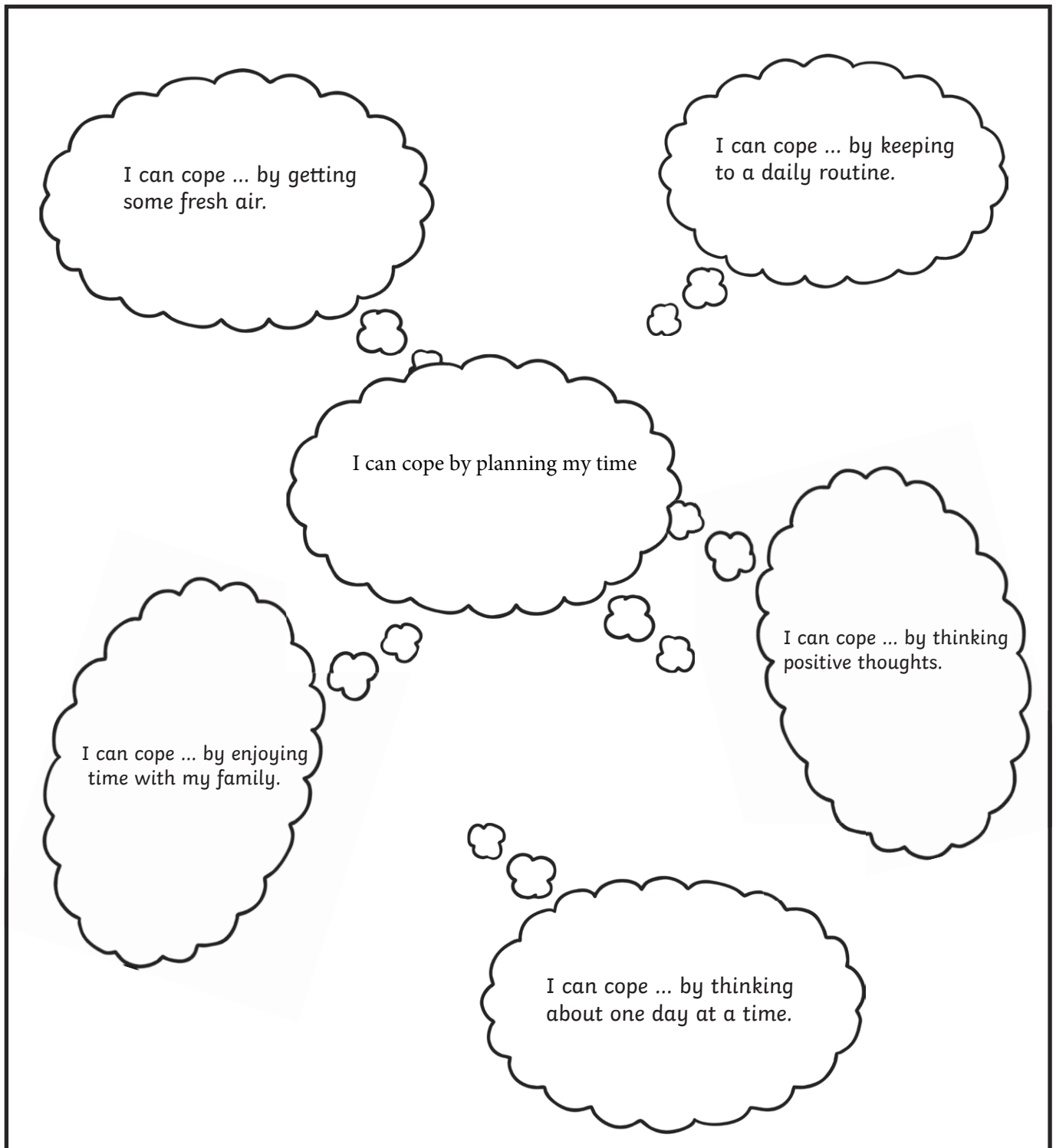


# What Is Worrying Me About COVID-19?

The worksheet contains five thought bubbles arranged in a grid-like pattern. Each bubble is a large cloud shape with a smaller cloud shape at the bottom right, connected by a line. The text 'I am worried ...' is printed inside each bubble. The bubbles are positioned as follows: top-left, top-right, middle-left, middle-right, and bottom-center.

# How Can I Cope?

Now you have talked about what is worrying you, look at the ideas on this page and talk about whether they may help you to feel better. On the next page, there is a blank activity sheet to which you can add your own ideas.



# How Can I Cope?

I can cope ...

I can cope ...

I can cope ...

I can cope ...

I can cope ...

I can cope ...