

Promoting positive wellbeing during the Coronavirus Pandemic

In these unprecedented times, taking care of our own and others' mental health and wellbeing is more important than ever. To help, we have put together a list of resources for schools and families to help you take care of yourselves and the children and young people in your lives at this challenging time. These should be accessed in conjunction with reading the attached leaflet on talking to children and young people about Coronavirus written by the DECP (a branch of the British Psychological Society; BPS).

Top tips for taking care of yourselves

Coronavirus and your wellbeing (Mind UK) – Practical advice for staying at home, mental health and financial management:

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

Resources for Parents from Child Mind – Support for families providing a variety of online support mechanisms and access to further articles families are likely to find beneficial around self-care and supporting children and young people:

- <https://childmind.org/coping-during-covid-19-resources-for-parents/>

How to protect your mental health (BBC) – Practical ideas and links to other resources:

- <https://www.bbc.co.uk/news/health-51873799>

5 ways to wellbeing (Mindkit) – Mindfulness based resources and ideas to help manage emotions:

- <https://www.mindkit.org.uk/5-ways-to-wellbeing/>

Advice for older pupils and adults about looking after their emotional well-being – Practical advice for adults to help them manage their emotional responses:

- <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3ScDBfuhV5INKyutAG9IPNm4JnjjLOmHxv5w8SR9pBbDDU-8Hhy1QH-L8>

Information video on Coronavirus for older children/adults (WHO) – Practical and self-explanatory film:

- <https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>

Supporting children and young people

Tips and guidance on supporting preschool children (Zero to Three) – Links to additional resources designed for this age group and practical tips for managing time at home and supporting children's mental health and wellbeing:

- <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Talking to children about Coronavirus (British Psychological Society) – Helpfully breaks down into advice for four different age categories; 0-3yrs, 4-7yrs, 7-12yrs and 13yrs+:

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

A social story about pandemics (Carol Gray) – Uses photographs to communicate key information:

- <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKlM7Xy3VlKnA25b8Gi53N6YiFleKB9Vx0LQypSPYzzg>

A Social Story about the coronavirus – Uses cartoon images to communicate key information:

- <https://www.ppmd.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

A comic exploring coronavirus to help young people understand – Good for junior/early secondary ages and links to a '3 Minute Listen' about Coronavirus aimed directly at young people:

- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506>

Advice for young people who are feeling anxious about Coronavirus (Young Minds) – A useful resource which can then link into other Young Minds pages:

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

Helping children cope with stress (WHO) – A one sheet page that is easy to read:

- https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

ELSA: Coronavirus Story for Children – A virtual story book focusing on helping children understand the virus and the associated feelings they might experience alongside managing these:

- <https://www.elsa-support.co.uk/coronavirus-story-for-children/>

Information video on Coronavirus for Primary age children (KS2) (Brainpop) – A cartoon information film:

- <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Please feel free to contact Educational Psychologists Alex Boys: email alex.boys@southampton.gov.uk, tel 07785 682811 or Karen O'Farrell: email Karen.O'Farrell@southampton.gov.uk, tel 07500 608010 with any queries regarding the above.