

## Resources for supporting emotional well-being in children and young children during Corona Virus Emergency

These resources are a selection of the many that are available and have been reviewed for suitability. The ages are for guidance, please choose what is most suitable for an individual child's understanding and need

<b>Under 5 Years old</b>		
<b>Resource</b>	<b>Description</b>	<b>Link</b>
Public Health England	Advice for parents	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a>
Zero to Three	Resources and services for parents/carers of young children, including a section responding to coronavirus.	<a href="https://www.zerotothree.org/">https://www.zerotothree.org/</a>
Cosmic Kids Yoga	Free videos (nearly daily) which are fun, interactive and intend to introduce children to yoga, mindfulness and relaxation. For around 3+ years.	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
Tiny Happy People	Activities for under 5's	<a href="https://www.bbc.co.uk/tiny-happy-people">https://www.bbc.co.uk/tiny-happy-people</a>
Hungry little minds	Activities for under 5's	<a href="https://hungrylittleminds.campaign.gov.uk/">https://hungrylittleminds.campaign.gov.uk/</a>

<b>5 – 11 year olds</b>		
<b>Resource</b>	<b>Description</b>	<b>Link</b>
Fact sheet down loadable	Fact sheet aimed at children about corona virus also available as a You tube video	<a href="https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/5093">https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/5093</a> <a href="https://www.youtube.com/watch?v=iMR3WPCRuAI&amp;feature=youtu.be">https://www.youtube.com/watch?v=iMR3WPCRuAI&amp;feature=youtu.be</a>
Book for children	Free downloadable Book aimed at primary age children about Corona virus	<a href="https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf">https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf</a>

CBBC Newsround web site	Lots of short films to support children including exercise	<a href="https://www.bbc.co.uk/newsround#more-stories-2">https://www.bbc.co.uk/newsround#more-stories-2</a>
Public Health England	Advice for parents	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a>
Cosmic Kids Yoga	Free videos (nearly daily) which are fun, interactive and intend to introduce children to yoga, mindfulness and relaxation. For around 3-8 years.	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
NHS	Children's live-well exercises and activities	<a href="https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/">https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/</a>

11-16 year olds		
Resource	Description	Link
Kooth	Online monitored platform that offers lots of resources to support emotional well-being, also offers one to one counselling. All content monitored	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
Young minds	Web site with lots of resources and a parents/carers helpline. Good section on coping with impact Corona Virus and links to other resources	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>
CBBC newsround web site	Lots of short films to support children including exercise	<a href="https://www.bbc.co.uk/newsround#more-stories-2">https://www.bbc.co.uk/newsround#more-stories-2</a>
Public Health England	Advice for parents	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-</a>

		<a href="#">and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a>
Mind	Young people's section of the website for Mind, the mental health charity, which includes information and advice on mental wellbeing and where to find support. Also includes a link to a specific section for 'coronavirus and your wellbeing'.	<a href="https://www.mind.org.uk/information-support/for-children-and-young-people/">https://www.mind.org.uk/information-support/for-children-and-young-people/</a>
Anna Freud Centre	Online directory of information and services for different wellbeing concerns.	<a href="https://www.annafreud.org/on-my-mind/youth-wellbeing/">https://www.annafreud.org/on-my-mind/youth-wellbeing/</a>

16 years +/and parents		
Resource	Description	Link
Kooth	Online monitored platform that offers lots of resources to support emotional well-being, also offers one to one counselling. Can be used by anyone up to the age of 25 years	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
Young minds	Web site with lots of resources and a parents/carers helpline. Good section on coping with impact Corona Virus and links to other resources	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>
Public Health England	Advice for parents	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a>

Anna Freud Centre	Online directory of information and services for different wellbeing concerns, up to the age of 25.	<a href="https://www.annafreud.org/on-my-mind/youth-wellbeing/">https://www.annafreud.org/on-my-mind/youth-wellbeing/</a>
Every mind matters	Top ten tips for supporting emotional well being with lots of links, good section on sleep	<a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/</a>
Supporting young people with worries about COVID 19	Good resource for parents	<a href="https://localoffer.swindon.gov.uk/media/34030/covid19_advice-for-parents-and-carers_203_v31.pdf">https://localoffer.swindon.gov.uk/media/34030/covid19_advice-for-parents-and-carers_203_v31.pdf</a>
Mediation app	Free mediation app	<a href="https://apps.apple.com/us/app/insight-timer-meditation-app/id337472899">https://apps.apple.com/us/app/insight-timer-meditation-app/id337472899</a>

All Ages		
Resource	Description	Link
New Children and Adolescent Mental Health Service 24 hr helpline for children and young People and parents and carers. Provided by Oxford Health NHS Trust and Swindon Borough Council (TaMHS)	Anyone concerned about a child or young person's mental health, or a child or young person themselves, can phone the helpline and speak to mental health experts over the telephone.  This is not an emergency helpline.	Helpline 9am – 5pm on a weekday 01793 463177 5pm – 9am on a weekday or on weekends 01865 901000  <a href="https://www.oxfordhealth.nhs.uk/news/new-mental-health-helpline-for-children-and-young-people-in-banes-swindon-and-wiltshire/">https://www.oxfordhealth.nhs.uk/news/new-mental-health-helpline-for-children-and-young-people-in-banes-swindon-and-wiltshire/</a>

Special Educational Needs		
Resource	Description	Link
Mencap	Website with easy read and pictorial advice about Corona Virus	<a href="https://www.mencap.org.uk">https://www.mencap.org.uk</a>
National Autistic Society	Web pages to support families and individuals	<a href="https://www.autism.org.uk/services/helplines/coronavirus.aspx">https://www.autism.org.uk/services/helplines/coronavirus.aspx</a>

Public Health England	Advice for parents	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a>
Public Health England	An easy-read guide to looking after your feelings and your body	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf</a>
Council for Disabled Children	Guidance and information to education/parents/carers/social care	<a href="https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance">https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance</a>
Your kids.com	Sensory motor paths	<a href="https://www.yourkidsot.com/blog/sensory-motor-paths-make-your-own">https://www.yourkidsot.com/blog/sensory-motor-paths-make-your-own</a>
BRHC	You Tube Flamingo Chicks, virtual Dance for disabled children	<a href="https://www.youtube.com/watch?v=Zxhu2oh--8c&amp;t=16s">https://www.youtube.com/watch?v=Zxhu2oh--8c&amp;t=16s</a>

<b>Bereavement</b>		
Resource	Description	Link
Cruse Bereavement Care	Cruse provide bereavement support to all ages. They have a national helpline provide bereavement services locally. They have an excellent section on their website where they have put together resources to show how bereavement and grief may be affected by this pandemic. It covers some of the different situations and emotions bereaved people may have to deal with.	<a href="https://www.cruse.org.uk/coronavirus/children-and-young-people">https://www.cruse.org.uk/coronavirus/children-and-young-people</a> Telephone national help line 0808 808 1677 Swindon provision
Child Bereavement UK	Child Bereavement UK supports families and educates professionals both when a baby or	<a href="https://www.childbereavementuk.org">https://www.childbereavementuk.org</a> Tel: 0800 1111

	child of any age dies or is dying and when a child is facing bereavement.	
Winston's Wish	Provide specialist bereavement support services, including following a bereavement by accident or illness, suicide, murder or manslaughter and deaths in the military. They have an experienced bereavement support team who provides bereaved children and families with the tools to come to terms with their grief.	<a href="https://www.winstonswish.org">https://www.winstonswish.org</a> Freephone National Helpline: 0808 020 021
Wiltshire Treehouse	Offer a wide range of post bereavement support for young people	<a href="http://www.wiltshiretreehouse.org.uk/young-people">http://www.wiltshiretreehouse.org.uk/young-people</a>