

Well Being and Mental Health Support During the Corona Virus Outbreak

Dear Parents and Guardians,

The Ealing Grid for Learning has shared some great resources to support mental well being during these uncertain times. We have gone through the list of resources and selected the ones that we feel may be beneficial to our students. Please make sure that you support your child while exploring these resources so that you can provide extra explanations if they have questions!

For Pupils

Comic Explaining the Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1585310868423&t=1586873584714>

What can you do to keep busy at home?

<https://www.bbc.co.uk/newsround/52018134>

Keep Track of your Moods with a Mood Journal (will need to sign up for free account)

<https://www.childline.org.uk/login/?returnPath=%2flocker%2f#journal>

Cosmic Yoga (can also access via Youtube)

<https://www.cosmickids.com>

Calm Zone- Resource Bank

<https://www.childline.org.uk/toolbox/calm-zone>

Corona Virus and Your Wellbeing

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

For Parents to Explore Before Sharing with Pupils

How to talk to your Child about Coronavirus

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Advice on how to explain Coronavirus to young children

<https://www.leadersplus.org.uk/coronavirus/>

Looking after your Mental Health

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

How to Manage Anxieties

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

Supporting Vulnerable Children

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-supporting-children-who-may-be-especially-vulnerable/>

Mental Health Activities

<https://positivepsychology.com/mental-health-activities-worksheets-books/>

Upskilling your child's confidence and abilities- a bank of resources

<https://www.princes-trust.org.uk/about-the-trust/coronavirus-response/resource-centre>