

Resources for supporting emotional well-being in children and young children during Corona Virus Emergency

These resources are a selection of the many that are available and have been reviewed for suitability. The ages are for guidance, please choose what is most suitable for an individual child's understanding and need

Under 5 Years old		
Resource	Description	Link
Public Health England	Advice for parents	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak
Zero to Three	Resources and services for parents/carers of young children, including a section responding to coronavirus.	https://www.zerotothree.org/
Cosmic Kids Yoga	Free videos (nearly daily) which are fun, interactive and intend to introduce children to yoga, mindfulness and relaxation. For around 3+ years.	https://www.youtube.com/user/CosmicKidsYoga
Tiny Happy People	Activities for under 5's	https://www.bbc.co.uk/tiny-happy-people
Hungry little minds	Activities for under 5's	https://hungrylittleminds.campaign.gov.uk/

5 – 11 year olds		
Resource	Description	Link
Fact sheet down loadable	Fact sheet aimed at children about corona virus also available as a You tube video	https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/5093 https://www.youtube.com/watch?v=iMR3WPCRuAI&feature=youtu.be
Book for children	Free downloadable Book aimed at primary age children about Corona virus	https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf

CBBC Newsround web site	Lots of short films to support children including exercise	https://www.bbc.co.uk/newsround#more-stories-2
Public Health England	Advice for parents	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak
Cosmic Kids Yoga	Free videos (nearly daily) which are fun, interactive and intend to introduce children to yoga, mindfulness and relaxation. For around 3-8 years.	https://www.youtube.com/user/CosmicKidsYoga
NHS	Children's live-well exercises and activities	https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/

11-16 year olds		
Resource	Description	Link
Kooth	Online monitored platform that offers lots of resources to support emotional well-being, also offers one to one counselling. All content monitored	https://www.kooth.com/
Young minds	Web site with lots of resources and a parents/carers helpline. Good section on coping with impact Corona Virus and links to other resources	https://youngminds.org.uk/
CBBC newsround web site	Lots of short films to support children including exercise	https://www.bbc.co.uk/newsround#more-stories-2
Public Health England	Advice for parents	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-

		and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak
Mind	Young people's section of the website for Mind, the mental health charity, which includes information and advice on mental wellbeing and where to find support. Also includes a link to a specific section for 'coronavirus and your wellbeing'.	https://www.mind.org.uk/information-support/for-children-and-young-people/
Anna Freud Centre	Online directory of information and services for different wellbeing concerns.	https://www.annafreud.org/on-my-mind/youth-wellbeing/

16 years +/and parents		
Resource	Description	Link
Kooth	Online monitored platform that offers lots of resources to support emotional well-being, also offers one to one counselling. Can be used by anyone up to the age of 25 years	https://www.kooth.com/
Young minds	Web site with lots of resources and a parents/carers helpline. Good section on coping with impact Corona Virus and links to other resources	https://youngminds.org.uk/
Public Health England	Advice for parents	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

Anna Freud Centre	Online directory of information and services for different wellbeing concerns, up to the age of 25.	https://www.annafreud.org/on-my-mind/youth-wellbeing/
Every mind matters	Top ten tips for supporting emotional well being with lots of links, good section on sleep	https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/
Supporting young people with worries about COVID 19	Good resource for parents	https://localoffer.swindon.gov.uk/media/34030/covid19_advice-for-parents-and-carers_203_v31.pdf
Mediation app	Free mediation app	https://apps.apple.com/us/app/insight-timer-meditation-app/id337472899

All Ages		
Resource	Description	Link
New Children and Adolescent Mental Health Service 24 hr helpline for children and young People and parents and carers. Provided by Oxford Health NHS Trust and Swindon Borough Council (TaMHS)	Anyone concerned about a child or young person's mental health, or a child or young person themselves, can phone the helpline and speak to mental health experts over the telephone. This is not an emergency helpline.	Helpline 9am – 5pm on a weekday 01793 463177 5pm – 9am on a weekday or on weekends 01865 901000 https://www.oxfordhealth.nhs.uk/news/new-mental-health-helpline-for-children-and-young-people-in-banes-swindon-and-wiltshire/

Special Educational Needs		
Resource	Description	Link
Mencap	Website with easy read and pictorial advice about Corona Virus	https://www.mencap.org.uk
National Autistic Society	Web pages to support families and individuals	https://www.autism.org.uk/services/helplines/coronavirus.aspx

Public Health England	Advice for parents	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak
Public Health England	An easy-read guide to looking after your feelings and your body	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf
Council for Disabled Children	Guidance and information to education/parents/carers/social care	https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance
Your kids.com	Sensory motor paths	https://www.yourkidsot.com/blog/sensory-motor-paths-make-your-own
BRHC	You Tube Flamingo Chicks, virtual Dance for disabled children	https://www.youtube.com/watch?v=Zxhu2oh--8c&t=16s

Bereavement		
Resource	Description	Link
Cruse Bereavement Care	Cruse provide bereavement support to all ages. They have a national helpline provide bereavement services locally. They have an excellent section on their website where they have put together resources to show how bereavement and grief may be affected by this pandemic. It covers some of the different situations and emotions bereaved people may have to deal with.	https://www.cruse.org.uk/coronavirus/children-and-young-people Telephone national help line 0808 808 1677 Swindon provision
Child Bereavement UK	Child Bereavement UK supports families and educates professionals both when a baby or	https://www.childbereavementuk.org Tel: 0800 1111

	child of any age dies or is dying and when a child is facing bereavement.	
Winston's Wish	Provide specialist bereavement support services, including following a bereavement by accident or illness, suicide, murder or manslaughter and deaths in the military. They have an experienced bereavement support team who provides bereaved children and families with the tools to come to terms with their grief.	https://www.winstonswish.org Freephone National Helpline: 0808 020 021
Wiltshire Treehouse	Offer a wide range of post bereavement support for young people	http://www.wiltshiretreehouse.org.uk/young-people