



A list of emotional wellbeing and coronavirus information resources for children and young people.

Beth Cheesman (Psychology Assistant)
Xavier Catholic Education Trust

While all resources listed are free to access/ download, some are only available after signing up/ creating a free account.

The resources highlighted in bold are for young people aged 11 years and above **only**.

Mindful Kids

<https://www.youtube.com/channel/UCwHO92Tu97JWHzl3RmadNug>

Relaxing music and videos for quiet time

Calm

<https://app.www.calm.com/meditate/kids>

Age specific meditations for children of all ages

Headspace

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

Meditation for children

Calm for kids

<http://calmforkids.com/free-stuff/>

Calming exercises for children

Autism speaks

https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf

Story with visuals for speaking to students about coronavirus

Autism Society

<https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf>

Social story for germs

Beacon House (<https://beaconhouse.org.uk/resources/>) has a list of useful links for children and young people including:

- <https://beaconhouse.org.uk/wp-content/uploads/2020/03/Where-did-everyone-go.pdf>
'Where did everybody go'? Illustrated story about the coronavirus
- <https://vimeo.com/399311004>
Animation video explaining coronavirus
- <https://www.youtube.com/thebodycoachtv>
Joe Wicks online PE lessons
- <https://biglifejournal-uk.co.uk/pages/podcast>
Big Life Kids Mindfulness Podcast

Young Minds

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#find-things-that-help-you-feel-calm>

Advice on coronavirus and information about looking after your mental health at home including available help line services

Twinkl (<https://www.twinkl.co.uk>)

(Currently 'offering the teachers and parents of children in schools which are closed, or facing closure, free access to all Twinkl resources for a period of one month in the first instance')

- <https://www.twinkl.co.uk/resource/t-t-26544-easter-egg-mindfulness-colouring-sheets>
Easter egg mindfulness colouring pages
- <https://www.twinkl.co.uk/resource/t-c-254664-my-main-worries-activity-sheet>
'My main worries' worksheet
- <https://www.twinkl.co.uk/resource/t-tp-5333-when-should-we-wash-our-hands-handwashing-activity-sheet>
Hand washing worksheet
- <https://www.twinkl.co.uk/resource/t-tp-5346-pass-the-germ-handwashing-game>
'Pass the germ' hand washing game
- <https://www.twinkl.co.uk/resource/uks2-what-is-coronavirus-daily-news-powerpoint-with-teacher-guidance-t-wn-1112>
'Daily news' PowerPoint for KS2 students to help support their understanding on what they are seeing on the news and what they can do if they feel upset about what they have seen
- <https://www.twinkl.co.uk/resource/t-tp-5194-things-that-make-me-happy-activity-sheet>
'Things that make me happy' Drawing Activity
- <https://www.twinkl.co.uk/resource/t-tp-5137-all-about-me-worry-box-activity-pack>
'Worry Box' Activity. A circle time/ group activity to explore any worries students may be having
- <https://www.twinkl.co.uk/resource/coronavirus-social-situation-t-s-2548770>
Coronavirus social situation to give students reassuring information about the coronavirus

Youtube

<https://www.youtube.com/watch?v=vnR5HDfR3JI>

'I am Peace' A book of mindfulness

Therapist Aid

- <https://www.therapistaid.com/therapy-worksheet/gratitude-letter>
Gratitude Letter Template
- <https://www.therapistaid.com/therapy-worksheet/worry-coping-cards>
Worry Coping Cards
- <https://www.therapistaid.com/worksheets/coping-skills-anxiety.pdf>
Anxiety Coping Skills Sheet
- <https://www.therapistaid.com/worksheets/gratitude-journal-three-good-things.pdf>
Gratitude Journal to help students identify and reflect on the positive parts of their day
- <https://www.therapistaid.com/worksheets/gratitude-jar.pdf>
'Gratitude jar' activity
- <https://www.therapistaid.com/worksheets/cbt-for-kids.pdf>
CBT (Cognitive Behavioral Therapy) Worksheet for Children

Random Acts of Kindness

<https://www.randomactsofkindness.org/kindergarten-grade-5-lesson-plans#printables>

'Random acts of kindness' ideas for students as well as kindness colouring pages

Counselling Directory (<https://www.counselling-directory.org.uk/blog/2017/09/28/new-free-resources-to-help-anxious-children>) offers a list of free resources to support children with anxiety including:

- https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/Colouring_WorryTree_CounsellingDirectory_HappifulKids.pdf
- 'Worry Tree' activity to encourage children to speak about things they feel worried about
- https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/MindfulColouring_Bookmarks_HappifulKids.jpg
- Mindful Colouring bookmarks
- <https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/Introducing-Worrypuffs-Comic-1-HappifulKids.jpg>
- Comic strips to help explain anxiety

Teaching Ideas

<https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals>

Mindfulness Colouring images

Carol Grey Social Stories

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

Social story on pandemics and the coronavirus

MindHeart

<https://www.mindheart.co/descargables>

Information and activity book about coronavirus to encourage conversations with children

Stop, Breathe, Think

https://www.youtube.com/playlist?list=PLZnnWZRQ21N5_bgzO7r5hUxQGb36bNNE9

Children's meditations

BBC Newsround Website

<https://www.bbc.co.uk/newsround/51204456>

Offers accessible information on coronavirus, including videos on what to do if they feel worried about the virus and advice on looking after their mental health while at home

Adams Psychology Services

<http://www.adamspychologyservices.co.uk/coronavirus.html>

Resources on coping, resilience and wellbeing in uncertain times