

We understand that this time may be difficult and worrying for both you and your children. Below are a range of websites that contain useful ideas to support you and your child.

Activities related to feelings

- <https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home/relaxation-exercises-to-do-at-home-with-your-kids> - Relaxation activities for young people
- <https://www.mentallyhealthyschools.org.uk/media/2001/emotion-wheel.pdf> – Emotional wheel to help children of all ages to talk about their feelings
- <http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf> – Guided relaxation
- <https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm> – techniques to help younger children to keep calm
- <https://www.mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf> – self-care kit
- <https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/> - a 14 day calendar of activities
- <https://www.mentallyhealthyschools.org.uk/media/2005/sentence-starters.pdf> – sentence starters to help young people talk about how they are feeling

Sleep

- <https://www.sleepscotland.org/support/gateway-to-good-sleep/how-to-get-a-good-nights-sleep/> - advice on how to get a good night's sleep
- <https://www.adhdfoundation.org.uk/wp-content/uploads/2017/05/Good-Sleep-Hygiene-Checklist.pdf> - checklist for how to get a good night's sleep

Online Safety

- [Jessie & Friends \(thinkuknow.co.uk\)](http://thinkuknow.co.uk)
- <https://www.net-aware.org.uk/networks/?page=2&order=title>

Other helpful links

- <https://www.mentallyhealthyschools.org.uk/media/2028/brain-breaks.pdf> - can be used to break up periods of concentration
- <https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Creating%20a%20Routine.pdf> – creating a routine
- <https://www.childline.org.uk/toolbox/> - activities to encourage young people to talk
- <https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/> - conversation starts about coronavirus
- <https://www.waterford.org/resources/mindfulness-activities-for-kids/>