# Resources for schools, parents and carers to support the mental wellbeing of children and young people during the coronavirus pandemic and school shut down. Issue 3

**UPDATE 3**

### 1st June 2020

Our first two lists of resources to support the wellbeing of young people has been very well received by schools, parents and carers. After the first wave of resources that were produced, the flow has eased a little, but there are still many excellent resources that we have found or have been sent to us for distribution.

Thoughts are beginning to turn toward returning to school, and it is recognised that this will need support as this can produce anxiety in children, parents and the staff who support them. We have highlighted resources which deal with the transition back into school with a ►► symbol.

As before, we have divided these resources into age ranges, but these are broad, and you may find other excellent resources in different age categories. Because this is quite an extensive list, we have also tried to identify how a resource may be used and say what type of resource it is (website, document, app). Before using a resource, you should check to see if it is age-appropriate and in line with the guidance given by the NHS, the Government and Public Health England.

We have **not** included resources already shared in our first two newsletters; please refer to our website [www.torbay.gov.uk/health-and-wellbeing/public-health/coronavirus/schools-and-families/](http://www.torbay.gov.uk/health-and-wellbeing/public-health/coronavirus/schools-and-families/) to see that under 'mental wellbeing resources'. Or email paul.williams@torbay.gov.UK and we will send you a copy.

# Early years/foundation stage

**Webpage**. *A Guide to Covid-19 and Early Childhood Development*. From Harvard University, a web page packed full of resources around how the pandemic affects the youngest children. Practical, informative and stimulating. A 'must visit' webpage. See:

<https://developingchild.harvard.edu/guide/a-guide-to-covid-19-and-early-childhood-development/>

**PDF document**. *A Parent's Guide to Promoting Early Learning and development at Home (0-5 years) Supporting families during the coronavirus pandemic*. Deborah Laxton, from the University of Chichester, has produced this extensive guide to support parents of young children at home during the coronavirus pandemic. It is extremely readable, and it not only looked at cognitive and physical development but also promotes personal, social and emotional development and good parenting skills. It also contains links to many different resources. An invaluable resource for parents of young children. It can be downloaded for free at:

<https://www.skipforeyeducators.co.uk/booklet/covid19_familybooklet.pdf>

►►**PDF document**. *Transitions: Moving in, moving up and moving on.* From Early Childhood Australia. Not specifically related to COVID-19, but an excellent document for Early Years Practitioners about the transition into school

<https://www.ecrh.edu.au/docs/default-source/resources/nqs-plp-e-newsletters/nqs-plp-e-newsletter-no-70-2013-transitions-moving-in-moving-up-and-moving-on.pdf?sfvrsn=4>

# Key stage 1

**PDF document**. *Stress Busters.* From Save The Children. Save The Children have produced six simple activities for relaxation at home. A nicely illustrated resource for younger (and not so young) children. Available from:

<https://www.savethechildren.org.uk/content/dam/usa/reports/emergency-response/stress-busters-from-our-heart-program.pdf>

**PDF document**. *'The Little Elf who missed his Birthday Party'* and *'The Little Elf and the Flowers of Hope and Bravery'*. These are two therapeutic stories to help children explore feelings relating to a return to school during the coronavirus pandemic and a story about some strong feelings a young person might have around the coronavirus pandemic. Both have been produced by Nottinghamshire Educational Psychology Service and can be downloaded for free at the following web addresses.

<http://www.em-edsupport.org.uk/Pages/Download/5f60ccb3-1168-4a44-a225-07b2690fa253>

<https://shropshire.gov.uk/media/15063/eps-the-little-elf-and-the-flowers-of-hope-and-bravery.pdf>

# Key stage 2

**PDF document.** *The Emotion Wheel*. The Anna Freud Centre has produced another excellent resource, as part of their 'Mentally Healthy Schools' initiative. Called 'The Emotion Wheel' it allows children express their current feelings. It can be downloaded from their website

<https://www.mentallyhealthyschools.org.uk/resources/emotion-wheel?pdf=coronavirus-anxiety-toolkit>

**PDF document**. The National Health Service in Fife has created a lovely story about a cat which also includes a guided meditation to help young people relax. Nicely illustrated, it can be downloaded for free at:

<http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf>

►►**PDF document**. *Transition, recovery and learning in the aftermath of a pandemic*. This is a handy resource developed by two London boroughs. It contains psychological resources to support children returning to school after the COVID 19 pandemic. It is a useful resource for both nursery and primary schools and contains many different resources and activities. It can be downloaded for free at

# <https://czone.eastsussex.gov.uk/media/6238/2020-transition-recovery-and-learning-primary-30420.pdf>

# Key stage 3

**PDF document**. Emotional check-in. Another great resource from 'Mentally Healthy Schools' also suitable for upper key stage 2, this helps young people to express their feelings and identify why they are feeling a way. The resource can also be used to support conversations with children and young people on strategies to improve wellbeing. It can be downloaded for free at:

<https://www.mentallyhealthyschools.org.uk/resources/emotional-check-in?pdf=coronavirus-anxiety-toolkit>

►►**PDF document.** *Transition, recovery and learning in the aftermath of a pandemic* You will see in the key stage 2 resources; we have highlighted a wonderful resource developed by two London boroughs to aid transition in primary schools and nurseries after the COVID 19 pandemic. The same London boroughs have produced a similar resource for secondary schools which contains age-appropriate information for older young people and activities that school staff can complete with them.

<https://bso.bradford.gov.uk/userfiles/file/Virtual%20School/2020%20Transition%20Recovery%20and%20Learning%20secondary%2030%204%2020.pdf>

# Key stage 4

**Webpage**. *Coronavirus advice for young people*. Barnardo's have produced an excellent webpage for older young people dealing with issues such as anxiety and difficult feelings. The webpage also links to several fantastic resources which will help young people to cope with the difficult feelings that the pandemic may generate. See:

# <https://www.barnardos.org.uk/coronavirus-advice-young-people>

# **For schools**

►►**YouTube video**. *Returning to (a new) normal*. Some wonderful training produced by Dr Dawn Starley (Educational Psychologist in Somerset) thinking how schools can support young people with the various emotional difficulties and that the COVID 19 crisis may have had. Dawn takes a trauma-informed approach and narrates a PowerPoint-the training takes around an hour and a half. It is completely free.

<https://www.youtube.com/watch?v=30rl-85xT1M&list=PLSOFvrrsGhoCFcwU3q5-d9j6LBv1y9-bw&index=2&t=0s>

►►**PDF document**. *Covid-19 advice for schools-transitioning and back-to-school*. Another great resource developed by Shropshire educational psychology service which supports schools with advice about how to help manage the transition during coronavirus. There is a focus on those who are vulnerable, have special educational needs or are moving to a new school. It can be downloaded for free from:

<https://shropshire.gov.uk/media/15059/eps-advice-for-schools-transition-booklet.pdf>

►►**Website**. *A recovery curriculum: loss and life for our children and schools post-pandemic.* An online article was written by Prof Barry Carpenter and Matthew Carpenter. It highlights the need for a recovery curriculum when children return to school and outlines a structure for a 'Recovery Curriculum'. Many timely and powerful comments made.

<https://www.evidenceforlearning.net/recoverycurriculum/>

**PDF document**. *Coronavirus and bereavement*. From Bracknell Forest Educational Psychology Service. This is a document that contains constructive advice responding to bereavement, both generally and specifically around any bereavement or critical incident that relates to coronavirus. It contains advice, both for parents and schools; it covers all age ranges from 0-18 and list some useful additional resources. It can be downloaded for free at

<https://www.bracknell-forest.gov.uk/sites/default/files/documents/coronavirus-and-bereavement-support-for-schools-settings-parents.pdf>

**Video and PDF document**. *Seven strategies to manage anxiety*. Psychotherapist, Ben Amponsah outlines seven key strategies to help teachers and education staff to manage anxiety during the coronavirus crisis. The short video is also supported by a self-help guide. Both invaluable and free! See:

<https://www.educationsupport.org.uk/resources/video/7-strategies-manage-anxiety>

►►**Blog posts**. Sara Alston is an expert on safeguarding in schools and special educational needs. She has produced some thought-provoking and helpful blog posts recently on her website 'Sea inclusion and safeguarding'. Two particularly relevant and practical posts are the following, which deal with children returning to school, are *'A Sense of Dissonance and The Return to School'* and *'The Many Problems of Returning to School'*. They can be found here:

<https://www.seainclusion.co.uk/blog-1>

**Website**. *The virus and autism*. From Autistica-an autism research charity, a very useful webpage for people with autism and their parents explaining how coronavirus anxiety may affect young people with autism. This webpage contains useful resources and links to support mindfulness and relaxation. It contains a signposting page and links to expert webinars-the next one is 10th June. See:

<https://www.autistica.org.uk/what-is-autism/coronavirus>

**PDF document**. The Anna Freud Centre has produced a very helpful guide, *'A therapeutic alternative provision schools response to the coronavirus crisis'*. This very practical guide gives an example of how to assess when students can be safely cared for at home, and how to support vulnerable children and families it also contains information about how a school can work with families and deliver a balanced curriculum with structure and routine at home.

<https://www.annafreud.org/media/11264/pears-family-school.pdf>

# For Parents

**Website**. *Seven techniques for helping kids keep calm*-CBeebies. Simple relaxation and mindfulness activities to do with your children and help them learn to calm down when they feel stressed and anxious.

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm?collection=parenthood-tips-and-tricks>

**PDF document**. *A Parent’s Guide to promoting Early Learning and development at Home (0-5 years) supporting families during the coronavirus pandemic*. Deborah Laxton, from the University of Chichester, has produced this extensive guidance to support parents of young children at home during the coronavirus pandemic. It is extremely readable; it not only looks at cognitive and physical development, but also promotes personal, social and emotional development and good parenting skills. It also contains links to many different resources. An invaluable resource for parents of young children. It can be downloaded for free at:

<https://www.skipforeyeducators.co.uk/booklet/covid19_familybooklet.pdf>

**PDF document**. Coronavirus and bereavement. From Bracknell Forest Educational Psychology Service. This is a document that contains constructive advice responding to bereavement, both generally and specifically around any bereavement or critical incident that relates to coronavirus. It contains advice, both for parents and schools; it covers all age ranges from 0-18 and list some useful additional resources. It can be downloaded for free at

<https://www.bracknell-forest.gov.uk/sites/default/files/documents/coronavirus-and-bereavement-support-for-schools-settings-parents.pdf>

If you have come across a good resource to support children's mental health that can be shared with our schools, preschools and colleges and sixth forms, please send to

Paul.Williams@torbay.gov.uk