



BE KIND TO YOUR MIND

We are all living through an unusual time. It's okay to feel worried or upset. Lots of children all over the world are sharing this experience, and their lives will be changing too. The adults in your lives are doing all they can to keep you safe.

However you are feeling, you are not alone.

The resources below may help you navigate our changing world.

[NEWSROUND](#) HAS ADVICE FOR CHILDREN WHO ARE WORRIED.

[COSMIC KIDS](#) HAS A SERIES OF GUIDED RELAXATIONS FOR CHILDREN.

[CHILDLINE](#) HAS ADVICE FOR COPING WITH WORLD NEWS.



CHILDLINE 0800 1111



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