EVERYBODY WORRIES
A picture book for children who are worried about Coronavirus
Even the bravest of the brave

and the coolest of the cool...
...can worry about something big

or worry about something small.
Even the toughest of the tough

and the smartest of the smart...
...can be worried by noises they hear in the dark.
What you find worrying

others might find fun.
Worries aren't always the same for everyone.
But sometimes an event turns the world upside down

and everybody worries and wears a long frown.
Worrying is normal when so much has changed.

It’s okay to worry when things don’t stay the same.
Your head might ache and your heart beat quickly, as worries rise like a wave...

...and make you feel sickly.
So let's talk to each other, we might all feel the same.

Let's exercise, eat well and get enough sleep.

Let's speak to our family and friends on the phone.

Let's paint beautiful rainbows, to show we're not alone.

Let's draw our worries and give them a name.

Let's take three breaths, slow and deep.
Sharing our worries can make us feel better.

Showing our feelings brings us together.
It's okay to be worried, but this won't last forever.

We can overcome anything, when we're there for each other.
This book is dedicated to all the care givers, healthcare workers, delivery people, volunteers, teachers, artists, mask makers and those giving their time, resources and love to help each other all over the world.

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If your child feels worried or anxious, here are some links to places that can help:

**YOUNG MINDS**
A charity offering advice on how to support your child’s mental health:
https://youngminds.org.uk/find-help/for-parents/

**NHS**
Advice on managing anxiety in children:

**BRITISH PSYCHOLOGICAL SOCIETY**
Advice on talking to children about illness:

**THE NATIONAL AUTISTIC SOCIETY**
Coronavirus resources for autistic people and families:
https://www.autism.org.uk/services/helplines/coronavirus/resources

**THE SAMARITANS**
Free 24-hour support helpline:
Telephone: 116 123
https://www.samaritans.org/

**UNICEF**
What you need to know about the virus to protect you and your family:
https://www.unicef.org/coronavirus/covid-19

**CONTACT**
Coronavirus information for parents of disabled children:
https://www.contact.org.uk/advice-and-support/covid-19/
How are you?

It's OK to worry about Coronavirus.

This book offers support to children who are feeling worried by Coronavirus and the sudden changes it's brought to their lives.

It reassures children that this will pass, we are there for them, and we will get through this together.

Also in the series

[Image of a book cover]