


## Mental Health and Emotional Wellbeing Resources

Organisation/Agency	Description of Resource	Where to Find It
<u>Anna Freud</u>	<b>Teachers:</b> Advice on how to deliver sensitive information with parents, considering everyone's emotional wellbeing	<a href="https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/engaging-with-all-parents-and-carers-booklet/">https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/engaging-with-all-parents-and-carers-booklet/</a>
<u>PSHE Association</u>	<b>Teachers:</b> <i>Teaching about hygiene routines, how bacteria and viruses affect health and recognising illness is a part of the Health Education aspect of PSHE education at all key stages. Pupils may ask about coronavirus (COVID-19) while discussing these topics, or may raise concerns regarding the virus in response to media coverage. We therefore offer the following advice to help you to plan for such discussions and it is also important to refer to the guidance on the <u>NHS website</u> and <u>Public Health England's guidance</u> for educational settings.</i>	<a href="https://www.pshe-association.org.uk/news/advice-addressing-coronavirus-covid-19-pshe">https://www.pshe-association.org.uk/news/advice-addressing-coronavirus-covid-19-pshe</a>   COVID-19 advice_0.pdf
<u>BBC Newsround</u>	<b>Teacher Video resource:</b> Questions around the virus and contracting	<a href="https://www.bbc.co.uk/newsround/51861090">https://www.bbc.co.uk/newsround/51861090</a>
<u>BBC Newsround</u>	<b>Parents:</b> Dr X and Dr Chris video on Corona Questions for young people dispelling any myths or fears	<a href="https://www.bbc.co.uk/newsround/51861090">https://www.bbc.co.uk/newsround/51861090</a>

<a href="https://childmind.org">Child mind.org</a>	Parents: Navigating conversations tips for parents / carers	<a href="https://childmind.org/article/talking-to-kids-about-the-coronavirus/">https://childmind.org/article/talking-to-kids-about-the-coronavirus/</a>  <a href="https://www.youtube.com/watch?v=WhVad8ToCiU&amp;feature=youtu.be">https://www.youtube.com/watch?v=WhVad8ToCiU&amp;feature=youtu.be</a>
<a href="https://www.bbc.co.uk/news/uk-51734855">BBC</a>	Parents: advice and information about the COVID 19	<a href="https://www.bbc.co.uk/news/uk-51734855">https://www.bbc.co.uk/news/uk-51734855</a>
<a href="https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine">The Guardian</a>	Parents: Tips on how to deal with the media and potential self-isolation	<a href="https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine">https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine</a>
<a href="https://youngminds.org.uk/find-help-for-parents/parents-survival-guide/?gclid=EAlaIqObChMIkKO8gZ2h6AIVi7TtCh1E2Qn1EAAYAiAAEgJghvD_BwE">Young Minds</a>	Parents: Emotional health and wellbeing online resources for various mental health needs	<a href="https://youngminds.org.uk/find-help-for-parents/parents-survival-guide/?gclid=EAlaIqObChMIkKO8gZ2h6AIVi7TtCh1E2Qn1EAAYAiAAEgJghvD_BwE">https://youngminds.org.uk/find-help-for-parents/parents-survival-guide/?gclid=EAlaIqObChMIkKO8gZ2h6AIVi7TtCh1E2Qn1EAAYAiAAEgJghvD_BwE</a>
<a href="https://www.childline.org.uk/toolbox/calm-zone/">Childline</a>	Parents: Activities for mindfulness & creating calmness in the home	<a href="https://www.childline.org.uk/toolbox/calm-zone/">https://www.childline.org.uk/toolbox/calm-zone/</a>
<a href="https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/">Blissfulkids.com</a>	Parents: family mindful games at zero cost	<a href="https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/">https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/</a>
<a href="https://www.bbc.co.uk/newsround/51861090">BBC Newsround</a>	<b>KS 1&amp; 2: children resources:</b> Advice if you're worrying about the coronavirus	<a href="https://www.bbc.co.uk/newsround/51861090">https://www.bbc.co.uk/newsround/51861090</a>
<a href="https://www.bbc.co.uk/newsround/51861090">BBC Newsround</a>	Coronavirus "Having no school is boring" video of 11year old English girl living in Italy.	<a href="https://www.bbc.co.uk/newsround/51861090">https://www.bbc.co.uk/newsround/51861090</a>
<a href="https://www.youtube.com/watch?v=oMHacLHchIQ">NHS Youtube</a>	Dr Ranj's advice on Corona Virus	<a href="https://www.youtube.com/watch?v=oMHacLHchIQ">https://www.youtube.com/watch?v=oMHacLHchIQ</a>
<a href="https://www.childline.org.uk/toolbox/calm-zone/">Childline</a>	<b>KS1&amp;2: Activities to help you feel calm &amp; relax:</b> relaxing games	<a href="https://www.childline.org.uk/toolbox/calm-zone/">https://www.childline.org.uk/toolbox/calm-zone/</a>
<a href="https://www.bbc.co.uk/cbbc/games?page=2">CBBC</a>	fun interactive games and quizzes & puzzles	<a href="https://www.bbc.co.uk/cbbc/games?page=2">https://www.bbc.co.uk/cbbc/games?page=2</a>
<a href="https://www.youtube.com/watch?v=m2rQV34fr-M">BBC Youtube</a>	<b>KS 3 &amp; 4: Young people resources:</b> Advice if you're worrying about the coronavirus	<a href="https://www.youtube.com/watch?v=m2rQV34fr-M">https://www.youtube.com/watch?v=m2rQV34fr-M</a> :
<a href="https://www.childline.org.uk/toolbox/calm-zone/">Childline</a>	<b>Activities to help you feel calm &amp; relax:</b> interactive	<a href="https://www.childline.org.uk/toolbox/calm-zone/">https://www.childline.org.uk/toolbox/calm-zone/</a>

	mindful activities for calmness	
<u>Young minds</u>	Advice & information on mental health	<a href="https://youngminds.org.uk/find-help/looking-after-yourself/">https://youngminds.org.uk/find-help/looking-after-yourself/</a>