

Coronavirus Update

April 1st, 2020

Helpful information to support children, young people and parents

Home learning and activities to do with children

The 5 Ways to Wellbeing

1. Connect – While social distancing or self-isolating it is important to stay connected to friends and family. There are different ways to communicate online, for example there are many [games you can play against your friends](#)

2. Be active – It may not be possible to play group games such as football, but we can still exercise. Walk, run or cycle once a day alone or with people you live with. There are lots of free apps, YouTube videos and online resources to help with exercise at home. For instance, **PE with Jo** which has Short physical activities lead by Joe Wicks and can be found on you tube [here](#)

Sport England has produced this guide: [How to stay active while you are at home](#).

3. Take Notice – Remember the things that make you HAPPY! Some ways of doing that could be:

- Make a thankful jar – even in these difficult times, there are plenty of things to be grateful for
- Create a time capsule of things that bring you joy
- Plant some seeds and watch them grow
- Write a mindfulness journal or spend some time completing mindfulness art

Visit [Calm](#) and take a deep breath or use the videos from 'Safe Hands Thinking Minds' which support relaxation and emotional regulation [here](#)

4. Keep Learning – Now could be the time to develop a new skill, whether it's an instrument, sewing, origami, a new language or cooking, now is the time! There are plenty of free tutorials online to help you learn new skills.

You may not be able to visit a museum but you can [take a virtual tour](#) of one.

You could also take a virtual field trip to one of the following places:

[San Diego Zoo](#)

[The Louvre](#)

[Mars!](#)

5. Give – It may not be possible to visit elderly or vulnerable relatives, but they can still be shown care, perhaps with a good old-fashioned letter or a care package to open with some photos and treats to make them smile. You could offer to collect food for them or items that they need as well as helping at home with the cleaning, cooking and washing. Children and young people can also help younger brothers or sisters to have fun, even if only for [five minutes!](#)

PSHE Association home learning resources

These home learning resources give children practical advice on getting regular, high quality sleep and help them understand its vital role in staying physically and mentally healthy.

Maintaining health and healthy routines is a priority given the coronavirus situation, and these lessons for key stage 2, 3 and 4 pupils will help them to:

- recognise what good quality sleep is and what the benefits of it are
- understand the importance of routines for promoting good quality sleep
- understand how sleep patterns change and how challenges in getting good quality sleep can be overcome

[Download home-learning sleep lessons](#)

These lessons form part of a range of materials to support pupils learning at home during the coronavirus school closures. Visit www.pshe-association.org.uk/C-HUB regularly for new lessons and guidance.

Online safety indoors

You can download home online safety activity packs for parents during Covid-19 and the closure of schools. With content and activities available for all age groups from 4 years old, these simple 15-minute activities for parents and children support online safety at home, in a time where children and young people may be spending more time online. Download the packs [here](#)

Resources to help encourage positive Mental Wellbeing during the Coronavirus pandemic

Every Mind Matters

Every Mind Matters have developed specific resources and information to support mental wellbeing during the coronavirus outbreak. The resources are free to access, approved by the NHS and offer simple steps to take care of mental wellbeing whilst in lockdown at home. Find the resources [here](#)

Government guidance for parents on supporting children's mental health

Guidance for parents and carers on supporting Children and young people's mental health can be found [here](#)

Good thinking website

The Good Thinking [website](#) has resources for adults looking to support their own mental health and wellbeing

Surviving lockdown with teenagers

This blog by Elizabeth Gregory, a consultant clinical psychologist, can be found [here](#)

Podcast for parents on supporting children with autism

This is a special edition about helping children with autism during this time of great upheaval. In this edition of 'Autism, a parent's guide' Dr. Ann Ozsvadjian is joined by special guest Dr. Marianna Murin and interviewed by freelance journalist Jo Carlowe.

Ann and Marianna discuss issues that may arise for autistic children including the disruption of closing schools, anxiety and obsessive behaviours. They focus on practical tips like how to help manage anxiety, maintain structure and support and explain the situation to young people. Additionally, tips on how to keep well as a parent and reliable sources for coronavirus updates.

Find it [here](#)

Information for young people

Young Minds

There are [Blogs](#) on the **Young Minds** website for young people on managing anxiety about the outbreak and self-isolating

Local organisations which support Mental Wellbeing

Wellspring counselling

The Wellbeing Practitioners at Wellspring Counselling are offering free wellbeing support to North Somerset children and young people (aged 11 to 18) during the Covid-19 outbreak. They can offer an initial assessment session to establish whether this is the right support for the young person, followed by 5 telephone sessions to learn skills to boost wellbeing. This will involve the young person working their way through a Wellbeing Workbook sent via email and discussing the material during weekly phone sessions.

Kooth

Kooth is still operating and is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people. Access 365 days a year to counsellors who are available from: 12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday or live discussion forum Monday, Wednesday, Friday 7.30-9pm. Topics pages

and articles are accessible at any time. Log on through mobile, laptop and tablet at Kooth.com

