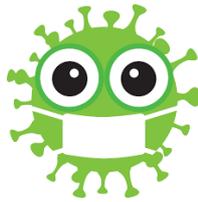


What's the same and what's different?

Life at home and school seems very different now – there are new routines to follow, new rules to keep us all safe and new challenges to face each day.



We have some time to get used to all the new things and should feel very proud of our resilience and adaptability to the changes that are needed to keep us all safe.



What is a pandemic?

A pandemic is an outbreak of a disease that happens all over a whole country or the world.

But the thing with pandemics is that there are so many unknowns that can make us worry and feel insecure. We can't tell how long they will last, who will get ill or when we will have the medicine that will call us all safe.

Our Government and scientists around the world are working hard to try to get answers to the unknowns. People are working day and night to keep us safe and help us get back to how things used to be.

So, what's the same?

We still need to keep learning to grow our brains and prepare ourselves for the next adventures of our lives.

Our families and teachers are still there to love and support us.

How wonderful it is that we have so much amazing technology that means we can still keep in touch with our family, friends and teachers!

Our friends are STILL our friends, even though we can't see them at the moment.

There are still so many services to care for us like doctors, teachers, dentists, online club leaders, dentists and other important grown ups in our lives.

AND MORE GREAT NEWS!

Scientists and doctors are already providing people with the vaccine that will protect us from the virus!

The pandemic will come to an end and we would have learnt so much about things we could never have dreamt of – including about ourselves!