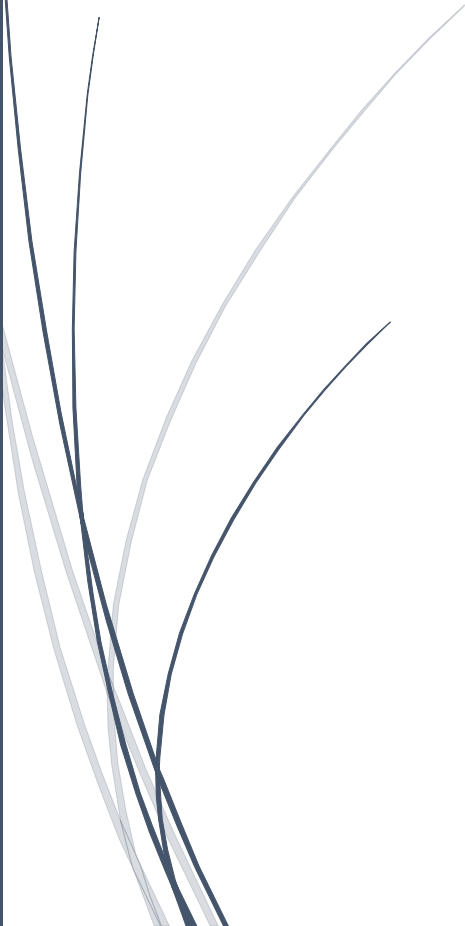




3/23/2020

# Resources and Information for Parents, Carers, Schools and Supporting Professionals During the Coronavirus

Do not change your behaviour to avoid being infected. Assume you are infected and change your behaviour to avoid transmitting (Alexandra College, 2020).



This document has been compiled in recent days from the many posts submitted by Educational and Child Psychologist's throughout the UK. This professional body of applied psychologists have offered and continue to offer and provide their support to children, young people, families, schools, other agencies and each other in these unprecedented times. It is not possible to individually list the many contributors, but a sincere thank you to the Educational and Child Psychologists in the UK for your valued contributions. In the spirit of supporting each other, please feel free to share.

Compiled by Dr Dawn Bradley

[WWW.SUMMITPSYCHOLOGYSERVICES.CO.UK](http://WWW.SUMMITPSYCHOLOGYSERVICES.CO.UK)

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## *Talking to Children and Young People about the Coronavirus*

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[The British Psychological Society: Talking to your Children about Coronavirus](#)

[Young Minds: Talking about the Coronavirus](#)

[NSPCC: Anxiety and Talking about the Coronavirus](#)

[World Health Organisation: Information for Parents and Carers to Share](#)

[Information for Adults from the Children's Commissioner](#)

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## *Support and Resources for Parents/ Carers*

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[Young Minds: Parents Helpline](#)

[Council for Disabled Children](#)

[Drug Use: Talk to Frank](#)

[Adams Psychology: Coping, Resilience and Wellbeing](#)

[3pppsychologies.com](#)

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## *Media for Children and Young People about the Coronavirus*

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[Cartoon about the Coronavirus](#)

<https://www.bbc.co.uk/newsround/51861089>

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

[How Germs Spread and why you Should Wash Your Hands](#)

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## *Explaining the Coronavirus to Children*

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[Mind Heart: I am the Coronavirus](#)

[Explaining the Coronavirus: MENCAP](#)

[Story for Children: ELSA](#)

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*Information for Young People about the Coronavirus*

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[Coronavirus Comic and Why you Should Wash Your Hands](#)

[MIND: Coronavirus and Your Wellbeing](#)

[Young Minds: What to do if You're Worried about Coronavirus](#)

[Worry and OCD: Coronavirus Survival Tips](#)

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[Washing your Hands: Sensory Integration and Processing Needs](#)

[Social Story by Carol Grey](#)

[National Autistic Society Helpline](#)

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*Help for Children and Young People*

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[Childline](#)

[Support Line: A Comprehensive list of Support Services for Young People](#)

[Links: Websites for Young People Offering Information and Advice](#)

[MIND: Contacts for Young People](#)

[NHS Helplines](#)

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*Mindfulness / Relaxation*

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[Explanation of Anxiety, 'The Guard Dog and the Owl': Cosmic Kids Zen Den \(Primary\)](#)

[Mindful Schools: Free Mindfulness Classes for Young People and Children](#)

[Free Mindfulness Resources from Calm.com](#)

[Puppy Mind: A Story to Help Young Children Manage their Thoughts](#)

[Be the Pond: A Short Meditation for Young Children to Help Manage Emotions by Cosmic Kids](#)

[Movement Meditation for Children who Need to Move: Smiling Minds](#)

[Meditations from Calm.com](#)

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## *Bereavement and Grief*

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[Winston's Wish](#)

[Child Bereavement Network](#)

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

### **Recommended Books (Barbara Petrie: Specialist Senior – Retired)**

#### **Books for Children and Adults to Read Together**

**The Day the Sea Went Out and Never Came Back.** Margot Sunderland and Nicky Armstrong.  
(Therapeutic story).

**Someone Has Died Suddenly.** Mary Williams. ([www.suddendeath.org](http://www.suddendeath.org))

**The Secret C: Straight Talking About Cancer.** Julie A.Stokes OBE ([www.winstonswish.org.uk](http://www.winstonswish.org.uk))

**Muddles, Puddles and Sunshine.** (Activity book) Diana Crossley

#### **Books for Younger Children (Nursery and KS1)**

**Goodbye Mousie.** Robie H.Harris

**When Uncle Bob Died.** Althea

**Dear Grandma Bunny.** Dick Bruna

**Badgers Parting Gifts.** Susan Varley

**Always and Forever.** Debi Giliori and Alan Durant

**Are You Sad, Little Bear?** A Book About Learning To Say Goodbye. Rachel Rivett

#### **Books for KS1 and KS2**

**Flamingo Dream.** Donna Jo Napoli

**Fred.** Posy Simmonds

**Granpa.** John Burningham

**Why Mum?** Catherine Thornton

**When Dinosaurs Die: A Guide to Understanding Death.** Laurie Krasny

**Saying Goodbye to Daddy.** Judith Vigna

### Books for KS2 and KS3

**The Cat Mummy.** Jacqueline Wilson

**SAD BOOK.** Michael Rosen

**What on Earth Do You Do When Someone Dies?** Trevor Romain

**Ways to Live Forever.** Sally Nicholls

### Books for KS3 AND KS4

**Double Act.** Jacqueline Wilson

**Dustbin Baby.** Jacqueline Wilson

**The Charlie Barber Treatment.** Carole Lloyd

**The Lost Boys' Appreciation Society.** Alan Gibbons

**The Spying Game.** Pat Moon

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## Online Education

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Khan Academy

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning – All Key Stages

<http://www.bbc.co.uk/learning/coursesearch/>

From language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Futurelearn

<https://www.futurelearn.com>

Free to access 100s of short courses. Mainly for older children and young people of college age. Only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca

<https://www.senecalearning.com>

For those revising at GCSE or A level. Pages of free revision content. Paid access to higher level material.

Openlearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young adults.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos

National Geographic Kids

<https://www.natgeokids.com/uk/>

Activities and quizzes for primary age children

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.

Mystery Science

<https://mysteryscience.com>

Free science lessons

The Kids Should See This

<https://thekidshoudseethis.com>

Wide range of cool educational videos

Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>

As above for a younger audience

Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

Paw Print Badges

<https://www.pawprintbadges.co.uk>

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad

<https://www.tinkercad.com>

All kinds of making.

Prodigy Maths

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

Cbeebies Radio

<https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the younger ones.

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden, or in the forests, if you live in one.

British Council

<https://www.britishcouncil.org/school-resources/find>

Resources for English language learning

Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for Primary age

Big History Project

<https://www.bighistoryproject.com/home>

Aimed at Secondary age. Multi-disciplinary activities.

Geography Games

<https://world-geography-games.com/world.html>

Geography gaming!

Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

If you have a stamp and a nearby post box.

The Artful Parent

<https://www.facebook.com/artfulparent/>

Good, free art activities

Red Ted Art

<https://www.redtedart.com>

Easy arts and crafts for little ones

The Imagination Tree

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

Toy Theater

<https://toytheater.com/>

Educational online games

DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAktnmpaxqZbkgudD49l71ep8-sjXmrac>

Activities and quizzes

Twinkl

<https://www.twinkl.co.uk>

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.

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*Recommended Reads for Parents/ Carers Home Schooling*

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**C J Simister, [The Bright Stuff: Playful Ways to Nurture Your Child's Extraordinary Mind](#)**