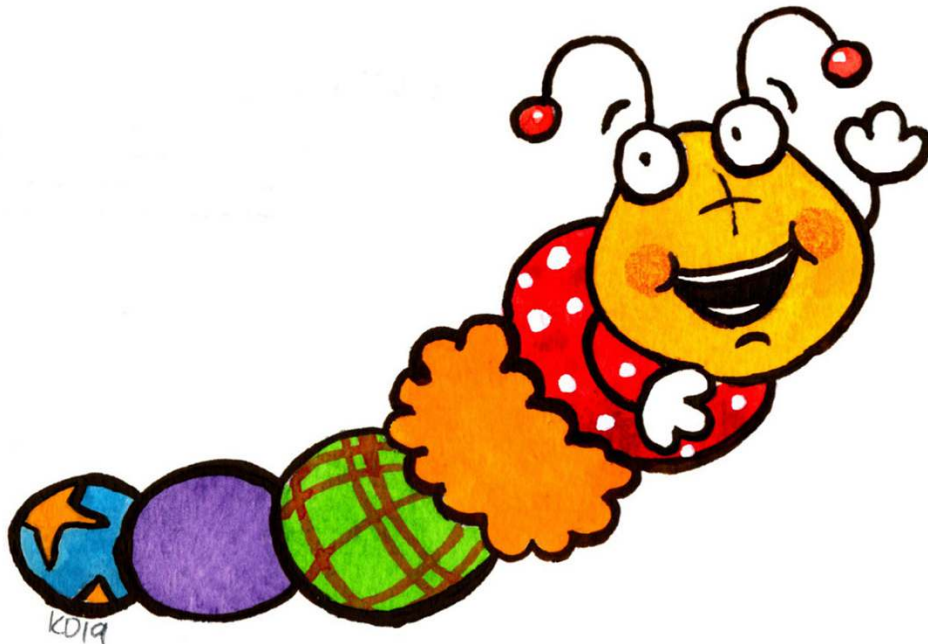


CASEY'S
CATERPILLAR
CLUB

Years 2-4
Coronavirus Edition



Introduction to the Casey storybook

Dear Parents,

Given the current situation, we thought it might be helpful to share with you this storybook that your child will have used to help them talk about their feelings whilst in school. During these extraordinary times, your child is likely to be feeling a raft of different feelings in a much more heightened way than perhaps they would have done under more normal circumstances. The purpose of this storybook is to help your child discuss some of these feelings with you.

How to use the storybook

It is up to you how and when you use this storybook. In school, the children have a regular slot when they sit and listen to the story and discuss the week's feeling as a class. You may choose to do something similar, or you may prefer to just use a particular story as and when you think it is necessary. The children will also be used to having a fluffy Casey that who joins them during the story. These Casey's are simply made out of 4 or 5 pom poms that are joined together, with a simple face added. Please feel free to make a Casey of your own, or alternatively, you could ask your child to draw a picture of Casey who could 'join you' during the story.

Please also be aware that the general nature of this storybook means that your child's individual experience of a particular feeling may be different to what is described in the story. Where possible, allow your child to explore this with you. Also, as it is written to cover children of different ages, you may feel that some descriptions are too complicated for your child or give more information than you are comfortable with. **This storybook is simply a guide to help you explore feelings with your child; please adapt and amend the story according to the needs of your individual child/children.**

Some helpful tips when discussing feelings with your child

1. Try to normalise their feelings: your child is bound to be feeling all sorts of different and perhaps confusing feelings at the moment. Phrases such as:

- It's Okay to feel angry/lonely/sad/confused/disappointed etc' or
- I understand that you feel, or
- It's normal to feel

will help to reassure them that this is normal under the circumstances.

2. Be curious: being curious in the way we talk about feelings with our children really helps, as it invites open discussion rather than our children feeling *told* how to feel. We have specifically not included any direct examples of times when your child might feel a particular feeling as it will be different for each child. Try to explore the different feelings with your child, and validate their individual experience. Again, using phrases such as:

- I wonder if you might be feeling angry/disappointed/sad etc or
- Shall we see if there are any other feelings you might have as well as feeling or
- I sometimes feel sad when I feel lonely/angry do you think you might be feeling that too?

3. Practice being calm with your child: like riding a bike, the skill of being calm needs practice in order to become good at it. The more you practice 'Calm Time' with your child,

particularly when they are already being calm, the more quickly and easily they will be able to become at calming down when they are feeling emotional.

None of us are perfect and it is going to be particularly difficult to remain consistent and calm during these difficult times. Be kind to yourself as well as your child. If possible, try to find your own space and time to know and express your own feelings, both the comfortable feelings as well as the more uncomfortable ones. Also, please hear the words of Casey when he says, 'feelings are just feelings, they come and they go, we don't have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.'

We wish you all well at this time and hope that this storybook gives you the opportunity not only to help your child learn the words to express their feelings, but also that it allows you to spend some fun, quality time together that you might not otherwise have had.

With our very best wishes,

Liz and Natalie.

April 2020

PS . I should like to thank my daughter, Emily, who had hoped to be revising for her GCSE exams at the moment but, given their cancellation, has used the time instead to help put this storybook together. x



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Guidance Notes

Talk Time

Helping your child to recognise their feelings and express them using their words rather than repress them or express them through negative behaviour, is the focus of the Talk Time slot.

Encourage your child to:

- discuss times when they may have had the feeling in question, using some or all of the suggested questions listed;
- notice what happens in their body when they are experiencing a particular feeling or point out some of the physical signs that you have noticed. In this way, your child is more likely to recognise a particular feeling and nip any negative feelings in the bud before they become unmanageable;
- talk about *their* experience of how they are feeling. There is no right or wrong way to feel, what's important is that your child has the opportunity to share *their* experience of a specific feeling; and
- come up with ideas about how to help with each feeling – if they find these answers themselves, they are more likely to practice them going forward.

Emphasise that the right things to do when we get uncomfortable feelings are:

- i) to practise being calm; and
- ii) to say sorry after we've done something we regret as a result of our uncomfortable feelings.

Calm Time

Once you have read the story a few times, you may find that you are able to talk your child through Calm Time without the need for the notes. In any event, try to join in with the simple breathing exercises as you and your child copy what Casey does.

As already mentioned, the more you encourage your child to practice the Calm Time exercises whilst he/she is already being calm, or at least notice that they are being calm and point this out to them, the better they will become at being calm when you ask them to be.

Meeting Casey

It was a beautiful spring day, Casey crawled out from the cosy warmth of his cocoon and settled on a leaf to soak up the early morning sunshine. He stretched and yawned enjoying a quiet moment before the children from the school arrived for breakfast club. Casey loved to see the children from the school. Often they would come and sit with him to talk about their feelings. Always Casey would smile and say **“Feelings are just feelings, they come and they go, we don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.”**

Soon Casey heard the sound of the children arriving at the school gate. He looked up and saw Jacob running over towards him as he perched on a leaf underneath the old oak tree. Casey waved and called him over, delighted that his friend was coming to see him so early in the school day.

Jacob flopped down onto the wet grass next to Casey and began to tell him all about the Coronavirus and how it was making lots of people poorly.

Casey listened carefully as Jacob explained that lots of the children wouldn’t be able to come back to school after the weekend as they had to stay at home where it was safe. Some Mummies and Daddies still had to go to work to help other people, he explained, so those children still needed to come to school, but most of his friends were going to stay at home.

Casey listened carefully. He knew that the children would have all sorts of different feelings and he wanted so much to be able to help them. ‘I know what I’ll do’ he thought, ‘because I’m a caterpillar I won’t get Coronavirus, nor will I spread it. That means that I can visit the children at their homes, not just here in school. That way they can still tell me all about how they are feeling during the Coronavirus situation’.

And that is what Casey did. Every morning he set off from the cosy warmth of his cocoon at the bottom of the school field, and went to visit the home of one of the children, to find out how they were feeling. Casey knew that letting the children talk about their feelings always helped, particularly when their feelings were likely to be tricky and confusing.

Shall we join Casey to see whom he is visiting today ...

THIS ASPECT OF THE STORY IS DESIGNED TO HELP SET THE SCENE FOR YOUR CHILD AND THEREFORE CAN BE REPEATED AS LITTLE OR AS OFTEN AS YOU FEEL IT IS NECESSARY

Feeling Angry – Daisy

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way onto a small patch of grass in a corner of Daisy’s back garden. As he wiped a drop of rain from his nose, he noticed [insert name of your child] staring warmly back at him.

“Hello [insert name of your child]” called Casey excitedly, “I’m so glad you’ve joined me today. I’ve come to visit Daisy to hear how she’s feeling during the Coronavirus situation. Here she comes now” he continued.

Just then Daisy arrived to shelter from the rain.

“Hello Daisy” said Casey, “It’s great to see you. How are you feeling today?”

Daisy scooped Casey up and carried him into her kitchen where she curled up on a chair to tell him all about feeling angry.

“I know that I’m feeling angry because I feel like I’ve got a volcano in my tummy that might explode at any time. I just want to stomp and shout and hit out at things” she explained. “Sometimes I feel fine and happy and I’m just getting on with my things, then somebody will just do something and I blow up for no reason at all. I feel so bad when I do that” continued Daisy as a big tear fell from her eyes.

“I know what you mean” replied Casey “Sometimes when I feel angry my face goes bright red and I find it hard to use my words to tell people why I’m feeling angry. I sometimes need to cry too, even though I try really hard not to” he explained.

“Feeling angry is not a comfortable feeling” continued Casey “but it is normal to have angry feelings sometimes. There are lots of reasons why we might feel angry, but things like not being able to play out with your friends or having your games spoiled by your siblings are both reasons why you might feel angry at the moment. When I’ve been angry and done something I regret, I always try to say sorry afterwards – I don’t feel so bad once I’ve done that and it really helps the person I was angry at. Talking about your uncomfortable feelings will help too” he continued. Shall we see if [insert name of your child] has ever felt angry and if they can help?”

TALK TIME

See ‘Talk Time Guidance Notes’ on page 5.

- Have you ever felt angry feelings like Daisy?
- Do you know why you felt angry?
- What did you do when you felt angry?
- Can you show me an angry face? (Encourage your child to ‘act out’ the feeling)
- Did anything happen to your body when you felt angry (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Daisy to help her with her angry feelings?

Draw the discussion to a close and continue the story.

“Thanks for telling us about times when you’ve felt angry [insert name of your child]”, said Casey. “Feelings aren’t always easy, but whether they’re easy or not, it always helps to talk about them. It also helps to say sorry if we’ve done something we wish we hadn’t when we were angry”

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm can help us with any feelings, but it’s especially helpful when we have uncomfortable feelings, like feeling angry. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Then you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Daisy “talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don’t feel quite so angry anymore” she beamed.

*“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”*

Daisy carefully scooped Casey up and gently placed him on the soil in between the daffodils in her garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *“It’s been great having you with me today [insert name of your child], thanks for joining me”* he called. *“See you again soon I hope.”*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Bored – Dylan

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way along the branches of the tree in Dylan's back garden. The flowers were starting to open and as he paused to nibble on a new leaf he looked up and saw *[insert name of your child]* staring warmly back at him.

"Hello [insert name of your child]" called Casey excitedly, *"I'm so glad you've joined me today. I've come to visit Dylan to hear how he's feeling during the Coronavirus situation. Here he comes now"* he continued.

"Hello Dylan" said Casey, *"It's great to see you. How are you feeling today?"*

Dylan scooped Casey up and carried him into his kitchen where he curled up on a chair to tell Casey all about feeling bored.

"I know that I'm feeling bored because I feel grumpy and a bit snappy with everybody. My body feels heavy and I really can't be bothered to do anything" he sighed. *"Even the things that normally I really enjoy doing I don't want to do, and I just want people to leave me alone. My Mummy keeps suggesting I do things, but I just don't want to"* he explained. *"Even playing can get boring after a while when that's all you have to do"* sighed Dylan.

"I know what you mean" replied Casey. *"Being bored is not a very comfortable feeling but I know that a lot of children are feeling bored at the moment because of the Coronavirus situation"* he continued.

"The more we feel bored, the less we want to do things and sometimes that can make it worse" Casey explained. *"It might help if you tried to give some things a go, even if they're not the sort of things you'd normally do"* he continued. *"Sometimes during the long school holidays I feel bored when there are no children coming to visit me. I try to keep myself busy doing lots of different things and it's amazing how quickly the days pass. Talking about your feelings will help too"* continued Casey. *"Shall we talk to [insert name of your child] to see what they think?"*

TALK TIME

See 'Talk Time Guidance Notes' on page 6.

- Have you ever felt bored like Dylan?
- Do you know why you felt bored?
- What did you do when you felt bored?
- Can you show me a bored face? (Encourage your child to 'act out' the feeling)
- Did anything happen to your body when you felt bored (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Dylan to help him with feeling bored?

Draw the discussion to a close and continue the story.

"Thanks for telling us about times when you've felt bored [insert name of your child]", said Casey. *"Feelings aren't always easy, but whether they're easy or not, it always helps to talk about them."*

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm can help us with any feelings, but it’s especially helpful when we have uncomfortable feelings, like feeling bored. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Dylan “talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don’t feel quite so bored anymore.”

*“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”*

Dylan carefully scooped Casey up and gently placed him in a clump of fresh grass in the corner of his garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *“It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Confused – Molly

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way out from underneath a large plant pot in the bottom of Molly's garden. The sun was shining and large shadows lay across the lawn. Casey looked up and saw *[insert name of your child]* staring warmly back at him.

"Hello [insert name of your child]" called Casey excitedly, *"I'm so glad you've joined me today. I've come to visit Molly to hear how she's feeling during the Coronavirus situation. Here she comes now"* he continued.

"Hello Molly" said Casey, *"It's great to see you. How are you feeling today?"*

Molly scooped Casey up and carried him into her kitchen where she curled up on a chair to tell him all about feeling confused.

"I know that I'm feeling confused because I feel lots of different feelings all at the same time. I feel a little bit sad, and a little bit scared and nervous too. My head and my tummy feel like they're all a bit fuzzy and tied up in knots. I don't know if I feel happy or sad or what I feel" she explained.

"I know what you mean" replied Casey *"feeling confused can be quite uncomfortable. I find that I don't know what to do when I feel confused and my thoughts seem to go spinning round and round in my head. There are lots of reasons why we might feel confused, but all of the changes that are happening because of the Coronavirus situation are bound to make you feel all sorts of different feelings. Talking about your feelings will always really help"* continued Casey. *Shall we see if [insert name of your child] can help you understand some of your feelings?"* he suggested.

TALK TIME

See 'Talk Time Guidance Notes' on page 6.

- Have you ever felt confused feelings like Molly?
- Do you know why you felt confused?
- What did you do when you felt confused?
- Can you show me a confused face? (Encourage your child to 'act out' the feeling)
- Did anything happen to your body when you felt confused (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Molly to help her understand her feelings?

Draw the discussion to a close and continue the story.

"Thanks for telling us about times when you've felt confused [insert name of your child]", said Casey. *"Feelings aren't always easy, but whether they're easy or not, it is always helpful to talk about them with someone we can trust."*

"Another good thing to do when we have lots of feelings is to practice being calm" added Casey. *"Being calm can help us with any feelings, but it's especially helpful when we have uncomfortable feelings, like feeling confused. Shall we practice it together? It's really easy, just follow me."*

CALM TIME

See 'Calm Time Guidance Notes' on page 6.

"First close your eyes and think about these two simple questions – you don't need to call out any answers, you just need to think about the answers in your head."

"What can I hear?" "What can I smell?"

"Next, with your eyes still closed, imagine there's a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic."

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

"That's great [insert name of your child]" said Casey. "You did some fabulous calm breathing."

"The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body" he explained. "Follow me, I'll show you how."

"First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body."

Casey yawned as he gave one last big stretch.

"I'd better get back now" he said, "It could take me a little while to get back to my cocoon underneath the big old oak tree."

"Thanks for coming to see me Casey" replied Molly "talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don't feel quite so confused anymore" she beamed.

*"I'm so glad," replied Casey, "and don't forget '**Feelings are just feelings, they come and they go. We don't have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.**'"*

Molly carefully scooped Casey up and gently placed him on the soil in between the pots in her garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *"It's been great having you with me today [insert name of your child], thanks for joining me"* he called. *"See you again soon I hope."*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Disappointed – Jason

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way along to the edge of the path in Jason's back garden. There was frost still on the path, but as he looked up, he saw *[insert name of your child]* staring warmly back at him.

"Hello" [insert name of your child] called Casey excitedly, "I'm so glad you've joined me today. I've come to visit Jason to hear how he's feeling during the Coronavirus situation. Here he comes now" he continued.

"Hello Jason" said Casey, "It's great to see you. How are you feeling today?"

Jason scooped Casey up and carried him into his kitchen where he curled up on a chair to tell him all about feeling disappointed.

"I know that I'm feeling disappointed because I feel sad and heavy inside my head and my tummy. I don't really want to do very much either" he explained. "I feel a little bit like I've lost something and I'm sad that I won't get it back" he continued. "I haven't actually lost anything, but I think maybe I'm disappointed because we can't finish the Sunday morning football league competition - we could have won this year too " he added.

"I know what you mean" replied Casey. "Feeling disappointed is not a comfortable feeling. Sometimes when I feel disappointed I sigh a lot and my shoulders flop and I find it hard to make myself do things too. When I feel like that, I end up feeling frustrated as well as disappointed" he continued.

*"It's normal to feel disappointed sometimes" Casey explained. "There are lots of reasons why you might feel disappointed, but all of the things you can't do, like winning the football, and all of the friends you can't see because of the Coronavirus situation are bound to make you feel disappointed. Talking about your feelings will always help though. Shall we see if *[insert name of your child]* can help?" he suggested.*

TALK TIME

See 'Talk Time Guidance Notes' on page 6.

- Have you ever felt disappointed like Jason?
- Do you know why you felt disappointed?
- What did you do when you felt disappointed?
- Can you show me a disappointed face? (Encourage your child to 'act out' the feeling)
- Did anything happen to your body when you felt disappointed (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Jason to help with feeling disappointed?

Draw the discussion to a close and continue the story.

“Thanks for telling us about times when you’ve felt disappointed [insert name of your child]”, said Casey. “Feelings aren’t always easy, but whether they’re easy or not, it always helps to talk about them.”

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm can help us with any feelings, but it’s especially helpful when we have uncomfortable feelings, like feeling disappointed. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Jason, “talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don’t feel quite so disappointed anymore” he beamed.

“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”

Jason carefully scooped Casey up and gently placed him on the soil in between the path in his garden. Casey waved as he shuffled his way through the plants on his way back to the school field. “It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Excited – Thomas

(NB: This feeling may be appropriate to explore once notification that the lock down is to be removed has been announced and children are anticipating a return to normal life again.)

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way along the gate post at the entrance to Thomas' garden. It was a grey day but as he looked up, he saw *[insert name of your child]* staring warmly back at him.

"Hello [insert name of your child]" called Casey excitedly, *"I'm so glad you've joined me today. I've come to visit Thomas to hear how he's feeling during the Coronavirus situation. Here he comes now"* he continued.

"Hello Thomas" said Casey, *"It's great to see you. How are you feeling today?"*

Thomas scooped Casey up and carried him into his kitchen where he curled up on a chair to tell Casey all about feeling excited.

"I know that I'm feeling excited because I feel bouncy and happy like I've got fizzy bubbles popping in my tummy" he beamed, *"I don't want to get too over excited or I'll get in trouble with my Mummy/Daddy, but after having had to stay at home for so long, I can't wait to be able to see my friends again"* he beamed.

"I know what you mean" replied Casey laughing *"feeling excited is a great feeling, especially after all the tricky feelings we've all had during the Coronavirus situation. It makes me want to jump and bounce around too."*

"Talking about your excited feelings with someone you can trust will really help you manage your feelings so that you don't get too over excited" Casey added. *Shall we see if [insert name of your child] can help?"* he suggested.

TALK TIME

See 'Talk Time Guidance Notes' on page 6.

- Have you ever felt excited feelings like Thomas?
- Do you know why you felt excited?
- What did you do when you felt excited?
- Can you show me an excited face? (Encourage your child to 'act out' the feeling)
- Did anything happen to your body when you felt excited (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Thomas to help him with his excited feelings so that he doesn't become too over excited?

Draw the discussion to a close and continue the story.

"Thanks for telling us about times when you've felt excited [insert name of your child]", said Casey. *"It's good to learn about some things we could do to not become too over excited."*

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm is especially helpful when we have bubbly feelings like excited. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Thomas “talking about my feelings and practising being calm with you and [insert name of your child] has really helped” he beamed. “Hopefully, even though I’m still excited, I won’t get too over excited now!”

*“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”*

Thomas carefully scooped Casey up and gently placed him on the soil at the bottom of his gatepost. Casey waved as he shuffled his way through the plants on his way back to the school field. *“It’s been great having you with me today [insert name of your child], thanks for joining me”* he called. *“See you again soon I hope.”*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Frustrated – George

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way along the branches of the tree in George’s back garden. The flowers were starting to open and as he paused to nibble on a new leaf he looked up and saw *[insert name of your child]* staring warmly back at him.

“Hello [insert name of your child]” called Casey excitedly, *“I’m so glad you’ve joined me today. I’ve come to visit George to hear how he’s feeling during the Coronavirus situation. Here he comes now”* he continued.

“Hello George” said Casey, *“It’s great to see you. How are you feeling today?”*

George scooped Casey up and carried him into his kitchen where he curled up on a chair to tell Casey all about feeling frustrated.

“I know that I’m feeling frustrated because I feel cross and grumpy and sad all at the same time. I want to be able to do so many things and I can’t wait to see my friends again; it’s so frustrating being stuck at home. I can’t decide if I want to curl up in a ball and hide or be cross and grumpy and stamp about ” he explained.

“I know what you mean” replied Casey. *“I think feeling frustrated is a bit like feeling angry, just not quite as bad”* he continued.

“It’s normal to have frustrated feelings sometimes even though it’s not very comfortable” continued Casey. *“There are lots of reasons why we might feel frustrated, but not being able to do so many things even though the weather is nice and having to stay at home because of the Coronavirus situation are bound to make you feel frustrated sometimes. Talking about your feelings will always help though. Shall we see if [insert name of your child] feel frustrated and if they can help?”* he suggested.

TALK TIME

See ‘Talk Time Guidance Notes’ on page 6.

- Have you ever felt frustrated like George?
- Do you know why you felt frustrated?
- What did you do when you felt frustrated?
- Can you show me a frustrated face? (Encourage your child to ‘act out’ the feeling)
- Did anything happen to your body when you felt frustrated (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell George to help him with his frustrated feelings?

Draw the discussion to a close and continue the story.

“Thanks for telling us about times when you’ve felt frustrated [insert name of your child]”, said Casey. *“Feelings aren’t always easy, but whether they’re easy or not, it always helps to talk about them. It also helps to say sorry if we’ve done something we wish we hadn’t when we were frustrated.”*

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm can help us with any feelings, but it’s especially helpful when we have uncomfortable feelings, like feeling frustrated. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied George “talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don’t feel quite so frustrated anymore” he beamed.

*“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”*

George carefully scooped Casey up and gently placed him on the soil in between the roots of the tree in his garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *“It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Grumpy - Willow

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way out from underneath a large plant pot at the bottom of Willow's garden. The sun was shining and large shadows lay across the lawn. Casey looked up and saw *[insert name of your child]* staring warmly back at him.

"Hello [insert name of your child]" called Casey excitedly, *"I'm so glad you've joined me today. I've come to visit Willow to hear how she's feeling during the Coronavirus situation. Here she comes now"* he continued.

"Hello Willow" said Casey, *"It's great to see you. How are you feeling today?"*

Willow scooped Casey up and carried him into her kitchen where she curled up on a chair to tell him all about feeling grumpy.

"I know that I'm feeling grumpy because I feel cross and sad and I want people to leave me alone" she explained. *"I don't mean to be grumpy but I'm just bored and fed up and I don't know what to do anymore"* she continued. *"Everybody is busy doing their work or playing their own game and I don't have anybody at home to play with"* she sighed. *"I really wish all this Coronavirus thing would just hurry up and go away"* she added.

"I know what you mean" replied Casey *"feeling grumpy is not a comfortable feeling. Sometimes when I'm grumpy I really want to be able to 'snap out of it' but all I end up doing is snapping at anybody who comes near me"* Casey added.

"It's normal to feel grumpy sometimes" continued Casey *"and the Coronavirus situation is making everybody a bit grumpy. Talking about your feelings will always help and saying sorry after you've snapped at someone is always a good thing to do. Shall we see if [insert name of your child] has ever felt grumpy, maybe they can help?"* he suggested.

TALK TIME

See 'Talk Time Guidance Notes' on page 6.

- Have you ever felt grumpy feelings like Willow?
- Do you know why you felt grumpy?
- What did you do when you felt grumpy?
- Can you show me a grumpy face? (Encourage your child to 'act out' the feeling)
- Did anything happen to your body when you felt grumpy (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Willow to help her with her grumpy feelings?

Draw the discussion to a close and continue the story.

"Thanks for telling us about times when you've felt grumpy [insert name of your child]", said Casey. *"Feelings aren't always easy, but whether they're easy or not, it always helps to talk about them. It also helps to say sorry if we've done something we wish we hadn't when we were grumpy."*

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm can help us with any feelings, but it’s especially helpful when we have uncomfortable feelings, like feeling grumpy. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Willow “talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don’t feel quite so grumpy anymore” she beamed.

*“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”*

Willow carefully scooped Casey up and gently placed him underneath the plant pot at the bottom of her garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *“It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Happy – Harvey

(NB. During the current situation, slightly older children may feel guilty about feeling happy because they may be aware that there is a lot of anxiety and worry for the grown ups in their world. If appropriate, it may be worth gently exploring this with your child.)

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way onto a small patch of grass in a corner of Harvey’s back garden. As he wiped a drop of rain from his nose, he noticed *[insert name of your child]* staring warmly back at him.

“Hello [insert name of your child]” called Casey excitedly, *“I’m so glad you’ve joined me today. I’ve come to visit Harvey to hear how he’s feeling during the Coronavirus situation. Here he comes now”* he continued.

“Hello Harvey” said Casey, *“It’s great to see you. How are you feeling today?”*

Harvey scooped Casey up and carried him into his kitchen where he curled up on a chair to tell Casey all about feeling happy.

“I know that I’m feeling happy because I feel warm and smiley and my tummy feels like it’s full of happy bubbles” he beamed. *“I feel like I want to share my happy bubbles with all my friends like I do when I’m at school. I hope I can see them again soon”* he added.

As he spoke a frown came over Harvey’s face *“Sometimes I feel like I shouldn’t really feel happy at the moment because of all the sad things that are happening with the Coronavirus situation”* he whispered. *“I want to feel happy, but I feel a bit guilty for feeling happy too”* he added.

“I know what you mean” replied Casey *“feeling happy is a great feeling, but it can be confusing during a time like this.”*

“Having mixed feelings is normal though” continued Casey. *“Some people will feel sad, or lonely, but it’s still OK for you to feel happy. Sharing your happy bubbles with someone who’s feeling sad, might really help them too. Shall we see what [insert name of your child] think about feeling happy, even when there are still so many tricky feelings as well?”*

TALK TIME

See ‘Talk Time Guidance Notes’ on page 6.

- Have you ever felt happy feelings like Harvey?
- Do you know why you felt happy?
- What did you do when you felt happy?
- Can you show me a happy face? (Encourage your child to ‘act out’ the feeling)
- Did anything happen to your body when you felt happy (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Harvey to help him with his mixed feelings?

Draw the discussion to a close and continue the story.

“Thanks for telling us about times when you’ve felt happy [insert name of your child]”, said Casey. “Feelings can be confusing, but it always helps to talk about them.”

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm always helps with our feelings, even comfortable feelings like feeling happy. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Harvey “talking about my feelings and practising being calm with you and [insert name of your child] has really helped.”

“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”

Harvey carefully scooped Casey up and gently placed him on the soil at the edge of his lawn at the bottom of his garden. Casey waved as he shuffled his way through the plants on his way back to the school field. “It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Lonely – Zac

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way along the gate post at the entrance to Zac’s garden. It was a grey day but as he looked up, he saw *[insert name of your child]* staring warmly back at him.

*“Hello *[insert name of your child]*”* called Casey excitedly, *“I’m so glad you’ve joined me today. I’ve come to visit Zac to hear how he’s feeling during the Coronavirus situation. Here he comes now”* he continued.

“Hello Zac” said Casey, *“It’s great to see you. How are you feeling today?”*

Zac scooped Casey up and carried him into his kitchen where he curled up on a chair to tell Casey all about feeling lonely.

“I know that I’m feeling lonely because I feel heavy and sad and I just want to cry” he explained. *“It feels like there’s a big empty hole in my tummy and I don’t know how to fill it”* he continued, trying hard not to cry.

“I know what you mean” replied Casey *“feeling lonely in not a comfortable feeling and being separated from your friends for so long is bound to make you feel lonely”*, continued Casey. *“Even seeing them through the computer or talking to them on the phone isn’t the same as being able to see them and play with them like you do in school. It’s OK to want to cry sometimes too – crying can help us get rid of some of our tricky feelings. Talking about feeling lonely will also help”* he continued. *“Shall we see if *[insert name of your child]* has ever felt lonely and whether they can help?”* he suggested.

TALK TIME

See ‘Talk Time Guidance Notes’ on page 6.

- Have you ever felt lonely feelings like Zac?
- Do you know why you felt lonely?
- What did you do when you felt lonely?
- Can you show me a lonely face? (Encourage your child to ‘act out’ the feeling)
- Did anything happen to your body when you felt lonely (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Zac to help him with feeling lonely?

Draw the discussion to a close and continue the story.

*“Thanks for telling us about times when you’ve felt lonely *[insert name of your child]*”,* said Casey. *“Feelings aren’t always easy, but whether they’re easy or not, it always helps to talk about them.”*

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. *“Being calm can help us with any feeling, but it’s especially helpful when we have uncomfortable feelings, like feeling lonely. Shall we practice it together? It’s really easy, just follow me.”*

CALM TIME

See 'Calm Time Guidance Notes' on page 6.

"First close your eyes and think about these two simple questions – you don't need to call out any answers, you just need to think about the answers in your head."

"What can I hear?" "What can I smell?"

"Next, with your eyes still closed, imagine there's a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic."

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

"That's great [insert name of your child]" said Casey. "You did some fabulous calm breathing."

"The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body" he explained. "Follow me, I'll show you how."

"First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body."

Casey yawned as he gave one last big stretch.

"I'd better get back now" he said, "It could take me a little while to get back to my cocoon underneath the big old oak tree."

"Thanks for coming to see me Casey" replied Zac "talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don't feel quite so lonely anymore" he beamed.

*"I'm so glad," replied Casey, "and don't forget '**Feelings are just feelings, they come, and they go. We don't have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.**'"*

Zac carefully scooped Casey up and gently placed him on the soil in between the daffodils in his garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *"It's been great having you with me today [insert name of your child], thanks for joining me"* he called. *"See you again soon I hope."*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Nervous – Joshua

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way along the branches of the tree in Joshua’s back garden. The flowers were starting to open and as he paused to nibble on a new leaf he looked up and saw *[insert name of your child]* staring warmly back at him.

“Hello [insert name of your child]” called Casey excitedly, *“I’m so glad you’ve joined me today. I’ve come to visit Joshua to hear how he’s feeling during the Coronavirus situation. Here he comes now”* he continued.

“Hello Joshua” said Casey, *“It’s great to see you. How are you feeling today?”*

Joshua scooped Casey up and carried him into his kitchen where he curled up on a chair to tell Casey all about feeling nervous.

“I know that I’m feeling nervous because my tummy is all in knots and I feel fidgety and uncomfortable. My hands are all sweaty and I feel like something bad is going to happen but I don’t know what. I keep thinking and thinking about what might happen with the Coronavirus situation and whether I will ever go back to school and see my friends again. I can’t really sit down to play any games or do my school work” he explained.

“I know what you mean” replied Casey *“feeling nervous is not a comfortable feeling. Sometimes when I feel nervous I just crawl round and round in circles in my cocoon not really doing anything.”*

“It’s normal to have nervous feelings sometimes” continued Casey, *“particularly with all that is happening because of the Coronavirus situation at the moment. There’s so much that is different and that we don’t understand, it’s bound to make you feel a bit nervous. Talking about your feelings will always help though. Shall we see if [insert name of your child] has ever felt nervous - maybe they can help?”* he suggested.

TALK TIME

See ‘Talk Time Guidance Notes’ on page 6.

- Have you ever felt nervous feelings like Joshua?
- Do you know why you felt nervous?
- What did you do when you felt nervous?
- Can you show me a nervous face? (Encourage your child to ‘act out’ the feeling)
- Did anything happen to your body when you felt nervous (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Joshua to help him with his nervous feelings?

Draw the discussion to a close and continue the story.

“Thanks for telling us about times when you’ve felt nervous [insert name of your child]”, said Casey. *“Feelings aren’t always easy, but whether they’re easy or not, it always helps to talk about them.”*

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm can help us with any feeling, but it’s especially helpful when we have uncomfortable feelings, like feeling nervous. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Joshua “talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don’t feel quite so nervous anymore” he beamed.

*“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”*

Joshua carefully scooped Casey up and gently placed him on a branch of the tree in the bottom of his garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *“It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Okay – Ava

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way along to the edge of the path in Ava’s back garden. There was frost still on the path, but as he looked up, he saw *[insert name of your child]* staring warmly back at him.

“Hello [insert name of your child]” called Casey excitedly, *“I’m so glad you’ve joined me today. I’ve come to visit Ava to hear how she’s feeling during the Coronavirus situation. Here she comes now”* he continued.

“Hello Ava” said Casey, *“It’s great to see you. How are you feeling today?”*

Ava scooped Casey up and carried him into her kitchen where she curled up on a chair to tell him all about feeling okay.

“I’m feeling okay today” she explained *“and I know that I’m feeling okay because I feel calm and quiet in my head and my tummy. I know everything isn’t perfect, but I don’t feel worried about it and I’m happy to just get on with my day, doing what I know I have to do”* she continued.

“I know what you mean” replied Casey *“feeling okay is a really comfortable feeling. When I feel okay I sometimes like to just sit and watch what’s going on around me, I’m not too bothered about joining in but I don’t feel left out either”* he added.

“It’s great to be feeling okay even though there’s so much going on in the world with the Coronavirus situation”, Casey explained. *“It’s also okay to have days when you don’t feel okay”* he added with a smile. *“Talking about your feelings will always help though. Shall we see if [insert name of your child] feel okay?”* he suggested.

TALK TIME

See ‘Talk Time Guidance Notes’ on page 6.

- Have you ever felt okay like Ava?
- Do you know why you felt okay?
- What did you do when you felt okay?
- Can you show me an okay face? (Encourage your child to ‘act out’ the feeling)
- Did anything happen to your body when you felt okay (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Ava to help her on the days she doesn’t feel okay?

Draw the discussion to a close and continue the story.

“Thanks for telling us about times when you’ve felt okay [insert name of your child]”, said Casey. *“Sometimes when we talk about our comfortable feelings it helps us make them stronger so that we have them more often.”*

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey “even when we have comfortable feelings, like feeling okay. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Ava “talking about my feelings and practising being calm with you and [insert name of your child] has really helped” she beamed.

*“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”*

Ava carefully scooped Casey up and gently placed him in the soil along the edge of the path in her back garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *“It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Resilient – Jaynil

(NB. The children in Years 3 and 4 have done a workshop on being resilient which involved making a ‘Shield of Resilience’. You could ask your child what phrases they put on their shield to practice ‘keeping going’ and ‘letting things bounce’. They are also more likely to be familiar with the concept of resilience than children in year 2.)

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way onto a small patch of grass in a corner of Jaynil’s back garden. As he nibbled at the edge of a dandelion leaf, he noticed [*insert name of your child*] staring warmly back at him.

*“Hello [*insert name of your child*]” called Casey excitedly, “I’m so glad you’ve joined me today. I’ve come to visit Jaynil to hear how he’s feeling during the Coronavirus situation. Here he comes now”* he continued.

“Hello Jaynil” said Casey, *“It’s great to see you. How are you feeling today?”*

Jaynil scooped Casey up and carried him into his kitchen where he curled up on a chair to tell Casey all about feeling resilient.

“I know that I’m feeling resilient because even though sometimes I want to give up and just be grumpy and bored, I’m trying really hard to keep going and let my uncomfortable feelings bounce off me” he explained. *“I don’t always feel like it, and I have to really practice using my ‘Shield of Resilience’, but the more I tell myself ‘I can do this’ the more I believe it”* he added.

“I know what you mean” replied Casey *“feeling resilient isn’t easy sometimes, especially at times like this when everything is so topsy tury, but it’s a great opportunity to practice being resilient”* he continued. *“Giving up can feel like the easiest thing to do, but when I practice being resilient and keep going, even though I want to give up, I feel really happy and proud of myself afterwards ”* he added.

“Thanks for telling me about how hard you’re trying to be resilient at the moment Jaynil” said Casey. *“I wonder if [*insert name of your child*] has any ideas about how to practice being resilient? Shall we ask them?”* he added.

TALK TIME

See ‘Talk Time Guidance Notes’ on page 6.

- Have you ever felt resilient like Jaynil?
- Do you know why you felt resilient?
- What did you do when you felt resilient?
- Did anything happen to your body when you felt resilient (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Jaynil to help him keep practising being resilient?

Draw the discussion to a close and continue the story.

“Thanks for telling us about times when you’ve felt resilient [insert name of your child]”, said Casey. “Feelings need a lot of practice sometimes, and it can really help to talk about them so that we know how to get better at them” he continued.

“Another good thing to do to help build positive feelings is to practice being calm” added Casey. “Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Jaynil “talking about my feelings and practising being calm with you and [insert name of your child] has really helped.

“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”

Jaynil carefully scooped Casey up and gently placed him on the soil at the edge of his lawn at the bottom of his garden. Casey waved as he shuffled his way through the plants on his way back to the school field. “It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Sad - Sofia

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way out from underneath a large plant pot in the bottom of Sofia's garden. The sun was shining and large shadows lay across the lawn. Casey looked up and saw *[insert name of your child]* staring warmly back at him.

"Hello [insert name of your child]" called Casey excitedly, *"I'm so glad you've joined me today. I've come to visit Sofia's to hear how she's feeling during the Coronavirus situation. Here she comes now"* he continued.

"Hello Sofia" said Casey, *"It's great to see you. How are you feeling today?"*

Sofia scooped Casey up and carried him into her kitchen where she curled up on a chair to tell him all about feeling sad.

"I know that I'm feeling sad because my heart feels heavy and I feel like I've got a big lump in my tummy and my throat that is making me want to cry" she explained. *"I don't really want to do anything and I feel like I might never feel happy again. I haven't seen my Nanny and Grandad for weeks and weeks and normally we go round to see them every Sunday"* she sobbed.

"I know what you mean" replied Casey *"feeling sad is not a comfortable feeling. When I feel sad I sometimes want to cry too, but sometimes I just feel heavy and unhappy and I don't know what to do with myself either."*

"Feeling sad is not a comfortable feeling" continued Casey *"but it is normal to have sad feelings sometimes, particularly at the moment with all the sad things that are happening because of the Coronavirus situation. Doing something to make you feel happy, like dancing to some boppy music or playing a game might help"* he added. *"Perhaps you could Face Time your Nanny and Grandad and do some dancing for them – that might help to make them feel happy if they're feeling sad too"* he added. *"Talking about your feelings will also help. Shall we see if [insert name of your child] can help with your sad feelings?"* he suggested.

TALK TIME

See 'Talk Time Guidance Notes' on page 6.

- Have you ever felt sad feelings like Sofia?
- Do you know why you felt sad?
- What did you do when you felt sad?
- Can you show me a sad face? (Encourage your child to 'act out' the feeling)
- Did anything happen to your body when you felt sad (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Sofia to help her with her sad feelings?

Draw the discussion to a close and continue the story.

"Thanks for telling us about times when you've felt sad [insert name of your child]", said Casey. *"Feelings aren't always easy, but whether they're easy or not, it always helps to talk about them."*

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm can help us with any feeling, but it’s especially helpful when we have uncomfortable feelings, like feeling sad. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Sofia “talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don’t feel quite so sad anymore” she beamed.

*“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”*

Sofia carefully scooped Casey up and gently placed him on the soil in between the daffodils in her garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *“It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

Feeling Worried - Fraser

Casey was missing seeing the children from the school, but he was delighted that he could visit them in their homes during the Coronavirus situation. After shuffling through the quiet streets, Casey finally wiggled his way onto a small patch of grass in a corner of Fraser's back garden. As he wiped a drop of rain from his nose, he noticed *[insert name of your child]* staring warmly back at him.

"Hello [insert name of your child]" called Casey excitedly, *"I'm so glad you've joined me today. I've come to visit Fraser to hear how he's feeling during the Coronavirus situation. Here he comes now"* he continued.

"Hello Fraser" said Casey, *"It's great to see you. How are you feeling today?"*

Fraser scooped Casey up and carried him into his kitchen where he curled up on a chair to tell Casey all about feeling worried.

"I know that I'm feeling worried because my tummy is all tight and my hands are all sticky. I feel like everything is spinning round and round in my head and I want to cry" he explained. *"I keep thinking and thinking about what's happening in the world with the Coronavirus situation and then it gets bigger and bigger and worse and worse in my head"* he continued. *"My Granny is really old too and I'm really worried she might get poorly"* he added with a sob.

"I know what you mean" replied Casey, *"feeling worried is not a comfortable feeling. There are lots of reasons why we might feel worried, and like you said, there are lots of things happening because of the Coronavirus situation that are bound to make you feel worried. Lots of amazing people are working really hard to try and sort this out though, and I'm sure your Granny is doing all the right things to make sure she stays safe. We can't necessarily solve all the things you're worried about, but talking about your worries will always help"* he added. *"Shall we see if [insert name of your child] can help?"* he suggested.

TALK TIME

See 'Talk Time Guidance Notes' on page 6.

- Have you ever felt worried about something like Fraser?
- Do you know why you felt worried?
- What did you do when you felt worried?
- Can you show me a worried face? (Encourage your child to 'act out' the feeling)
- Did anything happen to your body when you felt worried (e.g. heart beating faster, bubbles in tummy, sweaty hands etc)
- Is there anything you could tell Fraser to help him with his worried feelings?
-

Draw the discussion to a close and continue the story.

"Thanks for telling us about times when you've felt worried [insert name of your child]", said Casey. *"Feelings aren't always easy, but whether they're easy or not, it always helps to talk about them."*

“Another good thing to do when we have lots of feelings is to practice being calm” added Casey. “Being calm can help us with any feeling, but it’s especially helpful when we have uncomfortable feelings, like feeling worried. Shall we practice it together? It’s really easy, just follow me.”

CALM TIME

See ‘Calm Time Guidance Notes’ on page 6.

“First close your eyes and think about these two simple questions – you don’t need to call out any answers, you just need to think about the answers in your head.”

“What can I hear?” “What can I smell?”

“Next, with your eyes still closed, imagine there’s a big fluffy white cloud floating just above your head. Imagine the cloud is full of calming magic. Next, on the count of three, you are going to take 3 big, deep breaths of that calming magic.

Ready, 1, 2, 3 and breathe...

in and out..... in and out..... in and out.....

“That’s great [insert name of your child]” said Casey. “You did some fabulous calm breathing.”

“The last thing you need to do in order to finish calm time is to gently shake out any funny feelings in your body” he explained. “Follow me, I’ll show you how.”

“First you gently tilt your head backwards and forwards. Then you stretch out your arms, along your shoulders and down your arms to your hands and fingers. Next you reach your arms in the air and stretch through your back. Lastly, you gently shake and stretch your entire body.”

Casey yawned as he gave one last big stretch.

“I’d better get back now” he said, “It could take me a little while to get back to my cocoon underneath the big old oak tree.”

“Thanks for coming to see me Casey” replied Fraser “talking about my feelings and practising being calm with you and [insert name of your child] has really helped. I don’t feel quite so worried anymore” he beamed.

*“I’m so glad,” replied Casey, “and don’t forget **‘Feelings are just feelings, they come, and they go. We don’t have to be afraid of our feelings, we just have to know what they are and use our words to talk about them with someone we can trust.’**”*

Fraser carefully scooped Casey up and gently placed him on the grass his back garden. Casey waved as he shuffled his way through the plants on his way back to the school field. *“It’s been great having you with me today [insert name of your child], thanks for joining me” he called. “See you again soon I hope.”*

And that is where we will leave Casey for today, slowly plodding his way back through the quiet streets to the cosy warmth of his cocoon among the roots of the old oak tree, at the bottom of the school field.

COCO'S FEELING GAMES - (Optional)

ANGRY

Foxes tail game: allow your child to run around with a sports band (or similar) hanging out of their clothing at the back, whilst you or another family member tries to grab their 'tails'. After the game, encourage your child to talk about how it felt when they lost their tail.

CONFUSED

Parachute game: everybody runs around the room with arms wide open like a parachute, swooping and crashing into one another. Ask your child what it felt like to not know where the other 'parachutes' were coming from.

DISAPPOINTED

Musical statues: play music and ask your child to stand stock still when the music stops. Ask your child to discuss how it felt to be caught out, particularly if they felt they had only wobbled a little bit – or even not at all!!

EXCITED

Hokey cokey song: gather your child in a small circle and 'dance' the hokey cokey (or the conga). Ask your child how it felt to have fun together.

FRUSTRATED

Transfer the objects: set up a pile of objects that have to be transported from one side of the room to the other in a short period of time. To make this game more challenging, add complexities such as 'no hands' or 'with one hand behind your back' or 'hopping'. Ask your child to discuss how it felt to work against the clock or, if working with siblings, how it felt when another 'team member' was less quick and 'lost' the game for them.

Knots game: tie lots of knots in a piece of string and ask your child to undo them against a timer.

GRUMPY

Pass the parcel: ask your child how it felt when they were missed to open the wrapping.

HAPPY

Music and dancing: establish a rendition of the song 'If you're happy and you know it' encouraging lots of silly moves and funny faces or encourage your child to free dance to a 'happy' pop song. Ask your child how it felt to be free, silly and happy.

LONELY

Blind mans bluff: blindfolded your child and ask them to run around the room trying to 'catch' you or any siblings who are encouraged to run away. Ask the 'blind man' how it felt when you or their siblings ran away from him/her.

NERVOUS

Jenga/tower: encourage your child either to build a tower or take blocks out of a tower. Ask our child how they felt when the tower began to wobble, particularly if it was their turn to build the tower/remove the block.

Obstacle course: set up a simple obstacle course (around chairs, old boxes etc, passing a cushion/balloon) and blindfold your child. Ask your child how it felt to have to trust you/a sibling to guide them carefully over the obstacles.

OKAY

Sitting in a circle or opposite your child, develop hand claps, knee slaps or special handshakes that are passed around the circle/between you.

SAD

Sleeping lions: encourage your child to lay on the floor and remain as still as possible. Ask them how it felt to not be able to move.

WORRIED

What's the time Mr Wolf game: place your child with their back to you /their siblings (the 'sheep'). The sheep then slowly creep up on the wolf, calling out "What's the time Mr Wolf?" After a pause, the 'wolf' turns around and calls out a time e.g. one o'clock. If any of the sheep are caught moving they are out of the game. When the wolf chooses to call out 'midnight' he then turns around and chases the sheep to the other end of the room to see if he can catch a replacement 'wolf'.