

Resources for Children and Young People

How to talk to children about Coronavirus

<https://www.telegraph.co.uk/family/parenting/how-talk-children-about-coronavirus/>

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

National Autistic Society – guidance and helpline for parents, young people and staff:

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Mencap - Easy Read Guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing:

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

Public Health England have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it here: <https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>

<https://t.co/lcWX8Z4uyf@SotonChildHosp@UHSFT@PICSNurses> a downloadable book from a PICU nurse at Southampton to help children understand Coronavirus

<https://acamh.us6.list-manage.com/track/click?u=Of1c71bf7993244b9dfb8c134&id=7347fe9795&e=515bc1190f> podcast on anxiety with Dr Jon Goldin on the Coronavirus and child mental health –ACAMH

How to cope when you can't go to school because of Coronavirus – Newsround video

<https://www.bbc.co.uk/newsround/51656718>

Tips for if you're worried about the Coronavirus – Newsround video <https://www.bbc.co.uk/newsround/51887051>

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing/>

Support and activities for your child to help with their emotional needs

Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic:

<https://www.mindheart.co/descargables>

<https://www.childline.org.uk/toolbox/>

<https://www.stopbreathethink.com/>

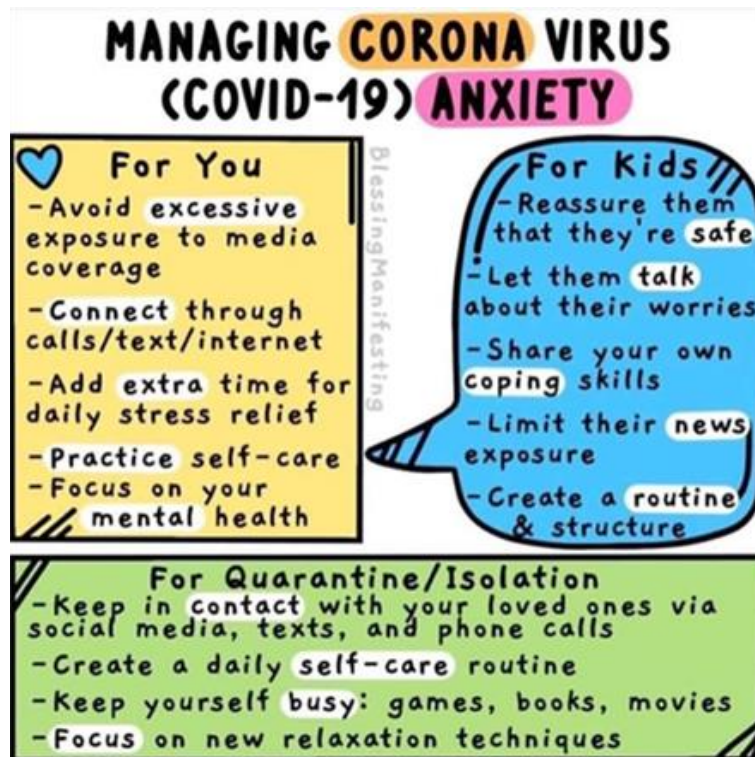
Self-care strategies – the Anna Freud centre: <https://www.annafreud.org/on-my-mind/self-care/>

Worries about the World – Childline advice page

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/cambridgeshire-0-19-healthy-child-programme/school-nursing/chathealth>



<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/> - Story for young children about Coronavirus

Resources for talking to children about Coronavirus

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.thedadsnet.com/this-free-book-is-great-for-explaining-covid-19-coronavirus-to-your-children>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKIM7Xy3VIKnA25b8Gi53N6YiFleKB9Vx0LQypSPYzzg>

<https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/>

This is an informative animation for older children and young people

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

A comic exploring coronavirus to help young people understand

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506>

Useful Information

Advice on school closures from the Government

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people>

Wide range of resources and information

<https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/>

Supporting those with sensory issues around handwashing is a question that has been asked a lot. See below link for advice

<https://www.sensoryintegration.org.uk/News/8821506>

Resources

<https://www.redcross.org.uk/get-involved/teaching-resources/coronavirus-newsthink>

For those experiencing Obsessive Compulsive Disorder (OCD) <https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

Advice for young people <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

The Anna Freud Centre for Children & Families <https://www.annafreud.org/>

Thinking around coping with isolation, maintaining links with extended family & friends, maintaining mental health and learning from home activities <https://www.phoenixgrouphq.com/covid-19>

Regulation Activities - to Calm or Energise



There will be times when it might be difficult for children, young people and adults to stay regulated over the coming weeks - especially if you have to stay indoors for extended amounts of time.

Regulation is not just about feeling calm and relaxed - it also includes feeling energised and alert. In this section we will share a range of ideas, resources and activities to help everyone think about how they are feeling and regulate those feelings.

Take time to think... Am I calm? Do I need more energy? What am I feeling? How are the people around me feeling?

Online Resources

Regulating Obstacle Course Video from Beacon House

<https://www.youtube.com/watch?v=0vLvoEXLApA&feature=youtu.be>

Cosmic Kids have many fantastic videos to calm or energise you <https://www.cosmickids.com/> We have put a video for you to see if you scroll down

*****30 Day Mindfulness Challenge with Rainbow Yoga*** free course for a limited time - follow this link to register for free**

https://online.rainbowyogatraining.com/courses/29/enroll?price_point=250&url_hash=ebd4a6752e8bf70739fa

With thanks and gratitude to Rainbow Yoga <https://rainbowyogatraining.com/about/>

*****Mindful Moments by Nicole*****

Nicole is an EP working for SEPS and also a trained yoga teacher. She has recorded these 4 lovely mindfulness videos for you can watch and enjoy on YouTube. These are mindfulness activities that can be done by all ages. Thank you, Nicole,

Three-Part Breath - <https://www.youtube.com/watch?v=VrTW5MhWuvI>

Original, Full Belly Breathing - https://www.youtube.com/watch?v=yaB_6LOIOLw

Alternate Nostril Breathing - <https://www.youtube.com/watch?v=Me4MC0zusiQ&t=14s>

Extended exhalation - <https://www.youtube.com/watch?v=K7jxstPKQXw&t=97s>

And the Mindful Moments channel overall: <https://www.youtube.com/channel/UCUgSqi3itBTJMiC6SvjiByA>