

Jon Burgerman



EVERYBODY WORRIES

A picture book for children who are
worried about Coronavirus



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Jon Burgerman

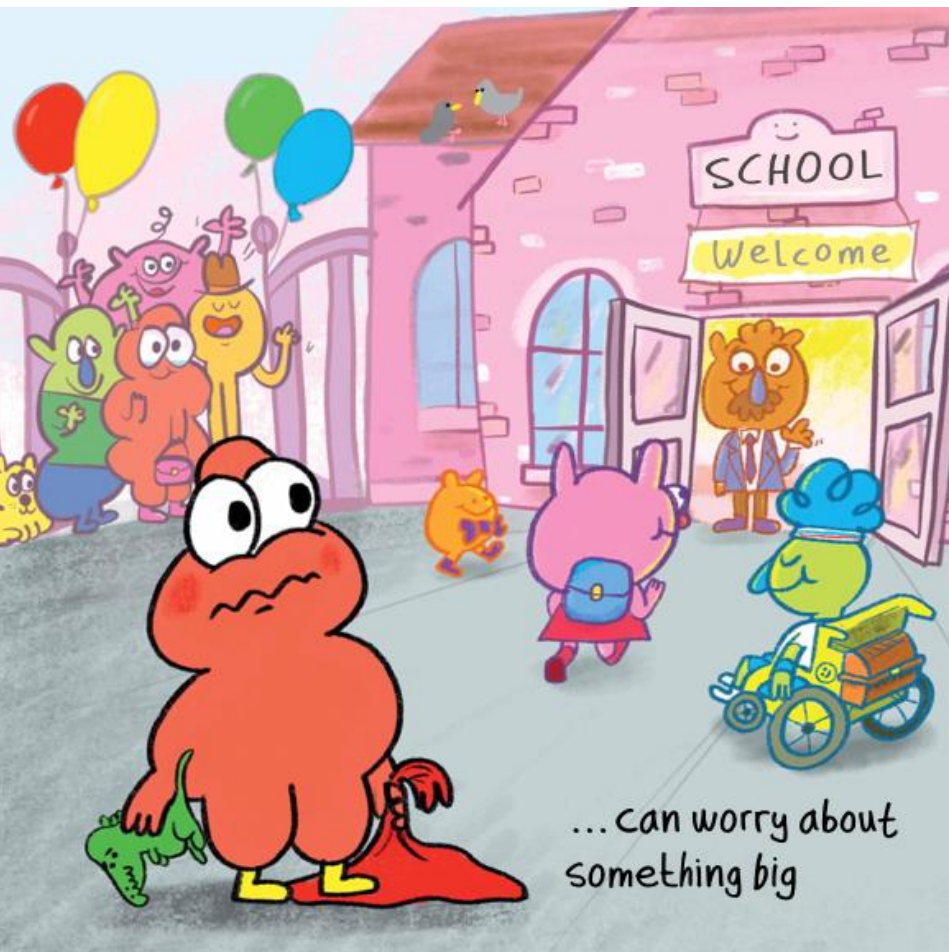
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Even the bravest of the brave



and the coolest of the cool...

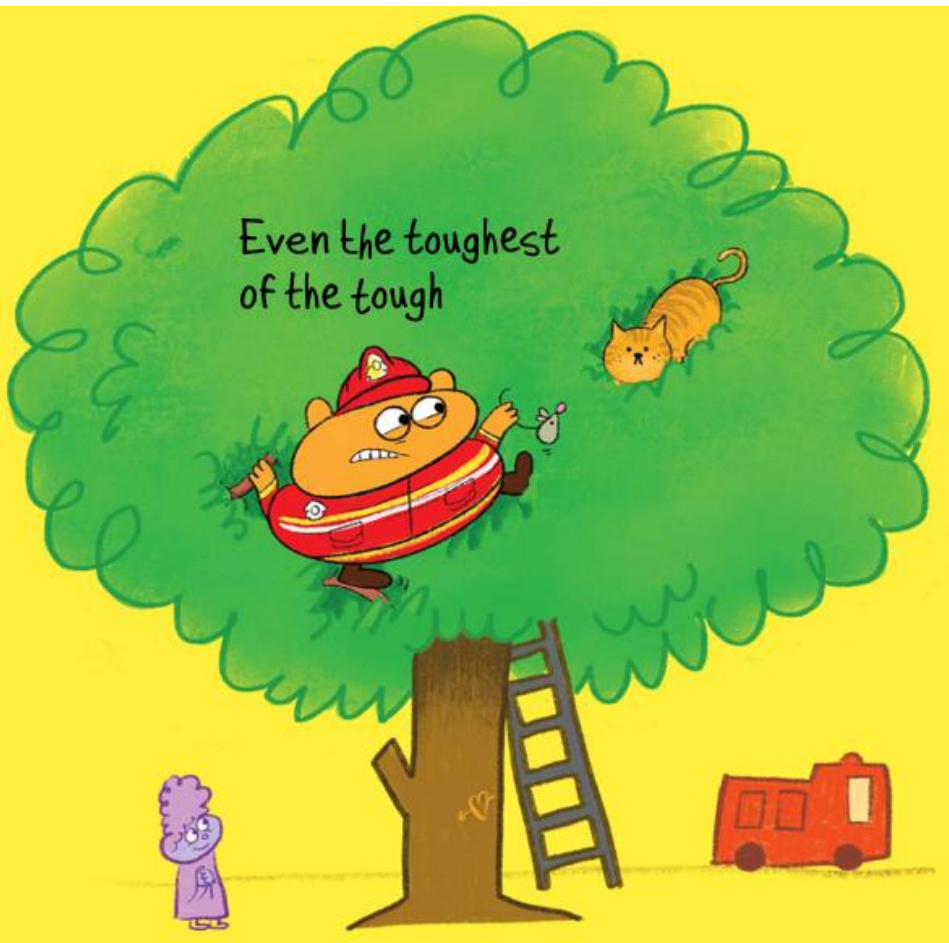




or worry about something small.



Even the toughest
of the tough



and the smartest of the smart...



... can be worried by noises
they hear in the dark.



It's only me!



What you find
worrying



others might
find fun.

Worries aren't always the same



for everyone.



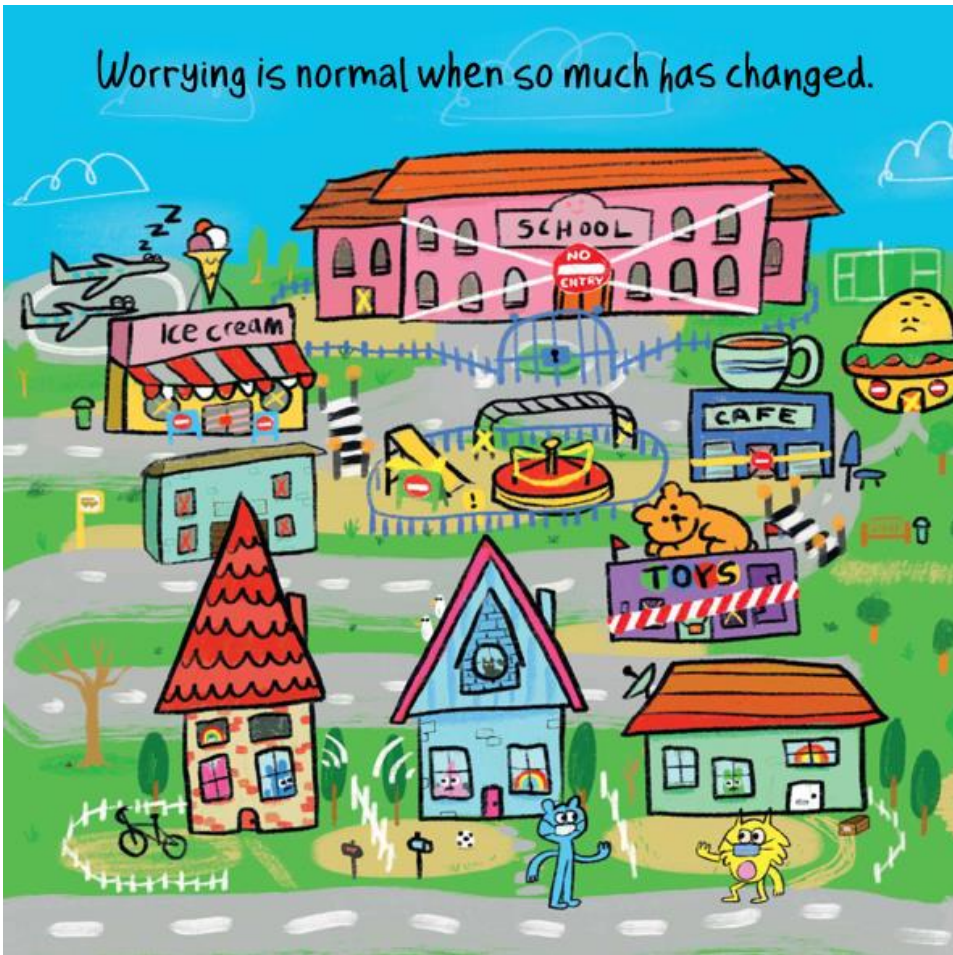
But sometimes an event turns
the world upside down



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 draw our
worries and give
them a name.

Let's take three
breaths, slow
and deep.



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.





It's okay
to be worried,
but this won't
last forever.



We can
overcome anything,
when we're there
for each other.





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:
<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

BRITISH PSYCHOLOGICAL SOCIETY

Advice on talking to children about illness:
<https://www.bps.org.uk/news-and-policy/advice-talking-children-about-illness>

CONTACT

Coronavirus information for parents of disabled children:
<https://www.contact.org.uk/advice-and-support/covid-19/>

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>

How are you?



It's OK to worry about Coronavirus.

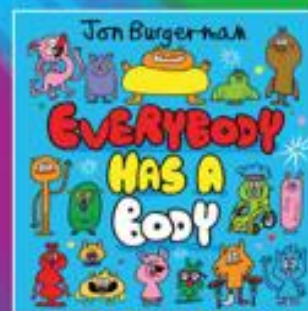
This book offers support to children who are feeling worried by Coronavirus and the sudden changes it's brought to their lives.



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



Also in the series



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