



What's changed in your life because of coronavirus?



Life has changed for all of us in the last few weeks. Schools are closed for most of us and we have to stay at home. This might make you feel worried, and you might be missing your friends. This is OK, and it's totally normal. We are all feeling these things right now.

We want to hear from you

We want to know how your life has changed because of coronavirus, and how you feel about it.

Answering any of the questions below will help us to try to make things better, for you and other children in Wales. You can send your answers to this email address: seneddcype@senedd.wales and we'll make sure they are summarised and published so that other people can read them. We will send you a copy too.

You don't have to write lots, and you don't need to answer every question. You can tell us in Welsh or English, it's up to you. And you don't have to tell us your name or lots of things about yourself if you don't want to.



What do we want to know?

- We want to hear **what's changed in your life**. What do you miss most about school? If you are still going to school, how is it different to before? What's it like being at home more?
- We also want to understand **how you feel inside**. Are you tired, scared, worried or confused? Who do you talk to about these feelings?
- **How do you feel in your body?** Are you doing exercise, like PE with Joe Wicks? Do you get to go outside much?
- It's nice to carry on **learning** even though schools are closed. Are you doing schoolwork at home? What sort of things are you learning about and are there adults helping you?
- Do you think grown-ups are listening to **your views and feelings** at the moment?
- It's important to know what's happening in times like this. Where do you get **information** at the moment – the internet, teachers, friends, parents or somewhere else?
- Some of us have **extra help at school or outside school**. Are you still able to get this help now that you're at home?



Who are we?

We are the Children, Young People and Education Committee. Usually we meet in the Senedd but, like lots of people, we're trying to work at home at the moment.

The Committee is a group of politicians who make important decisions. It's our job to listen to you, and by doing that we can try to make life better for children in Wales.



Other things you need to know

If you are under 13, you need to ask the adult who's looking after you if you can write to us. If you want to email us but don't know how, you can ask someone you know for help. Other people will be able to read what you send us, but we won't put your name on it. The adults helping you can find **more information on our website** about what we will do with the information you send us.

Don't forget...

If things are very hard at the moment and you need someone to talk to, there are plenty of people who can help.

Meic

Meic can listen to you if you're feeling worried and help you to feel better. You can call them or chat to them online.

Childline

Childline can listen to your worries and help you to cope with them.

Children's Commissioner for Wales

The Commissioner's Investigation and Advice service is open for children, families and professionals for advice and support.

To contact us, you can call **0300 200 6565** or email seneddcype@senedd.wales