



COVID-19 PANDEMIC

how long the
pandemic will last

THINGS I CAN NOT CONTROL

the government's
actions

how other people feel
about things / their views

if people I
know get ill

other people
being kind

other people's
choices & actions e.g.
if they follow social
distancing rules

if I have to stay
at home again
for a while

if my school gets
closed again

