



Supporting Children



Returning to school post Covid-19
Helpful resources for school and home

Welcome to our useful resources

We know that there are lots of challenges for children returning to school. It is not just the logistics of social distancing and keeping everyone safe, but how children will re-adjust.

During Covid-19 we have provided easy access to dozens of resources to support children and their parents. These have been on a range of related areas including:

- **mental wellbeing**
- **bereavement**
- **online learning materials**
- **recover and return to school**
- **poems**

In this brochure, we bring you a range of resources that will support your school and children in returning to school post Covid-19.

We will continue to place helpful resources on our website, so keep referring to that for further information.

Click on all underlined text to see the resources.

[Alliance for Learning Teaching School](#)



Resources to use throughout your school

[Restore our Schools - a restorative perspective](#)

[Advice on addressing Covid-19 in PSHE lessons](#)

[Coronavirus - Useful Contacts for Young People](#)

[Government Guidance and Advice about Coronavirus in Educational Settings](#)

[Advice for Professionals Working with Young People during Covid-19](#)

[Child Bereavement in Covid-19](#)

[Coronavirus Hub](#)

[Coronavirus - Supporting Wellbeing](#)

[Keep Your Head - Mental Health Service](#)

[Coronavirus Safeguarding in Schools](#)

[Diabetes and Covid-19 Training](#)

[Coronavirus Explained and What to do \(Video\)](#)

[Talking to Kids about Coronavirus](#)

[Tips for Talking to Children about Coronavirus](#)

[Five Ways to Heal Children When School Re-opens](#)

[10 Books to Share as Children Return to School](#)

[Supporting Education Staff](#)

[Teaching About Mental Wellbeing](#)

[Video - Coronavirus Q&A - Anxiety for School Staff](#)

[Help Primary Children Continue their Education through Covid-19](#)

[Help Secondary School Children Continue with Education through Covid-19](#)

RESTORE

RECOGNITION of what's happened and that our experiences during lockdown have all been different, life-changing for many and significant for us all. How do we encourage everyone to share their story of the pandemic so far?

EMPATHY for the mix of emotions that we have in response to events at home, in school, the community and in the wider world. How can we respond with empathy, compassion and self-care, whether we are staff, students or parents?

SAFETY will be paramount, both emotional and physical. How do we re-establish a sense of safety for this new normal so that students are able to learn and all are able to thrive? How do we help those who may have felt unsafe whilst they've been away from school, feel safe again?

TRAUMA is now a collective as well as an individual experience, how does the school community process this? How do we support people who have experienced very particular traumas during lockdown or who are facing an even more uncertain future?

OPPORTUNITY to change what needs to be changed, to reflect on what matters to us and if we'd like to do anything differently. How do we learn from this experience, now that we know we can question even seemingly fixed aspects of our world?

RELATIONSHIPS are key, as they always have been. How do we reconnect, and (re-)build inclusive, responsive relationship at all levels in school?

ENGAGEMENT in our own health and well-being and with the issues that affect us: our teaching, learning and community. How do we foster a culture that enables staff and students to have ownership of and agency in their lives?

RESTORE provides a restorative perspective that can inform how we plan for the return to the classrooms, playgrounds and corridors of physical schools.

It highlights seven key areas which, alongside learning, are where we need to stimulate thinking and make decisions in order to collectively move forward into a healthy 'new normal'. The areas intersect, interconnect and affect each other, as we all do. RESTORE is a lens through which staff, children and parents can look at the strategy and plans that are needed for everyone's well-being in a fast changing environment and for a safe and healthy return to school.



restoreourschools.com

Restore our Schools - recommended for school leaders

We think these resources will help within the whole school

[Talking to children about Covid-19](#)

[Public Health Matters - What you Need to Know about Coronavirus](#)

[Support A Successful Return to School](#)

[Coronavirus \(BrainPop website\) - a range of resources to help children learn about the coronavirus, video and quiz](#)

[Video Book - Maria and all the Grannies \(Nonnas\) of the World : A story of kindness during the 2020 Coronavirus crisis](#)

[Teaching Building Resilience during Covid-19](#)

[Strained - Poem by Oasis Academy Pupil](#)

[Invisible Enemy - Poem by Oasis Academy Pupil](#)

[Coping in Self-isolation](#)

[Talking to Children About Illness](#)

[Self Isolating and Dealing with Conflict at Home](#)

[5 Tips to Look After Yourself During Coronavirus](#)

[Free Audio Books](#)

[7 Ways to Support Young People who are Worried](#)

[Place2Be - Resources to Return to School](#)

[Support for Early Years Returning to Nursery](#)

[Emerging Evidence - Coronavirus and Children and Young People's Mental Health](#)



Resources to use with SEND

[Help Children with SEND continue their education during Covid-19](#)

[First Aid for Life - How to Support Children with SEND throughout lockdown](#)

[NSPCC - Supporting Children with SEND throughout Covid-19](#)

[Autism Educator - Book to Understand Covid-19](#)

[Pandemic - Social Story in large print](#)

[Social Distancing Video - simplifies the Government Guidelines](#)

[Stuck Inside - book to help children understand](#)

[BBC Bitesize - SEND Resources and Activities](#)

[Sensory Projects during Covid-19](#)



Resources to use with Early Years



[Dave the Dog is Worried about Coronavirus \(EY\)](#)

[Horrid Hands](#)

[Super Sneezes](#)

[Cosmic Kids Yoga](#)

[Healthy Hugs](#)

[Everybody Worries Book](#)

[School Home Learning Closure Pack](#)

[Oak National Academy](#)

[Free Printable Worksheets for Kids](#)

[Maths Lessons](#)

[Bug Club Phonics](#)

[Floppy Phonics](#)

[Jolly Phonics](#)

[Letters and Sounds](#)

[Oxford Owl Phonics](#)

[Free Audio Books](#)

[Literacy Counts](#)

[Lovereading4kids](#)

[Story Time with Nick](#)

[Children's Poetry](#)

[Boogie Beebies](#)

[Books - Death and Bereavement](#)



Lessons

[English Mastery](#)

[School Home Learning Closure Pack](#)

[Oak National Academy](#)

[BBC Bitesize Primary](#)

[Coding for Kids](#)

[Learn Maths for Free](#)

[Learn a Language for Free](#)

[Maths Lessons](#)

[Oxford Owl Phonics](#)

[Literacy Counts](#)



Books

[Covi Book](#)

[Free Audio Books](#)

[Books for Every Age](#)

[Story Time with Nick](#)

[The Elephant's Tea Party](#)

[Easy to Understand Social Story 'Little Puddins'](#)

[Coronavirus - Nosey Crow](#)



Other

[Hand Wash Challenge](#)

[Horrid Hands](#)

[Super Sneezes](#)

[Cosmic Kids Yoga](#)

[To Know why Hand Washing is Important](#)

[School Recovery Package by Jigsaw](#)

[The 'Museum'](#)

[Free Printable Worksheets for Children](#)

[Children's Poetry](#)

[Get Moving with Disney](#)



Lessons

[School Home Learning Closure Pack](#)

[Oak National Academy](#)

[BBC Bitesize Primary](#)

[Coding for Kids](#)

[Learn Maths for Free](#)

<https://www.duolingo.com/>

[Maths Lessons](#)

[Oxford Owl Phonics](#)

[Literacy Counts](#)



Books

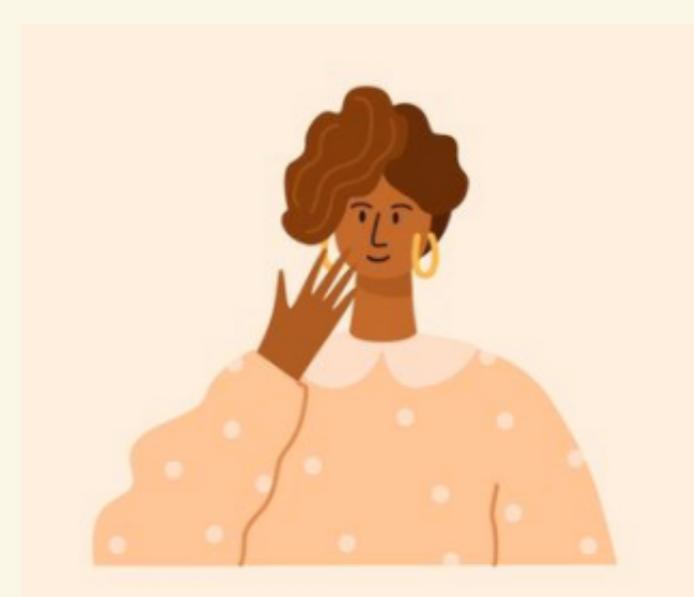
[Free Audio Books](#)

[Books for Every Age](#)

[Story Time with Nick](#)

[Easy to Understand Social Story 'Little Puddins'](#)

[Coronavirus - Nosey Crow](#)



Other

[Kids Wellbeing Journal](#)

[Active iMoves](#)

[Story Creators Challenge](#)

[Making Connections Challenge](#)

[Your Country Needs You](#)

[Recovery Package - Jigsaw](#)

[Hand Hygiene](#)

[Respiratory Hygiene](#)

[The 'Museum'](#)

[Free Printable Worksheets for Children](#)

[Children's Poetry](#)

[Super Movers](#)



Learning Resources to use with Key Stage 3/4

[Oak National Academy](#)

[BBC Bitesize Primary](#)

[Coding for Kids](#)

[Learn Maths for Free](#)

[Learn a Language for Free](#)

[Baking Ideas for Children](#)

[Maths Lessons](#)

[Free Audio Books](#)

[Oak National Academy](#)

[BBC Bitesize Secondary](#)

[PE with Joe Wicks](#)

[Coding for Kids](#)

[Learn a Language for Free](#)

[Maths Lessons](#)

[Free Audio Books](#)

[English and Media Centre](#)

[Pobble - Creative Writing](#)

[Poetry by Heart](#)

[Downloadable Resources using the GCSE Curriculum](#)

[Revision Materials GCSE PE](#)



Losing someone close to us is never easy. Things are even harder at the moment because those grieving rituals we usually engage in to bring us some comfort and closure cannot happen in quite the same way at the moment. For anyone who is experiencing a bereavement in these extraordinary times, this will be especially challenging due to the uncertainty brought about by Covid-19 and the restrictions it brings.

Also losing a loved one to a new virus that we do not really understand completely is even more frightening. We hear lots of statistics on the news but when one of those numbers read out is an actual person who is no longer here it really is very hard. You might have lost someone due to an important operation being cancelled due to the Coronavirus, there are many indirect but linked deaths too. You are not alone. With the help of our mental health team here at the teaching school we have gathered a plethora of useful bereavement resources including, books, websites and information to help those who have lost someone or to help you support someone recently bereaved. We hope you find something that will support you through this very sad time.

Books for Teachers

[Healing Grief by Barbara Ward](#)

[The Courage to Grieve by Judy Tatelbaum](#)

[The Early Days of Grieving by Derek Nuttal](#)

[The Tibetan Book of Living and Dying by Sogyal Rinpoche](#)

[Through Grief by Elizabeth Collick](#)

[You'll Get Over It – The Rage of Bereavement by Virginia Ironside](#)

[When Bad Things Happen to Good People by Harold S. Kushner](#)



Books and Workbooks for Children

Muddles, Puddles and Sunshine: Your activity book to help when someone has died (EY)
Always and Forever (EY)
Grandad's Island (EY)
When Dinosaurs Die: A guide to Understanding Death (KS1)
Luna's Red Hat: A Storybook to Help Children Cope with Loss and Suicide (KS1)
The Invisible String (KS1)
The Invisible String Workbook (KS1)
Michael Rosen's Sad Book (KS1)
The Dragonfly Story (KS1)
Vicky Angel (KS2)
Bridge to Terabithia (KS2)
When Someone Has a Very Serious Illness (KS2)
When Someone Very Special Dies (KS2)
The Day the Sea Went Out and Never Came Back (EY-KS2)
The Huge Bag of Worries (EY-KS2)

Other Supporting Resources

Coronavirus - Dealing with Grief
Think Piece: A Recovery Curriculum: Loss and Life for our children and schools post pandemic
Recovering from Covid-19 - The Issues
Coping with Bereavement
After Losing Someone Close
Has Someone Died? Restoring Hope
Supporting a Bereaved Child in Primary School
Supporting a Bereaved Child in Secondary School



[Returning to School after Lockdown](#)

[Mental Health First Aid - Working from Home](#)

[What to do About Worry](#)

[Strategies for Better Sleep for Pupils](#)

[Wellbeing Activities for Schools](#)

[Back to School - Mental Health and Wellbeing](#)

[Key Stage 1/2 Journals to Support Wellbeing](#)

[Tips and Advice on how Students can get Mental Health Support During Covid-19](#)

[Supporting Students Mental Health During Covid-19](#)

[Extra Mental Health Support for Children and Teachers](#)

[Strategies to Manage Anxiety](#)

[Coronavirus Impact on Mental Health](#)

[Helping Children to Manage Anxiety](#)

[Coronavirus and Your Wellbeing](#)

[Coping with Mental Health Issues During Coronavirus](#)

[Managing Your Feelings About Lockdown](#)

[Supporting Children who may be Especially Vulnerable during times of Uncertainty](#)

[Mental Health Support in Your Area](#)

**Our teaching school is here to help.
If your school needs something please ask us and we will do our best to find it
for you.**

**Best wishes,
Lisa and the teaching school team.**

**Tell us if this has been useful:
Twitter: @lisafathersAFL @AFLTeachingSch**



Alliance
for Learning

BRIGHT FUTURES EDUCATIONAL TRUST

