

Why do I have to stay at home?

by Learning & Wellbeing Psychology



The coronavirus is making people sick at the moment. It spreads easily when lots of people are close together. It spreads much more slowly when lots of people stay at home.



Some kids think that you should be able to go to school just the same as always. It is important to know that the government has shut the schools to stop people getting sick.

It can be surprising to know that many people find it hard when things change and everything is different. This makes it easier to understand that some kids might think that they should still be able to go to school.



Lots of kids find it annoying when they still have to do school work at home. Most kids find it frustrating when they can't do the lessons they most enjoy.

Many kids feel sad when they can't see their friends and play with them. They sometimes feel sad when they can't see their teachers.



It might surprise you to know that some kids are pleased that they don't have to go to school for now. These kids like the idea of getting up later. They also feel happy that they don't have to travel to school. They hope they might not have to do so much work at home!

It may be difficult to believe, but the government is not trying to make you feel sad and angry. The government and all the adults want you and all the other children to be safe and well.



When everyone has stopped being sick, then the government will say that you can go back to school.



It can really help to know that all the adults want to help children stay safe. It is important to find some ways of coping when it is frustrating to stay at home.



Here are some things that might help that you might try:

1. Instead of feeling angry and sad, try drawing what you feel.



You could talk to the people who are looking after you at home about it.

2. Instead of thinking about all the things that are different, focus on making a plan that works for everyone at home.



You could write and draw out a timetable together. This is a way to make it so that it feels a bit like you are going to school every day.



3. Instead of missing your friends and teachers, make a plan with everyone at home to check in with the people who are important to you at school.



This might be by using social media such as email, or making calls. Remember to make sure that the adults at home know that you are connecting to others using social media.

4. Instead of having a lot of energy in your body, talk with the other people at home about ways to be active. Plan to take breaks for movement often. You can put it in your timetable or just do it when you feel you need to.



Do you have any more ideas about what might help?

A social story written by Learning & Wellbeing Psychology



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