

**Instagram pages**

thecalmclassroom

thehappynewspaper

happyselfjournal

occupationaltherapyabc

***For more ideas search #anxietykids, #managingbehvaiour #sensoryregulation.***

**Facebook pages**

The OT toolbox

Children’s sensory therapy

Thrive Approach

Parents of Sensory Kids

Beacon School Support

Growth Therapy

TreeTops Occupational Therapy

*Emotional Regulation Support for Parents to Help Your Ch*ild

**Advice about Managing Home Learning**

<https://www.ucl.ac.uk/ioe/departments-and-centres/centres/centre-inclusive-education/homeschooling-children-send/managing-transition-home-schooling>

**UCL – Centre for Inclusive Education** -*a guide to help parents adjust to remote learning by providing advice and links to resources.*

<https://www.home-start.org.uk/adding-routine-to-life-at-home>

**Home Start** – ways to set up a routine during the coronavirus lockdown.

[https://www.understood.org/en/school-learning/coronavirus-latest-updates?\_ul=1\*abl8b3\*domain\_userid\*YW1wLUFXUnpwRUk0bk93d0pGYVhwRXBzblE.](https://www.understood.org/en/school-learning/coronavirus-latest-updates?_ul=1*abl8b3*domain_userid*YW1wLUFXUnpwRUk0bk93d0pGYVhwRXBzblE.)

**Understood -** offers many ways to cope with home learning and the lockdown situation.

**Web sites offering support and ideas:**

**Managing Feelings of Anxiety, Fear and Anger**

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

**Anna Freud** – *website supporting mental wellbeing during times of disruption.*

<https://copingskillsforkids.com/>

**Coping Skills For Kids – l***ots of ideas and advice about helping your child cope with strong emotions: anxiety and anger.*

<https://www.encourageplay.com/blog/10-strategies-to-help-kids-calm-down>

**Encourage Play** – *gives advice about easy ways to help children feel calm.*

<https://childmind.org/>

**Child Mind** – *has advice and resources to support your child through the Covid 19 crisis*

**Sensory Regulation**

https://yourkidstable.com

**Your Kids Table**: *a website that includes activities to help your child feel calmer, to help with picky eating and sensory activities (this is Mrs Holloway’s favourite)*

<https://childdevelopment.com.au/>

**Kid Sense** – *website with advice on sensory input, developing motor skills and speech and language advice.*

**Wellbeing of Caregivers:**

<https://www.mother.ly/>

**Motherly-** *The “Self and Wellness” section for ways to look after yourself. Search for “****37 techniques to calm an anxious child****.”*

<https://www.mind.org.uk/>

**Mind** – support for adults during the Corona Crisis.

<https://www.nhs.uk/oneyou/every-mind-matters>

**NHS** – practical advice around managing your mental health during the Corona Crisis

<https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

**Anxiety UK** – brilliant video links with support for anxiety.

*If you need more support because you know that you child has specific needs then contact Gemma Holloway or Ema Jackson through Dojo.*