

## Explaining Coronavirus to children and young people

- Child-friendly information and activity book, available in several languages: <https://www.mindheart.co/descargables>
- Child Mind Institute guidance: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- How to support children with anxiety around coronavirus, including an easy-read explanation for children and adults with learning difficulties: <https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/#Update>
- A social story: <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
- Another social story: <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Learning-About-the-Corona-Virus-by-Dr.-Siobhan-Timmins.pdf>
- <https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>
- Tips for parents of young children including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing: <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- An informative animation for older children and young people: <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- A comic exploring coronavirus to help young people understand: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506>
- Handwashing: [https://www.who.int/gpsc/clean\\_hands\\_protection/en/](https://www.who.int/gpsc/clean_hands_protection/en/)
- 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: <https://www.bbc.co.uk/newsround/51204456>

## Mental health resources

- Young Minds: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- Protecting your mental health in uncertain times (specific to Coronavirus): <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3ScDBfuhV5INKyutAG9IPNm4JnijLOmHxv5w8SR9pBbDDU-8Hhy1QH-L8>
- About social distancing: <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
- Mind guides to planning for staying at home or indoors, taking care of your mental health and wellbeing and a checklist re: are you ready to stay at home? <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Advice for young people, parents, carers, schools and colleges about what each one of us can do to support the wellbeing of those in our lives. Includes self-care activities which you can do at home: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

- Autism and the Corona virus- 20 tips:  
<https://petervermeulenblog.wordpress.com/2020/03/16/autism-and-the-corona-virus-20-tips/>

### Home learning resources

- Twinkl is offering free resources for a month: <https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>
- There is a wide range of on-line activities to develop learning skills across the curriculum available at: <https://uk.ixl.com/>
- BBC bitesize has a wide range of resources, games and ideas:  
<https://www.bbc.co.uk/bitesize>
- Southend Educational Psychology Service has compiled a number of resources to help children, young people, parents/carers and professionals. This includes an extensive list of learning, arts and crafts activities for children and young people at home: <http://www.southendlearningnetwork.co.uk/educationalpsychology>
- For young children: <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- A head-teacher reading stories for children:  
<https://m.youtube.com/channel/UCI2TwsSzSXvEOi8C1wWryIA/videos>
- Free Read Write Inc (phonics) e-books (primary-aged children):  
<https://www.oxfordowl.co.uk/home/reading-site/find-a-book/library-page?view=image&series=Read+Write+Inc>.

### Staff training for those in isolation

- List of links near the end of the page here:  
<http://www.southendlearningnetwork.co.uk/educationalpsychology>
- Open University, nearly 1000 free courses across 8 different subject areas:  
<https://www.open.edu/openlearn/free-courses/full-catalogue>
- Dyslexia: <http://addressingdyslexia.org/free-online-learning-modules>
- Introduction to Adverse Childhood Experiences, early trauma online learning:  
<https://www.acesonlinelearning.com/>
- ADHD: <https://www.futurelearn.com/courses/understanding-adhd>
- SEND (bronze membership is free): <https://nasen.org.uk/training-and-cpd/online-learning.html>