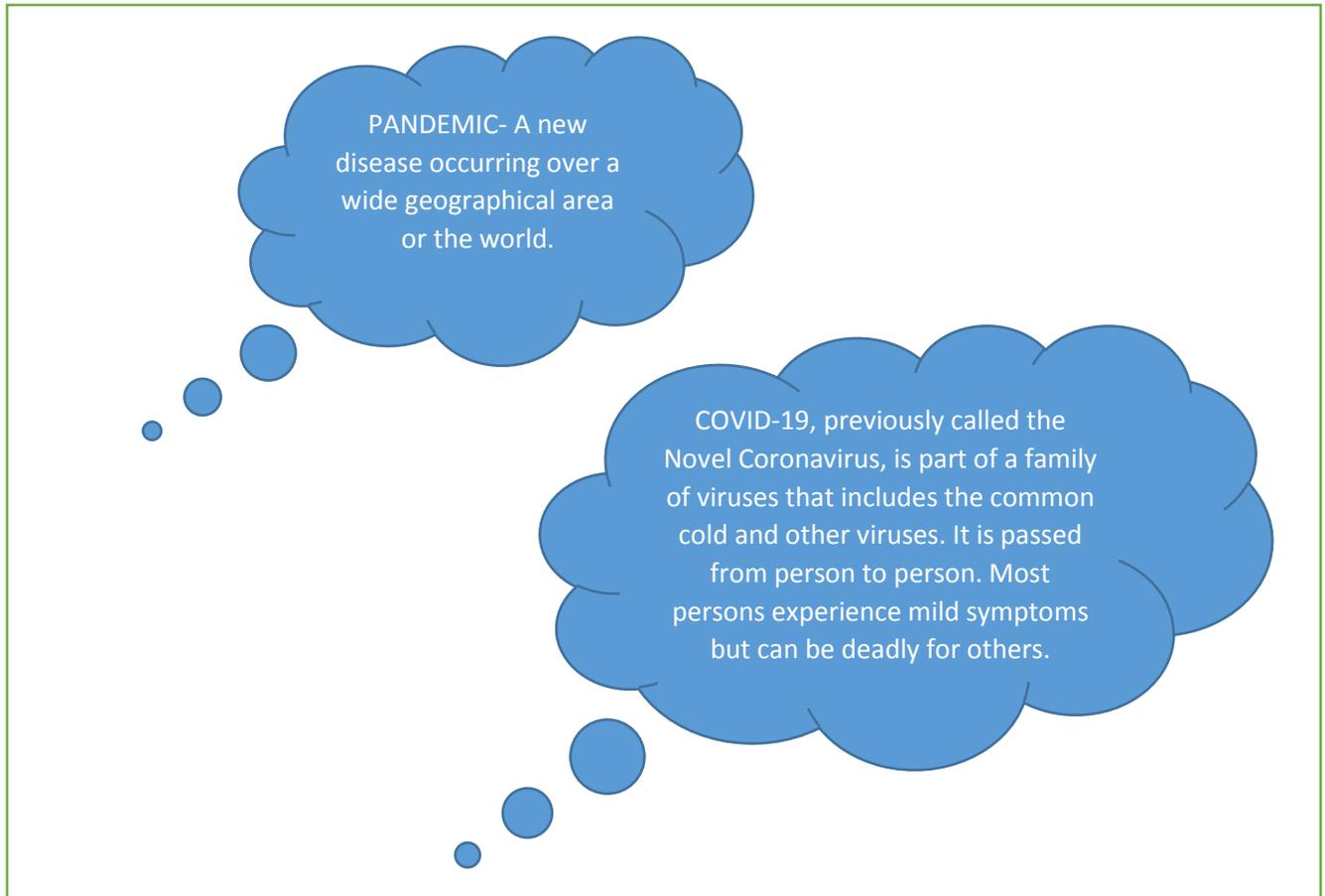


MINISTRY OF EDUCATION, CURRICULUM PLANNING AND DEVELOPMENT DIVISION

# HEALTH AND FAMILY LIFE EDUCATION-MANAGING EMOTIONS AND COVID-19



PANDEMIC- A new disease occurring over a wide geographical area or the world.

COVID-19, previously called the Novel Coronavirus, is part of a family of viruses that includes the common cold and other viruses. It is passed from person to person. Most persons experience mild symptoms but can be deadly for others.

Covid 19 has brought changes across the world, including Trinidad and Tobago. These changes have affected families, individuals and businesses. Thinking about Covid 19 and living with this virus makes us experience different feelings.

Feelings are referred to as Emotions and Emotions can be both positive (good) or negative (bad). We are not always sure about how we feel nor are we able to describe it sometimes. However, it is important that we learn to identify our feelings and express them.

**ACTIVITY 1:** On March 13, 2020 schools across Trinidad and Tobago closed abruptly and have remained closed, complete the activity below by describing how you feel about the following situations. Note these are your emotions and they can be positive or negative. You are entitled to feel how you want. It's what makes you unique.

SITUATION	HOW ARE YOU FEELING RIGHT NOW?	WHAT IS MAKING YOU FEEL THAT WAY?
School closing indefinitely because of Covid 19.		
Being unable to write End of Term Examinations for Term II/CSEC/CAPE Exams		
Being unable to submit SBAs OR Projects		
Being unable to learn face to face with your teachers		
Being unable to see your friends at school		
Being quarantined.		
Being stuck at home with your siblings.		
Being at home with your parents/grandparents.		
Being unable to go out to malls, cinemas, playground, beaches etc		
Having to wear a mask.		
Social Distancing		
Supervising your siblings all day		
Having to assist chores (housework) more frequently		



THE JOURNAL PAGE BELOW CAN BE USED TO HELP YOU REFLECT AND EXPRESS YOUR FEELINGS ABOUT COVID 19 AND MOST IMPORTANTLY COPE. Write it up at the end of your day.

**INSERT AT THE TOP OF THE JOURNAL PAGE THE DATE AND A TITLE. For example**

**MY JOURNAL**

**Date:**

THINGS I AM THANKFUL FOR TODAY- List 5 things you are grateful for today.

- 1.
- 2.
- 3.
- 4.
- 5.

THE BEST PART OF MY DAY- Choose a moment/s of your day that made you happy and focus on it for a couple of minutes. **Write about it.**

THINGS THAT CHALLENGED ME OR MADE ME FEEL BAD TODAY:

- 1.
- 2.
- 3.

HOW DID I COPE OR LEARN FROM MY CHALLENGES:

- 1.
- 2.
- 3.