“Because of COVID...”

By

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A few people got sick in China. No one really knew where the bug came from. The rest of the world carried on as normal.

A lot more people got sick in China. The rest of the world started to take a bit more notice, especially when people from other countries started getting sick too.

People started to get sick all over the world. Some places got it worse than others. The places that had a lot of people living quite close together got it worst of all 😞
So the doctors decided the best thing was for people to stay home until the bug passed. It couldn’t carry on spreading if people were apart from each other.

People stayed home. They could skype and call and message but they couldn’t see each other face-to-face. Lots of new rules came in, all because of COVID-19.
โนมั้งสปอร์ต
โนมั้งกิจกรรมชุมชน
โนมั้งอยู่กับเพื่อน
ไล่แถวในห้างสรรพสินค้า
ออกกำลังกายเฉพาะในหมู่บ้าน
ล้างมือและยิ้มเนียนเข้ากับข้อมือ

เรารебำหน้าต้องทำเรียนบ้าน นั้นเป็นเรื่องดีและเป็นเรื่องร้าย เราได้เห็นครอบครัวของเรามากขึ้น แต่ก็เป็นเรื่องที่เครียด 因为我们父母不是我们的老师。我们有时候得到太多的工作，或者太 少的工作。
little. Our home wasn’t a school so it kind of felt odd.

Adults had to work from home, if they could. There was lots of time on the computer for everyone and it felt weird that mum and dad were home but always busy working. Some mums and dads couldn’t work at all and worried they would lose their jobs. That was stressful.
It was a really strange time. The Prime Minister was in charge of everyone. Lots of people tuned it to the 1pm COVID-19 update to find out what would happen next and when they could get on with their lives again.

It got **really boring**. Everything became “because of COVID”, no one knew when life would get back to normal again or if it **ever** would! So we slowly crept forward, waiting and hoping that things will work out and we would get our lives back on track.
This COVID thing has been a weird thing. But it has taught us some useful lessons:

√ You can survive without takeaway but you can’t survive without the internet 😊
√ Walking in the sunshine with your family sometimes is actually quite nice 😊
√ You don’t have to go to school to learn, but your parents aren’t always the best school teachers! 😊
√ Having a sleep-in on a school day is pretty neat 😊
√ Slowing down and not rushing around is actually quite nice feeling .. when you get used to it! 😊
√ Patience is a useful skill to learn, it is just a bit of a struggle sometimes! 😊
For now, I am **pretty mad** at COVID-19. Stupid bug!!!!

**Because of YOU!!!! ...**

😄 I miss my friends

😔 I miss my sport

😢 I miss my school (yes!!! weird eh???)

😭 I miss hugging my grandparents

😢 I miss popping into the dairy for a few lollies

😢 I miss playing touch at the beach with my cousins

Because of you, I’m **stuck at home**, restless, tired- in an odd kind of way ‘cos I’m not really even doing much (!) and I’m **scared** I’m forgetting what normal life is like 😞
I’m a bit **worried** about whether life will be the same, whether my friends will still be there when I get out and whether we’ll all get sick and get stuck home again (please NO!!). I’m worried about falling behind with my learning and that I’ll flunk my courses and have to stay at school forever 😞

For now I sit and wait and get more and more grumpy! But **I am safe** and **I have to keep going**, because there is no other option. And maybe, just maybe, when Lockdown is over, I am going to be **extra grateful** for the crazy, busy life I lead and all the neat things I never used to notice.

*Sometimes we get so caught up in trying to accomplish something big, that we fail to notice the little things that give life its magic.*

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Useful links/resources:

For adults and teens:

https://www.youtube.com/watch?v=5TQsfntId3U

https://www.youtube.com/watch?v=ofL-pn8os-c

How to Meditate - YouTube

https://www.youtube.com/watch?v=lWIFMfEgc8A

https://www.youtube.com/watch?v=hnpQrMqDoqE
https://www.mentalhealth.org.nz/home/ways-to-wellbeing/

**The Teenage Brain Explained - YouTube**
https://www.youtube.com/watch?v=hiduiTq1ei8

**11 Free Relaxation Apps for Teens With Anxiety | Slap Dash ...**
https://slapdashmom.com/anxiety-apps-teens

https://www.youtube.com/channel/UCSP__8_QEFYdiogY2F3CXfA
For kids:

Why Do We Lose Control of Our Emotions?
https://www.youtube.com/watch?v=3bKuoH8CkFc

Calm Down and Release the Amygdala
https://www.youtube.com/watch?v=Z559guIGDo

KIDS MEDITATION - BULLDOG FINDS HIS QUIET PLACE ...
https://www.youtube.com/watch?v=QKDLEdpRlRE
For parents/caregivers:

https://www.skip.org.nz/

The Australian Parenting Website

https://raisingchildren.net.au/

https://www.kidshealth.org.nz/

https://copingskillsforkids.com/calming-anxiety
COVID-19 Related:

https://tpplus.co.nz/community/le-va-launches-trouble-in-your-bubble-catchyourself/

https://www.mentalhealth.org.nz/get-help/covid-19/