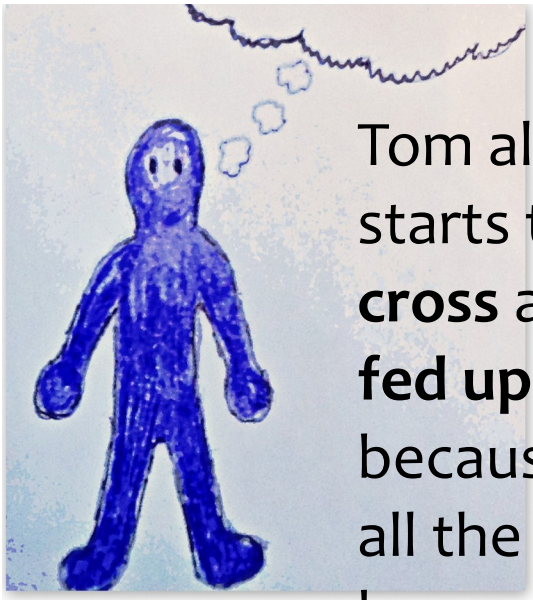
But then he remembers his friends. He will miss them.



And feels **Sad.**

What feelings have you had about all the changes?

Are they different to Tom's?



Tom also starts to feel **cross** and **fed up** because of all the things he can't do.

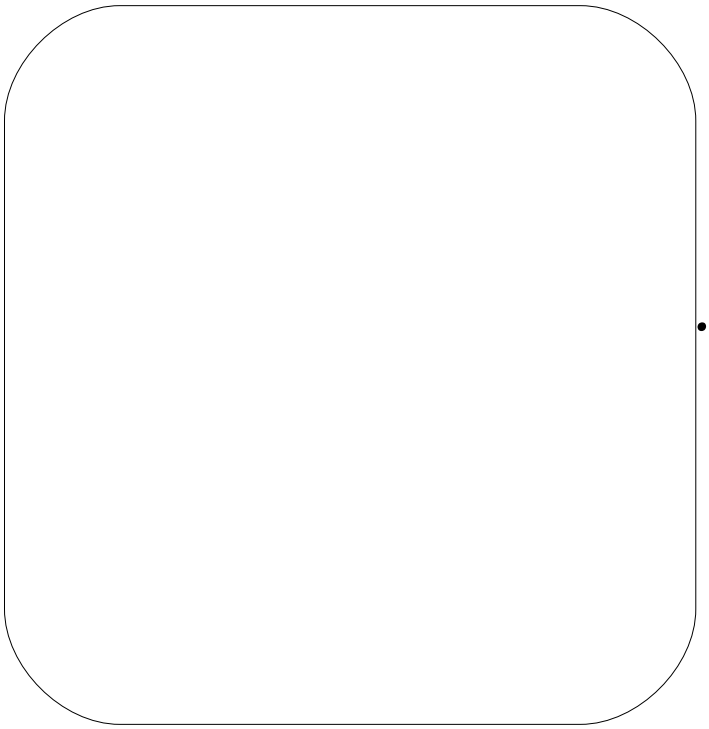
Tom can't have his birthday party with his friends

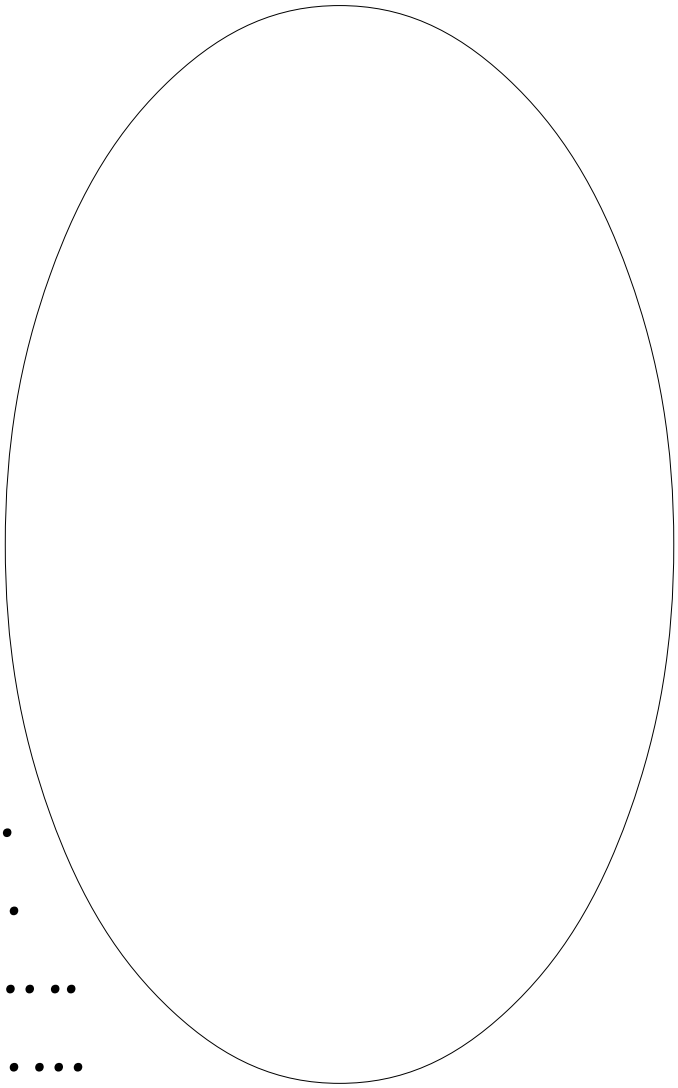
Or go on holiday

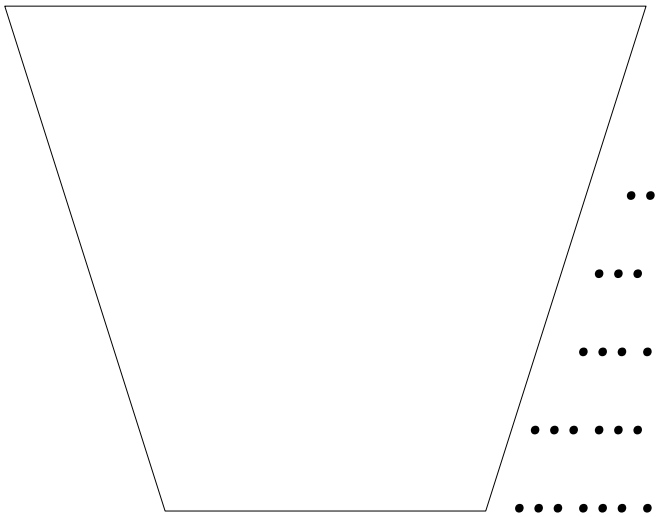
Or go to football practice

Are there things that you are missing?

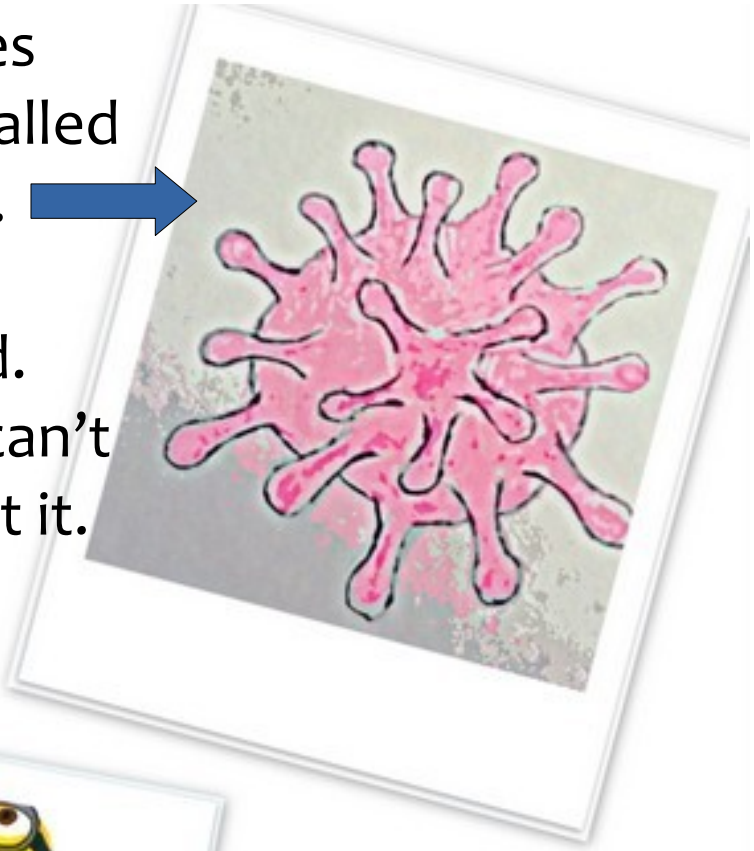
What could you do instead?



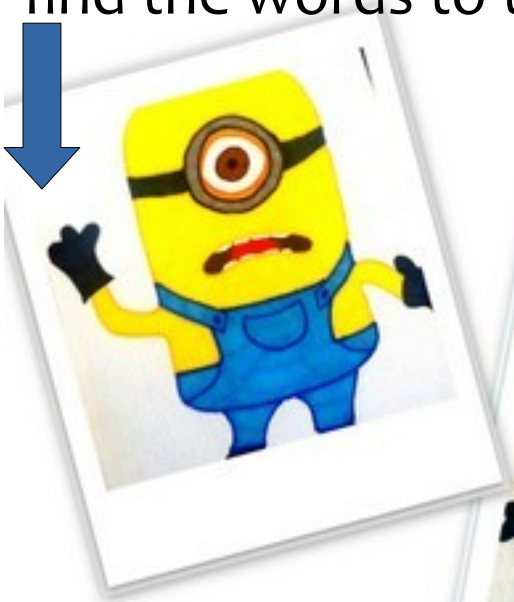




Tom knows all these changes are because of something called the Coronavirus or Covid-19.

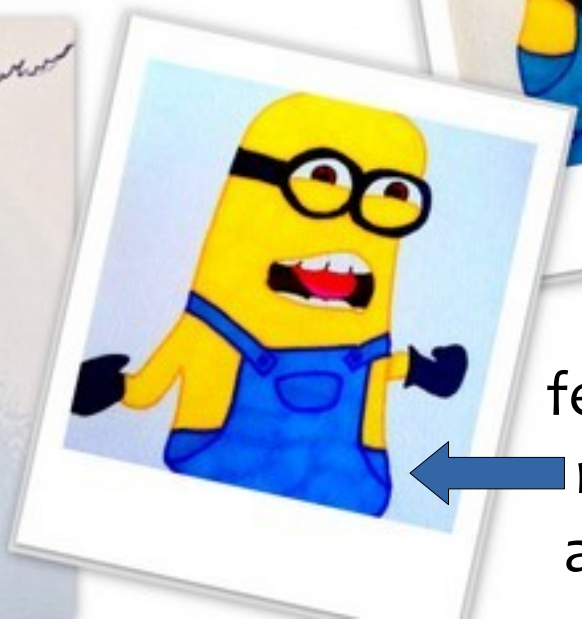


The adults seem worried. Tom feels worried too but can't find the words to talk about it.

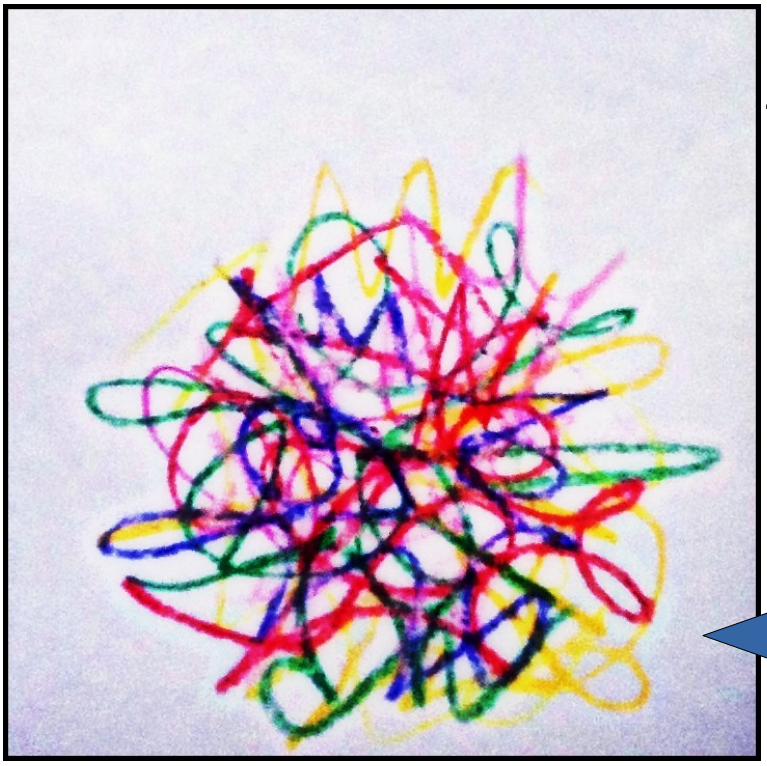


Worrying a lot sometimes makes Tom feel frightened. (a bit like this) .

Sometimes when Tom feels frightened it makes him feel like he wants to run away.



And sometimes feeling frightened makes him angry and like he wants to fight.



Tom is struggling to talk about his worries. So he draws a picture of what his worry looks like. This helps him to start to share his worry with others.

What does your worry look like?

F

Tom is finding all this worrying very tiring.

But even though he is tired sometimes his worry stops him sleeping.

And sometimes he can't focus on what he is doing.

Tom decides he needs to find a way to help him stop feeling so worried all of the time.

The first thing Tom does is get some good information about the virus so he can keep himself and others safe. He looks at;

https://m.youtube.com/watch?v=5DlOGKpMNs4

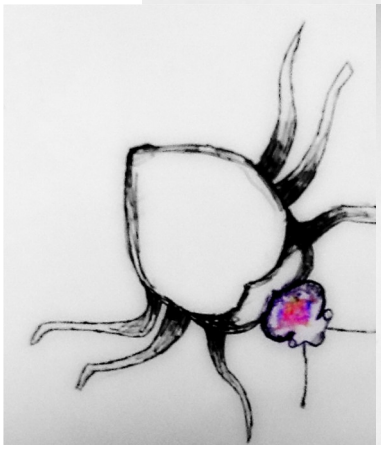
What advice would you share with Tom?

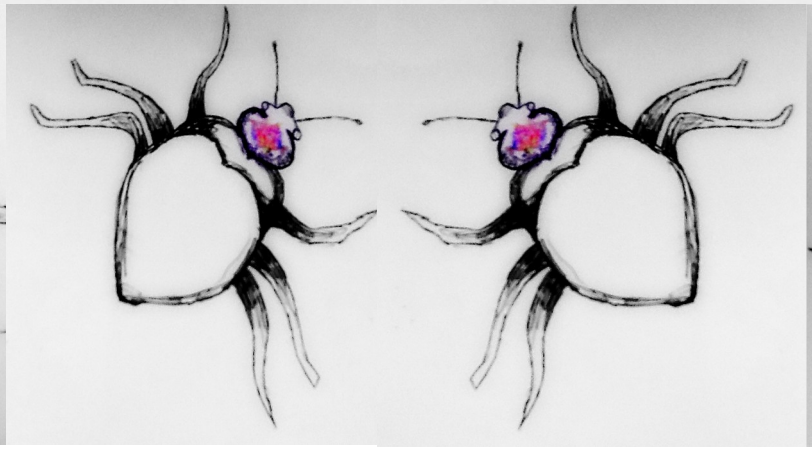
……

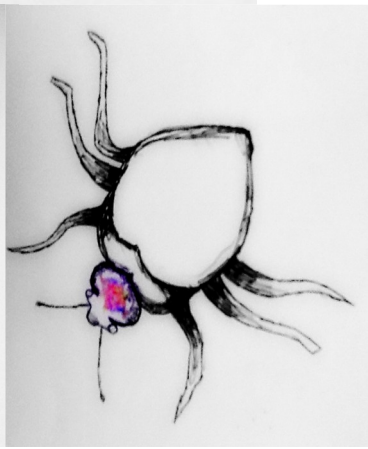
……

……

The information helps Tom a little bit but he is still finding that he feels worried.
Tom has started to think of his worries as a bit like bugs.
This is because they feel wriggly and buzzy and are very hard to pin down!
Tom's worry bugs look like this

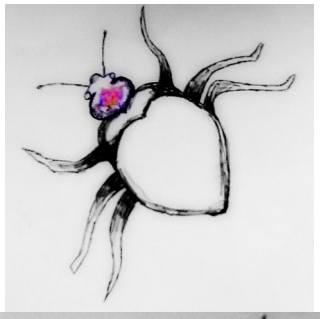






What do your Worry Bugs look like?

One of the problems with worry bugs is that even though they can start out



Small

If we don't do anything they get

Bigger

and

Bigger

and

Bigger

and

Bigger

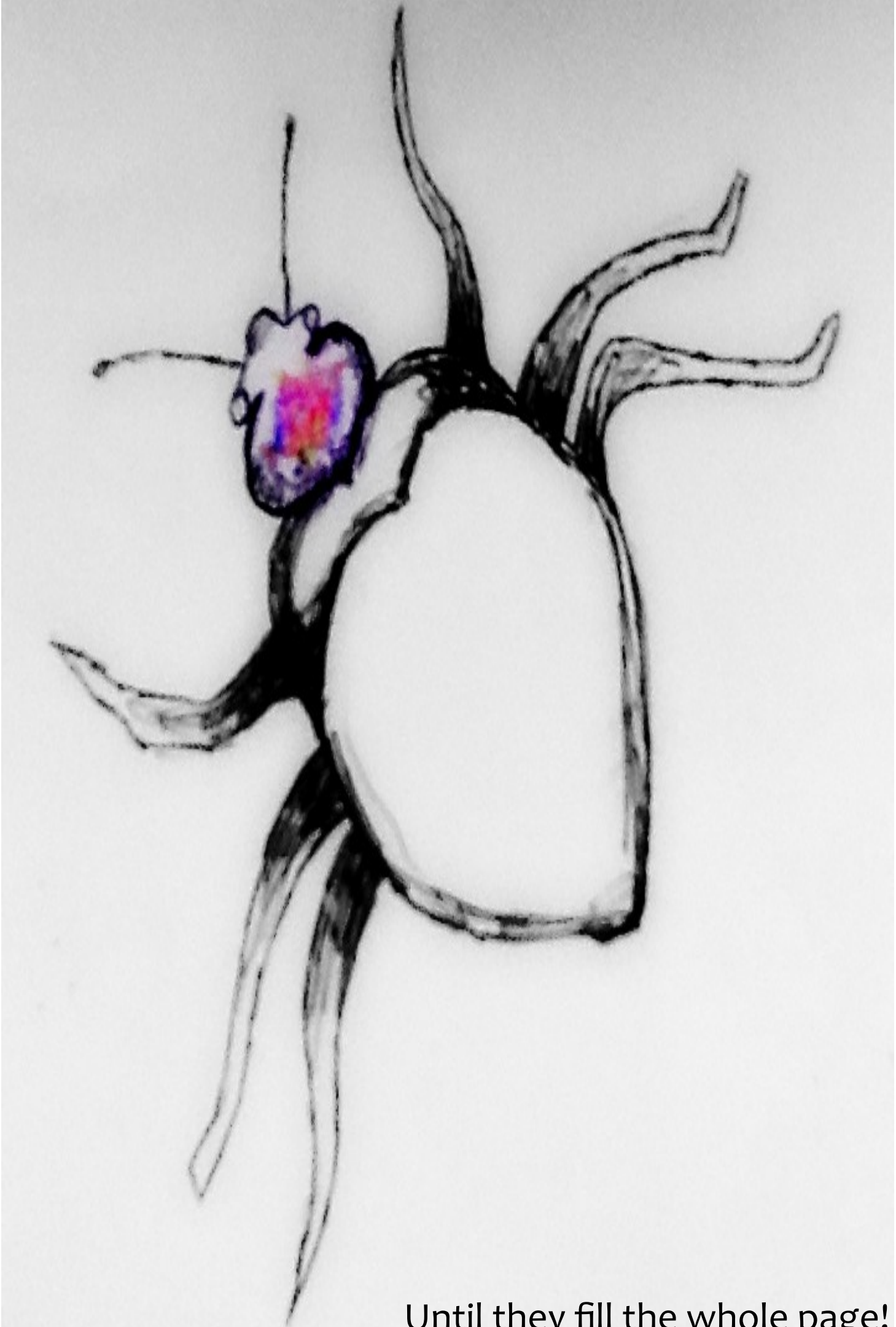
and

Bi

gg

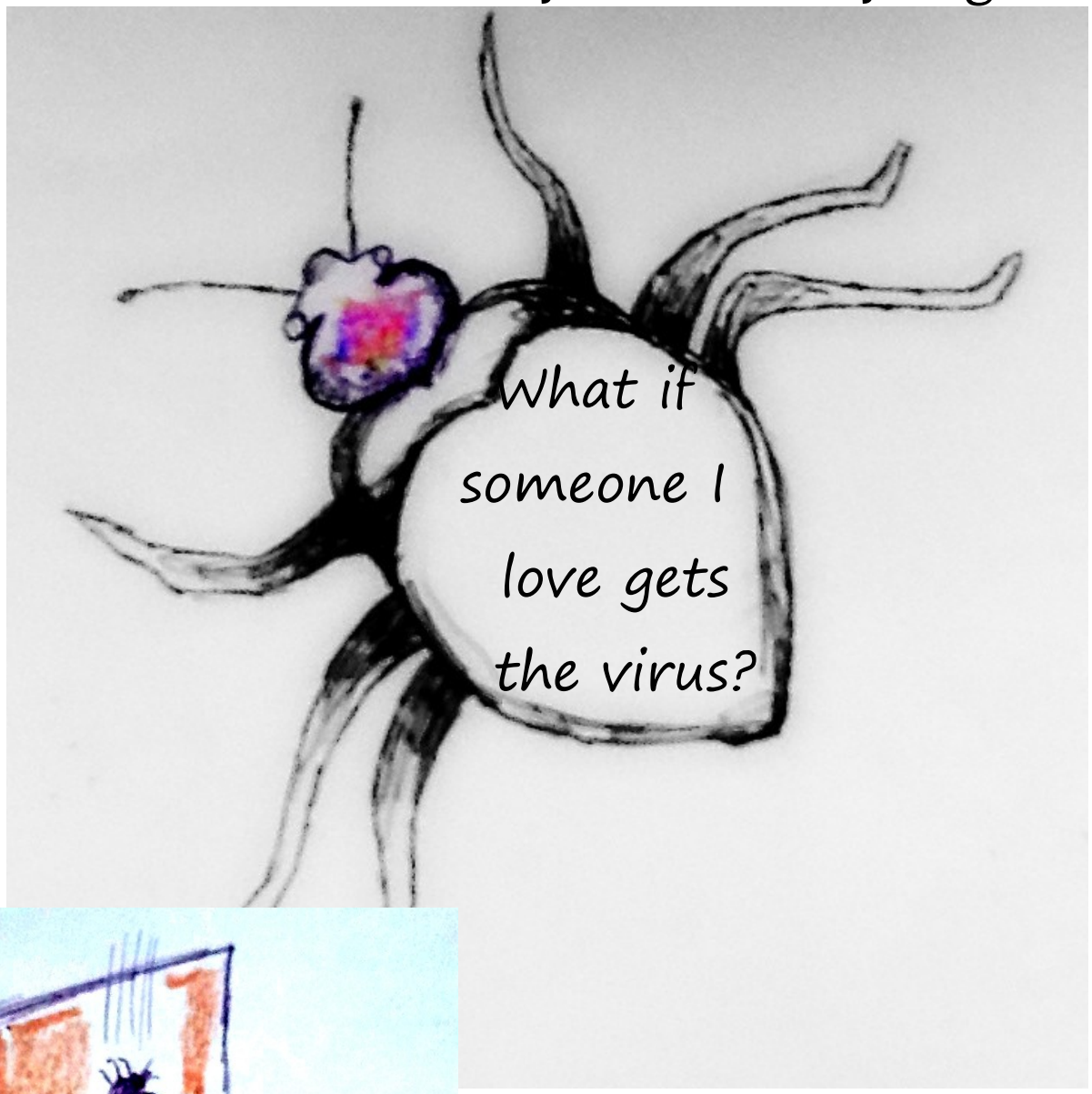
er

...



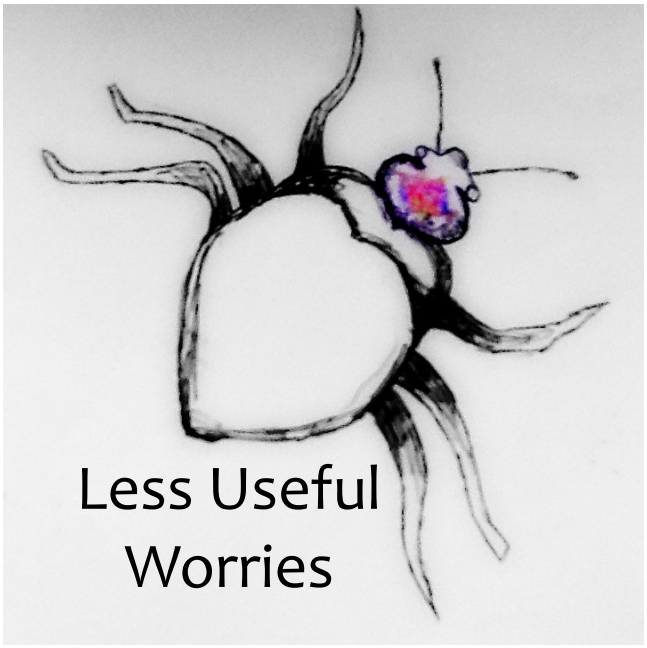
Until they fill the whole page!

Tom is getting very fed up with his Worry Bugs.
So instead of letting his Worry Bugs run around his brain all day …
he writes his worry on his Worry Bug



and puts it away in his special Worry Bug box.
Once the Worry Bug has been put away Tom tries not to think about it .

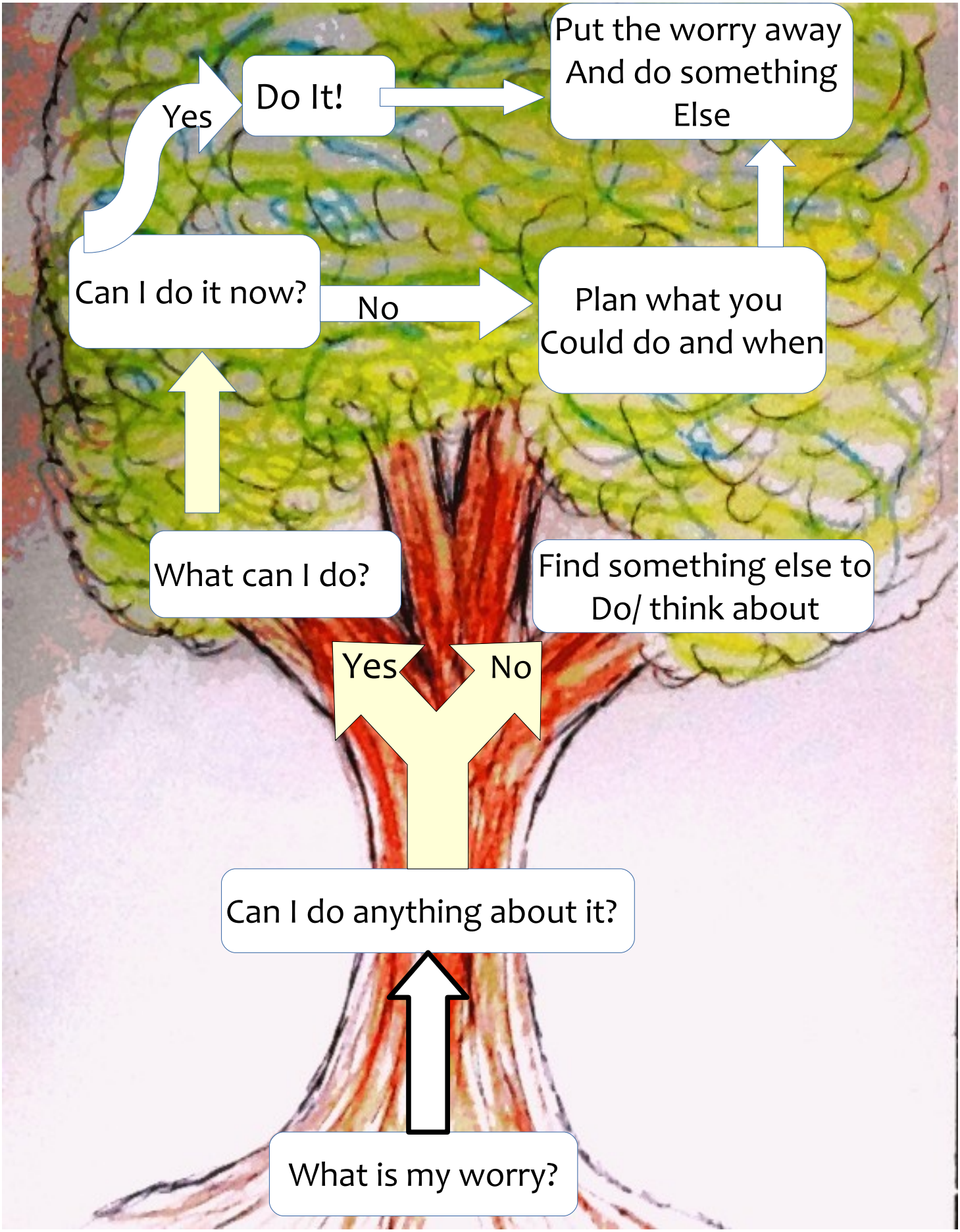
Once a day Tom sits down with an adult and has a look at his Worry Bugs . This helps him talk about them. They sort the Worry Bugs in to 2 piles.



Useful Worry Bugs help us to get things done.
Tom is worried about falling behind in his maths.
Tom can do something about this.
Tom can make sure he keeps up with his maths work which the school sends.

Less useful Worry Bugs make us worry about things when there is nothing we can do about them.
Tom worries about his family getting the virus.
Tom is already doing everything he can to make this risk really small.
So Tom tries to focus on other things instead.

To help him decide which is which he uses a Worry Tree



Sometimes it feels like the worry bugs are not just in his brain but his body too.

His head is too full of thoughts and feel like his brain is overflowing.

His heart feels like is beating fast and hard.

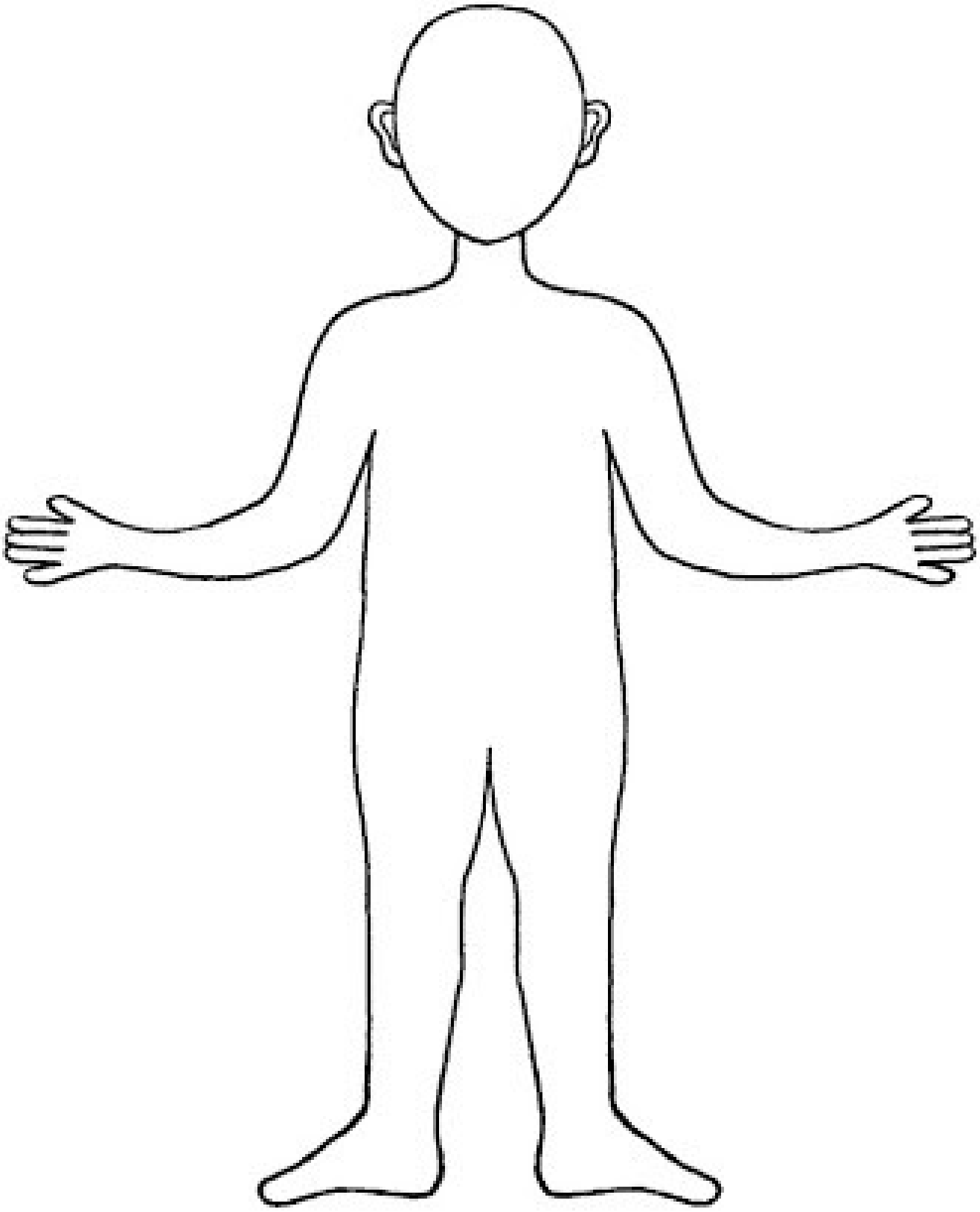
His tummy feels swirly like its churning and going round and round.

His chest and shoulders feel very tight and very tense like when a piece of string is pulled tightly from two different directions.

His arms feel weak a bit like they are made of jelly.

His legs feel wriggly and make it hard to be still.

Does worry change how your body feels?



Tom finds out that there are a lot of things he can do to make himself feel better and ignore the less useful worry bugs.
He keeps himself busy...

Doing the things that he enjoys and that make him feel happy

And the things which make him feel proud of himself and like he has done a good job

And keeps in touch with the people he misses.

What do you enjoy doing?

……

……

……

……

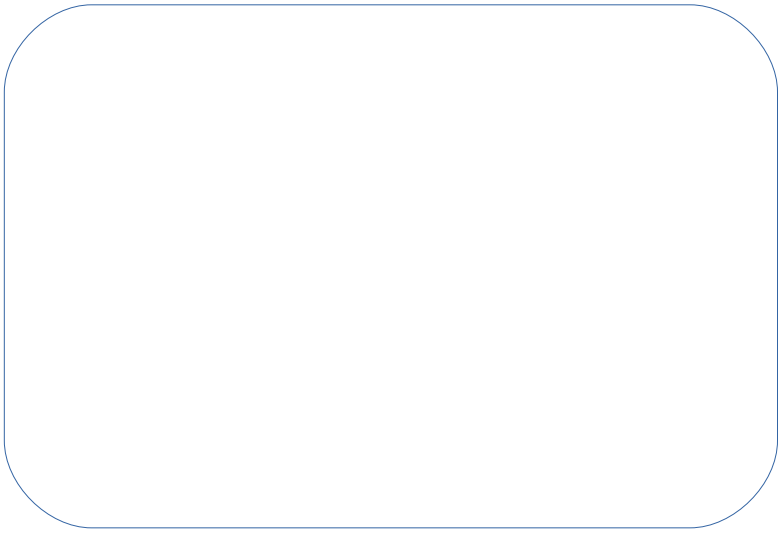
What makes you feel proud?

……

……

……

……



Who would you like to talk to?

……

……

……

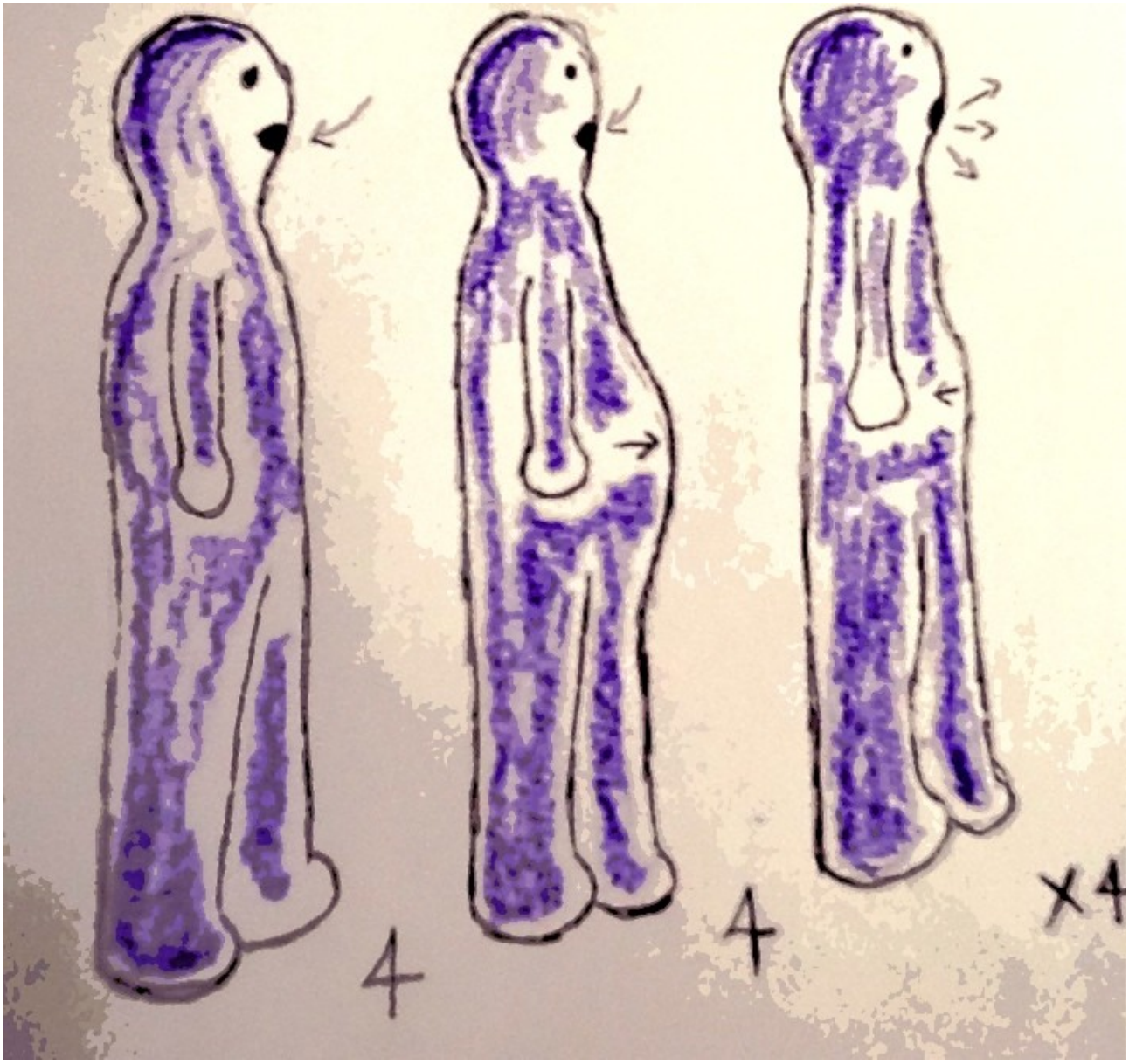
……

Sometimes though Tom finds that the Worry Bugs just won't leave him alone even when he is doing something nice.

And he finds it hard to focus on what he wants to do.

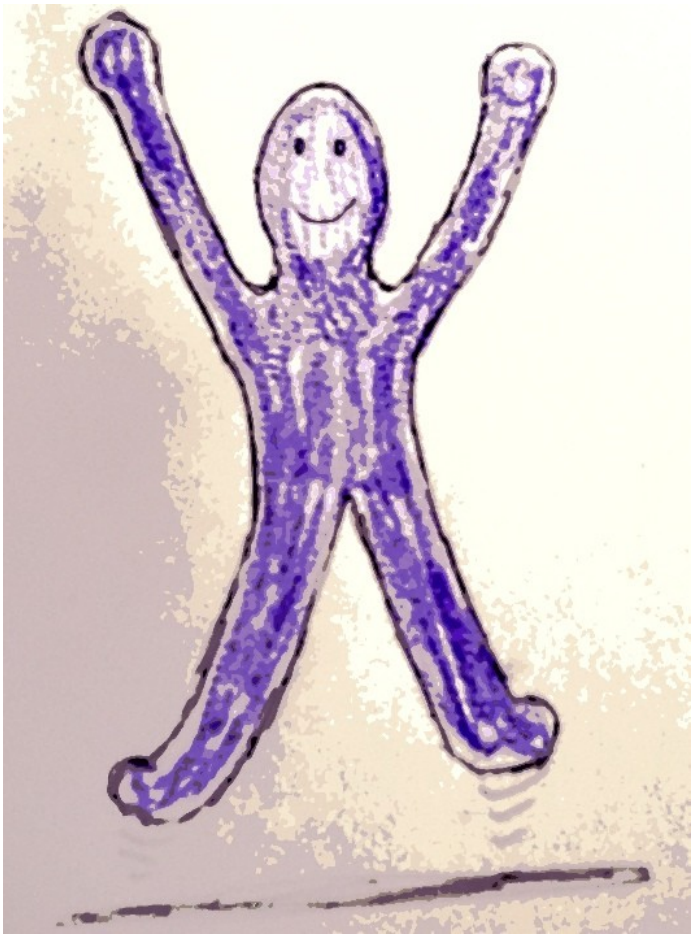
When this happens he stops what he is doing for a few minutes and does things like…

Belly breathing



To do this Tom breaths in for a slow count of 4 pushing his belly out as he breaths in then breaths out for a slow count of 4. He does this 4 times and it helps him feel calmer

He also uses his Worry Bug box.



Sometimes he finds it helpful to spend a minute or 2 being active. He does star jumps, runs on the spot or skips with his skipping rope.

What active activities could you do?

……

……

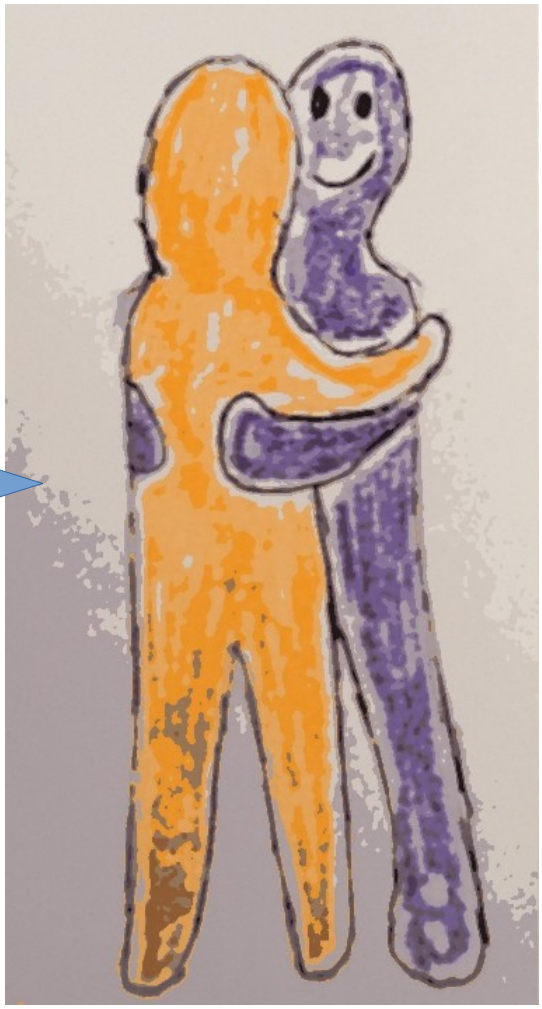
……

……

……

Tom also finds it useful to…

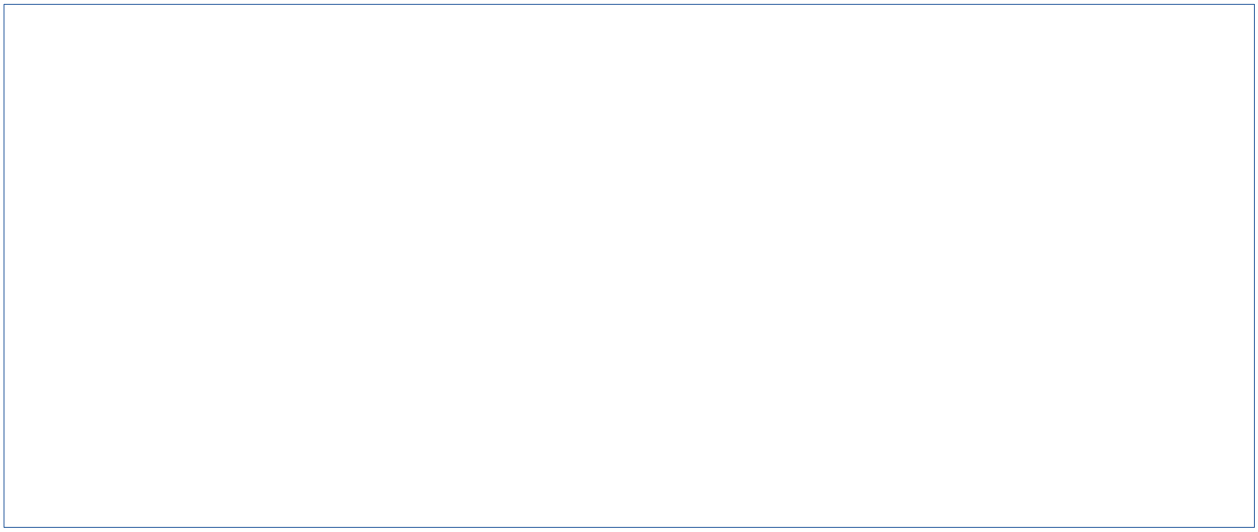
Find something which comforts him, like a hug or his favourite toy. Being close to others and sharing how he feels really helps Tom sometimes. He knows now that everyone has Worry Bugs sometimes!

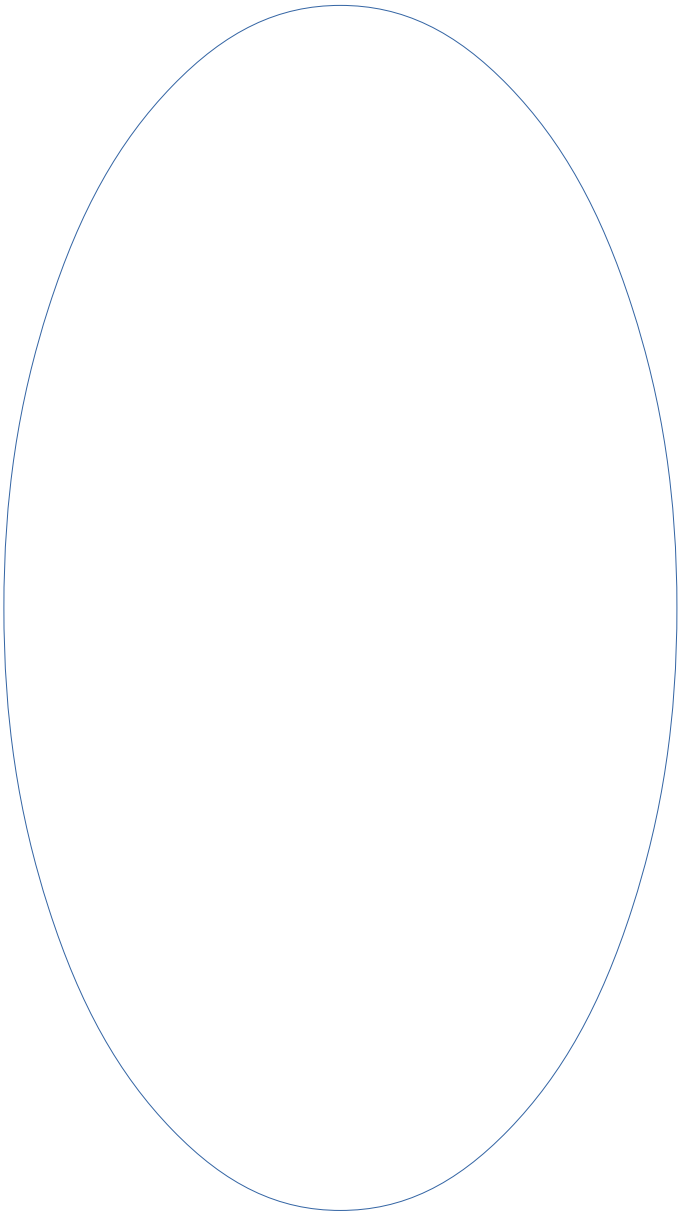


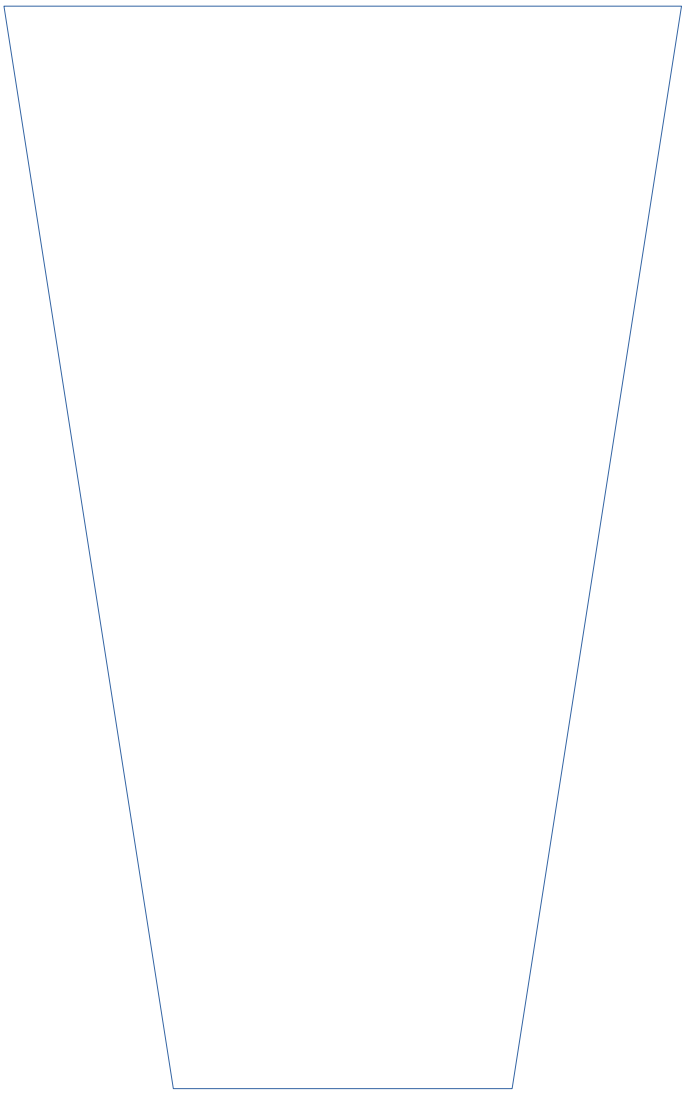
Listen , sing or dance to his favourite song.

Eat or drink something nice. Chewy foods or thick drinks like smoothies through a straw work best.

What things could you do to help you take a short break?







All of the things Tom is doing to help him manage his Worry Bugs takes a bit to time and practice.

The more he does it the better he gets until…

He can just feed his Worry Bugs to the Frog who lives in the garden and get on with what he wants to do!

The End

By Lianna Arnold