

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

<https://www.hannah-zelzner.de/first-aid-for-children-and-young-people-in-times-of-corona>

## **Aim**

- *Strengthening the experience of self-efficacy*
- *Emotional calming*
- *Realising the possibilities of control and influence even in times of crisis & uncertainty*

*The steps of First Aid for children & young people in times of Corona can also be beneficial at other times of emotional crisis. Pages would have to be adapted or left out to suit the situation.*

## **Material**

- *Colouring in pictures (free downloads on the internet: anchor, detective, feather, eye & ear) → this deepens the participation of the child/young person*
- *Use of worksheets (pages 5, 11, 21)*
- *a feather to support the experience of bodily awareness*

## **Possible approach**

- *one-to-one and also possible in small groups*
- *step-by-step approach, possibly in several meetings/sessions (e.g. steps 1-3; steps 4 & 5 could be done later or separately)*
- *it is advisable to offer material for tension regulation during the units (e. g. fidget toys)*
- *methodical approach: talking, creative work, exercises to promote awareness of the here & now*

Note: *All photos have been taken during sessions of First Aid for kids & young people in times of corona in a German childrens home.*

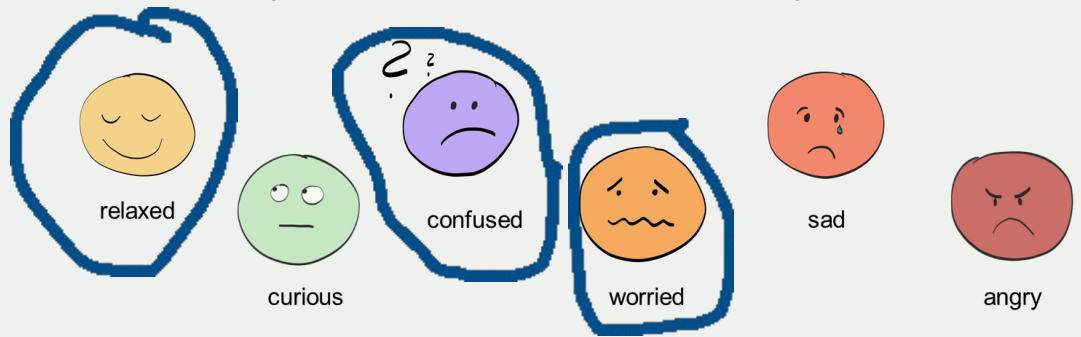
# The Five Steps

## 1) Starting with sharing emotions

**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? Mark the emotions that fit for you.



relaxed

curious

confused

worried

sad

angry

## 2) Introduction of the metaphor: An anchor in „stormy times“

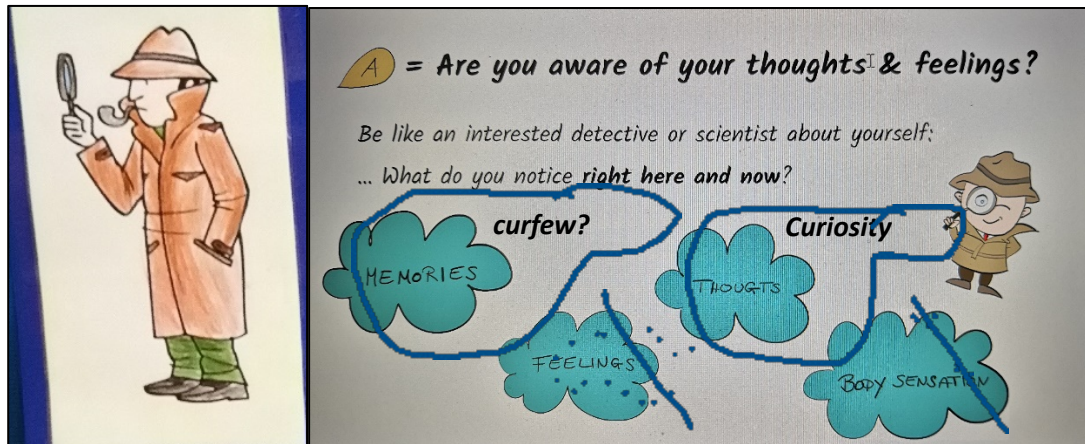


- A ship drops an anchor when there is a storm.
- The anchor cannot make the storm go away but keeps the ship safe until the storm has passed by.

### 3) Three steps to having a strong anchor:

*Noticing your own abilities of control and influence in the here and now*

#### 1) The detective: Be aware of your thoughts and feelings



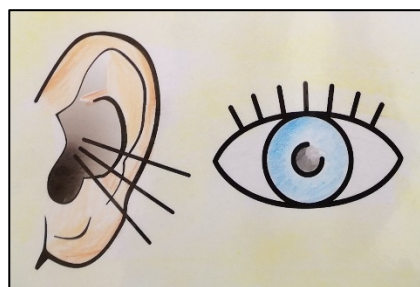
#### II) The feather: Feel your body

- exercises to raise bodily awareness: focusing on feet, shoulders, etc.
- A feather has been used to facilitate the experience of bodily awareness



#### III) Eyes and ears: Pay attention to the things you can see and hear right now

- Offer verbal directions to focus on auditive and visual stimuli



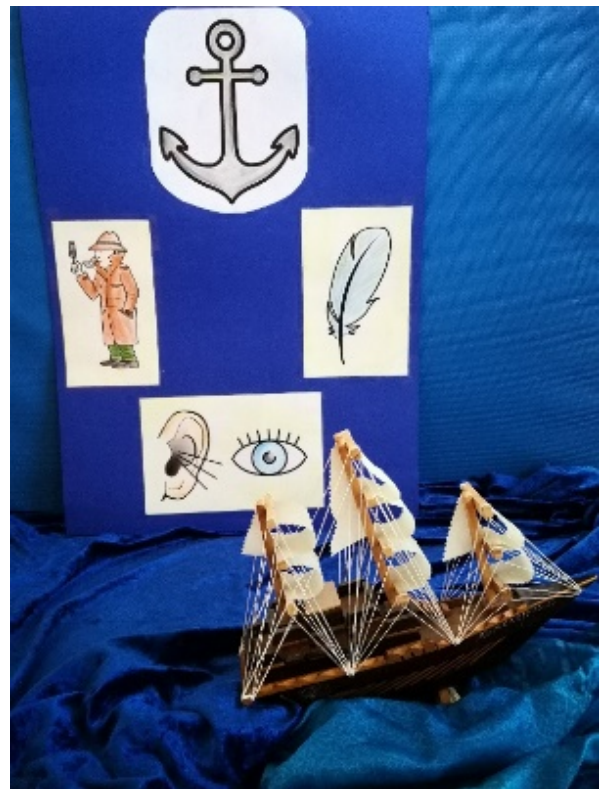
**Emphasis on the empowering aspect of control, following those 3 steps:**

***„It is you that makes yourself aware of the things in the here and now.***

***This strengthens your anchor!“***



*„These 3 steps strengthen your anchor“*

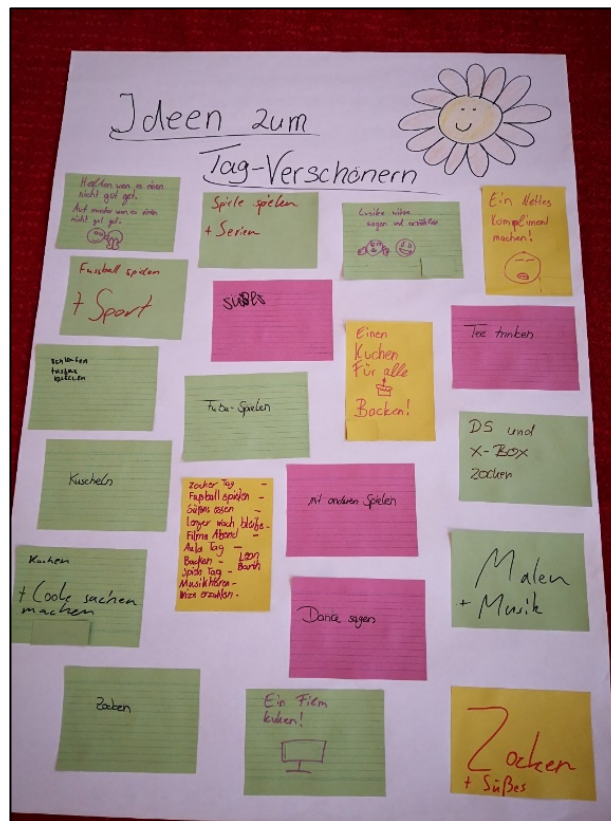


*„This anchor helps the ship to stay safe“*

#### 4) Possibilities to have a positive effect on the here and now:

##### The idea of making this day into a better day

- For oneself: „If someone you really like, was experiencing a hard time like you at the moment, what would be a kind and caring thing to say to them or do for them? Be so caring to yourself“
- Be the one, who makes the day nicer: Adapting the idea of „Secret Santa“
- For someone else: Brainstorming for ideas
- Visualisation of positive moments or experiences throughout the day
- Emphasise that it is in ones own control to do these positive things



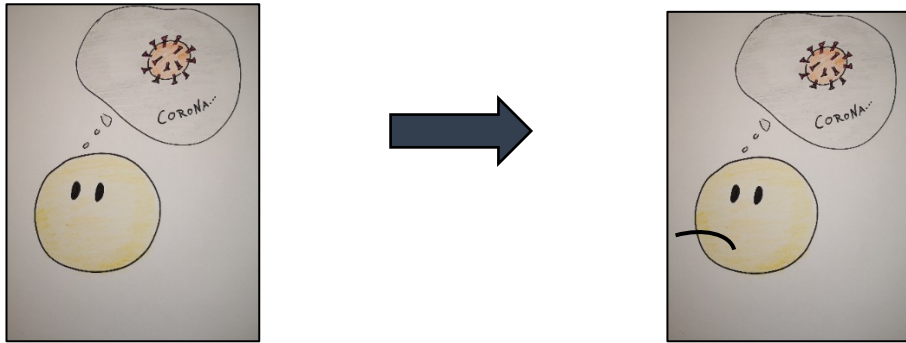
Brainstorming-Collage with ideas of how to make the day a little nicer

(here: for oneself & others)

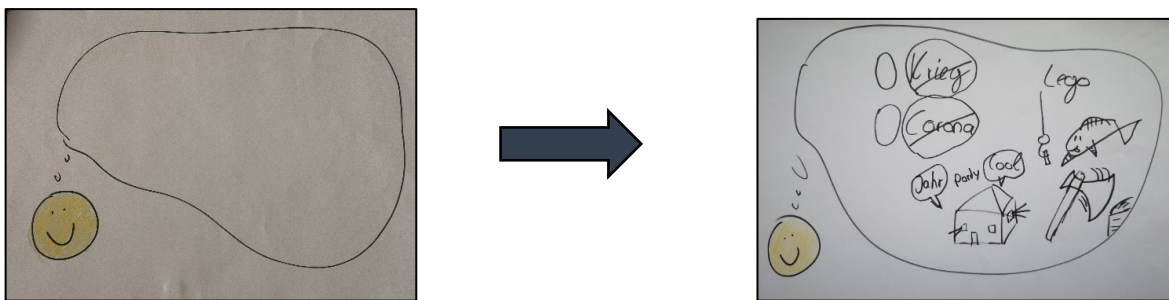


## 5) Thoughts influence the way we feel

- upsetting thoughts lead to upsetting feelings



- positive thoughts lead to positive feelings: „What kind of thoughts are good for you?“



In daily life the core aspects of the First Aid-steps can easily be activated by naming the symbols (anchor, detective, feather, hand/eye, sun & smiley with thought bubble). Once established, this is – without using many words – a useful tool to get in touch with a sense of control and self-efficacy.

**I hope these suggestions are helpful and you'll enjoy using the First Aid steps!!**



**Hannah Zelzner**

Questions or suggestions? Please feel free to contact me: [www.Hannah-Zelzner.de](http://www.Hannah-Zelzner.de)