

Coping with Change.

Coronavirus (COVID-19) and Beyond

Evidence-based tips and tools to support children.



“The only thing in life that is permanent is change.

Change is the one constant in life”

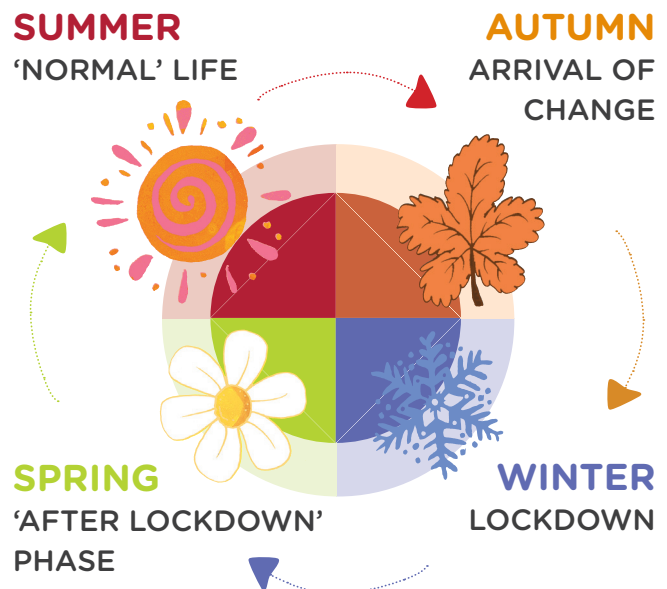
(K. J. Fallin, 2013)



Autumn, Winter, Spring, Summer:

The seasons can help children, as well as us, understand, accept and cope with the ongoing change and uncertainty related to the pandemic. Making links to the seasons can be helpful in explaining that life won't go back to 'normal' for some time to come.

The seasons are also useful for making sense of our individual experiences of change, loss and grief. It can be reassuring to know that each season is unique and important to our growth. Remember, too, that each season has its own story; there are easy days and difficult days.



There are a treasure trove of activities about the four seasons. These can offer a gentle way to begin a conversation about change with your child.

Get creative: Make a seasonal collage or art piece, or a 3-D seasons cycle with items from around the house.

Make the links: Talk together about what you like in the different seasons. Point out that we like to do different things in different seasons and that while we might enjoy some more than others, no season lasts forever. Also point out that just as the seasons of the year change, things in our lives change, too. You might reflect further on the cycle of seasons and how you are adjusting to losses, changes and the different stages of the pandemic.

Go outdoors: Explore around your local area. If you didn't know what season it was, how might you tell? What clues can you see?

