

INFORMATION AND RESOURCES - wellbeing

How do I talk to my child about Coronavirus?

<https://mentalhealth.org.uk/coronavirus/talking-to-children>

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

<https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>

Information and activities for improving wellbeing

Mindfulness

Guided mindfulness for children (audio)

<https://annakaharris.com/mindfulness-for-children/>

Information on mindfulness and free resources

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://bitsofpositivity.com/the-ultimate-list-of-free-meditation-printables-for-kids-mindfulness-resources/>

Brain Gym

<https://parenting.firstcry.com/articles/10-best-brain-gym-exercises-kids/>

<https://www.youtube.com/watch?v=Z8wPtI5bZQc>

Guided imagery (visualisation)

<https://www.relaxkids.com/blog-single.aspx?id=569> (free parent pack to download)

Audio guided imagery (relaxation for anxiety, peace of mind, breathing, stress management and relaxation)

<https://www.choc.org/programs-services/integrative-health/guided-imagery/>

Stories

Audio stories read by professional actors

<https://www.storynory.com/>

Listen to David Walliams each day at 11am

<https://www.worldofdavidwalliams.com/elevenses/>

Make a self-soothe box

<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/#what-should-be-in-my-self-soothe-box>

Other free wellbeing resources

<https://www.tes.com/teaching-resources/teacher-essentials/home-learning#wellbeing>