



Big Feelings and the Coronavirus

How to use this book

This reader has been made to help teenagers and adults with developmental disability to recognise, name and cope with the different feelings they may be experiencing during the COVID-19 pandemic.

You can print this reader so that you can share it as a hardcopy book or you can view it together as a slide show on a computer or tablet.

It can be saved as a PDF and opened in iBooks on an iPad or iPhone.

If the person you support has an AAC system, please use it to model key language in the reader. You can also use their AAC system to model making comments about the words and the pictures. Modelling in this way will help you to support their understanding and help them to engage with the reader.

Remember to provide pause time so the person you support can also make comments, ask questions and process the information. If the person does not have an AAC system yet, you can download and print a free core vocabulary board from [Project Core here](#).





Coronavirus, or COVID-19, is making lots of people sick.



To stop lots more people getting sick everyone must stay home as much as possible.



Staying at home to stop COVID-19 spreading can make us feel lots of different things.



Some people will feel confused by all the changes in their life.



Some people will feel anxious because their days are so different now.



It can help to find things to do at home that are relaxing and calming.



Listening to music or stories can help.



Going out in the fresh air can help.



Stretching and moving your body can help.



Watching a funny movie can help.



Some people will feel worried that someone they love will get sick.



It can help to remember that when we stay home we help to stop the people we love getting sick.



It can help to remember that scientists all around the world are working very hard to make a vaccine that can stop people getting sick from coronavirus.



Some people feel scared that they might get very sick and need to go to hospital.



It can help to remember that doctors and nurses all round the world are working very hard to make people better.



It can help to remember that scientists all around the world are working hard to find a medicine that will make people get better faster.



It can help to remember that when you stay home you are helping to keep yourself healthy.



Some people will feel lonely because they can not meet up with their friends.



It can help to see friends on Skype or Facetime, Zoom or Google Hangouts instead.



It can help to remember that staying home helps keep our friends healthy too.



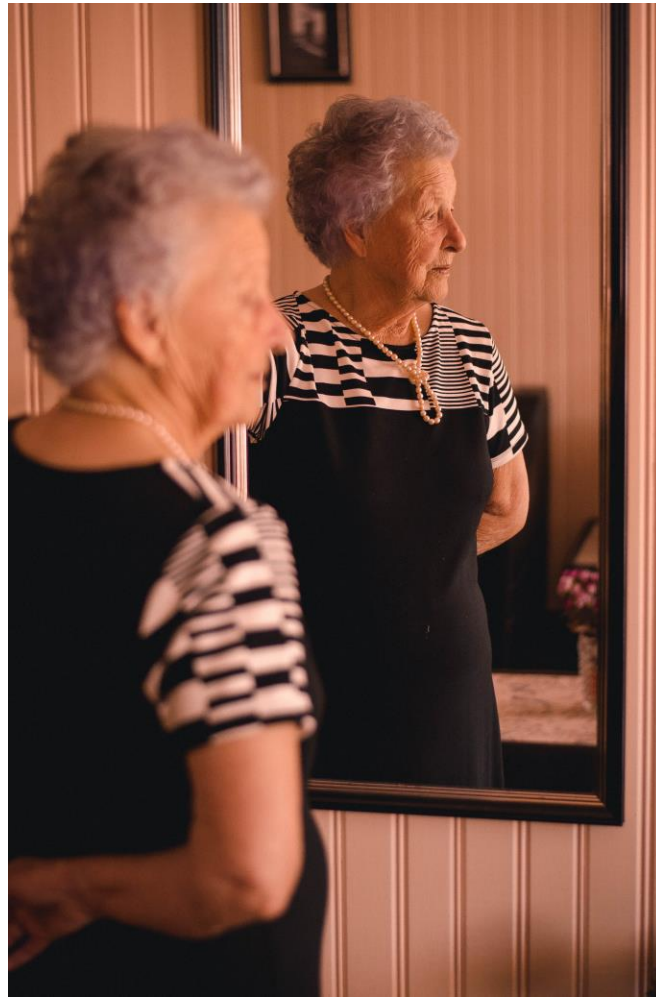
Some people will feel grumpy if they think that they are missing out on fun times.



It can help to remember that everyone is staying home now too.



Some people will feel sad that they can not visit their grandparents.



It can help to know that staying away from older people is helping to keep older people safe.



Some people will feel angry because they can not do all of their favourite activities.



Some people will feel frustrated that they can not go out to their favourite places.



Sometimes people will feel fed up with all the things they are not allowed to do anymore.



It can help to remember that the Prime Minister and our Government are working hard to keep us all safe and healthy.



This will help things to get back to normal as soon as possible.



Some people will feel confused by all the changes in their life.



Some people will feel anxious because their days are so different now.



Some people will feel scared that the new changes will last forever.



It's ok to feel all these things. New routines and big changes can feel hard.



When things are hard, we can have big, uncomfortable feelings.



It's normal to have all of these different emotions and feelings.



Telling someone how we feel can help.



There is always someone we can tell.



Telling someone how we feel can help us to feel better.



When we tell someone how we feel, they can help us feel better too.



All feelings come and go. It can help to remember this.



Remember, you are not alone.



This will not last forever and things will get better.



This reader was created by Laura Jones for Developmental Disability WA in association with Microboards Australia using purchased images from istock, Shutterstock and free to download images from Pexels, iconfinder and DDWA owned images taken for previous projects. Please feel free to adapt this reader to better meet the specific needs of the different individuals with developmental disability you support.

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