

First Aid for children & young people in times of Corona



© Hannah Zelzner & Catherine Schencking

*First Aid for children and youth in Corona times is the adapted version of
FACE COVID by © Russ Harris (2020)*

Ideas for the realisation of First Aid for children & young people in times of Corona:

<https://www.hannah-zelzner.de/ideas-for-the-realisation>

There is also a German version for young people available:

Erste Hilfe für Kinder & Jugendliche in Corona-Zeiten

<https://www.hannah-zelzner.de/erste-hilfe-fuer-kinder-und-jugendliche-in-corona-zeiten>

The German version of the original FACE COVID by Russ Harris:

FACE COVID – deutsche Version

<https://www.hannah-zelzner.de/face-covid-deutsche-version-uebersetzt-von-hannah-zelzner>

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First Aid for children and adolescents in Corona times

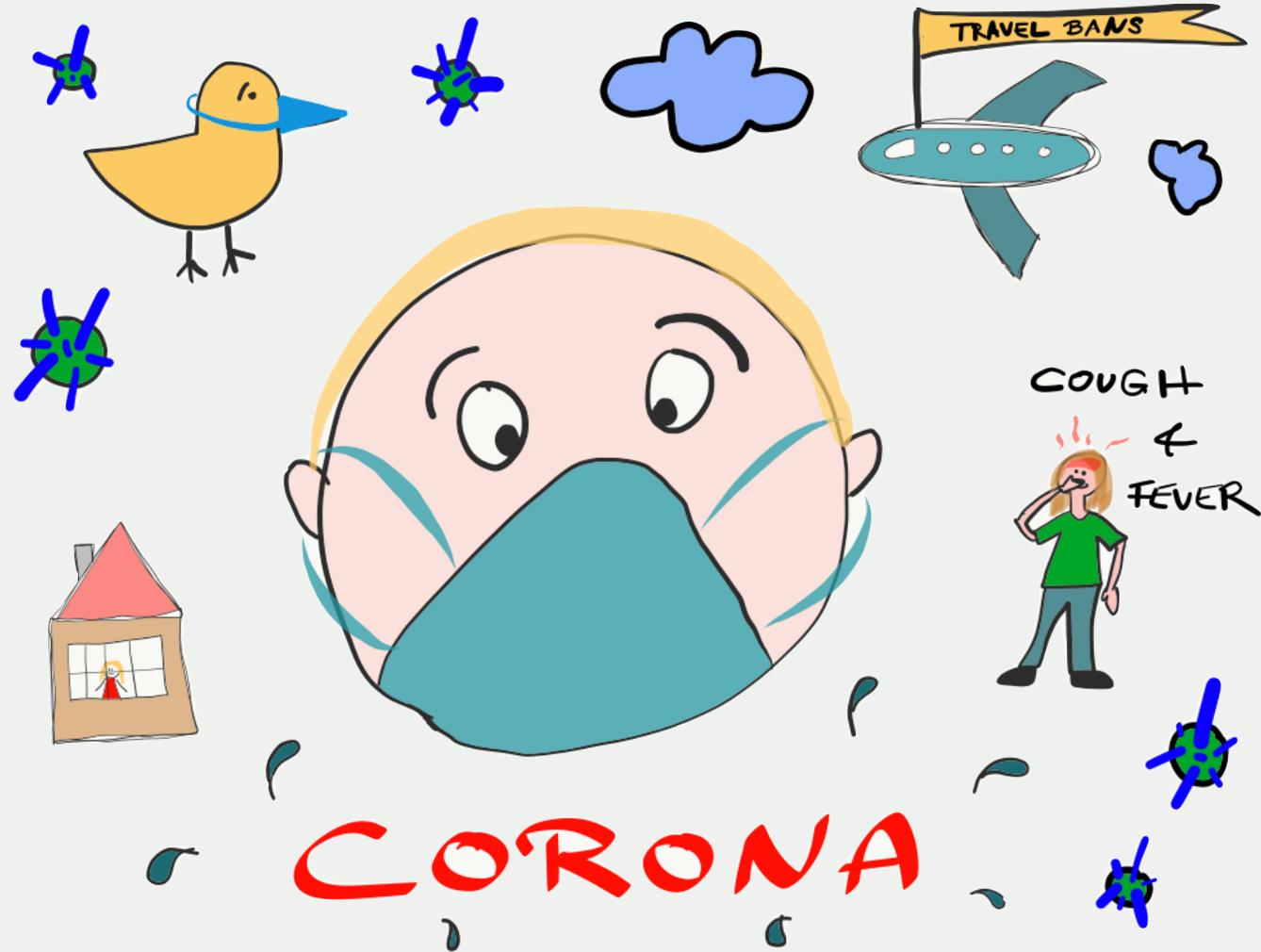
*These suggestions can also be helpful in crises **other than Corona**. Just leave pages out or adapt them to suit your situation.*

Please do feel free to share this link with anyone you think might benefit from it: therapists, parents, caretakers, teachers, children...

All the best and take good care

Hannah Zelzner & Catherine Schencking

Corona can cause uneasy feelings...



How do you feel, when you hear about corona?

Sometimes we can have very different feelings all at the same time.

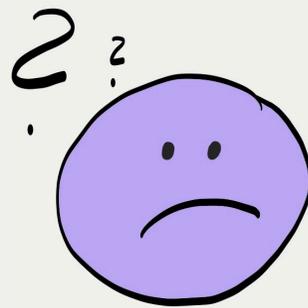
How is it for you? Circle the feelings that match the way you feel right now.



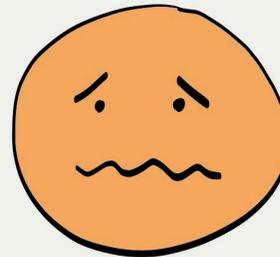
relaxed



curious



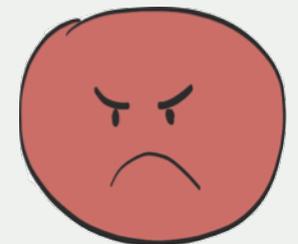
confused



worried



sad



angry

FABY OT

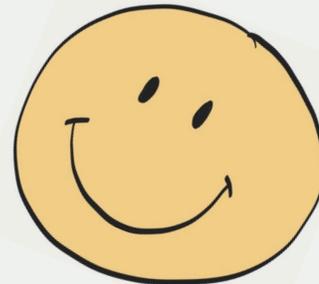
What is that supposed to be?!?



This is short for the steps that may help you to feel better at times of Corona (it can be useful in other situations, too, by the way...)

So let's take a look at each step.

Let's go!

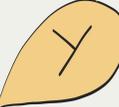


FABY OT

 = **F**ocus on those things, you can control, right now

 = **A**re you aware of your thoughts and feelings?

 = **B**e aware of your body

 = **Y**our own action: be aware of what you are **doing right now**

 = **O**wn behavior

 = **T**hings, that are good for you

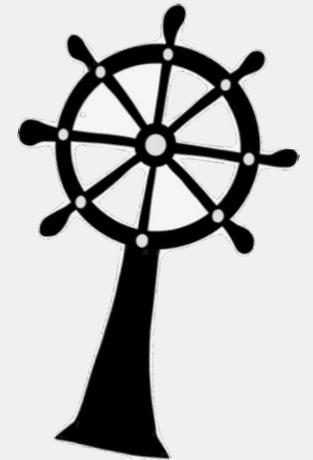
 = **Focus on those things you can control, even now**

In times of crisis it is **normal** to feel scared, get angry, to be uneasy or to be worried.

We can feel helpless and out of control.

The more we think about all the things we can't control, the worse we feel.

It is good for us to look out and see the things we can still be in control of! 



When a storm blows over a boat...

... the boat can drop an anchor!!!

The anchor can't make the storm go away.



*But it can help the boat to stay safe
until the storm has passed by!*



This can be an anchor for you in stormy times

We can control what we do here and now



Drop your anchor with the steps A B Y

A = Are you aware of your thoughts and feelings?

B = Be aware of your body

Y = Your own action: Be aware of what you are doing right now

A = *Are you aware of your thoughts & feelings?*

Be like an interested detective or scientist about yourself:

... What do you notice right here and now?

MEMORIES

FEELINGS

THOUGHTS

BODY SENSATION

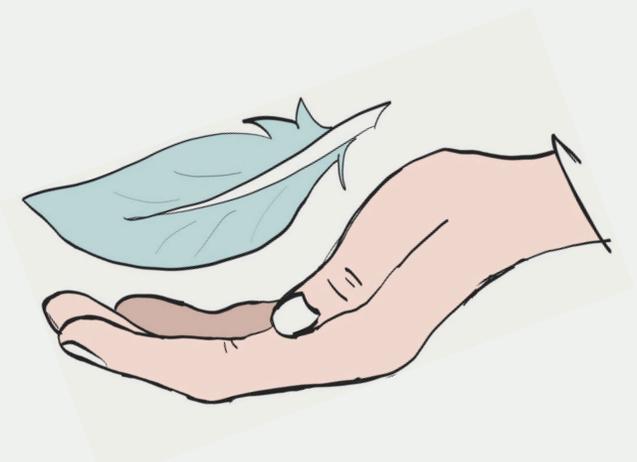


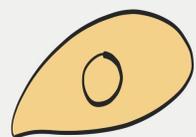


= **Your own action: be aware of what you are doing right now**

While you are noticing your thoughts and feelings, be aware of your body at the same time. What can you feel?

- Slowly press your feet into the ground. Can you feel it?
- Or shift in your chair. Can you feel where your bum touches the seat?
- Slowly press your fingertips together. How does that feel?
- Stretch your body, your limbs.
- breathe in and (more slowly) out again
- Any other ideas to feel your body?



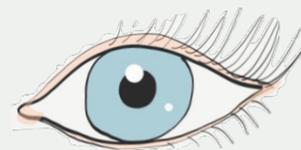


= Own action: be aware of what you are doing right now

Where are you *right now*? And what are you doing *right here and now*?

At this moment: Are you sitting, standing, lying or walking?

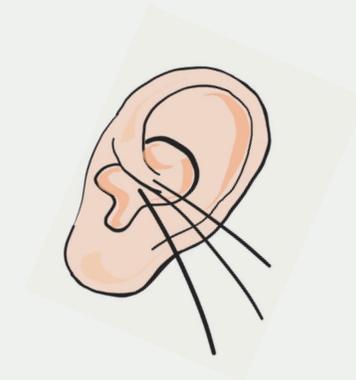
Look around: Name 5 things you can see.



What can you hear? Can you notice 5 things you can hear?

Maybe you can even smell or taste something?

Are you still aware of your body?



A B Y: together a strong team!

It's a good idea to follow these 3 steps one after the other for a few times

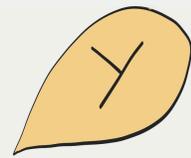
- acknowledge your thoughts and feelings **AND***
- be aware of your body **AND***
- take a look what you are doing **right now***



*-> these 3 together form a **strong anchor** for the **here and now!***

The more you are anchored, the more control you have.



 = **Your own behavior**

What can you do **today**

... to make the day a little better for yourself

... to make the day a little better for someone else?

It is in your control to do something that will make this day a little nicer or better.

Never mind how small it might seem – **do it anyway!**



So many possibilities to make this day a little nicer...



If someone you really like is going through hard times like you are now, what would you say to them? What would you do for them?

*Now, say exactly such friendly words to **yourself** - be as kind to **yourself**!*

And what can you do to make this day a little nicer for someone else?

Maybe a lovely surprise? A compliment, an encouragement, a phonecall, a letter, a picture?

What else can you think of?

Even when you can't control other aspects of your life:

You do have control to turn this day into a better one!



Be a day improver



- Do you play "Secret Santa" at Christmas? This is a good idea and best played with the people who live with you (but you may also play alone in "Secret Mission,, 😊).
- This is how it works.
- Just like in Secret Santa, each person pulls the name of another person (it's more fun when no one knows who has pulled who). For this person you should do nice things all day. In the evening see if you can guess who your "Day Improver" was.

More ideas to make the day a little better

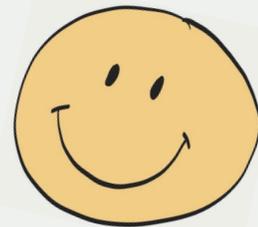


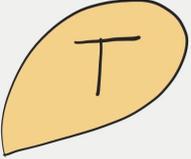
Perhaps you could hang up a large piece of paper in your home. On the paper all of you could write the nice things you have seen throughout the day.

Or you could draw a picture, a smiley, a flower or the sun for each time you see a "Day Improver".

In the evening you can check how full the paper is.

Can you think of something else?



 = **Things, that are good for you**

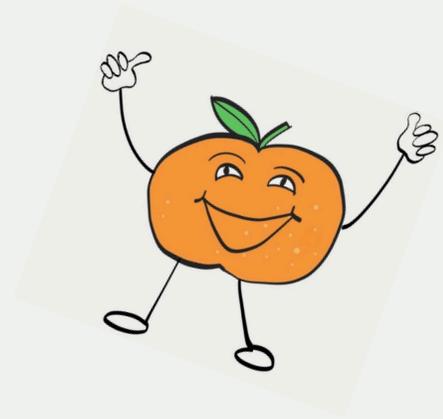
What is good medicine for you, what makes you feel good?

Maybe music, painting, crafts, sports, playing, dancing....

Which sports can you do at home? Maybe have a look on youtube for suggestions...

Who are the people who are good for you?

What else makes you feel good?



Thoughts influence our feelings...

If this were your face, what would you write or draw in the thought bubble to make the smiley smile?



Very important!

There is so much information about Corona that you can get quite mixed up about it all and even become frightened.

Perhaps you have heard something from other children or youths?

Or you have read something on the Internet?

Or you got information on WhatsApp?

Or something completely different?

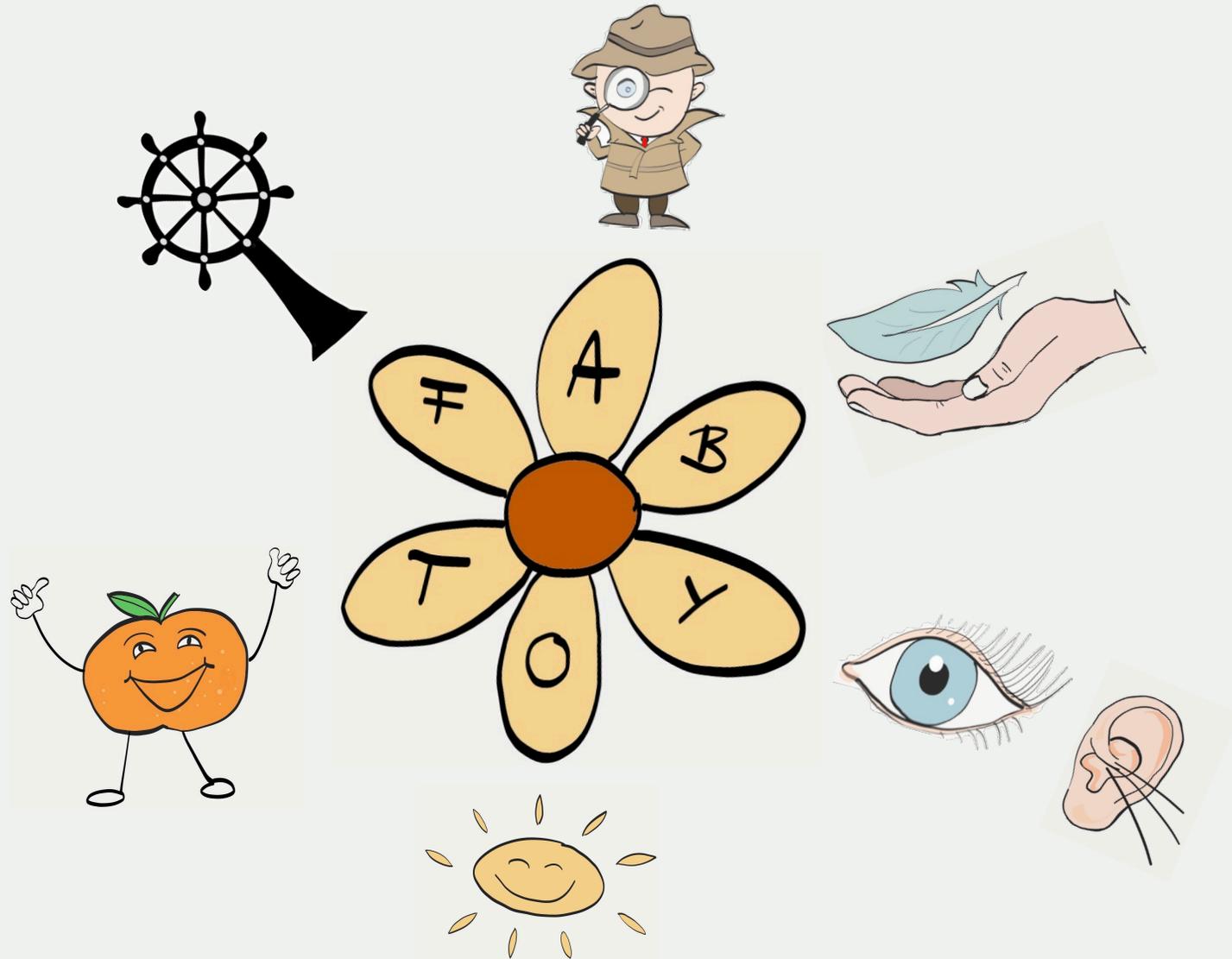


Not everything is true!!!

*If there is something you don't understand
or you are worried -
ask a grown-up!*



Your strong anchor:



*You are not alone!
Together we can do it!*

