Here we are, in March 2020

The Coronavirus disease (COVID-19) has taken over.
How do you feel right now?

Scared?

Worried?

Confused?

Uncertain?

Out of control?

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 attitude

Your mindset

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

Your approach

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