



# Resources (compiled 24<sup>th</sup> March 2020)

## Staying connected during Covid-19

---

### Useful links for parents and carers

- **UNICEF:** A helpful page for parents about the virus with Q&As & videos  
<https://www.unicef.org/coronavirus/covid-19>  
How to talk to your child about coronavirus  
<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
- **The British Psychological Society:** Coronavirus and UK schools closures: Support and advice for schools and parents/carers  
<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Coronavirus%20and%20UK%20schools%20closures%20-%20support%20and%20advice.pdf>
- **Child Mind Institute:** Supporting families during Covid19 – various resources and links for parents  
<https://childmind.org/coping-during-covid-19-resources-for-parents/>
- **Stirling Education Psychology Service:** a 3 minute video on how to support your child's wellbeing during Covid-19  
[https://www.youtube.com/watch?time\\_continue=130&v=crGepNAco\\_k&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=130&v=crGepNAco_k&feature=emb_logo)
- **Dr Karen Treisman** - A 4 minute clip demonstrating the hand breathing relaxation and regulation tool  
<https://www.youtube.com/watch?v=NAldSdx-jps>
- **Dr Karen Treisman** - A 6 minute clip: An introduction to a sensory, soothing, regulating, calming, grounding box  
<https://www.youtube.com/watch?v=9XyxqWiqLk0>
- **Dr Karen Treisman** - A 3 minute clip: An intro into some rhythmic relaxation ideas including a butterfly hug  
<https://youtu.be/e6z6TJ1wQDM>



- **World Health Organisation:** Helping children cope with stress during the 2019-nCoV outbreak  
[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)
- **World Health Organisation:** Coping with stress during the 2019-nCoV outbreak  
[https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)
- **Beacon House:** website with a range of resources for supporting repair of trauma and adversity. They have a section about staying connected during covid-19  
<https://beaconhouse.org.uk/resources/>
- **National Autistic Society:** Information about Coronavirus  
<https://www.autism.org.uk/services/helplines/coronavirus.aspx>
- **Mind, for better mental health:** Corona virus and your wellbeing  
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse3d455>
- **Mental Health Foundation:** Looking after your mental health during the Coronavirus outbreak  
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>



# WORDS TO BUILD RESILIENCE AND HELP YOUNGER CHILDREN

This feels a bit scary, but it won't last forever.

It's ok to feel worried, but we've dealt with hard things before so I know we can handle it.

When people are worried we really need to show kindness and help others.

I don't like that this is happening, but we can work through it together.

We can do tough things if we work together. We're a great team!

Not everything that you hear is true. Some people don't take time to find out proper facts when they worry.

We'll deal with this one right thing at a time. Take a breath – and then start on the next right thing.

It's ok to be a little bit scared just now. It just means that we get to be more brave together!

© Growth Mindset Yeti 2020

## Stay positive, keep learning

5 tips for children and families learning and living through social distancing

**STICK TO A ROUTINE**  
Keep getting up and going to bed at set times. This is ENORMOUSLY important for your mental and physical health.

Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.

**MAKE TIME TO BE CREATIVE**  
Paint. Write. Bake. Play. Dance. Make.

Take time to **discover** new talents, or nurture old ones.

Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!

**LIMIT SCREENTIME**  
Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie**!

Be mindful of how you use screens and try to take lots of breaks.

Here are some tips:

1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!

**GO OUTSIDE, STAY ACTIVE**  
Spending time in the **sunlight** is essential for wellbeing. Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.

Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.

**TALK, SHARE, BE GRATEFUL**  
The next few months will be challenging, and it's normal to have some worried feelings.

Talk to family and friends. Share how you feel and if you are able to, listen to others too.

If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.

Be **grateful** for each other. Now more than ever.



# Managing Self-Isolation

TAKING CARE OF YOURSELF IN THE FACE OF COVID-19

## Structure your days

DEVELOPING A SENSE OF NORMALITY HELPS FEELINGS OF HOPELESSNESS. SET A ROUTINE AND FOLLOW IT AS BEST YOU CAN (I.E. GET UP, SHOWER, EAT, READ, ETC.)

## Engage in Hobbies

ENGAGE IN YOUR HOBBIES. READ, WRITE, WATCH TV. TRY TO SPACE OUT YOUR ACTIVITIES. PICK UP A SKILL YOU'VE WANTED TO DO FOR A WHILE.

## Keep Social Contact

TALK TO YOUR FRIENDS AND FAMILY. BEYOND MESSAGING, FACETIME AND SKYPE THEM. SCHEDULE IN TIME TO ENSURE IT'S REGULAR. USE STREAMING PLATFORMS TO WATCH FILMS TOGETHER.

## Practice Self-Care

ENSURE YOU ARE TAKING CARE OF YOURSELF. ENGAGE IN GROUNDING TECHNIQUES. DO A FACE MASK. TREAT YOURSELF. DO SOME YOGA. EASE YOUR MIND AND YOUR BODY.

