Communicate any concerns with educational establishments

Províde opportunítíes for physícal exercíse

Share positive stories of people helping each other with Acts of Kindness and generosity

> Place an emphasis on resilience and strengths

Look after Yourself Ask open questíons and lísten

reassurance

Offer

Be honest – gíve chíld fríendly ínformatíon

Helping Children and Young People Manage in Unsettling Times

Maíntaín a normal routíne Provide opportunities for children and young people to be honest about their feelings

Help your child to cope with stress by making opportunities for them to play and relax

Other useful information can be found @RenfrewshireEPS Produced by Renfrewshire Educational Psychology Service drawing on information from UNICEF and Chinese International School in Hong Kong.