



PRESTON CITY OF SANCTUARY

Looking at the Virus Through the Eyes of Children and Young People



In so many ways the Coronavirus is changing our lives. Although it is not at the forefront of government and scientific discussions, children and young people have been affected by the pandemic.



Many children are missing their friends, school, and usual routines. This is a really tough time for many children and young people. Some children have also lost loved ones to the virus.

Children's understanding of the world is different from adults and they deal with their emotions in a multitude of ways- some of which are hard for adults to always understand. We know that fears, uncertainty and concerns about

Covid-19 can make people feel added stress and anxiety and that these can be felt by adults, young people and children of all ages. For some children and young people these feelings can be overwhelming as they become concerned about themselves, their family members, missing friends and the lack of familiar routines. Children and young people may also be picking up a lot of misinformation especially from social media. This means it can be a really scary time for children and young people.



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It's important to listen to the child or young person and reassure them that illness from CV-19 is actually very rare and generally mild, with most people having flu or cold like symptoms. It's important that they know that many simple things can keep them safe such as hand washing and staying at home.





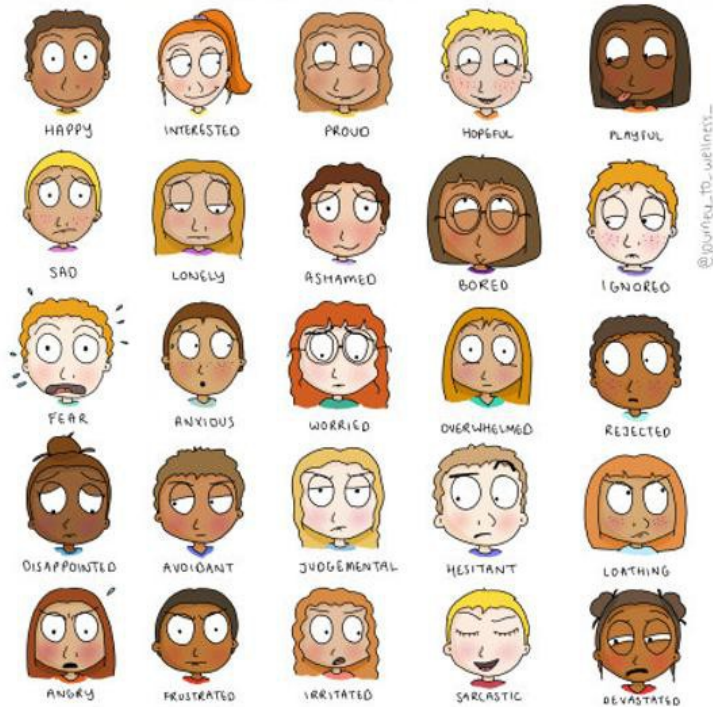
Preston COS would like to give the children and young people of refugees and asylum seekers to share their

- **experiences**
- **feelings**
- **memories**
- **impressions**

We would like to use your children's contributions as part of a visual record of what is happening in Preston. They may also be used on the PCOS website and as part of the virtual activities that we are planning for Refugee Week.

≡ MY FEELINGS CHART ≡

TODAY I AM FEELING: _____



Send contributions to info@preston.cityofsanctuary.org by Friday 19th June 2020.

The entries may be used on websites, videos and other promotional materials. They may also be utilized by Lancashire Archives/Record Office.

Parents by allowing your child to submit an entry you are confirming that you agree to Preston COS recording and publically displaying their work.

If you have any questions please do not hesitate to contact us or telephone Dawn on 01772 797563



If your child needs any resources, let us know and we will do our best to help.

Finally we hope that you and your families are safe and well at this very difficult time. Hopefully some of the activities that we suggest will provide a welcome distraction. If you want any further information then please don't hesitate to contact us

Best wishes
Dawn and Sandra for Preston City of Sanctuary



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