

## Supporting Family Well-being during School Closures



Below are a range of resources which may be useful for you and your family to look after your well-being.

### Talking to your children about Coronavirus

The ELSA *Story for Children* below can be used to help children who may be finding the coronavirus hard to understand

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>

### Maintaining Well-being whilst at home

Why not try the '*14 day home-challenge*' which gives 14 activities to complete at home with your children with additional links to the ELSA website with activities and resources.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-home-challenge.pdf>

Below is a *mindfulness video* to help children with their feelings (cosmic kids)

Be the pond is a short meditation for young children to help them manage their emotions <https://www.youtube.com/watch?v=wf5K3pP2IUQ>

The 'calm' website provides 'Calm' *meditation stories for children* with audio clips and stories which are relaxing for children. Follow the link and scroll down for 'Calm Kids' clips.

[https://www.calm.com/blog/take-a-deep-breath?utm\\_medium=email&utm\\_campaign=715072-free-mindfulness-resources-from-calm&utm\\_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simple\\_object\\_id=su\\_eWE1de2opeEQMZhT61XBFMVm](https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simple_object_id=su_eWE1de2opeEQMZhT61XBFMVm)

## **Information for Parents**

### **If you or your child/children are feeling anxious about Coronavirus**

The 'mind' website offers advice to everyone about maintaining their well-being

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

The YoungMinds UK advice on what to do if you're anxious about coronavirus is available online. This might be more useful if you have teens and young adults within your household. The main focus is on self-care and they provide further information about how young people can look after their mental health if self-isolating.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

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