

Together



We can beat
this.

Staying Safe
Dealing with COVID-19
A booklet for post-primary pupils



The Cover

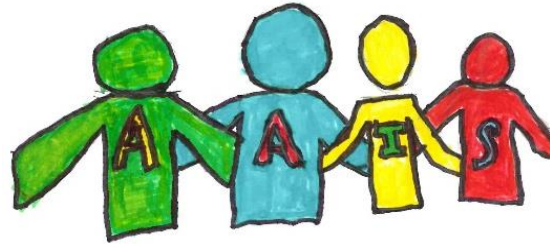
The Education Authority Autism Advisory and Intervention Service (AAIS) believe in showcasing the incredible talents of our amazing young people at every opportunity. We believe those that use a service are best placed to design it so all of our publications are designed in collaboration with our young people and their parents. We firmly believe by working together we can achieve more!

This incredible cover was designed by Leah Sloan, a Year 11 pupil at Portadown College. The inspiration of Leah's design is as follows: -

"I chose a lotus flower to symbolise strength, beauty, resilience and an awakened mind. Despite being born into dark, gloomy conditions, where hope for such beautiful life seems doubtful, the lotus grows, and rises above adversity. If we, the human race, are to gain more understanding, more kindness and more compassion, we must also rise to the hardships and challenges we currently face, just as the lotus does."



AAIS Post-Primary Home Pack



Information for Parents

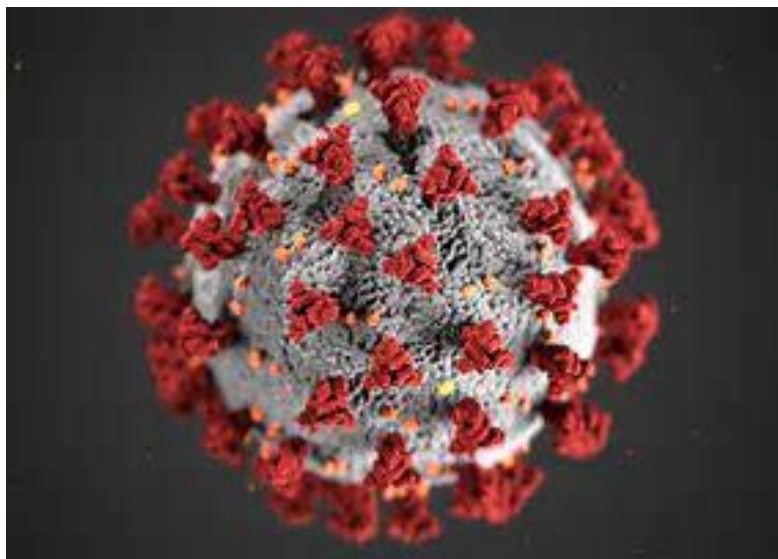
This online pack aims to address some of the concerns our young people may have at this challenging time during school closures and with the anxiety associated with the COVID-19 pandemic. The pack is designed as a pdf document with hyperlinks to videos and websites and is arranged into the following chapters: -

Chapter	Pages	Focus
Chapter 1	Pages 3 - 10	Understanding Novel Coronavirus and COVID-19
Chapter 2	Pages 11 - 14	Establishing a positive daily routine
Chapter 3	Pages 15 - 24	Accessing Remote Learning
Chapter 4	Pages 25 - 38	Looking after your emotional well-being
References	Pages 39 - 43	You may wish to omit this section if printing.

The pack is written specifically for our young people to read but you may wish to read it first and decide what content is most appropriate to share. AAIS respect your decision as the parent and know that you know your child best! We have signposted to some websites and apps which we have found useful but there are so many more online.....this is only the tip of the iceberg. We hope you find this AAIS Post-Primary Home Pack useful and, most of all, we hope you and your family stay safe!

Chapter 1

Understanding Coronavirus and COVID-19



Introduction

If you have been watching the news you have probably seen lots of stories about a new virus which is making some people unwell. This virus is known as 'Novel Coronavirus' and it can cause an illness known as 'COVID-19'. The governments around the world are working hard to address this and your school has been closed to keep everyone safe.



This booklet will explain to you what 'Novel Coronavirus' and 'COVID-19' are, will provide advice on taking precautions and how we can look after one another; and will provide advice on how to learn remotely during this time whilst your school is closed.

What is a virus?

Viruses are tiny particles that cause disease in people, other animals and even in plants! Different viruses cause many of our common illnesses, some of which you may have had, such as the common cold, influenza (flu) and chicken pox. Viruses are so tiny that people can only see them with powerful microscopes. Some viruses have a spherical (round) shape and others are rod shaped. On its own, a virus is lifeless. It only becomes active when it enters a living cell of an animal or a plant. Once the virus gets inside a cell, it can then reproduce (like all living things). Usually the body's immune system is ready to fight the virus.



For example, one way your body can fight a virus is by raising your temperature. This is called a fever. This is useful as a fever can make lots of viruses inactive. The body's immune system also produces white blood cells and antibodies which can attack the virus. This prevents future infection by the same virus. Most viral illnesses already have a vaccine. When you were a baby and a young child you probably had vaccinations against a whole range of viruses and some of you may get the 'flu jab' every year! These vaccinations prepare the immune system to fight off active forms of these viruses and prevent us from becoming unwell.



What is Coronavirus (COVID-19)?

Coronaviruses are a large group of viruses that can cause illnesses, as minor as the common cold. Recently, there was an outbreak of a new strain of Coronavirus. This outbreak had not been previously seen in humans and was first reported in Wuhan, China in December 2019. It is known as the 'Novel Coronavirus' because the word 'Novel' means 'new'. The illness that it can produce is known as COVID-19.

'CO' stands for Corona

'VI' for virus

'D' for disease

19 represents the first year (2019) this strain was discovered in humans.



Some people are fearful of Novel Coronavirus because it is a new viral strain. We are still in the process of developing a vaccine so it is spreading around the world quickly. When this happens it is called a pandemic. The good news is the best scientists are currently studying this virus on a global scale and are in the process of making a vaccine which will be safe for humans. Until then, governments around the world have given advice for people to stay safe so that the virus cannot spread. The virus spreads from person to person so the best advice is to stay in our homes: - that is why workplaces and schools are temporarily closed (don't get too excited...they will reopen when it is safe to do so!)



Video Clips

Here are some video clips which may help to explain it all in simple terms!

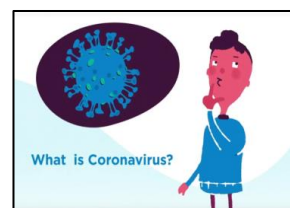
<https://www.youtube.com/watch?v=JCKEhUflpAY>



<https://www.youtube.com/watch?v=gxwslU2eGH0>



<https://www.youtube.com/watch?v=IX3dpN91E1I>



What are the symptoms of Coronavirus?

Even though the news sounds frightening, most people who catch Coronavirus will be OK. In fact, some children and young people may not even know they have it!



.....that is part of the problem! **YOU** may not show any symptoms but could be accidentally spreading it to an older person without even knowing. Just like the common cold, the Coronavirus is spread via droplets when a person coughs or sneezes. The immune system of older people and some people with other conditions can be weaker so we need to keep the virus away from them for a short time so that we don't accidentally spread it. If you are already poorly or someone in your home is you should take special care not to be around too many people so that we all stay safe. Current governmental health advice states you must only leave your home for very limited purposes, such as buying food and medicine, exercising once per day and seeking medical attention.

What are the symptoms of coronavirus?

Symptoms range from mild to severe

- ACHES & PAINS** Sometimes
- SORE THROAT** Sometimes
- HEADACHES** Sometimes
- FATIGUE** Sometimes
- SHORTNESS OF BREATH** Sometimes
- COUGH** Common (Usually dry)
- RUNNY OR SNUFFY NOSE** Rare
- FEVER** Common
- DIARRHOEA** Rare
- SNEEZING** No

SOURCE: WORLD HEALTH ORGANIZATION

What is the treatment for the Novel Coronavirus?

The World Health Organisation (WHO) and lots of renowned scientists are currently working on a new vaccination against COVID-19. In the meantime, there are lots of things we can do to stop infection in the first place.



1. WASH YOUR HANDS!

Wash your hands often with soap for **at least** 20 seconds.



Video Clips

Here are some videos to show you the right way to wash your hands (dancing and singing are optional!)



NHS Washing Hands Gangnam Style

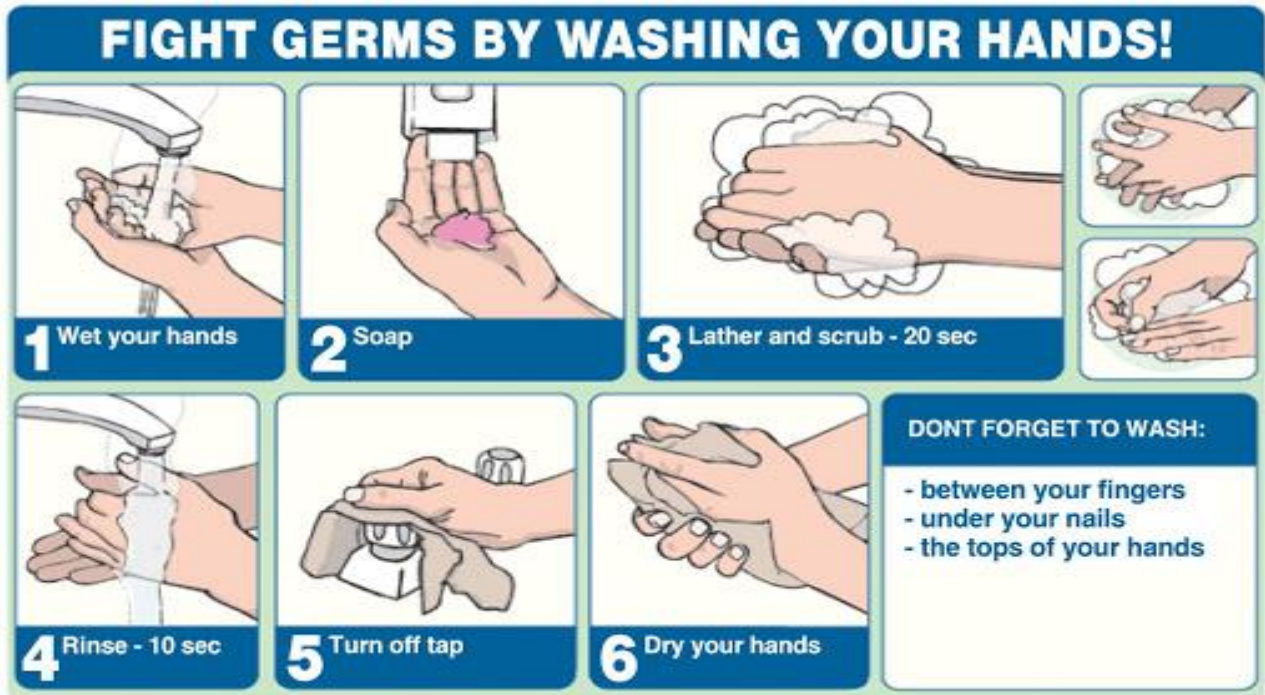
<https://www.youtube.com/watch?v=TGddyTW5eMc>



NHS Advice on Hand Washing

<https://www.youtube.com/watch?v=4ij110OB2hk>





TOP TIPS

2. KEEP YOUR DISTANCE!

Apart from your family, avoid close contact, where possible. This is known as **Social Distancing**.



3. STAY HOME!

If you have a dry cough and/ or fever, you **MUST** stay in your home for at least 7 days. This is known as **Self - Isolation**. If someone in your home has a dry cough and/ or fever, you must stay in your home for 14 days, even if you don't have symptoms!

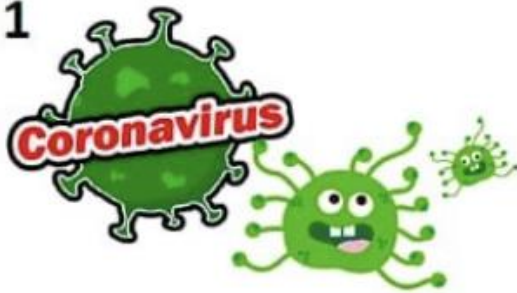




middletowncentreforautism

Middletown Centre for Autism

1



Coronavirus is like a germ which is spread from person to person.

2



Wash your hands for around 20 seconds or more

It is important to stop the germ spreading by washing your hands

3



and keeping your distance from people.

4



We should stay at home with our family and usually only go outside to play when an adult says it is safe

5



If we go out for a walk in public or to the shop we need to keep a distance of 2 metres from people. The last person in this queue is too close.

6



If we keep our distance we will help to stop the germs spreading.

Chapter 2

Establishing a Positive Daily Routine



We all thrive when we have a sense of purpose and when we have a plan for the day. Particularly, in times of uncertainty this can help you feel less anxious, more in control and more safe and secure. Your teachers may have given you work to complete but it is also very important that there is a balance between online learning, written and practical activities, being physically active and free time. Although it may be tempting to spend time on your devices and gaming all day, it is important to keep a balance. We would recommend you plan a 'daily schedule' each morning with a good balance of work and free time. Just jot down your plans for each day. A written checklist that you can stroke off on completion tends to work best.

COVID-19 DAILY SCHEDULE

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

Even though you are not physically at school, try to maintain a similar wake up and sleep/ bedtime routine. Before bed turn off all devices and have some 'down time'. Our minds can be filled with worries, especially when watching the news and during uncertain times. If you are having difficulty maintaining your sleep routine, there is an online bank of resources, accessible free of charge, from the Sleep Scotland website. Here is the link to relaxation exercises which can aid sleep: - <https://www.sleepscotland.org/new/wp-content/uploads/2019/10/Relaxation-techniques.pdf>



Step 1: Breathing Slowly

- Make yourself comfortable in your bed.
- Lie on your back and just let your body go as floppy as possible.
- Rest your arms by your side
- Think about your breathing.
- Take a deep breath in, hold and count to three – then let your breath out slowly.
- Take another deep breath, hold it and count to four – then let your breath out slowly
- Take another deep breath, hold it and count to five – then let your breath out slowly

Step 2: Relaxing Your Body

- Breathe normally in and out
- Clench your fists – then unclench your hands so that you feel all the muscles in your fingers relax
- Tense all the muscles in your arms, right down from your shoulders and then hold for one breath in and out.
- Relax your arms
- Tense all the muscles across your chest and hold for one breath in and out
- Relax your chest
- Tense and hold all the muscles in the lower half of your body and hold that for one breath in and out
- Relax your lower body
- Clench your toes and feet and hold for one breath in and out
- Relax your toes and feet.

Step 3: Relaxing your mind

- Think about a place where you usually feel happy and relaxed
- It can be somewhere that you have already been like
 - Where you went on holiday
 - Your granny's sofa, watching TV
- Or you can make up a place in your imagination – somewhere peaceful like
 - A beach
 - A dark green forest
 - A fluffy cloud in the sky
 - Floating on an inflatable in the middle of a swimming pool
- Make the picture as clear as you can in your mind
- Let your body relax even more
- When you breathe out you can think of the word “calm”

<https://www.sleepscotland.org/>



Some other helpful hints are to: -

- try to schedule for snacks and meals the way you would normally do on a school day
- set aside a quiet workspace for you to complete schoolwork and get into the habit of completing your daily school assignments each day
- allow for natural breaks, while doing school work, throughout the day but keep these to a time period of approx.. 20 minutes. Use a timer (<http://timeglassapp.io/>) to time your breaks so that you stick to your routine. This time can be spent relaxing, listening to music, reading for fun, engaging in a hobby or exercising (see next sections for ideas!)

Chapter 3

Accessing Remote Learning



Your school should have ensured you have an updated C2K username and password in order to access C2K software and online resources from home. Please remember the SMART rules when using the internet to access learning and when keeping in contact (remotely) with your friends.



Further Resources

Further information on staying safe online is available from the 'Think U Know' websites.

https://www.thinkuknow.co.uk/11_13/ (Ages 11 years old – 13 years old)

https://www.thinkuknow.co.uk/14_plus/ (Age 14 + years old)

Remote Learning: - Ten Top Tips for successful completion of school work at home!



1. Plan your day



Having set times for work and for breaks is very important. **Remember:** You spend approximately 6 hours a day in school and would be expected to complete 1-2 hours of homework per night. Scheduling this into your day will ensure you are allowing yourself enough time to complete the work that your teachers are setting for you (<http://timeglassapp.io/>)



During your breaks try to do activities that you enjoy such as reading, walking, going outside, having 'Skype' or 'Zoom' calls with your friends, doing crafts, playing computer games or watching your favourite TV programme. It can be helpful to use a timer so that you stick to your times (for work and for breaks).

2. Start your work early



Try not to leave all your work until the afternoon. You will enjoy your afternoon more knowing that you have completed all your tasks for the day.

3. Dress appropriately

Ready for work



Even though you are not leaving the house, it is still important to get up, washed and dressed. This sets you up for the day ahead plus you will look a lot better when skyping your friends!

4. Eat Healthily



Just as you would when at school, try to eat healthy snacks and meals throughout the day and ensure you stay hydrated by drinking water. This will help you to concentrate on the tasks that need to be completed.

5. Stay in Contact



It is important that you log on to your My School account each day as your teachers will be setting you work to complete and to upload. Try to do this at set times of the day rather than spending all day refreshing the page. You will also need to be online if your teacher is doing an online video lesson for your class.

6. Avoid Distractions



Have set times for going onto your phone / social media and consider switching your phone off or leaving it in another room until it is time for your break. This can be a really good way to motivate you to get set amounts of work done in each of your work slots.



Sometimes it can be difficult to have a quiet space to work. Consider wearing headphones when you are working as a way to block out other distractions. Another idea might be to schedule time for you to have quiet work space and time for any siblings to have their quiet work space.

7. Have a dedicated work space



Try to have a dedicated space in the house where you do your work. This way you will know where you are going to go to do your work and it also means that you can have all your supplies on hand.

8. Sleep is important



You may not have to go to school each morning, but you still have school work to do. It is important, however, that you try to ensure that you get a good rest each night so that you are ready for the next day (just as you would if you were going to a school building) www.sleepscotland.org

9. Write a 'To Do' List



'To Do' Lists are a very good way to remind you what you need to accomplish each day. You also get to enjoy crossing completed tasks off your list. Try to write your 'To Do' List for the next day at the end of your work time so that you will be ready to get started on your tasks when your work time begins the next day.

10. Enjoy this new way of working



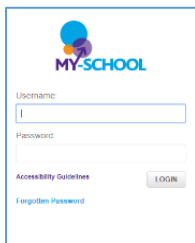
You have a great opportunity to learn lots of new skills over the next few weeks and months. You could learn cookery skills, how to bake, gardening, a new language, etc. Everyone is adjusting to a new way of working and living and now would also be a good time to help out at home where you can.



Useful Websites

Below you will find links to some useful websites. Your school and your teachers will also give you links to many useful websites which are relevant to your courses. Look these up where you can as they are all there to help you.

General



My School

(You need your c2k Username and password to log in). When you log into My School you can access materials / tasks that your teachers have set you

<https://ids.c2kschools.net/nidp/idff/sso?id=3&sid=0&option=credential&sid=0>



Google Classroom

These websites are a great site to encourage online safety

https://drive.google.com/file/d/1uFBoYMjS9vrWSDwq6djRKKlwIReN5vnG/view?fbclid=IwAR30KBO9H7h8I-biP8qEXioFr9vZ1I_2fMx9rFV3JAbereAGgkqQQ1wseRQ



CCEA website

This link to the CCEA website will get you access to the specifications for exams that you may be taking. This website also contains information on the exams situation at present <https://ccea.org.uk/>



Revision



Crash Course

Lots of short courses on a range of topics

<https://thecrashcourse.com/courses>



BBC Bitesize

A wide range of materials on key topics and subjects (at every level) that you will be studying in school <https://www.bbc.co.uk/bitesize>



The Dublin Academy of Education

A range of free online courses during school closure

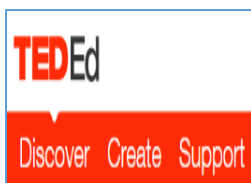
<https://dublinacademy.ie/>



The Khan Academy

Offers free online learning courses for young people in a range of subject areas, especially useful for Maths and Computing

<https://www.khanacademy.org/>



TED Ed

A range of useful online talks and videos

https://ed.ted.com/lessons?content_type=animations+talks&direction=desc&sort=publish-date&user_by_click=student



SENECA

Provides a wide range of learning materials and courses for GCSE and A Level students: - some resources are free!

<https://www.senecalearning.com/>

History



Big History Project

Examines our past, explains our present

<https://www.bighistoryproject.com/home>

Science & Technology



The Kids Should See This!

This website has lots of interesting videos

<https://thekidshouldseethis.com/>



Mystery Science

Provides a range of questions and experiments

<https://mysteryscience.com/>



The Crest Awards Programme

Provides science and technology projects that young people can complete at home

<https://www.crestawards.org/>

Computers / Programming



Scratch

To learn more about computer programming and coding

<https://scratch.mit.edu/explore/projects/all/>



iDEA Mini courses

Online courses in a range of topic areas including coding

<https://idea.org.uk/>



Tinker Cad

A website where you can learn about coding and making things work

<https://www.tinkercad.com/>



Blockly Games

Teaches computer programming via gaming <https://blockly.games>

Geography



World Geography Games

This website contains a range of geography based games

<https://world-geography-games.com/world.html?fbclid=IwAR2can9XGJjMOZa37-UitgJXHgV8Ts-88va4c9jPe0eRbS1b3anRHAFEjIE>



National Geographic and National Geographic Kids

A variety of useful and interesting articles, videos and tasks

<https://www.natgeokids.com/uk/> (kids)



<https://www.nationalgeographic.com/> (all)

Maths



Corbett Maths

This website is excellent for maths practice and revision

<https://corbettmaths.com>

For Parents



ALN Home School

This website signposts to other websites which you may find useful over the next few weeks

<https://sites.google.com/bridgend.ac.uk/alnhomeschool>



Parent Info

A website with information and advice for families in a digital world

<https://parentinfo.org/>



Net Aware

This is an NSPCC website and explains how to keep children and young people safe online <https://www.net-aware.org.uk/>

Chapter 4

Looking after your

Emotional Well-being



At stressful times, it is even more important to be kind to yourself and to look after your emotional wellbeing. This chapter will signpost you to a range of apps and online resources which focus on physical exercise, hobbies and interests, relaxation tools and connecting with friends.

1. Physical Exercise

Daily exercise is important for both our physical and emotional well-being. Here are some ways of getting that daily burst of exercise when you are stuck inside the house!.



Joe Wicks YouTube channel

PE with Joe: Log on to this every morning at 9.00am for a personal training session with Joe Wicks! A burst of physical exercise and a positive start to your day

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI>



YMCA Health and Fitness Videos

This site allows you to stream daily exercise, including Yoga, Tai Chi and Bootcamp! <https://ymca360.org/>



Core NI

Live Family Workout every day @ 11.00am (available via Facebook and Instagram) <https://www.facebook.com/corenicorekids/>

2. Pursuing a hobby or interest

Now that you are in one place this might be the ideal time to pursue a hobby or interest. During the school closures many websites are offering free trials and free resources.

Libraries NI

Libraries NI

'Borrow' online books and magazines, free of charge. All you need to have is your library card! <https://librariesniuk.overdrive.com/>



Blue Peter Badges!

Did you ever think that you might want to earn a Blue Peter Badge....– well, now you can! <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>



Duolingo

If you would like to learn a new language or practice a language that you are learning in school you should consider checking out the duolingo web page <https://www.duolingo.com/>



Minecraft

Minecraft tutorials.... free for one month!

<https://education.minecraft.net/class-resources/trainings/>



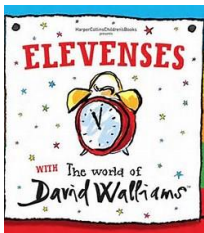
Amazon Audible

Currently offering free access to loads of books during school closure

<https://www.audible.co.uk/>

Celebrity Teachers!

You might now have an opportunity to learn from the best! During these school closures, many celebrities are giving their time and providing online resources for remote learning at home.



English with David Walliams

David Walliams reading a story day at 11.00am

<https://www.worldofdavidwalliams.com/elevenses/>



Home Economics with Jamie Oliver

Recipes to try from Jamie Oliver

<https://www.jamieoliver.com/features/category/get-kids-cooking/>



Myleene's Music 'Klass'

Subscribe for remote music lessons!

<https://www.youtube.com/watch?v=jCRXAErag8U>

<https://www.youtube.com/watch?v=8XXmBITadys>



History with Dan Snow

Free trial for 30 days!

<https://tv.historyhit.com/signup/package>

3. Be mindful of your emotions

Dr Russ Harris, author of “*The Happiness Trap*” presents a number of emotional regulation strategies using the anagram: - ‘**FACE**’. Here’s a quick summary of the key steps: -



FACE COVID: **FOCUS** ON WHAT IS IN YOUR CONTROL!

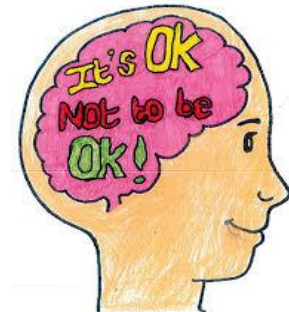
Anxiety is a normal, natural response to an uncertain situation. It’s all too easy to get lost in worrying and ruminating about all sorts of things that are out of your control: what might happen in the future; how the virus might affect you or your loved ones or your country or the world – and what will happen then - and so on. Although it’s completely natural for us to get lost in such worries, it’s not useful or helpful. Indeed the more we focus on what’s not in our control, the more hopeless or anxious we’re likely to feel. So the single most useful thing anyone can do in any type of crisis – Corona-related or otherwise - is to: **Focus on what’s in YOUR control.**



<https://www.baps.org.uk/content/uploads/2020/03/FACE-COVID-by-Russ-Harris-pdf-pdf.pdf>

FACE COVID: **A**CKNOWLEDGE YOUR THOUGHTS AND FEELINGS

It is important to acknowledge your thoughts and feelings and to talk to someone if you are feeling overwhelmed.



FACE COVID: **C**ONNECT WITH YOUR BODY

Even though it may be challenging to control your feelings, it is important to gain as much control as possible over your physical actions. These are known as grounding exercises.

For example, you may try to slowly: -

- push your feet hard into the floor
- straighten up your back and spine
- press your fingertips together
- stretch your arms or neck
- breathe.



FACE COVID: **E**NGAGE YOUR SENSES

It is important to get a sense of where you are and refocus your attention on the activity you are doing. For example, you could: -

- Look around the room and notice 5 things you can see; notice 3 or 4 things you can hear etc.

Grounding exercises are available via: -

<https://youtu.be/9XyxqWiqLk0>



Online Resources and Apps

There are tonnes of online resources and apps, many of which are free of charge at present. Please see below some apps/websites which may be helpful at times when you are feeling anxious.



Autism NI Anxiety Resource Pack

Autism NI have created an 'Anxiety Resource Pack' which includes a Body Outline chart, the 5 Point Scale, the Sticky Slimy Thoughts chart and a list of coping tools that individuals can choose from <http://autismni.org/anxiety-resource-pack.html>



Breathe to Relax

You will be able to use this app for relaxing your mind and relieve physiological and physical stress



<https://apps.apple.com/us/app/breathe2relax/id425720246>



Stop, Breathe and Think

Guided meditations, breathing exercises and mindfulness

<https://www.stopbreathethink.com>



Head Space

Mindfulness for everyday living

<https://www.headspace.com/>



Chill Panda

Uses the camera on your mobile to detect your heart rate and provides relaxation and calming exercises.

<https://www.nhs.uk/apps-library/chill-panda/>



Mind Shift: Healthy Young Minds

Free app designed for teens and young adults to cope with anxiety. <https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/mindshift/>

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/mindshift/>



Beat Panic

Designed to guide teens and young adults through a panic attack or raised anxiety using their mobile phone

<https://www.nhs.uk/apps-library/beat-panic/>



Insight Timer

App and guided meditations for addressing sleep, anxiety and stress. <https://insighttimer.com/>



The Free Mindfulness Project

Mindfulness-based stress reduction.

<http://www.freemindfulness.org/download>



Calm

Strategies for sleep, meditation and relaxation

<https://www.calm.com>



Mindfulness Colouring App

To provide a sense of peace and focus.

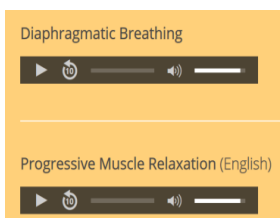
<https://www.annafreud.org/on-my-mind/self-care/>



The Counseling Teacher

Journal for teens, growth mindset and mindfulness

<https://thecounselingteacher.com/>



CHOC

This website provides free guided imagery to assist with diaphragmatic breathing and progressive muscle relaxation.

<https://www.choc.org/programs-services/integrative-health/guided-imagery/>



Reach Out

Practical support and tips and section on current situation

<https://about.au.reachout.com/>



Smiling Mind

A non-profit and app-based meditation and mindfulness programme <https://www.smilingmind.com.au/>



Autism 5-Point Scale EP

This app provides individuals with ASD a means of communicating their personal level of anxiety and providing them with specific guidance.

<https://apps.apple.com/gb/app/autism-5-point-scale-ep/id467303313>



The Worry Box App

An app used to address anxiety and self-help.

<https://www.appbrain.com/app/worry-box-anxiety-self-help/com.excelatlife.worrybox>



Anti-stress Anxiety Relief Games App

Stress-relieving games on your mobile and/ or i-Pad.

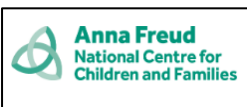
<https://apps.apple.com/us/app/antistress-anxiety-relief-game/id1438709018>



Anxiety Canada

Strategies to relax, be mindful and take charge of your anxiety

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>



Anna Freud

Self-Care breaks throughout your day

<https://www.annafreud.org/on-my-mind/self-care/>



Middletown Centre for Autism (MCA)

Online training programme and bank of online resources and research bulletins for parental advice and support

Teenage Resource <https://teenage-resource.middletownautism.com/>

Life Skills Resource <https://life-skills.middletownautism.com/>

Building Capacity Resource <https://capacity-resource.middletownautism.com/>

Best Practice Resource <https://best-practice.middletownautism.com/>

Sensory Processing <https://sensory-processing.middletownautism.com/>



ChildLine

Talk to a counsellor online <https://www.childline.org.uk/>

4. Keep in contact with your friends

It is important for you to schedule time to connect with your friends. It is important to share how you are feeling, to provide peer support and to have fun! Thankfully, in this increasingly technological world there are so many ways to do so! This can include video conferencing, text or social media. Please remember the SMART rules discussed in Chapter 2 when connecting with your friends. Some apps that may be useful include: -



Zoom

Free one-on-one video meetings for three or more people, up to forty minutes <https://zoom.us/>



Skype

Allows free calls and chat, up to 50 people at a time
<https://www.skype.com/en/>



Face Time

Video call your friends from an apple device
<https://www.facetime.org.uk/>



House Party

Allows friends and families to stay in contact and play games together <https://www.houseparty.com/>



Whats App

Face time calls, chatting with friends, individually or as part of a group <https://www.whatsapp.com/>

Thank you to our fantastic co-producers!



**Leah Sloan: -
Design and Illustration of 'Staying Safe' cover and logo**

**Saoirse McNamee: -
Design and Illustration of 'My Voice' co-production logo**

Input from our AAIS Pupil Forum

Input from our AAIS Parent representatives

**Post-Primary Team Members from the Education
Authority Autism Advisory and Intervention Service
(AAIS)**


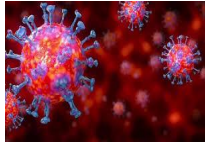














Reference Section

Image References

Page	Image	Reference
1		<i>"Staying Safe: - Dealing with COVID-19. A booklet for post-primary pupils"</i> logo and cover. Designed by Leah Sloan, Year 11 pupil at Portadown College.
2		Logo for the Education Authority Autism Advisory and Intervention Service (AAIS). Designed by Nathan Gallagher, Year 10 pupil at City of Armagh High School.
3		https://www.ecfr.eu/article/commentary_seven_early_lessons_from_the_coronavirus
4		https://www.freepik.com/premium-vector/newsreader-is-broadcasting-tv_2319570.htm
4		http://www.colerainechronicle.co.uk/news/2020/01/24/news/garvagh-primary-school-closed-today-for-deep-clean-7822/
4		https://news.umich.edu/coronavirus-u-m-experts-can-discuss/
5		https://health.clevelandclinic.org/whats-happening-in-my-body-when-i-have-a-fever/

Page	Image	Reference
5		www.ontheworldmap.com
5		https://www.bbc.co.uk/news/uk-wales-52070212
6		https://www.shutterstock.com/search/stay+safe
6		https://www.mirror.co.uk/news/uk-news/coronavirus-british-scientists-close-developing-21691427
6		https://northpark.instructure.com/courses/22/pages/video-clips?module_item_id=6754
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15		https://www.microsoft.com/en-us/education/remote-learning

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16		https://www.pinterest.co.uk/pin/81768549460377501/
17-28		Images form www.googleimages.com and associated websites
29		https://thehappinesstrap.com/
29		https://thecounselingteacher.com/
30-38		Images form www.googleimages.com and associated websites