


Mental Health and Emotional Wellbeing Resources

Organisation/Agency	Description of Resource	Where to Find It
<u>Anna Freud</u>	Teachers: Advice on how to deliver sensitive information with parents, considering everyone's emotional wellbeing	https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/engaging-with-all-parents-and-carers-booklet/
<u>PSHE Association</u>	Teachers: <i>Teaching about hygiene routines, how bacteria and viruses affect health and recognising illness is a part of the Health Education aspect of PSHE education at all key stages. Pupils may ask about coronavirus (COVID-19) while discussing these topics, or may raise concerns regarding the virus in response to media coverage. We therefore offer the following advice to help you to plan for such discussions and it is also important to refer to the guidance on the <u>NHS website</u> and <u>Public Health England's guidance for educational settings</u>.</i>	https://www.pshe-association.org.uk/news/advice-addressing-coronavirus-covid-19-pshe  COVID-19 advice_0.pdf
<u>BBC Newsround</u>	Teacher Video resource: Questions around the virus and contracting	https://www.bbc.co.uk/newsround/51861090
<u>BBC Newsround</u>	Parents: Dr X and Dr Chris video on Corona Questions for young people dispelling any myths or fears	https://www.bbc.co.uk/newsround/51861090

Child mind.org	Parents: Navigating conversations tips for parents / carers	https://childmind.org/article/talking-to-kids-about-the-coronavirus/ https://www.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be
BBC	Parents: advice and information about the COVID 19	https://www.bbc.co.uk/news/uk-51734855
The Guardian	Parents: Tips on how to deal with the media and potential self-isolation	https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine
Young Minds	Parents: Emotional health and wellbeing online resources for various mental health needs	https://youngminds.org.uk/find-help-for-parents/parents-survival-guide/?gclid=EAlaIQobChMIkKO8gZ2h6AIVi7TtCh1E2Qn1EAAYAiAAEgJghvD_BwE
Childline	Parents: Activities for mindfulness & creating calmness in the home	https://www.childline.org.uk/toolbox/calm-zone/
Blissfulkids.com	Parents: family mindful games at zero cost	https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/
BBC Newsround	KS 1& 2: children resources: Advice if you're worrying about the coronavirus	https://www.bbc.co.uk/newsround/51861090
BBC Newsround	Coronavirus "Having no school is boring" video of 11year old English girl living in Italy.	https://www.bbc.co.uk/newsround/51861090
NHS Youtube	Dr Ranj's advice on Corona Virus	https://www.youtube.com/watch?v=oMHacLHchIQ
Childline	KS1&2: Activities to help you feel calm & relax: relaxing games	https://www.childline.org.uk/toolbox/calm-zone/
CBBC	fun interactive games and quizzes & puzzles	https://www.bbc.co.uk/cbbc/games?page=2
BBC Youtube	KS 3 & 4: Young people resources: Advice if you're worrying about the coronavirus	https://www.youtube.com/watch?v=m2rQV34fr-M :
Childline	Activities to help you feel calm & relax: interactive	https://www.childline.org.uk/toolbox/calm-zone/

	mindful activities for calmness	
<u>Young minds</u>	Advice & information on mental health	https://youngminds.org.uk/find-help/looking-after-yourself/