



Here we are, in April 2020

The Coronavirus disease
(COVID-19) has taken over.

How do you feel right now?

Scared?

Uncertain?

Confused?

Out of
control?

Worried?

Anxious?

Things can be unsettling when there isn't a plan and there is uncertainty.





BUT...one of the key lessons in life we all have to learn is how to deal with change.

**Change can be
difficult but it can also
be an opportunity.**



**You have managed to
navigate change so far such
as:**

- moving house
- moving to secondary school
- friendships changing
- exams



As we face a global pandemic, you will have lots of questions...

- Will schools close?
- Can we go to the shops?
- Will we be allowed to see our friends?
- How long will all this last?
- What happens if me or my family get ill?

but questions are good, right?



**Some of these
questions can be
answered, others
cannot be right now
because no one
knows...**

**One of the key things
to know is that we
have to control what
you can control.**



**Here are things you
cannot control...**

**What happens
with exams**

When it happens

How long it will last

School closures

Staff

Here are things you CAN control...

Your mindset

Your attitude

Your approach

**Not making it an
excuse for not doing
what you could and
should**

**Your willingness to try
and overcome**



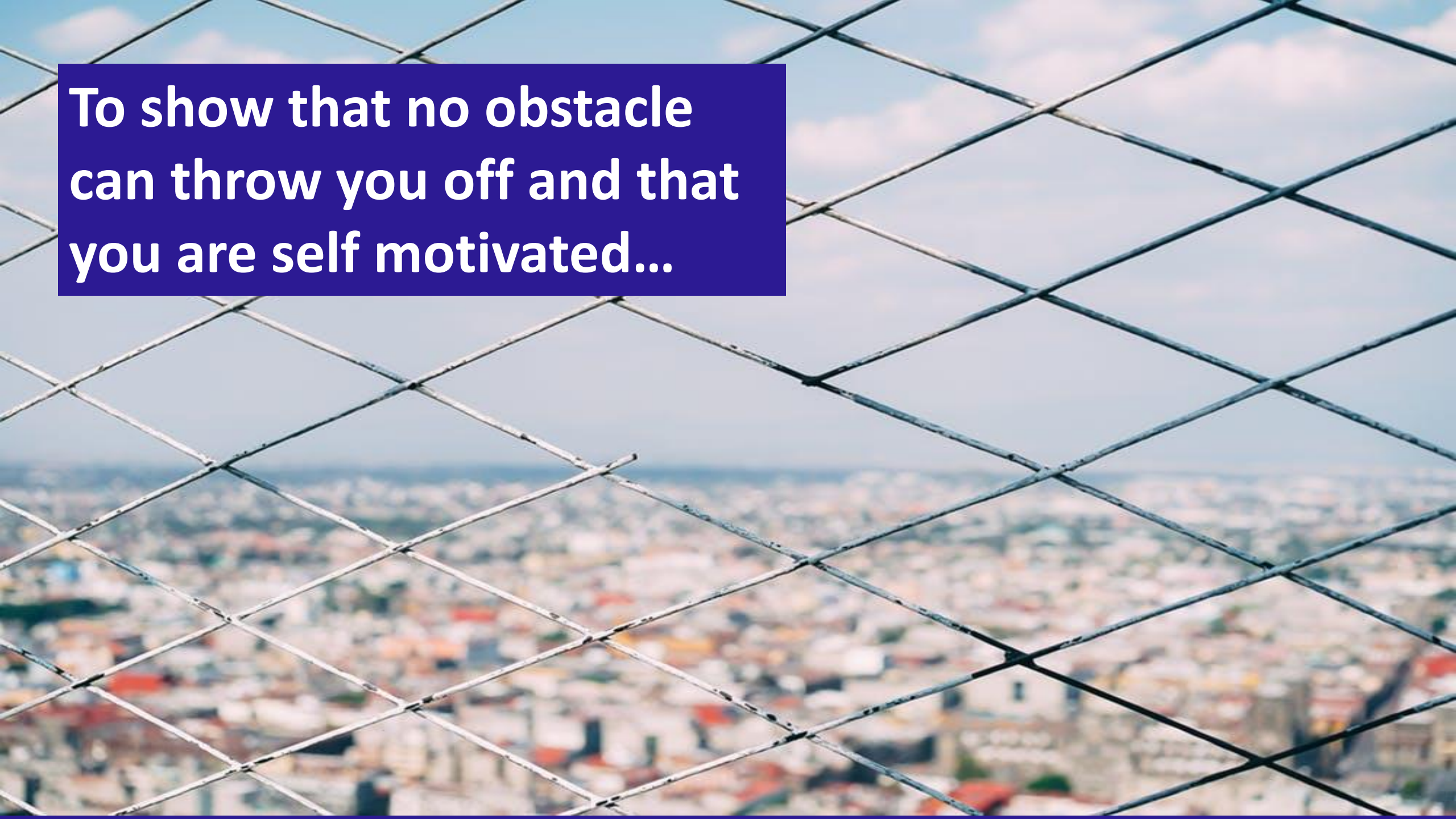
**There is always an
opportunity in every
problem.**

**What are the
opportunities here?**

**To show your
resilience,
determination
and
organisation...**



**To show that no obstacle
can throw you off and that
you are self motivated...**



**That you can establish a
routine and use your friends to
keep you motivated...**

**You can take it upon yourself
to be kind to others...**



**Help the
community**



**Stay connected with elderly
relatives who may feel lonely**

In the future, you will be able to talk about how you tackled this period of your life with determination and leadership.



**Don't look back on
this period saying,**

'I wish I had....'

**Make sure it
happens.**



THIS will be a period of history when people in the future talk about 'what did you do in 2020 when the pandemic hit?'...

ALL WE
HAVE
IS NOW

<https://www.youtube.com/watch?v=SD3B9QnUXQo>

**No matter where
you are - make your
story a good one,
filled with things
that you will be
proud of.**

