# Resources for parents and carers to support the mental wellbeing of children and young people during the coronavirus pandemic and school shut down.

# Early years/foundation stage

**App**. *Breathe, Think, Do with Sesame*. A CBT based app which uses a Sesame Street character to help teach children skills such as problem solving and self-control. Designed for children aged between 2 and 5. High production values and completely free.

It can be downloaded from the App Store

<https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

Or Google play

<https://play.google.com/store/apps/details?id=air.com.sesameworkshop.ResilienceThinkBreathDo>

**Website/PDF**. *Hey, Duggee*-*Earn your Stay at Home Badge*. Using a CBeebies character, children self-isolating/social distancing can fill in a stay-at-home chart that can be downloaded from this website:

<https://www.bbc.co.uk/cbeebies/joinin/earn-your-stay-at-home-badge-hey-duggee>

**Website**. Sesame Street has also produced a whole webpage of excellent resources , including advice about talking to children about COVID 19, resources, videos and games to support parents at home with their children

<https://sesamestreetincommunities.org/topics/health-emergencies/>

# Key stage 1

**PDF.** *The Scared Gang Have to Stay at Home*. A free downloadable book. The scared gang books are designed to support children to recognise their emotional needs and how they can self-regulate through sensory-based activities. The *Scared Gang Have to Stay At Home* explains social isolation for young children and suggests how handwashing can prevent the spread of COVID 19. The book can be downloaded for free at this address:

<https://9fd60b7f-097e-4552-818c-715c7a2073f4.filesusr.com/ugd/a80625_45ca40d8389b4abd861c54608cd0de44.pdf>

**PDF**.*#COVIBOOK* is a short, colourful downloadable book to support children under the age of seven about COVID 19. It allows families to discuss the emotions arising out of the pandemic. Downloadable for free at this address:

<https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcbf1539dcf6ba4b89.pdf>

# Key stage 2

**Book.** What To Do When You Worry Too Much: A Kids Guide To Overcoming Anxiety by Dawn Huebner and Bonnie Matthews. A self-help book designed to guide 6-12-year-olds and their parents through cognitive behavioural techniques used to support young people with anxiety. This book educates, motivates and empowers children to work towards change. Available from Amazon and costs £11.35

<https://www.amazon.co.uk/What-When-Worry-Much-What/dp/1591473144>

**PDF download /interactive document.** *Children's Guide to Coronavirus* by the Children's Commissioner. The UK's Children's Commissioner has produced a great interactive PDF document about coronavirus. Although only 19 pages long it contains information about dealing with worries around coronavirus, where children can get more information and how to deal with worry. It also contains links to free resources such as Minecraft, Audible free books and free classes.

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

# For Parents

**Website.** Good Thinking website for adults looking for resources to support their mental health and wellbeing. It is a resource full of excellent links, designed for Londoners and supported by the Mayor of London and various London charities. Nevertheless also accessible to people living in a coastal community.

<https://www.good-thinking.uk>

The Anna Freud organisation has a dedicated website page giving advice for parents and carers about how to support their families during the coronavirus pandemic. The page has several links to documents mentioned elsewhere on this resource list, as well as comprehensive answers to commonly asked questions.

**Webpage**. <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>