

## Covid-19 / Coronavirus Resources Version 23.03.2019

The following resources have been collated from a wide range of sources to provide information for anyone to use as they feel would be helpful. They include information relevant to children across the early years and school-age range including those with special educational needs and disabilities.

**NB** They are not recommendations or endorsements , purely possibilities.

BACP guidance around managing anxiety - <https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

Anna Freud links - [\*\*\*Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption\*\*\*](#) There are also three videos, one for **school staff**, one for **parents** and one for **children and young people** which may be useful.

Liverpool CAMHS resource - <https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3>

National Autistic Society – guidance and helpline for parents', young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

Public Health England have produced an easy read version of their Advice on the coronavirus for places of education. You can download it here: <https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>

The [BBC Newsround site](#) has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means.

Hello I'm a virus

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

Storybooks for children about the virus

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf?fbclid=IwAR1kyx04OhUw9oB2rCNvfk02qaYy12dIN\\_uh5qp2bwZ99TV\\_SLvUZZzFeQ](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf?fbclid=IwAR1kyx04OhUw9oB2rCNvfk02qaYy12dIN_uh5qp2bwZ99TV_SLvUZZzFeQ)

### **Information for parents of how to support children through COVID19**

[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)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

[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)

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

<http://www.incredibleyears.com/parents-teachers/articles-for-parents/>

## **Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety**

<https://www.youtube.com/user/CosmicKidsYoga>

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

The [Mental Health Foundation](#) has some great advice on looking after your mental health during the COVID-19 outbreak including tips and advice for home working, the psychology behind panic buying and how to explain the situation to children.

## **Managing anxiety about the virus as adults**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse1644b>

<https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR01ug03efw0BQAxTOrrm-zrte5gI7jSAHOA-cpgM7BPADjmoqN7pRwotNE>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

## **The Autism Education – A social story**

A [social story about coronavirus](#) that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite places.

**CarersUK - Guidance for carers:** <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

**Amaze - information pack for parents** <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

**Information for those struggling with OCD**

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

**General information for young people about managing their mental health**

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

**Information for those with sensory difficulties who struggle with handwashing**

<https://www.sensoryintegration.org.uk/News/8821506>