



Compass BUZZ 'Staying at Home'

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- 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.

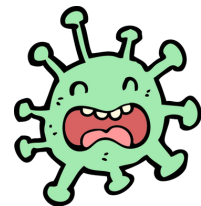
Our offer:

- 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/>





Coronavirus

Coronavirus is a new virus that is similar to the flu or a cold. People who have it might find it harder to breathe than normal, feel hot or have a cough. We might catch the virus from being near to other people.

Social Distancing

Doctors and scientists say that 'social distancing' can stop lots of people catching coronavirus. **This means staying away from people.** Scientists say we need to avoid going out and doing things or seeing lots of different people to stop everyone catching the virus. This is why school is going to close for a while. Things like going to school, going out for meals, parties, sleepovers, going to clubs, getting on the bus or visiting relatives like grandparents might not happen for now. You will still get to see the people you live with, and very important things can still happen, like getting food and medicine, so you don't need to worry. Things will go back to normal and you will be able to do all of your activities again eventually, and school will open again. Circle your feeling about staying away from people here:



How does this all sound so far? Boring? Exciting? However you feel about it is okay. People will have different feelings as we are all different and unique! Even if you are sad about school closing for now, hopefully you can think of some fun things to do at home to pass the time. See the last page for some ideas!



Social Isolation

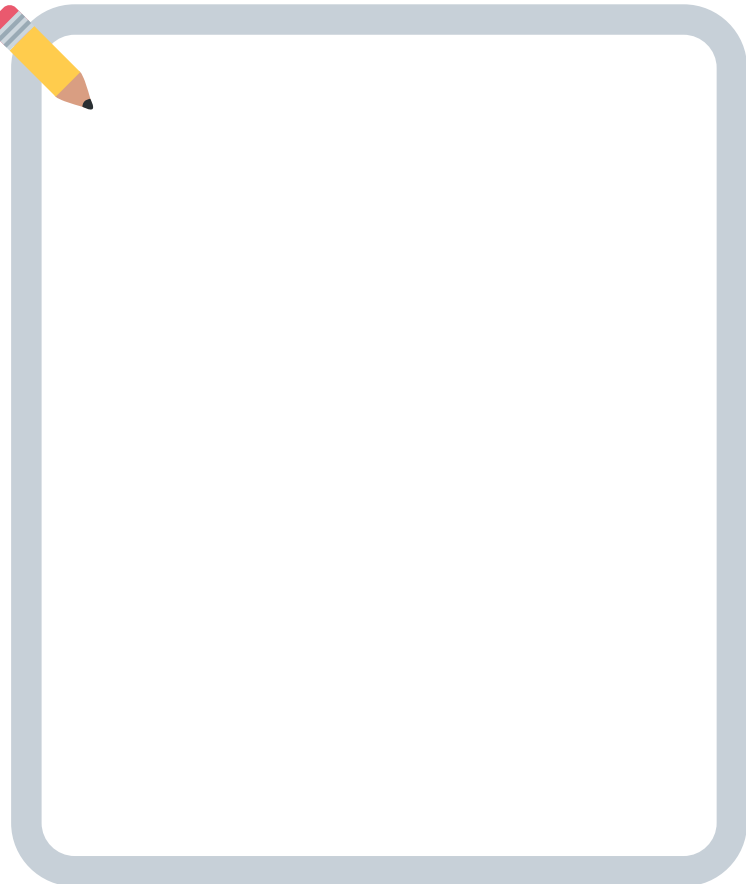
If you or anyone in your family is sick, you might need to stay at home for 7 or 14 days. This is so that your body has time to get well and so that other people don't catch coronavirus from you. This is a good thing because we don't want other people to get sick.

Staying at home like this is called 'self isolation'. You won't be able to go anywhere else like to your friends or the cinema. You won't even go to the shops. Other people can bring you any important things, like food or medicine, so you don't need to worry. It might be fun to stay at home and do different things or it might be a bit boring, but remember, it won't last for too long and things will go back to normal eventually.

Missing People

You might miss seeing your friends, relatives and teachers. They will miss you too! This might be hard or upsetting. It is okay to be upset about it. It won't be forever and remember you will have got through not seeing them before, like at Christmas time.

How can you keep in touch? Do you have any ideas? Draw a picture of you keeping in touch with your friends or relatives in the box.





You might have some worries about staying at home.
Draw them or write about them here:



A large, empty rectangular box with rounded corners and a light gray border, intended for drawing or writing about worries.

Your trusted adults can help you with these worries. In fact, your teachers at school will already have some plans about keeping you busy and safe! They will help you to think of activities and will give you some work to do.

You can ask your teachers about the plans and you can also start making your own plans on the next page.



Staying at Home



Things To Do At Home

Everyone is going to be spending more time at home, so it will be good to keep busy! You will have some learning and school work to do, and here are some things you could also try. Do you have any ideas you can add? Draw your own ideas in the circles!

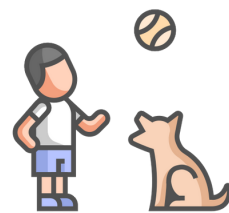
Build a den



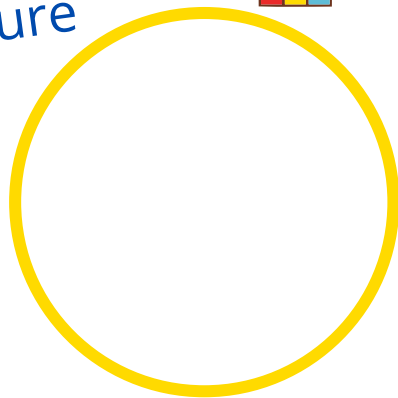
Take some photographs of nature



Call a relative



Write a story



Play dress up



Do some stretches

Play a board game

Research a famous role model

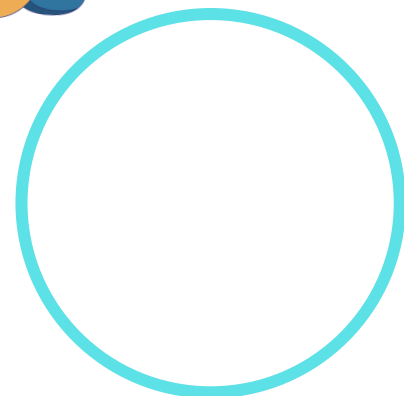
Tidy your bedroom



Make someone a present



Build an assault course

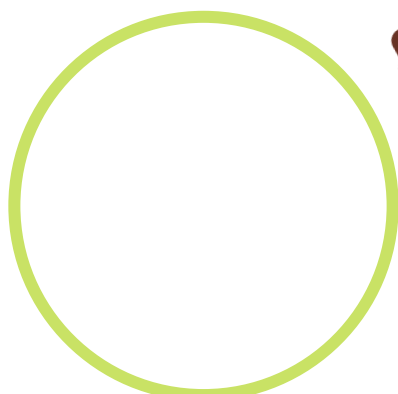


Take deep breaths



Help around the house with jobs

Plan and draw your own theme park



Watch the clouds