

Resources (compiled 25th March 2020)

Staying connected during Covid-19

Useful links for children and young people

- **The Elsa Support website** has an excellent story about the virus for primary children.
<https://www.elsa-support.co.uk/coronavirus-story-for-children/>
- **Dave the dog is worried about coronavirus.**
A free downloadable book for children about coronavirus that aims to give information without fear.
<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>
- **Stirling Educational Psychology Service:** A 3 minute video to show children and young people how to take care of their wellbeing
https://www.youtube.com/watch?v=zcRILQ6T1G8&feature=emb_logo
- **Young Scot** have a website specifically for young people about the virus. It explains what it is and provides tips for staying positive and talking about your feelings.
<https://young.scot/campaigns/national/coronavirus>
- **Young minds:** What to do if you're anxious about coronavirus
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- **Young minds:** If you often find yourself struggling with feelings of anxiety or panic, Eve's 'self-soothe box' is a great way to manage those feelings and help you feel more grounded and relaxed.
<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>



- **My coronavirus story** a slide show which uses boardmaker symbols to explain the virus
<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>
- **Newsround:** Coronavirus: What is being done to tackle the virus?
<https://www.bbc.co.uk/newsround/51204456>
- **Newsround:** advice if you're upset by the news
<https://www.bbc.co.uk/newsround/13865002>
- **Coronavirus explained:** a 4 minute clip explaining coronavirus to children.
<https://www.youtube.com/watch?v=OPsY-jLqaXM>
- **#Covibook:** A short book for children under 7 to support and reassure them about COVID-19. This book is written in 22 languages
<https://www.mindheart.co/descargables>
- **The Children and Young People's Commissioner for Scotland** site has some information about children's rights in a time of crisis and a number of helpful links to resources
<https://www.cypcs.org.uk/news/in-the-news/getting-human-rights-advice-in-scary-times-the-coronavirus>
- **Childline** have a dedicated Coronavirus page which covers what coronavirus is, what to do if you are worried and how to cope if you are staying at home. **Please also note that Childline have reduced their hours of operation to 9am – midnight**
<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- **ELSA Support:** Coronavirus 14 day self isolation activities
<https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/>



- **Joe Wicks, The Body Coach:** at 9am every morning Joe Wicks is doing a free PE lesson on his You Tube channel. Here is the link to day 1 <https://www.youtube.com/watch?v=Rz0go1pTda8>
- **Living Life To The Full: Chris Williams** – How to look after your wellbeing. Lots of free resources and free registration and access to all course resources until June 30th <https://www.lltffyp.com/corona/>
- **Action for Happiness:** They produce a series of monthly calendars with actions you can take to help create a happier and kinder world They have a specific coping calendar to help us with actions to cope during this global crisis. <https://www.actionforhappiness.org/calendars>

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time					

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



Non-screen activities you can do at home

Pobble

25
Ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



8 Use an old sock to create a puppet. Can you put on a puppet show for someone?



9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

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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
- **Dr Karen Treisman** - A 4 minute clip demonstrating the hand breathing relaxation and regulation tool
<https://www.youtube.com/watch?v=NAldSdx-ips>
- **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: 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
- **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
- **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.

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

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

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!

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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.

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Useful links for professionals

- **The British Psychological Society**
<https://www.bps.org.uk/responding-coronavirus>
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>
- **Department of Education/Public Health England:** Coronavirus (COVID-19): guidance on vulnerable children and young people
<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>
- **Adams Psychology Services:** Coping, Resilience & Wellbeing in Uncertain Times: Free Resources
<http://www.adamspsychologyservices.co.uk/coronavirus.html>
- **The Association of Scottish Principal Educational Psychologists:** Covid-19 Resources and Useful Links
https://www.aspep.org.uk/?page_id=744g
- **The Psychologist Magazine:** The Psychologist has compiled contributions that provide a psychological perspective on coronavirus . The page is updated regularly
<https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives>
- **A webpage by Dan O'Hare (Educational Psychologist)** Coronavirus (COVID-19) information for children, families and professionals
<https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/>



- **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>
- **Scottish Association for Mental Health:** Coronavirus and your mental health
<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing>
- **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>
- **NHS Lanarkshire Psychological Service:** Managing anxiety in the coronavirus pandemic
<https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/managing-anxiety/>
- **Dr Russ Harris FACE COVID:** This 5 minute video shows how to respond effectively to the corona crisis
https://www.youtube.com/watch?v=BmvNCdpHUYM&fbclid=IwAR365MBuz0qfLPm_ae1Mxg7Vj5xy3E0_WcUeXu1NCspR4oXmtxe5yVFzVM



- **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
- **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
- **ENABLE Scotland:** Information about COVID-19 and the coronavirus.
<https://www.enable.org.uk/wp-content/uploads/2020/03/COVID19-ES15-Coronavirus-Easy-Read-1.pdf>
- **Dr Bruce Perry:** A 16 minute clip where Dr Bruce Perry talks about Neurosequential Network Stress & Resilience in response to COVID
<https://www.youtube.com/watch?v=orwIn02h6V4&feature=youtu.be>
- **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>
- **Living Life To The Full: Chris Williams** – How to look after your wellbeing. Lots of free resources and free registration and access to all course resources until June 30th
<https://llttf.com/corona/>



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.

