

Emotion coaching script for Coronavirus worries

What is happening?	What is he/she thinking?	Evidence and Alternatives?	What happened at the end?
Child is worried about Coronavirus.	<p>Why are you worried?</p> <p>What do you think might happen?</p> <p>What do you think is the worst thing that might happen?</p> <p><i>(listen to the child's answers, worries and concerns)</i></p> <p><i>(validate their feelings – "it is ok to be worried").</i></p>	<p>What makes you think that (this situation) will happen?</p> <p>Has that ever happened to you before?</p> <p>Have you ever seen that happen to someone else?</p> <p>How likely is it that (this situation) will happen?</p> <p>What would you think was happening if someone else was in the same boat?</p> <p>What would (another child) think if they were in this situation?</p> <p>How could you test out this thought?</p>	<p>What did your child think?</p> <p>What did your child do?</p> <p>How did your child feel?</p>
Everybody keeps talking about Coronavirus and I feel really worried.	<p>My school might close. Will we all get ill or die? Will I see my friends again? When? What will happen?</p>	<p>I don't know. Everyone seems worried, so I think I need to be too.</p> <p>I worry about not being able to go to school and getting really ill. I hope my family and grandparents will be ok. The worry makes my stomach hurt.</p>	<p>I felt better after I talked over my feelings with a grown up and they explained things to me.</p>

Coronavirus scripts:

Many people are getting sick and many more are likely to.

Most people will be a little bit poorly for up to a few weeks and then get better.

Lots of people, who have had it, got better already.

A few people, especially those who are old or already have health problems, might get more seriously ill and need treatment in the hospital.

We are staying at home and not doing all of our normal activities to help try to stop it spreading to more people.

If we carried on and went to; school, work and our clubs we would put more people at risk of getting the virus and make it more likely that we get ill.

When most people have had the virus, we will go back to school and work.

Most of us will have recovered completely/ be completely better.

A vaccine may have been made to help stop more people getting ill.

A few people may be more seriously ill in hospital and *a small number* will have died.

- **Recognise the emotion.**

- 'I can see that you are worried and I think it might be because of what you are hearing about the Corona Virus'

- **Normalise his/her emotions.**

- 'and it is ok to be worried, and I am a little worried as well, but it is not OK to (list the behaviors)'

- **Actively Listen to them.**

- Listen if they tell you how they are feeling, allow them to tell you that you have labelled the incorrect emotions if they feel this is the case.

- **Support in Problem Solving and set boundaries for behaviour's.**

- 'I am going to help you feel a bit calmer and explain again what all this means that you are hearing about the Corona virus and how you can try and keep yourself safe.'