



Coronavirus

Support for Year 11 and beyond

This leaflet is aimed at young people in Year 11 moving on to college or further education

Where we are now

So, you've found out that school is closing and you won't be doing your exams this year, as you had expected.

You might be feeling:

- **Sad** that you might not see your friends and teachers again;
- **Worried** about what this will mean for your qualifications;
- **Frustrated** because you have already worked so hard;
- **Confused** about what all this will mean for you.

Let us assure you, you are not alone in these feelings, and they are all perfectly **rational** and **normal** things to feel.

What you are experiencing is the loss of something that you were working towards. When humans experience loss, they typically react in a particular way. This is called **grief**.



Because humans are resilient, when difficult things happen, we often **grow** as individuals.



Check in with yourself. How am I feeling today?

What might this grief look like for you?

Denial	"I can't believe this is happening to me"
Anger	"Why is this happening to me? It's not fair!"
Bargaining	"What can I do to change this, I'll do anything!"
Low Mood	"What was the point in coming to school at all?"
Acceptance	"Okay, maybe it will all work out okay"



Take time to reflect: What has been the best experience for you at school? Think of three things you have learnt you are good at. What has been your biggest achievement?

What can you do next?

Research shows that there are **five** key principles that can help us to grow after a big event or loss.



1. Feeling Safe

It can be important to feel safe during this time. Often routine and structure helps us to feel safer and in control. Try to limit how often you listen to the news. Speak to an adult or friend who helps you to feel safe.



Set up a timetable. Plan in some time for learning, fun and relaxation. What makes you feel safe?

2. Feeling Calm

You are likely to feel a range of big feelings during this time, both positive and negative. This is completely normal. You may like to try different techniques to manage your emotions.



Notice what helps you feel calm. It may be exercise, listening to music or breathing exercises. Experiment with different things to find what works for you!

3. Feeling in control

Our feelings of control over what happens to us and our belief that our actions can make positive changes. Accept what cannot be changed and focus on what you can change.



Try to set achievable goals within the new circumstances of your life.



4. Feeling connected

We may be apart but we can still stay connected to others. You may be missing your friends and teachers. There are lots of ways to keep in touch.



You can use your phone, email, social media or even postcards to keep in touch with friends and teachers.

5. Feeling hopeful

Hope is a practice. It is something we **do** not something we have. It is natural to have negative thoughts. What we can do is practice coming up with helpful thoughts.



What would you say to your friend to keep them hopeful? Look for opportunities to practice being more patient or kind with yourself.

Your path

The activity on the next page may help you to reflect on these five principles and help you practice hope in the next coming days.

You may want to fill this out on your own, or with a parent, familiar adult or friend.

In the future I want...

To get there I'm going to need....

The people who can help are...

Things I'm already good at that will help...

To keep me strong, I can...

Who can I talk to?

If you would like to speak to someone about the information on this leaflet, please speak to an adult who you trust at home or at school.

There are also lots of confidential helplines and website which can also offer support:



Useful Websites

www.kooth.com

www.youngminds.com

www.mind.org.uk/information-support/for-children-and-young-people/

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

Croydon Educational Psychology Team

