**Communication and Interaction Team**

**Talking Mat**

A Talking Mat is a communication strategy that can be used to help a child/young person to express themselves. Talking Mats can be used for different purposes but could be useful to help a child/young person to express any concerns or worries they may have in regards to the Coronavirus. For this purpose, you could use three categories:

* No Problem
* Little Problem
* Big Problem

You could also use:

* Good
* Ok
* Bad

A child/young person is then presented with a topic (in this case, Coronavirus), and is then asked to, one by one, categorise each statement. Once a statement has been categorised, the adult can say “because….” to help the child/young person to expand their answer further if they are able to or want to.

Remember, that it is their views and therefore there is no right or wrong answer. It is also their views on that particular day and if you were to do it another day then their views may change.

Not all statements will be relevant for all children/young people so please use as appropriate.

Electronic Version example:

**Coronavirus**

**Little Problem**

**No Problem**

**Big Problem**

Drying hands

Washinghands

Using antibacterial hand gel

Worrying about other people being ill

Not going to school

Cut out each statement below.

|  |  |  |
| --- | --- | --- |
| **Coronavirus** |  |  |
| **No Problem** | **Little Problem** | **Big Problem** |
| **Good** | **Ok** | **Bad** |
| Washing hands with soap | Drying hands | Washing my hands for 20 seconds |
| Using anti-bacterial hand gel | Keeping a safe distance away from people outside the house. | Having to stay inside |
| Being ill | Worrying about getting ill | Other people being ill |
| Not going to school | Not seeing friends | Not seeing extended family |
| Going to school when others are not there | Parents working from home | Watching the news |
| People posting about the Coronavirus on Social Media | Food being restricted in the supermarkets | Empty shelves in the supermarkets |

If you need more information on how to use a Talking Mat, then please contact us for further information.