



The Charlie Waller Memorial Trust
Depression – let's get talking

Comforting at a distance

When we can't give physical comfort, we can still do a lot:

Use **comforting language** and tone of voice - reinforce school is a **safe and happy place**

Use **positive and open gestures** with lots of smiles

Validate their feelings – **reassure** and let them know it's **ok to have worries**

Share a **virtual tour** so families know what is different... and what stays the same!

Use **play** to stimulate and re-establish friendships

Remember: small things = big difference

