

# Resources and links to support schools and parents/carers in light of recent events in Ukraine.

## Save the children: 5 ways to talk to children about conflict

<https://www.savethechildren.net/news/ukraine-5-ways-talk-children-about-conflict#>

## Child bereavement UK: Supporting children and young people after a frightening event

Helpful advice and sort 2 minute video clip outlining what might help

<https://www.childbereavementuk.org/information-frightening-events#:~:text=Talking%20about%20the%20things%20that,sensitively%20choosing%20the%20right%20moment.>

<https://www.youtube.com/watch?v=CxuQLdBjpZc>

## Childline

Lots of links to resources for children when they have worries about events going on in the world

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

## Mental Health Foundation

10 tips for talking to your child about world news

<https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

## Seasons for Growth: A guide to self care and wellbeing during times of uncertainty.

This short 2 page handout focuses on how we can support ourselves and children/young people during times of uncertainty and change

<http://www.seasonsforgrowth.org.uk/wp-content/uploads/2020/04/SFG-Toolkit-Selfcare-Times-Uncertainty-COVID19-UK-Email.pdf>

## Newsround: Advice if you're upset by the news

Short one minute clip for children

<https://www.bbc.co.uk/newsround/13865002>

## Newsround: The history of Ukraine-Russian tensions

Short two minute clip outlining the history of these two countries

<https://www.bbc.co.uk/newsround/60513502>

