

Community Educational Psychology Service

'Applying psychology proactively and inclusively to promote positive change'

March 2020

We all realise how difficult it can be trying to talk to children and young people about global crises. As psychologists we are often asked about how much to tell children, how and when to talk to them, and how we can feel prepared for challenging conversations. We have therefore started to compile a list of resources and helpful websites for you to use over the coming weeks. We hope you find the following, useful. Please do not hesitate to contact us on EPService@nelincs.gov.uk should you wish to discuss.

KS 3 & KS4

Video and Questions

Feeling Anxious about

Coronavirus

Social Story

KS1 & KS2

Coronavirus workbook for children

Coronavirus Story for Children

Advice:

Talking to children about Coronavirus

For staff

- Information on Pandemics
- Self-Care and Coping Strategies
- How to protect your mental health

Activities for education professionals in self-isolation

- <https://www.albertafamilywellness.org/training>
- <https://www.thecommunicationtrust.org.uk/projects/professional-development/online-short-course/>
- <https://www.acesonlinelearning.com/>

For parents

Talking to Children

Parent Resources

General Info

Information for those with sensory difficulties who struggle with handwashing

- <https://www.sensoryintegration.org.uk/News/8821506>

Resources for talking to children about Coronavirus

An informative animation for older children and young people

A comic exploring coronavirus to help young people understand

For families of early years age children

Answering questions

Activity guide

Ideas to support adults / older children

Link for older pupils and adults too focusing on looking after our emotional well-being.

Link with parent-focused ideas from Special Needs Jungle about how to support children with anxiety around coronavirus, including an easy-read explanation for children and adults with learning difficulties