

# Information Sheet – Useful Websites and Resources

## Resources to support Children's Emotional Needs:

ELSA Support: Our School is Closing for a While

<https://www.elsa-support.co.uk/our-school-is-closing-for-a-while/>

ELSA Support: Coronavirus Story for Children

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

Young Minds: Information for teens and young adults who are anxious about the coronavirus and how to look after their mental health if they are self-isolating.

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

Carol Gray: A new social story with lots of large pictures regarding the coronavirus and pandemics

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Mindheart: A great activity and information booklet for children about the coronavirus and it's available in 18 different languages.

<https://www.mindheart.co/descargables>

BBC Newsround: Lots of information for children and young people on the coronavirus, including how to wash their hands and what self-isolation means.

<https://www.bbc.co.uk/newsround/51204456>

National Autistic Society – guidance and helpline for parents', young people and staff:

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

Public Health England have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it [here](#)

Exercises for Emotional Regulation:

<file:///K:/RIVERBRIDGE/EVENTS/2019-2020/CLOSURE/Excercises%20for%20emotional%20regulation.pdf>

Child-Friendly explanation of the Coronavirus:

<file:///K:/RIVERBRIDGE/EVENTS/2019-2020/CLOSURE/Child%20Friendly%20Explanation%20of%20Coronavirus.pdf-1.pdf.pdf>

Social Story around Coronavirus:

<file:///K:/RIVERBRIDGE/EVENTS/2019-2020/CLOSURE/Social%20story%20Corona%20virus.pdf>

Managing Coronavirus Anxiety:

<file:///K:/RIVERBRIDGE/EVENTS/2019-2020/CLOSURE/Corona%20virus%20and%20anxiety%20in%20children.pdf>

Social Story – School is Closed

<file:///K:/RIVERBRIDGE/EVENTS/2019-2020/CLOSURE/corona%20-%20school%20is%20closed.pdf>

Social Story for ASD – Coronavirus:

<file:///K:/RIVERBRIDGE/EVENTS/2019-2020/CLOSURE/social%20story%20for%20ASD%20corona%20virus.pdf>

School is Closing – a resource:

<file:///K:/RIVERBRIDGE/EVENTS/2019-2020/CLOSURE/School-is-closing.pdf>

## Other Learning Resources:

Little Parachutes is the World's most useful (and friendly) collection of Parachute Books : picture books that help children cope with worries, health issues and new experiences (big and small).

<https://www.littleparachutes.com/picture-books-library/>

The Ultimate Guide to Phonological Awareness:

There is a lot here but is useful for those parents that might want to use some of the resources etc.

[https://schools.essex.gov.uk/pupils/sen/Documents/The\\_Ultimate\\_Guide\\_.pdf](https://schools.essex.gov.uk/pupils/sen/Documents/The_Ultimate_Guide_.pdf)

## Useful Books:

**Something Bad Happened: A Kid's Guide to Coping with events in the News**

by Dawn Huebner.

**What to do When You Worry Too Much: A Kids Guide to Overcoming Anxiety**

By Dawn Huebner

**The Day the Sea Went Out and Never Came Back**

by Margot Sunderland. A story for children who have lost someone they love

**Draw on Your Emotions**

by Margot Sunderland. A resource to help people express and communicate their emotions.

**What to Do When You're Scared & Worried: A Guide for Kids**

by James Crist. A help guide to processing fears and worries

**Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids**

by Carol McCloud. Encourages positive behaviour and expressing kindness and appreciation.

**How are you Peeling: Foods with Moods**

by Saxton Freymann & Joost Elffers. Explores how emotions look through pictures of Foods. A good way to talk about emotions with young children.

**No Worries: An Activity Book for Young People who Sometimes Feel Anxious or Stressed** by Dr

Sharie Coombes

**When my Worries Get Too Big: A Relaxation Book for Children who Live with Anxiety**

by Kari Dunn Buron

**Sitting Still like a Frog: Mindfulness Exercises for Kids (and their parents)**

by Eline Snel

**Mindful Kids: 50 Mindfulness Activities for Kindness, Focus and Calm**

by Whitney Stewart & Mina Braun