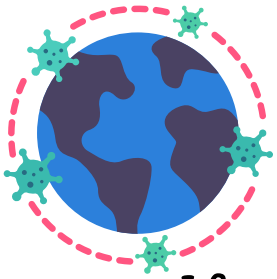

COVID-19 PANDEMIC

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THINGS I CAN CONTROL

- wearing a mask if / when needed
- eating healthy food
- amount of social media time
- writing in my Gratitude Journal
- my effort in learning & homework
- kindness to myself
- finding fun/distracting things to do at home
- amount of gaming time
- how much news I watch
- being kind to others
- washing my hands
- using skills if I feel worried/scared e.g. Mindfulness
- asking for help (it's ok to ask for help, especially now – it's a challenging time)

THINGS I CAN NOT CONTROL

- if my school gets closed again
- if I have to stay at home again for a while
- other people's choices & actions e.g. if they follow social distancing rules
- other people being kind
- if people I know get ill
- how other people feel about things / their views
- the government's actions
- how long the pandemic will last

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