**Resources for young people of Primary school age.**

**Covid-19**

We understand that at this time you could be experiencing a lot of anxiety and stress about the current situation with Covid -19. We have pulled together some resources that are designed to help you cope and suggest different strategies you can try. We hope you find some of them useful.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/> (Includes helpful video)

<https://www.savethechildren.org.uk/how-you-can-help/emergencies/coronavirus-uk-outbreak-facts#coronavirus>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

**Social stories to read to your children:**

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>

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

**Information and resources for parents who care for children with additional needs**

<http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf>

<https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

<https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>

**Anxiety apps:**

Chill Panda. Free<https://www.nhs.uk/apps-library/chill-panda/>

Headspace.  Free <https://www.headspace.com/meditation/kids>

Smiling mind. Free <https://www.smilingmind.com.au/smiling-mind-app>

Calm. Free <https://www.calm.com/>

**Services available for parents when struggling with mental health during COVID 19**

<https://www.anxietyuk.org.uk/blog/covid-19-and-anxiety-part2/>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.happymaps.co.uk/age-group/primaryschool>

