**Resources to Support Children During COVID-19**

**Talking to Children About Coronavirus**

* Advice from British Psychological Society regarding talking to children about coronavirus <https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>
* Young Minds - <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
* Child Mind - <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
* Mencap – Easyread information about coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>
* Carol Gray Social Story about coronavirus <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
* MindHeart activity book for young children, aimed at those 7 and under. This is available in 17 languages: <https://660919d3-b85b-43c3-a3ad-3de6a9d37099.usrfiles.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf>
* Autism Educator Social Story about Coronavirus: <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>
* CBBC Newsround videos, information and questions answered about coronavirus <https://www.bbc.co.uk/newsround#more-stories-2>
* ELSA: Coronavirus Story for Children <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>
* Visual cue for handwriting: <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/ELEPHANT-HAND-WASHING-2.pdf>
* Handwashing experiment video: <https://www.youtube.com/watch?v=uvG6uBq-dV0>

**Supporting Wellbeing of Children During Coronavirus**

**Key Points:**

* **Maintain a routine:** Keep the usual bedtimes, wake-up times and mealtimes. Follow a daily schedule including learning, life skills, fresh air, relaxation, exercise, creative activities.
* **Expect some stress and anxiety**: This is normal given the situation. Take time each day to try and relax and take a mental break. Use mindfulness, yoga and relaxation proactively to help keep stress levels at bay.
* **Help children express their feelings**: Help you child identify their feelings, acknowledge and validate how they feel. Every child has his/her own way to express emotions. Sometimes engaging in a creative activity, such as playing, and drawing can facilitate this process. Children feel relieved if they can express and communicate their feelings in a safe and supportive environment.
* **Maintain connections:** maintain connection with friends and family through Skype and Facetime.
* **Avoid Information overload:** Take breaks from the news, social media and outbreak updates as a family.
* **Don’t expect too much from yourself or your children:** Do the best you can, take one day at a time, try and make the most of the situation and enjoy time together.

**Wellbeing Resources:**

* **Cosmic Kids Yoga** Videos on YouTube – short guided yoga sessions for children delivered through storytelling
* **GoNoodle** on YouTube - dancing, singing, exercise – fun ways to keep moving when indoors
* **Smiling Minds** App – Meditation app with programmes for children targeted to specific age groups – 3-6 years, 7-9 years, 10-12 years, 13-15 years, 16-18 years.
* **Puppy Mind** – story for encouraging mindfulness <https://www.youtube.com/watch?v=Xd7Cr265zgc>
* **Calm** - free mindfulness meditation <https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero_object_id=su_eWE1de2opeEQMZhT61XBFMVm>
* **Managing anxiety** - <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
* **Minding mental health in isolation** - <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
* **Obsessive compulsive disorder** – <https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>
* **Sensory Issues with handwashing** - <https://www.sensoryintegration.org.uk/News/8821506>
* <https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_>