

'Love one another as Jesus loved us' (John 13 v 34-35)

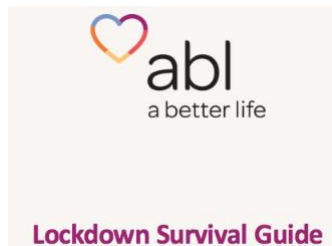


Wellbeing support and resources during school closure

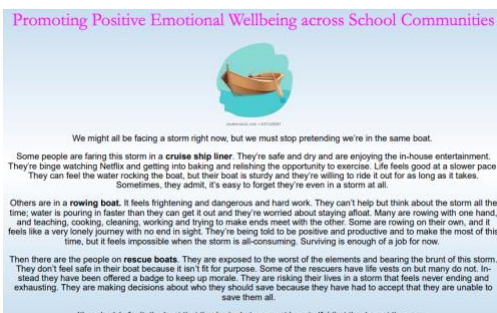
If you're worried about the impact of coronavirus on your mental health, or the mental health of a child or young person in your life, you are not alone. The COVID-19 pandemic is a new and uncertain time for all of us and will affect our mental health in different ways. While most of the attention has understandably been on physical health, it is more important than ever that we make sure to look after our mental health and the mental health of our loved ones. Below I have included plenty of resources that hopefully will be helpful for those children still in schools, as well as to equip parents and carers with children at home



[Wellbeing and mental health during Covid 19. A guide to looking after yourself and others.](#)



[A Lockdown Survival Guide](#)



[Promoting Positive Emotional Wellbeing across School Communities](#)



[Coronavirus parent to parent advice guide](#)



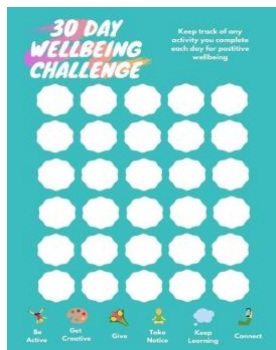
[Ideas for supporting young people's wellbeing during uncertain times](#)



<https://www.annafreud.org/coronavirus-support>



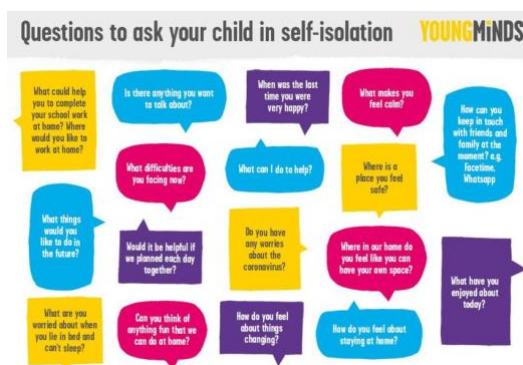
[Mentally Healthy Schools](#) have produced a brilliant toolkit which has gathered some a lot of helpful guidance and resources for both children, staff, parents and carers.



If you are looking for ways to encourage children to keep looking after their wellbeing, Look at this [30 Day Wellbeing Challenge](#) and [example](#). Children can use the blank template to keep a track of all the activities they do each day for positive wellbeing, based on the 5 ways to wellbeing (plus being creative).



This [guide from the Children's Commissioner](#) aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.



Young Minds

Helpful questions produced by [Young Minds](#) to start the conversation with children during this period of isolation.



Health Mind Platter

This [Healthy Mind Platter](#) from Dr Dan Siegel is a great way to structure daily routines and make time for activities to boost wellbeing.

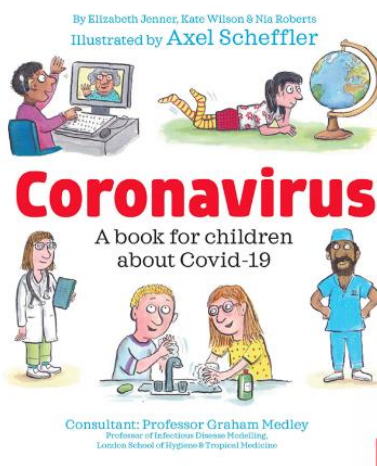


5 Top Tips for Staying Mentally Well is useful guidance for children/young people, parents and professionals.



ELSA website

ELSA website has some great resources for assisting children with their wellbeing at home.



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Coronavirus: a book for children