

“Because of COVID...”



By

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A few people got sick in China. No one really knew where the bug came from. The rest of the world carried on as normal.



A lot more people got sick in China. The rest of the world started to take a bit more notice, especially when people from other countries started getting sick too.



People started to get sick all over the world. Some places got it worse than others. The places that had a lot of people living quite close together got it worst of all 😞



So the doctors decided the best thing was for people to stay home until the bug passed. It couldn't carry on spreading if people were apart from each other.



People stayed home. They could skype and call and message but they couldn't see each other face-to-face. Lots of new rules came in, all because of COVID-19.



- ☹️ No more sport
- ☹️ No more community events
- ☹️ No more being with our friends
- ☹️ Lining up at the supermarket
- ☹️ Only exercising in our own neighbourhood
- ☹️ Hand washing and sneezing into our elbows



We kids had to do home learning. It was a good and a bad thing. We could see our family more but it was stressful because our parents weren't our teachers. We either got too much work or too

little. Our home wasn't a school so it kind of felt odd.



Adults had to work from home, if they could. There was lots of time on the computer for everyone and it felt weird that mum and dad were home but always busy working. Some mums and dads couldn't work at all and worried they would lose their jobs. That was stressful.



It was a really strange time. The Prime Minister was in charge of everyone. Lots of people tuned it to the 1pm COVID-19 update to find out what would happen next and when they could get on with their lives again.



It got **really boring**. Everything became “because of COVID”, no one knew when life would get back to normal again or if it ever would! So we slowly crept forward, waiting and hoping that things will work out and we would get our lives back on track.



This COVID thing has been a weird thing. But it has taught us some useful lessons:

✓ You can survive without takeaway but you can't survive without the internet 😊

✓ Walking in the sunshine with your family sometimes is actually quite nice 😊

✓ You don't have to go to school to learn, but your parents aren't always the best school teachers! 😊

✓ Having a sleep-in on a school day is pretty neat 😊

✓ Slowing down and not rushing around is actually quite nice feeling .. when you get used to it! 😊

✓ Patience is a useful skill to learn, it is just a *bit of a struggle* sometimes! 😊

For now, I am *pretty mad* at COVID-19. Stupid bug!!!!



Because of *YOU!!!!* ...

- ☹️ I miss my friends
- ☹️ I miss my sport
- ☹️ I miss my school (yes!!! weird eh???)
- ☹️ I miss hugging my grandparents
- ☹️ I miss popping into the dairy for a few lollies
- ☹️ I miss playing touch at the beach with my cousins

Because of you, I'm *stuck at home*, restless, tired- in an odd kind of way 'cos I'm not really even doing much (!) and I'm *scared* I'm forgetting what normal life is like ☹️



I'm a bit *worried* about whether life will be the same, whether my friends will still be there when I get out and whether we'll all get sick and get stuck home again (please NO!!). I'm worried about falling behind with my learning and that I'll flunk my courses and have to stay at school forever ☹️



For now I sit and wait and get **more and more grumpy!** But *I am safe* and *I have to keep going*, because there is no other option. And maybe, just maybe, when Lockdown is over, I am going to be **extra grateful** for the crazy, busy life I lead and all the neat things I never used to notice.

Sometimes we get so caught up in trying to accomplish something big, that we fail to notice the little things that give life its magic.

PictureQuotes.com

## Useful links/resources:

For adults and teens:



<https://www.youtube.com/watch?v=5TQsfntld3U>



<https://www.youtube.com/watch?v=ofL-pn8os-c>

### How to Meditate - YouTube



Sep 27, 2012 - Uploaded by watchwellcast

Sign up for our **WellCast** newsletter for more of the love, lolz and happy!

<http://goo.gl/GTLhb> A lot of people ...

You've visited this page 5 times. Last visit: 20/05/19

<https://www.youtube.com/watch?v=IWIFMfEgc8A>



<https://www.youtube.com/watch?v=hnpQrMqDoqE>

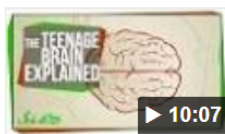
## FIVE WAYS TO WELLBEING



<https://www.mentalhealth.org.nz/home/ways-to-wellbeing/>

### [The Teenage Brain Explained - YouTube](https://www.youtube.com/watch?v=hiduiTq1ei8)

<https://www.youtube.com> › watch ▼



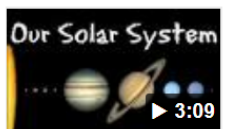
Mar 13, 2014 - Uploaded by SciShow

Being a **teenager** is hard. Especially when hormones play their part in wreaking havoc on the **teenage** body ...

<https://www.youtube.com/watch?v=hiduiTq1ei8>

### 11 Free Relaxation Apps for Teens With Anxiety | Slap Dash ...

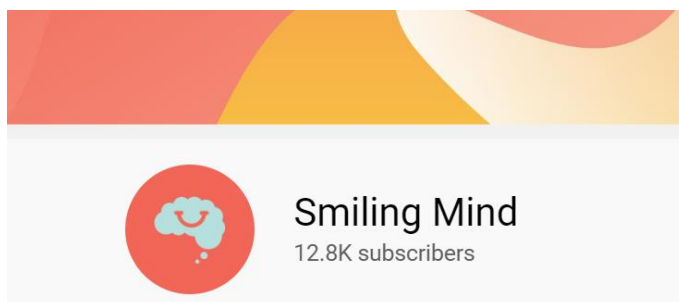
<https://slapdashmom.com> › anxiety-apps-teens



Oct 13, 2017 - Uploaded by Kids Learning Tube

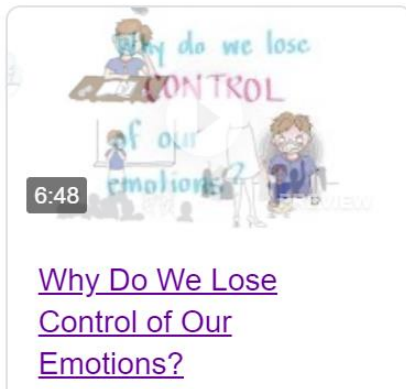
**Calm** is the #1 app for mindfulness and meditation for **teens**. Even if your **teen** has never done any ...

<https://slapdashmom.com/anxiety-apps-teens/>



[https://www.youtube.com/channel/UCSP\\_\\_8\\_QEFYdiogY2F3CXfA](https://www.youtube.com/channel/UCSP__8_QEFYdiogY2F3CXfA)

*For kids:*



[Why Do We Lose Control of Our Emotions?](https://www.youtube.com/watch?v=3bKuoH8CkFc)

<https://www.youtube.com/watch?v=3bKuoH8CkFc>



[Calm Down and Release the Amygdala](https://www.youtube.com/watch?v=Zs559gulGDo)

<https://www.youtube.com/watch?v=Zs559gulGDo>



**KIDS MEDITATION -  
BULLDOG FINDS HIS  
QUIET PLACE ...**

<https://www.youtube.com/watch?v=QKDLEdpRIRE>

For parents/caregivers:



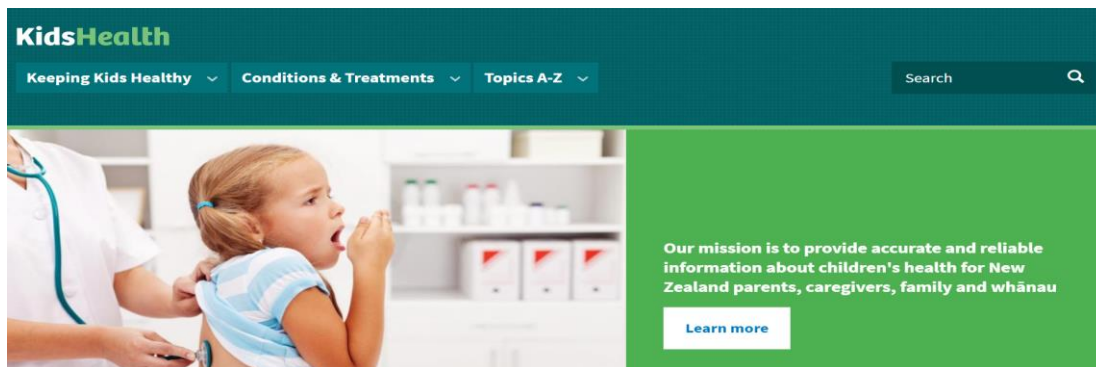
<https://www.skip.org.nz/>



The Australian Parenting Website



<https://raisingchildren.net.au/>



<https://www.kidshealth.org.nz/>

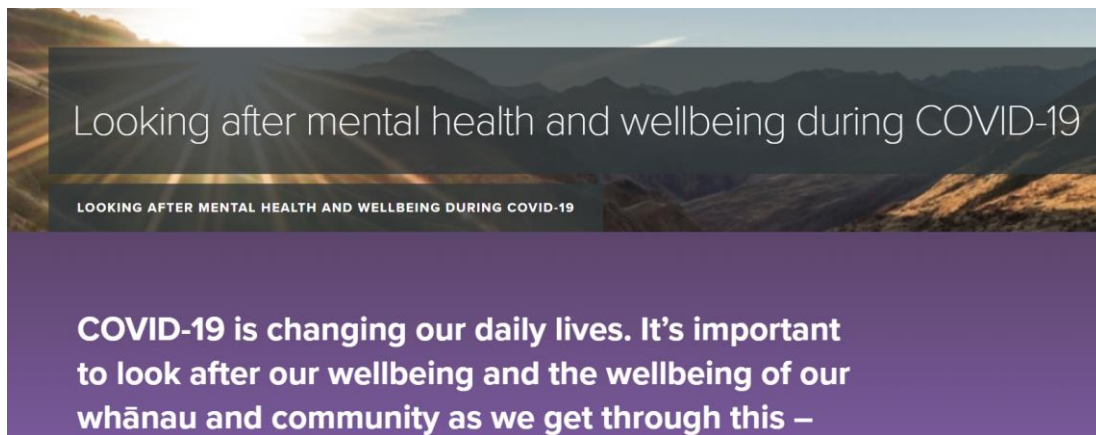


<https://copingskillsforkids.com/calming-anxiety>

*COVID-19 Related:*



<https://tpplus.co.nz/community/le-va-launches-trouble-in-your-bubble-catchyourself/>



<https://www.mentalhealth.org.nz/get-help/covid-19/>



**Coping With Worry & Anxiety  
About COVID-19**

<https://www.kidshealth.org.nz/coping-worry-anxiety-about-covid-19>