



## Compass BUZZ Coronavirus Worksheets

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- Do not financially profit from it
- Do not edit it

We are pleased that you have found us because here at Compass BUZZ we're passionate about mental health and want to share our service with you. Compass BUZZ is an exciting, innovative and free project that aims to improve the mental health and wellbeing of children and young people aged 5-18 (25 with SEND) in schools across North Yorkshire.

The project works with schools and other key partners to increase the skills, confidence and competence of staff dealing with emotional and mental health concerns.

### Our offer:

- Level 1 Mental Health and Wellbeing Training-Prevention and Promotion for all school staff and key partners
- Level 2 Mental Health and Wellbeing Training-Early Identification of Need for selected school staff
- Level 3 Mental Health and Wellbeing Training-Early Help and Intervention for selected school staff
- Student Champion Programme- Train the trainer model on how to establish and maintain a student champion programme in your school
- Request for Support Process- where school staff can request our help and support around group and individual time limited interventions
- BUZZ US-confidential text messaging service for young people aged 11-18 across North Yorkshire

Find out more on our twitter [@Compass BUZZ](#) or website:

<https://www.compass-uk.org/services/north-yorkshire-compass-buzz/>





What do you know about coronavirus? You can write or draw it here:



How do you feel about coronavirus? Circle the emoji:

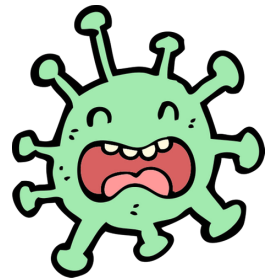


That's okay! Lots of people will feel the same as you. You might have noticed that some adults feel worried. That might be because we don't know much about it yet, but the scientists are working very hard to learn about it.



Coronavirus is a new virus that is similar to the flu or a cold. People who have it might:

- Find it harder to breath than normal
- Have a fever (go warm and cold)
- Cough

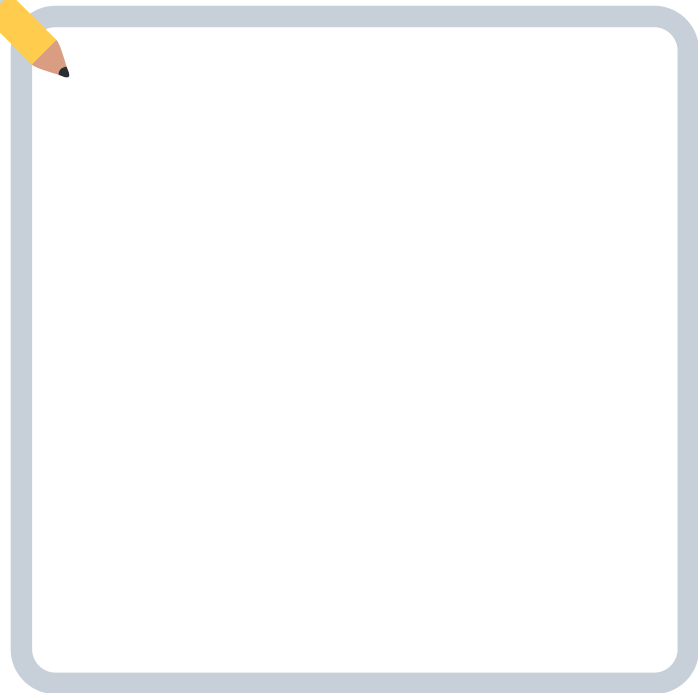


If you notice any of these feelings, it is important that you tell a grown up.

People have been catching coronavirus around the world. Draw the world in the box.

**The good news is:**

- Of all the people who have been tested for it, only a small number have it
- People don't have the virus for a long time
- Almost everyone who has had the virus has fully recovered.



**Thumbs up!!**



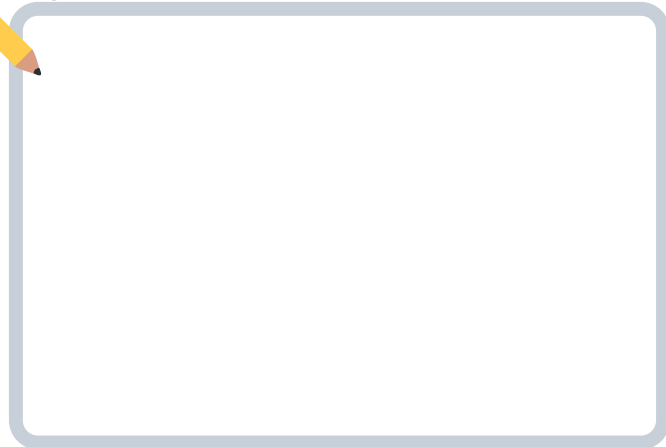


The trusts adults around you can help to keep you safe. Write the names of two grown ups here who help to keep you safe:



You can also help to keep yourself and other people safe. The doctors and scientists say:

1. Wash your hands with soap and water regularly, for 20 seconds. Draw a picture in the box of you washing your hands.



2. If you cough, cover your mouth with your arm, like a dab. Cool!

3. If you sneeze, use a tissue and put it straight in the bin.

4. Do not touch your eyes, nose or mouth if your hands are not clean.

5. If you feel unwell, tell a grown up.



DAB  
when  
you  
cough!!  
COOL!



If you are feeling a bit sad or worried about coronavirus, that is okay. Lots of people will feel the same as you.

When we are feeling worried or sad, it can help to speak to a grown up about it. It can also help to do some things to take our mind off it. Here are some ideas:



Write your own ideas here:

