

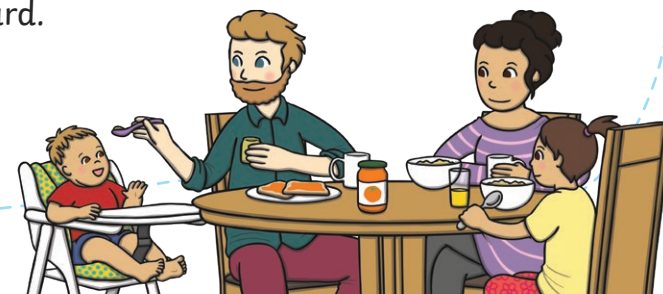
Talk About Coronavirus Family Discussion Cards



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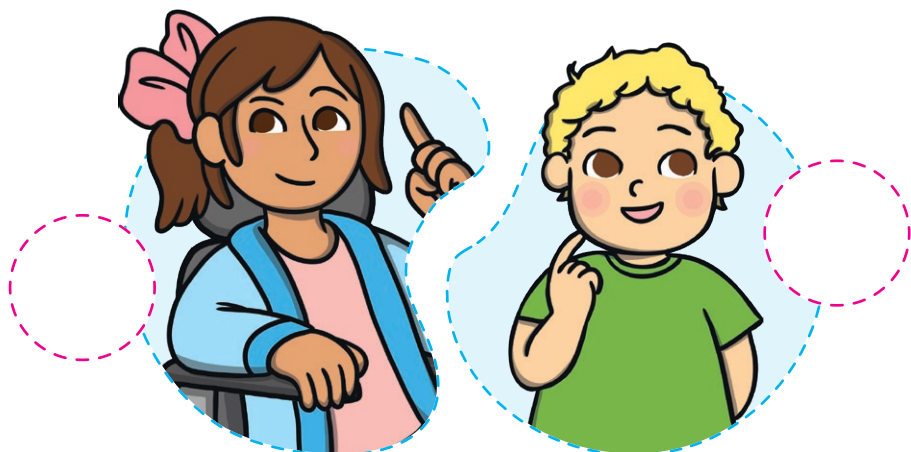
These cards have been designed to support your family as you begin to discuss current events in an open and loving way.

To help you listen to the person talking, and to avoid interruptions, try using a special object. Only the person holding the special object may speak. Then, they can pass the object on to the next person which allows every family member to feel heard.



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What do you understand about coronavirus?
Is there anything you are unsure of?



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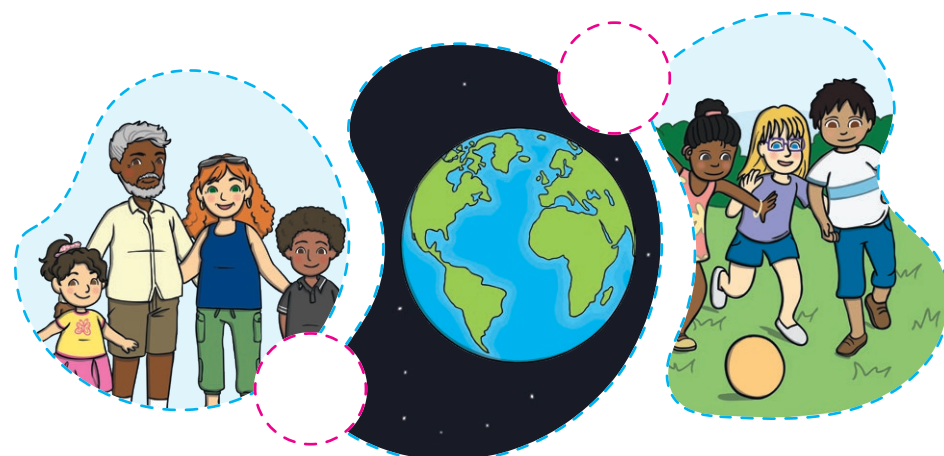
What are your worries?



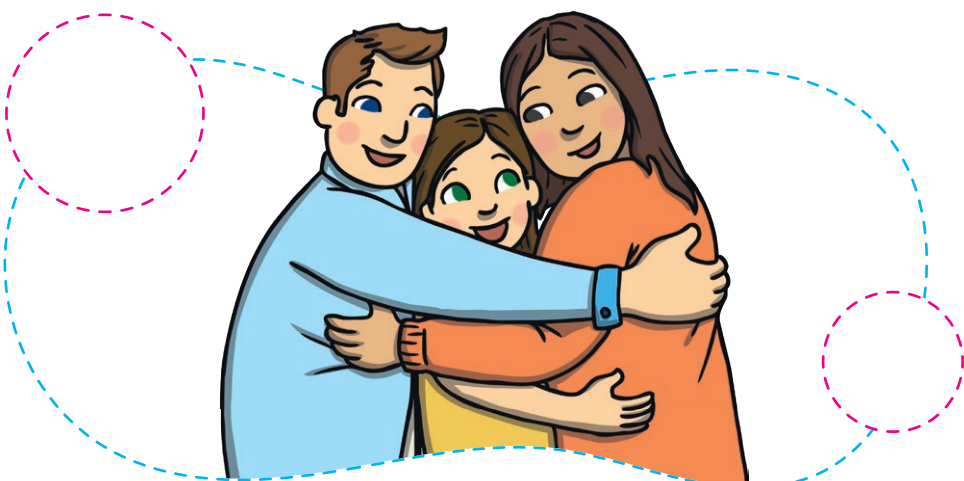
What are you most looking forward to when things go back to normal?



What do you think will be the same when things get back to normal? What will be different?



How can we make life better where we live?



Activity and Ideas

At dinner time or bedtime, each family member can share three good things about their day.

Have a weekly family meeting to discuss what's going well and if any changes need to be made.

Provide each family member with a diary or paper to journal their feelings and experiences.

Allow self-imposed 'time-outs' and provide safe spaces to express emotions.

Introduce 'time-ins' for when family members need support. This is a time to put down tools and provide a listening ear and a hug.