

Talking Mat – Social distancing and self-isolating

No problem	Little problem	Big problem
Not going to school	Not leaving the house unless it's essential	Staying indoors for several weeks
Not knowing how long the social distancing/self-isolation will last	Being occupied at home	Being with family whilst social distancing/self-isolating
Being alone whilst social distancing/self-isolating	Not seeing friends/extended family whilst distancing/self-isolating	Talking to friends online
Worrying about Corona virus	Having symptoms of Corona virus	Washing hands
Hands becoming sore from washing hands excessively	Feeling the need to wash hands to an excessive level	Having a consistent routine
Doing schoolwork at home	Parent(s) working from home	Having enough food
Exercising	Worrying about family members/other people getting Corona virus	Using hand sanitiser/gel
Feeling anxious	Feeling unmotivated to get up/do things	Exams being cancelled

