

Links for helping children

Understanding Coronavirus & school closures

<https://youtu.be/OBTHs3juH6c> - a video explaining Covid-19 (possibly needs slight updating as I think it was made before the schools/parks closed)

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf> simple story with pictures, ideal for younger children and lower primary school.

<https://www.flourishingfamiliesclinic.nhs.uk/How%20to%20Talk%20to%20Children%20about%20COVID.pdf> How to talk to children about it

<https://www.bbc.co.uk/cbbc/search?q=coronavirus&filter=newsround> – for slightly older children, this link has lots of helpful Newsround articles on understanding what has been happening

https://www.dropbox.com/sh/x7p6mqpknbwlgbe/AADqk4CKERoXizBnRjXNp8q5a/1.%20Wellbeing%20%26%20mental%20health?dl=0&subfolder_nav_tracking=1 a whole host of activities and ways of helping children understand and manage worries

<https://www.elsa-support.co.uk/our-school-is-closing-for-a-while/> ELSA support is a great website for general emotional well-being resources, but this is a story explaining why schools are closing to children

Helping children understand (aimed at autistic children) <https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/>

Simple story to help children understand www.mindheart.co/descargables

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

More resources for talking to children can be found from this Educational Psychology Service website <http://www.supportservicesforeducation.co.uk/Services/3242>

Managing worries

<https://emergingminds.org.uk> evidence based advice for anyone supporting children and young people with worries

Follow and like [Hampshire CAMHS Innovations and Events](#) on Facebook – they are continuously putting up lots of helpful information and resources around managing emotional well being (and other things)

https://www.autistica.org.uk/get-involved/molehill-mountain-app?utm_source=Twitter&utm_medium=BlueMonday&utm_campaign=BlueMonday An app for managing worries, designed for children with an Autistic Spectrum Disorder but helpful for all children