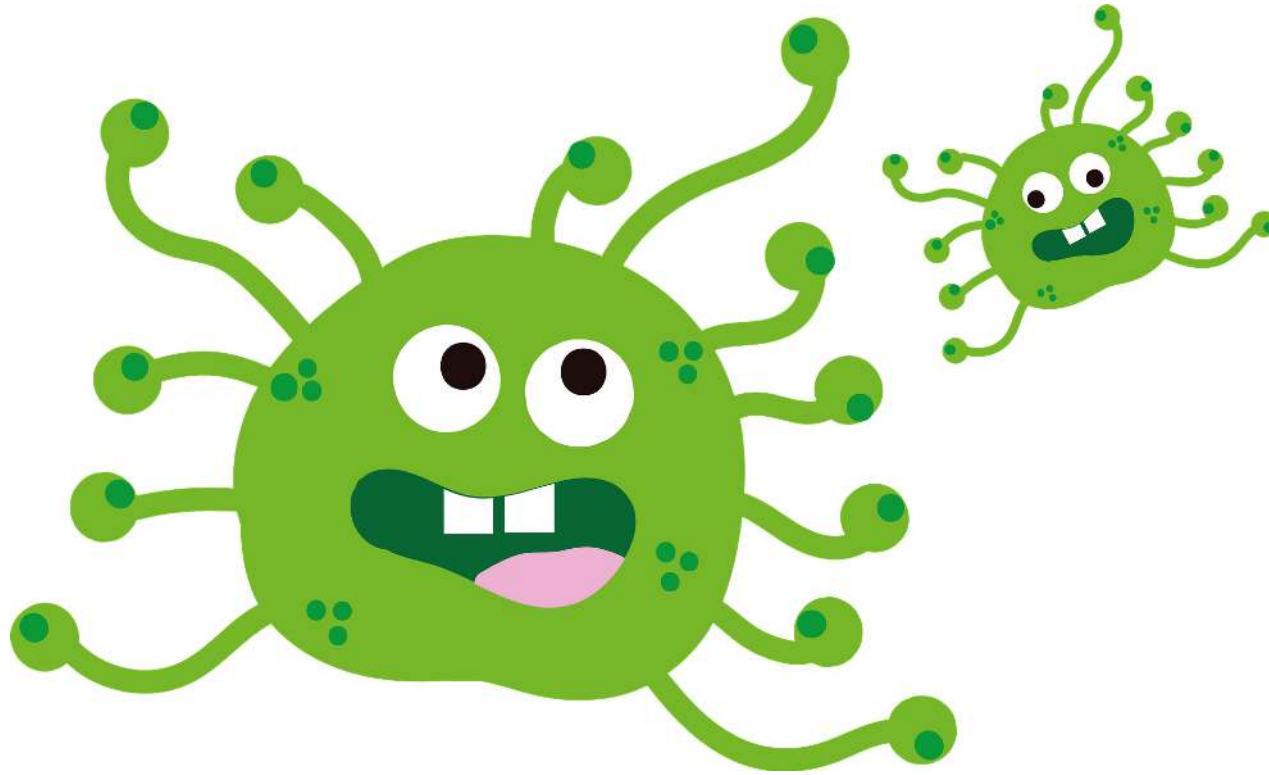


Why do my parents have to go to work?

by Learning & Wellbeing Psychology



The coronavirus is making people sick at the moment. It spreads easily when lots of people are close together.



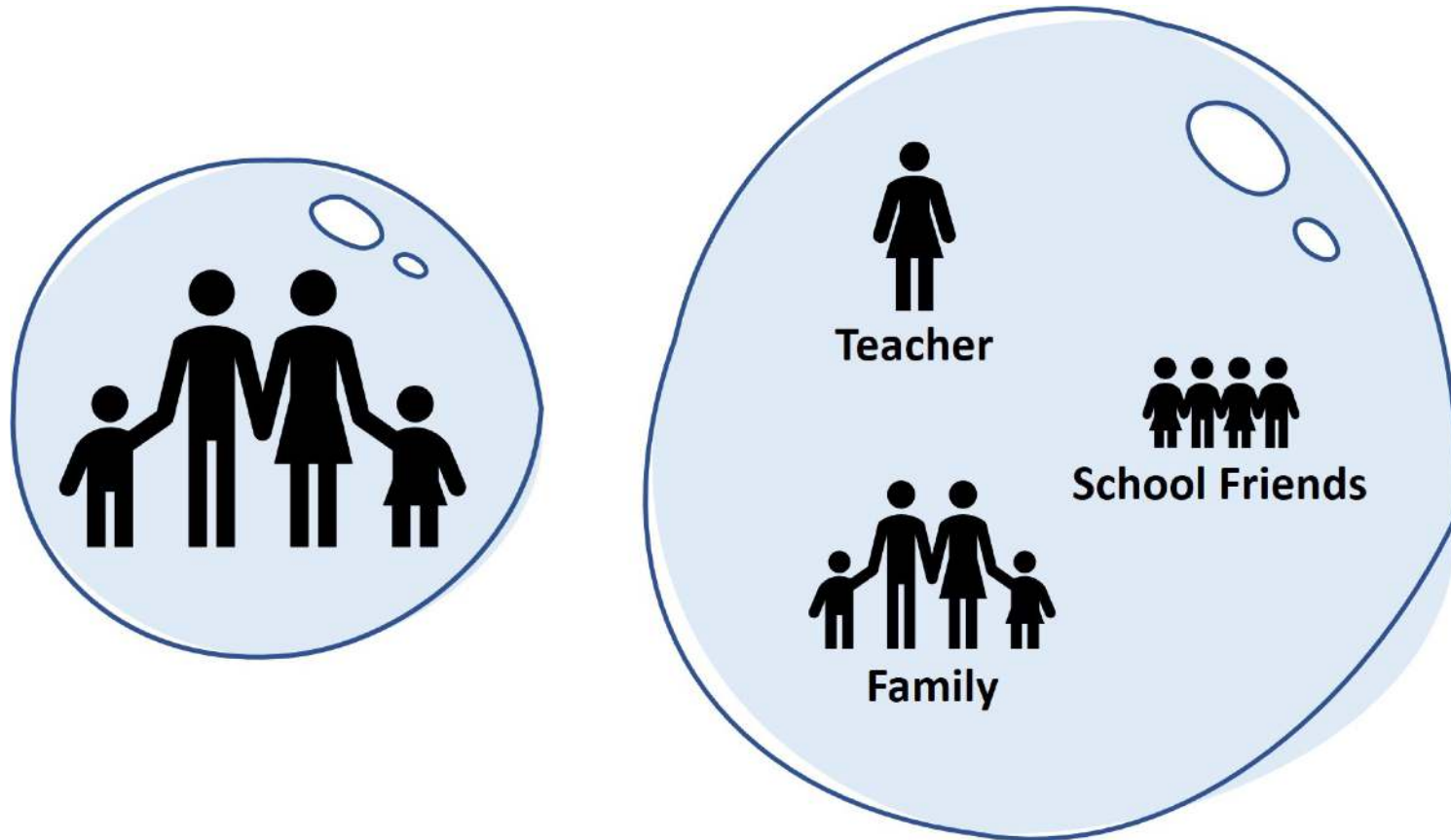
The government wants people to stick with people who are important in their lives and stay away from people who they do not know so well until the coronavirus goes away.

It is like everyone is inside a 'bubble' and the coronavirus is outside the 'bubble'.



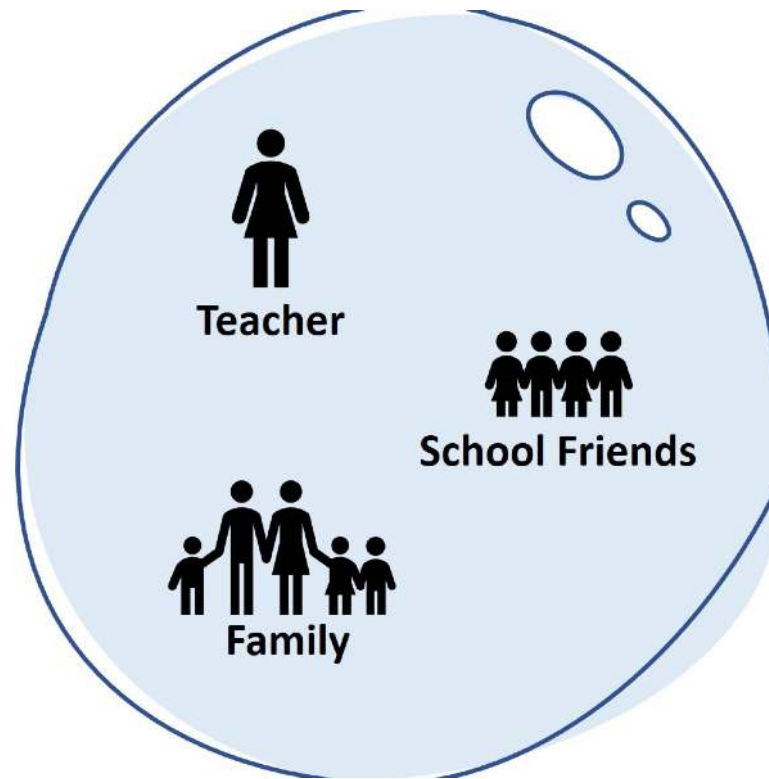
Everyone will have other people they are sticking with in their 'bubble'. If the people inside different 'bubbles' don't come out of them for now then the virus can't spread between 'bubbles'.

Some 'bubbles' will be very small. Some 'bubbles' will be much bigger.



But the important thing is that it is hard for the virus to spread from one 'bubble' to another.

Your 'bubble' is a bit bigger because you go to school. You go to school because the people who look after you at home are very important. They make sure people stay well or look after them when they are sick.

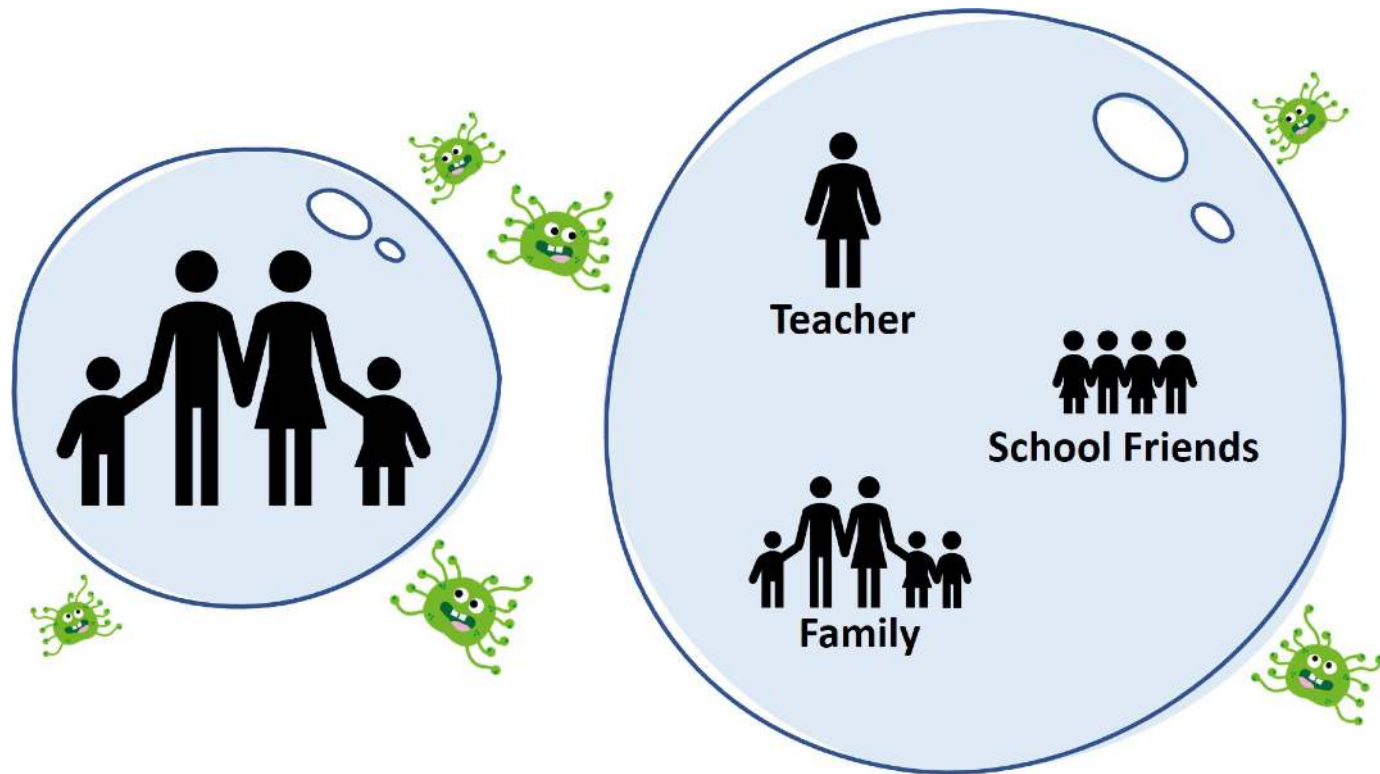


You get to go to school so that your parents can help people. This means that you are helping people too!

You can draw and write on this page all the things your parents do to help people.

You can use more than one page if you want.

Kids who go to school and kids who stay at home both have 'bubbles'. The job of kids who go to school and kids who stay at home is the same too.



Their job is to just stick with the people who are in their 'bubble'. Their job is to make it hard for the virus to spread.

Sometimes kids worry that if their parents or the people who look after them at home go out to work that they might get sick.



It's good to know that adults know how to look after kids and they know how to look after themselves and each other too.

If you feel worried about whether the people who you live with and care about are safe, it might help to think about the ways they look after themselves.



You could ask them to write or draw for you all the ways they stay safe. You might want to do your own drawing too.

If the worry about your parents is hanging around a lot, maybe you need some ways of helping it to give you a bit of space.



Perhaps the worry just wanted to remind you how precious the people who look after you at home are to you. It might help to draw, write or talk about some of the things that are important to you about them. This might help the worry to know that you have got it's message, so it backs off a little.

Do you have any other ideas about things you could try?
Perhaps other people have ideas too.

You could draw or write them here. You can use more pages if
you want.

A social story by Learning & Wellbeing Psychology



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