

Resources for young people of Primary school age.

Covid-19

We understand that at this time you could be experiencing a lot of anxiety and stress about the current situation with Covid -19. We have pulled together some resources that are designed to help you cope and suggest different strategies you can try. We hope you find some of them useful.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/> (Includes helpful video)

<https://www.savethechildren.org.uk/how-you-can-help/emergencies/coronavirus-uk-outbreak-facts#coronavirus>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Social stories to read to your children:

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>

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

**Information and resources for parents who care for children
with additional needs**

<http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf>

<https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

<https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>

Anxiety apps:

Chill Panda. Free <https://www.nhs.uk/apps-library/chill-panda/>

Headspace. Free <https://www.headspace.com/meditation/kids>

Smiling mind. Free <https://www.smilingmind.com.au/smiling-mind-app>

Calm. Free <https://www.calm.com/>

**Services available for parents when struggling with
mental health during COVID 19**

<https://www.anxietyuk.org.uk/blog/covid-19-and-anxiety-part2/>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.happymaps.co.uk/age-group/primaryschool>



World Health
Organization

Coping with stress during the 2019-nCov outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

