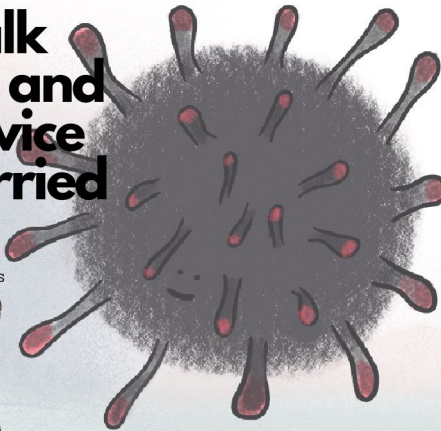


# Don't walk your cat, and other advice for a worried kid.

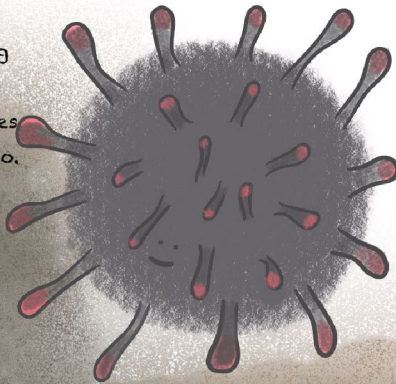
KATE MCCULLEY & JADE AMALOS





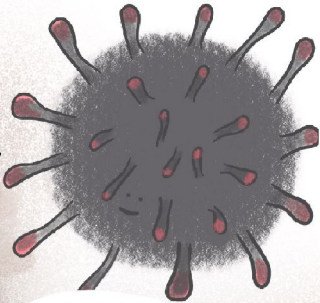
Sometimes I feel worried.  
Everybody feels worried sometimes.  
Sometimes I feel worried in my  
brain and in my heart and in my  
body.

Lots of people are feeling worried about the coronavirus and sometimes I feel worried about it too.



Sometimes when I feel worried, I need to help my brain and my heart and my body to feel better. If I feel better, I can do the little things I need to do to help the world look after each other, and stop the coronavirus.

Sometimes I feel worried.  
Everyone feels worried  
sometimes.



If I'm feeling worried, I need to  
help my brain and my heart and  
my body to feel better.

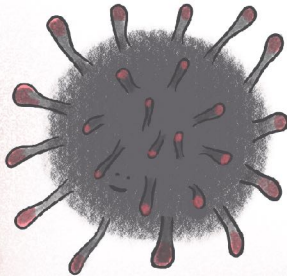
It's important to talk to my  
family when I'm feeling worried.

Watching a footy game without  
any spectators makes me feel  
strange.

Hey mate,  
where is everyone?

Social distancing Gawny,  
Can you step back please?





Seeing the supermarket shelves without food on them makes me feel strange and worried.

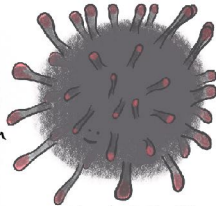
Not being able to see Grandma and Grandpa makes me feel strange, worried and sad.  
I don't like it.

If you're feeling worried or strange or weird or sad, it's really important that you tell someone how you're feeling. Ask your family for a big squeezey hug if you need one.

Sometimes I feel worried.

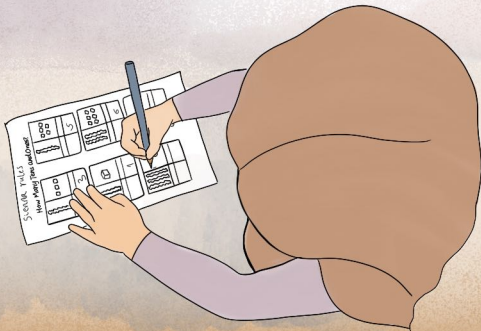
Everyone feels worried sometimes.

If I'm feeling worried, I need to help my brain  
and my heart and my body to feel better.

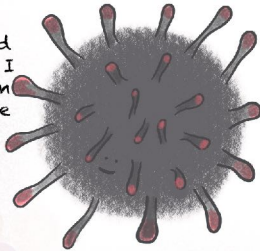


I will have to stay at home with my family for a while, but that's  
ok because there are lots of things at home that I like to do!

I will miss my friends and my teachers, and they will miss me  
too, but I can video call my friends, and my teachers will have  
some work for me to do at home.

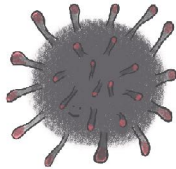


I can help my body to stay healthy by trying not to touch my face so much and washing my hands really well with soap. I sing Happy Birthday twice as I wash them before and after I play, after I go to the toilet and before and after I eat. I'm getting a bit sick of singing the Happy Birthday song, but that's ok.



I can help my body stay healthy by eating fruit and vegetables and drinking lots of water. I can help my body to stay healthy by playing in my back yard in the fresh air or walking in the bush with my family and getting lots of good sleep at night.





Sometimes I feel worried.

Everyone feels worried sometimes.

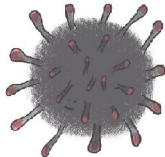
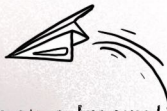
If I'm feeling worried, I need to help my brain and my heart and my body to feel better.

If I'm feeling worried about the coronavirus, it's REALLY important that I stop and do something that I like doing such as:

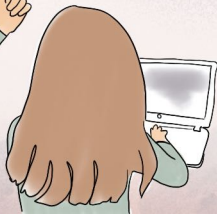
- Read a good book
- Build a fort with a million pillows and blankets

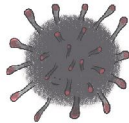
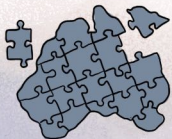






- Jump on a trampoline
- Watch a funny movie
- Listen, sing and dance to my favourite music
- Do some gardening
- Take my dog for a walk
- Bake a cake
- Do some craft, drawing or colouring





-Play some basketball, cricket or kick the footy in the back yard

-Video call your grandparents

-Ask someone to play a boardgame

-Start a tricky jigsaw puzzle

- Design the perfect paper plane



Activities at home to avoid (just for now) will be:

- Making necklaces out of pasta
- Wrapping your younger sister or brother up in toilet paper as an Egyptian mummy
- Taking your cat for a walk
- Practicing your recorder



Sometimes I feel worried. Everyone feels worried sometimes.

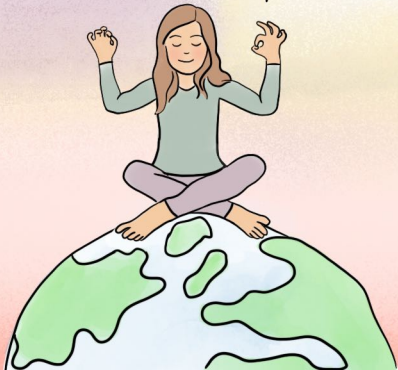


But this feeling won't last forever.

Perhaps, for the first time in history, we are connected to every single person around the world as we do the little things we need to do to feel better, look after each other and stop the coronavirus.

The coronavirus is a big deal, but the love we share to the world by staying at home is bigger.

Sometimes I feel hopeful.



For Sienna, Mya, Grandma Mac, Grandpa  
Mac, James, Paul and Miss Marianne

With special thanks to Wes Amalos, Jasmine  
Fry, Jenni Vanyai, Joanna Stolfa and The  
Rong Family