

BUZZ

TINKLE FRIEND

COVID-19 ISSUE



Dear Boys and Girls

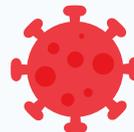
The COVID-19 pandemic has caused much disruptions all around the world. Have you also been experiencing some distress? In this special edition of BUZZ Newsletter, let's learn more about COVID-19 and how to cope with the uncertainties caused by it.

First, let's understand these common terms that we've been hearing:



COVID-19

This new coronavirus was first identified in Wuhan, China in December 2019. Within weeks, the virus spread to many more people all over the world. Subsequently, the World Health Organisation (WHO) named this virus as COVID-19, which stands for Coronavirus Disease 2019.



Virus

Viruses are tiny particles that can enter our bodies and harm us. The flu, cold and even chicken pox are all caused by viruses.



Pandemic

When a disease spreads rapidly all over the world, it is called a pandemic.



Safe Distancing

It refers to limiting close contact with other people even if you're not sick. That gives the virus fewer opportunities to spread around.



Circuit Breaker

A circuit breaker helps to stop the flow of electricity. If our electrical appliances are faulty, the circuit breaker will stop electricity from passing through, to prevent accidents.

In this COVID-19 situation, "circuit breaker" is an analogy to describe the preventive measures to reduce contact between people to try and stop the spread of the virus.

HOW HAS COVID-19 AFFECTED YOU?

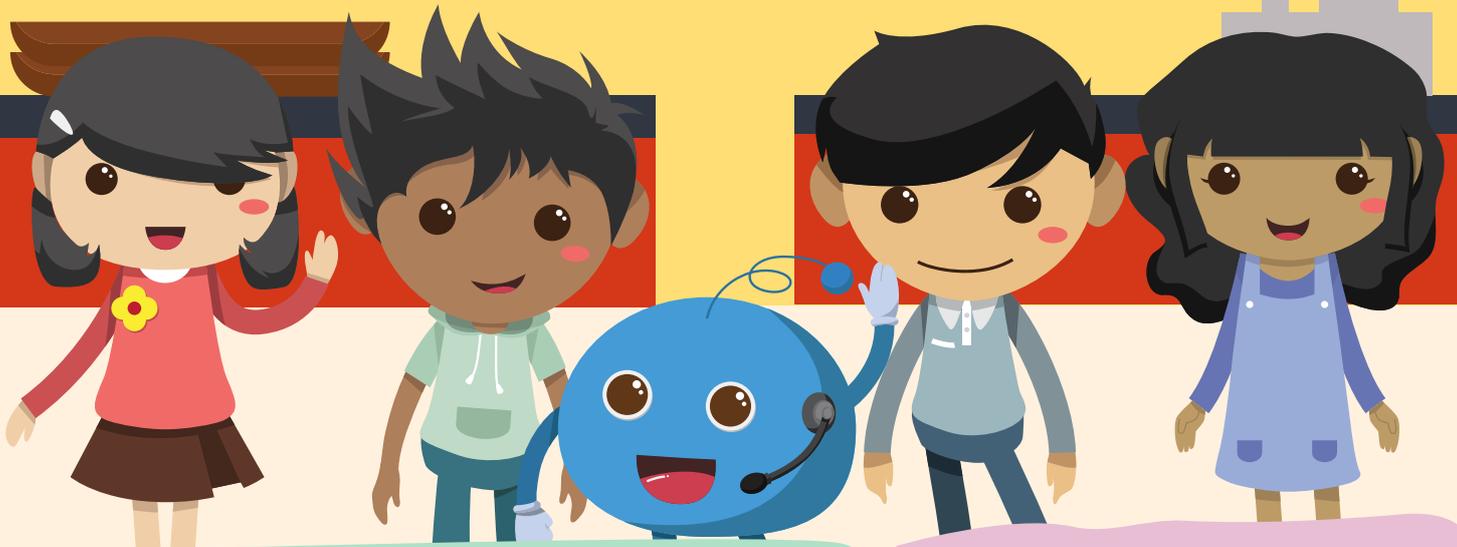
All of us are affected in one way or another by the COVID-19 pandemic. These big or small changes can affect our thoughts, feelings and how we behave. First, you can try to identify how you are being affected by putting a tick beside each point that applies to you.

- 
Discussing with others about COVID-19 news
- 
Feeling scared of getting the virus
- 
Worrying about the health of family members or friends
- 
Worrying about your studies and how you will perform for your examinations
- 
Family members appearing more stressed and tense during this period
- 
Overcrowding of family members at home
- 
Having to stay at home most of the time
- 
Feeling bored because you cannot go to school and meet your friends
- 
Blaming other countries or other people
- 
Not getting used to changes in school e.g. no assembly, examination-style seating in class, home-based learning

Write down any other feelings or concerns that you have.



ADJUSTING OUR LIVES TO COVID-19



I saw so many empty shelves at the supermarket the other day!

Me too! My mummy said we don't need to panic buy and hoard food items as there are enough supplies for all of us.

The situation seems to be getting worse... the tuition centres and cinemas are closed and I'm sad that I can't watch a movie. Now the schools have switched to home-based learning.

I'm not sure what will happen in the future, but my daddy told me that these changes are to ensure that more people stay home so that we can better protect everyone's safety.

Yes, things are very uncertain now and we cannot control what will happen next. But we can control what we do about the situation by taking precautionary measures!

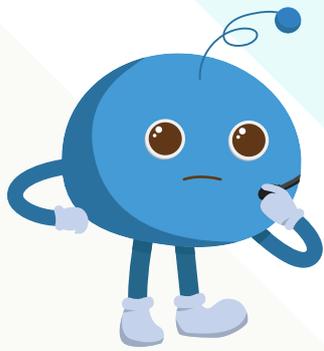
I have been washing my hands with soap frequently and I try not to touch my face and eyes.

My mummy tells me we should not go out to play. If we really have to be out, we'll need to put on a face mask and stay one metre away from other people.

Our teachers will also regularly check in to find out how we're coping at home. I think we should take things one step at a time and not worry too much!

I have been talking to my parents about what is happening and how I am feeling!

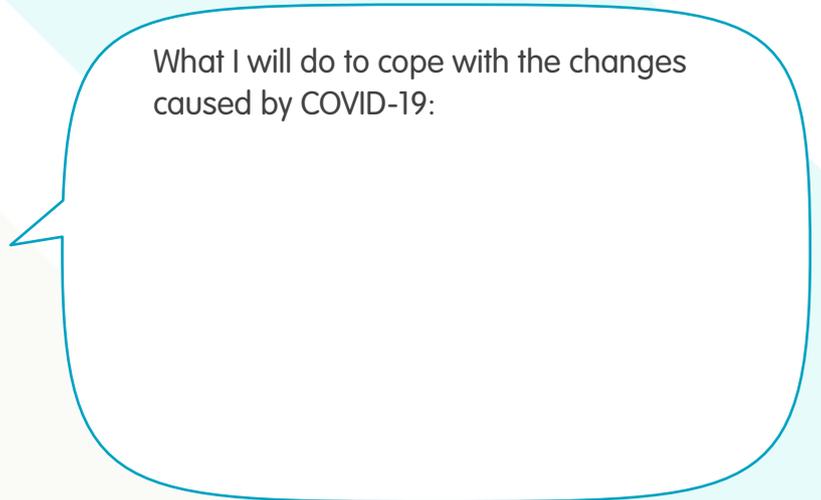
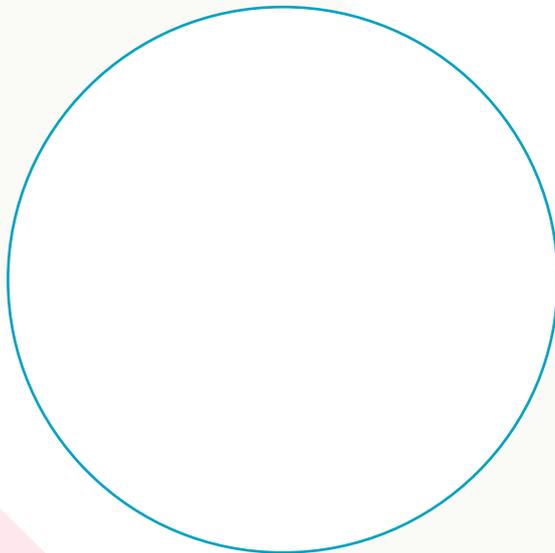
Good job everyone! We can all try to adapt to the changes in our lives and cope in healthy ways. Since some of your parents are working from home, you can spend more time as a family and bond together. Boys and girls, what will you do to deal with the situation?



HOW CAN WE COPE WITH COVID-19?



Draw your face in the circle below and write down in the speech bubble what you will do to cope with the changes caused by COVID-19.



Besides the steps that Tinkle Friend had shared earlier, here are more practical strategies for you to try out by yourself:

1 Enjoy your hobbies

Do something that keeps you calm, happy and relaxed. This could be breathing exercises, watching videos, or doing some exercises at home.

2 Stay connected with others

You can video call your friends and loved ones, or even try playing online games with one another.

3 Remember your goals

Focus on yourself and work towards your goals. Take the chance to learn something new, start reading a new book or spend time practicing a musical instrument.

4 Continue with your daily life

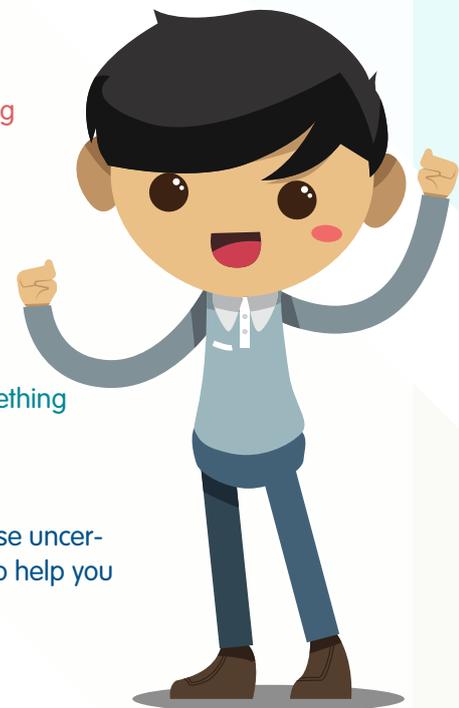
We are not sure how long more the COVID-19 situation will last. Despite all these uncertainties in your lives, you must continue with your studies and daily activities. To help you adjust to the changes, you can:

- Talk to your parents about your feelings.
- Have family movie nights on Friday and/or weekends.
- Organise cooking sessions with your family.
- Declutter your room.

Don't spend your whole day reading up on COVID-19 news. Keep a lookout for positive stories and share them with your friends and family members.

5 Use resources

There are free resources available such as colouring books, e-books and online learning sites. You can find some of these resources on the Tinkle Friend website by scanning the QR code.



Dear boys and girls,

Please stay safe and practise good hygiene. If you have any worries or concerns about COVID-19 and need to talk to a trusted adult, you can either call or chat online with us!



Need someone to talk to?



Helpline

1800 2744 788

Monday - Friday
2.30pm to 5.00pm

(Closed on weekends and public holidays)

Online Chat



www.tinklefriend.sg

Monday - Thursday Friday
2.30pm to 7.00pm 2.30pm to 5.00pm

(Closed on weekends and public holidays)

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