

## Support

<https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/> is a helpful website for parents on how to support their child during this time, it gives tips on supporting the child as well as tips for the parent's wellbeing.

<https://www.autism.org.uk/services/helplines/coronavirus/resources/tips.aspx> is a website for parents of children with autism, however, the 'tips for families' has some fab ideas for all children, for example, keeping a timetable and some activities to do with the children.

Some nice activities to do with children are:

- Write down the 10 things that you would like to do when this is over (create a bucket list).
- Write a thank you letter to yourself from a member of your family on how you've behaved whilst in lockdown. (This helps the child to think about their behaviour and how they want to behave) then choose one of the behaviours and do an activity each day to demonstrate it.
- Write 10 things that you're thankful for

Generally, YouTube is a fab resource, for emotions/anger.

- This is a short YouTube video to provide a breathing technique - <https://www.youtube.com/watch?v=sh79w9pn9Cg>
- A huge bag of worries book and that is on YouTube too
- Anger - <https://www.youtube.com/watch?v=pFkRbUKy19g>
- Emotions - <https://www.youtube.com/watch?v=dOkyKyVFnsS>

There's a good book 'Huge Bag of Worries',  
<https://www.youtube.com/watch?v=NbcswBYnmeQ>

Listen to the story and then ask the children to put their worries in the bag (attached – my worries bag outline). Then they can use to 'worry busting kit' to come up with ideas to manage the worry to let it go.

Also, the circle of control is a good activity, where the children write their worries in the correct circle and they 'let go' of things they can't control and come up with a plan about the things they can control.