

EMOTIONAL WELLBEING SUPPORT FOR PRIMARY SCHOOL AGED CHILDREN - COVID19

EDUCATION and CURRICULUM

Updated guidance for schools on remotely supporting pupil and staff wellbeing The full guidance can be found [here](#)

ARE you Worried or sad about something? Sometimes talking makes it easier.



Your Head Teacher or any adult in your education setting will have access to resources that might help – talk to them.



offers a fun, engaging and interactive way for children to learn about health. [Find games, articles and lots more right here.](#)



“You can contact [Childline](#) about anything. Whatever your worry, it's better out than in. We're here to support you.

ONLINE SAFETY

This resource is designed to provide information, fun activities and things to do with the family or a member of school staff during the Coronavirus Lockdown.

It is not intended for children to access the sites contained on these pages on their own.

[PLACE2BE](#) provides wellbeing activities that your family could do [FAMILY VIRTUAL DAYS OUT DURING CORONAVIRUS](#) – awesome things you can do.

SCHOOL PUBLIC HEALTH SERVICE and [COVID-19 FAQs for parents](#) including guidance on supporting children and young peoples' understanding of corona virus. Also taking emotional health referrals, with access to [counselling](#) where needed for 4-19 year

Show these videos of various mindfulness practices to your parent/carer and do them together?

EVERY MIND MATTERS - [progressive muscle relaxation](#)

HEADSPACE – Sunday Scaries – [Take a Mindful Walk](#)

HEADSPACE – Sunday Scaries – [A Mini-Meditation on Self-Care](#)

HEADSPACE – Sunday Scaries – [A Mini-Meditation for our Wellbeing this week](#)

HEADSPACE – [STRESSED?](#) – Learn to reframe stressful situations with this short meditation.



FIND OUT MORE ABOUT CORONAVIRUS

[An easy to read leaflet](#)

[A short story](#)

[A friendly explanation](#)

[Explore and organise good days in unusual times](#)

YOUNG CARERS

Kent Young Carers provide support to young carers and is run by the charity Imago Community.



[IMAGO](#) is a social action charity working across Kent, Medway, East Sussex and London.

They deliver a range of services across these areas which are designed to support and empower some of the most vulnerable groups. We have innovative projects working with; children and young people, young carers, people living with a disability, older people, socially isolated people as well as mental health awareness for young people and community transport.

A young carer becomes vulnerable when the level of care given and responsibility to the person in need of care becomes excessive or inappropriate for that child, risking impacts on his or her emotional or physical well-being, educational achievement or life chances. This will have been exacerbated by the lockdown.

Supporting young carers in schools: [TOOLKIT](#)

Therapeutic stories to support primary-age children in exploring strong emotions linked to the coronavirus pandemic.

[THE LITTLE ELF WHO MISSED HIS BIRTHDAY PARTY](#)

[THE LITTLE ELF AND THE FLOWERS OF HOPE AND BRAVERY](#)

Shared with thanks and the permission of
Principal Education Psychologist - Nottinghamshire



Coram Life Education has launched a free teaching toolkit to support children's health and wellbeing when they return to school. The toolkit is designed to build children's resilience, self-esteem and kindness and includes practical resources in line with new government guidance, such as lesson ideas for smaller class sizes and to use outdoors.

[Read the news story](#)

[Access the Toolkit](#)

BACK TO SCHOOL WITH



The following guidance offers suggestions on how to support an anxious pupil with successfully transitioning back into school, particularly after the Coronavirus Pandemic.

[Supporting anxious pupils in a primary setting](#)

Other Resources supporting Emotional Wellbeing

[Staff Wellbeing](#)

[Emotional Wellbeing Vulnerable Pupils](#)

[CYP Kent Emotional Wellbeing flow chart](#)

[Emotional Wellbeing in Schools; including Universal and Transitions](#)

[Emotional Wellbeing Support for Primary School Aged Children](#)

[Practical Resources for parents and carers](#)

[Emotional Wellbeing – Highly Anxious Students](#)

[Emotional Wellbeing – Young People](#)

[Emotional Wellbeing - SEND](#)