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HOUNSLOW EDUCATIONAL PSYCHOLOGY SERVICE

Useful resources to support children, parents and teaching staff during the COVID-19 pandemic

Given the unprecedented situation, we have gathered some helpful resources that can be used to support one another in response to the Coronavirus pandemic. This includes information about:

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STAYING INFORMED

Information from the UK Government and World Health Organisation (WHO)

Department for Education - [Guidance to educational settings about COVID-19](#)
Information for the public - [Coronavirus \(COVID-19\): UK Government response](#)
WHO- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

EXPLAINING CORONAVIRUS TO CHILDREN AND YOUNG PEOPLE

General tips for adults when explaining the situation to children and young people

- ✓ **Remember that it is good to talk about the situation with children.**
Children will have heard about the Coronavirus and it is important that they feel comfortable talking to you about it. Start by asking them what they already know about it.
- ✓ **Be truthful but mindful of the child's age**
It is important to give them factual information but adjust the amount and detail to fit their age.

Younger children will need simple information that should balance the facts about Coronavirus with appropriate reassurances that:
 - ✓ Their schools and homes are safe;
 - ✓ Adults are there to help them if they feel ill or afraid (e.g. “the grown-ups are working very hard to keep you safe.”)
Older children may have more questions and may need help separating reality from rumour or fantasy. It would be helpful to:
 - ✓ Discuss the government efforts to prevent germs from spreading;
 - ✓ Provide reliable and accurate factual information about the virus and the current situation. Having this knowledge can help them feel a sense of control.
- ✓ **Allow children to ask questions**
Giving children the space to ask questions and have answers is a good way to alleviate anxiety. Again, try to be honest in your responses – it is ok to say you don't know. You can explain that we don't yet have all the answers about the virus right now and add in information about what people are doing to try to answer these questions.
- ✓ **Try to manage your own worries**
Identify other adults you can talk to about your own worries and questions. What things usually help to make you feel a bit calmer? If you are at home, music, breathing and relaxation techniques, distraction (such as watching something funny) and time with family members or pets can all help. Talk to your children when you feel calm – it will reassure them.
- ✓ **Give practical guidance**
Remind your child of the most important things they can do to stay healthy – washing their hands and the ‘catch it, bin it, kill it’ advice for coughs and sneezes. Help your child practise and increase their motivation for keeping going (maybe thinking of a song they want to sing while washing their hands).

Resources

Written stories

- <https://www.mindheart.co/descargables>
- <https://nursedotbooks.com/dave-the-dog-is-worried-about-coronavirus-2/>
- <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>
- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Videos

- <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus>
- <https://www.bbc.co.uk/newsround/51342366>
- <https://www.youtube.com/watch?v=OPsY-jLqaXM>
- <https://www.youtube.com/watch?v=R-JbDMYm AQM>

For older children/adolescents

- <https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>
- <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20edit sAH.pdf>

For children with ASD, these Social Stories may be most helpful

- <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>
- <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
- <https://www.youtube.com/watch?v=xkZ23tDzN4c&feature=youtu.be>
- https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf

Additional Educational Psychology resources

- <https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/>
- <http://www.southendlearningnetwork.co.uk/educationalpsychology>
- <http://www.supportservicesforeducation.co.uk/Services/3242>

It is important to emphasise to children the importance of regularly washing their hands

- Animation explaining handwashing <https://www.youtube.com/watch?v=07YNCFIS0il>
- Germs experiment to do at home/school to show the importance of handwashing https://www.youtube.com/watch?v=KirHm_sYfl
- Step-by-step instructions on how to wash your hands <https://www.bbc.co.uk/newsround/51698180>
<https://www.youtube.com/watch?v=S9VjeIWLnEq> (for younger children)
<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/> (with step-by-step photos)

HELPING CHILDREN AND YOUNG PEOPLE COPE WITH STRESS DURING THE OUTBREAK

This outbreak may cause children to feel anxious, stressed and uncertain; their responses may include avoidance, anger, agitation, bedwetting, difficulties sleeping (e.g. nightmares), fear of separation, lots of questions and 'what ifs', being irritable, tearful, clingy. They may display physical symptoms such as nausea, sore muscles, 'butterflies', a sick tummy and headaches.

It is important to:

- ✓ **Model calm and positive behaviour**
 - Remain calm and regularly reassure children that they are safe and that there are experts working very hard to keep everything under control
- ✓ **Make time to check in with children, to see if they have any worries.**
 - Listen to their concerns and be fully present while doing so (putting your mobile down and switching the television off). Let them know it's okay to be upset;
 - Validate their fears (e.g. it can be frightening when X happens);
 - Gently correct any misconceptions that they have;
 - Only give them developmentally appropriate facts and answers to questions
- ✓ **Maintain a normal routine and keep to a schedule**
 - This helps to give children a sense of security. You could ask them to help create new ones, including school/learning as well as time for safely playing and relaxing.
- ✓ **Move**
 - Provide lots of opportunities for physical exercise, within Government guidelines.
- ✓ **Monitor the amount of television viewing and social media**
 - Constantly watching updates on the Coronavirus can cause anxiety;
 - Remember that information designed for adults can cause anxiety and confusion for children;
 - Avoid watching/listening to information that might be upsetting when children are present;
 - Inform children that some stories on the internet are not true, and instead based on rumours or inaccurate information.
- ✓ **Make conversations 'solutions focused'**
 - Emphasise the proactive steps that you are all taking (e.g. handwashing, coughing/sneezing in the elbow) and those of the government to keep everyone safe.

(adapted from the World Health Organisation, HeySigmund.com and Chocchildrens.org)

Strategies to support children when they are feeling anxious

- ✓ **Deep breathing**
 - Encourage children to breathe deeply and slowly, in through their nose for three counts and out through their mouth for three counts.
- ✓ **Mindfulness techniques**
 - E.g. squeezing muscles, belly breathing, etc
- ✓ **Stretching**
- ✓ **Visualisation**
 - Encourage children to find a safe place in their mind - somewhere that they feel relaxed and happy (the beach, park, a grandparent's home) and describe what that feels and looks like to them
- ✓ **Distraction** can be helpful for young children.
- ✓ **Creating a "worry" box**
 - Your child can write about or draw their worries and post them in the box.
- ✓ Encourage them to make a **list** of things that make them feel happy and safe (this should be easily accessible for them- on their cupboard or the fridge)
- ✓ **Practise gratitude**
 - Encourage them to list 3 things every day that they are grateful for. They could even write them down and put them in a gratitude jar.

Resources

Advice for calming children who are anxious

- <https://www.heysigmund.com/anxiety-in-children-after-world-trauma/>
- <https://childmind.org/article/tips-calming-anxious-kids/> (for younger children)

Deep breathing exercises

- <https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

Mindfulness techniques (apps and websites)

- <https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>
- <https://www.mindbodygreen.com/0-18136/7-fun-ways-to-teach-your-kids-mindfulness.html>
- <https://www.smilingmind.com.au/>
- <https://www.headspace.com/meditation/kids>
- <https://www.stopbreathethink.com/kids/>
- <https://bedtime.fm/peaceout>

Exercise ideas

- Movement and mindfulness <https://www.gonoodle.com/>
- Kid-friendly workouts <https://app.sworkit.com/collections/kids-workouts>
- Ideas to develop fine-motor and gross-motor skills <https://www.theottoolbox.com/>

Videos to show children when they:

- Are worried <https://www.bbc.co.uk/newsround/51887051>
- Are upset by the news <https://www.bbc.co.uk/newsround/13865002>
- Have big questions <https://www.bbc.co.uk/newsround/51791626>

- Are asking what self-isolation means <https://www.bbc.co.uk/newsround/51660547>

Books

- 'What to Do When You're Scared and Worried: A Guide for Kids'

https://www.amazon.com/What-When-Youre-Scared-Worried/dp/1575421534/ref=sr_1_1?keywords=What%2BTo%2BDo%2BWhen%2BYou%E2%80%99re%2BScared%2B%26%2BWorried%3A%2BA%2BGuide%2Bfor%2BKids&qid=1582316733&sr=8-1

- 'Something Bad Happened: A Kid's Guide to Coping with Events in the News'

https://www.amazon.com/Something-Bad-Happened-Coping-Events/dp/1787750744/ref=sr_1_1?keywords=Something%2BBad%2BHappened%3A%2BA%2BKid%E2%80%99s%2BGuide%2Bto%2BCoping%2Bwith%2Bevents%2Bin%2Bthe%2BNews&qid=1582316703&sr=8-1

- 'How Are You Peeling?'- Foods with moods. Explores how emotions look through pictures of Foods. A good way to talk about emotions with young kids.

https://www.amazon.com/How-Are-Peeling-Scholastic-Bookshelf/dp/0439598419/ref=sr_1_1?keywords=How%2Bare%2Byou%2BPeeling%3A%2BFoods%2Bwith%2BMoods&qid=1582316792&sr=8-1

- 'The Way I Feel'- Explores Feelings. A good way to talk about emotions with young kids(2-8)

https://www.amazon.com/Way-I-Feel-Janan-Cain/dp/1884734715/ref=sr_1_1?keywords=The%2BWay%2BI%2BFeel&qid=1582316904&sr=8-1

- 'The Color Monster: A Pop-Up Book of Feelings' <https://www.amazon.co.uk/Color-Monster-Pop-Up-Book-Feelings/dp/1454917296>

- 'A Terrible Thing Happened'- Ages 4-8. A story for children who have witnessed violence or trauma

https://www.amazon.com/Terrible-Thing-Happened-Margaret-Holmes/dp/1557987017/ref=sr_1_1?keywords=A%2BTerrible%2BThing%2BHappened&qid=1582316931&sr=8-1

- 'Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids'- Encourages positive behaviour and thinking, and expressing kindness and appreciation

https://www.amazon.com/Have-Filled-Bucket-Today-Bucketfilling/dp/099609993X/ref=sr_1_1?keywords=Have%2BYou%2BFilled%2BA%2BBucket%2BToday%3F%2BA%2BGuide%2Bto%2BDaily%2BHappiness%2Bfor%2BKids&qid=1582316760&sr=8-1

- 'Hey Warrior'

<https://www.amazon.co.uk/Hey-Warrior-Karen-Young/dp/1912678004>

- 'The Huge Bag of Worries'

<https://www.amazon.co.uk/Huge-Bag-Worries-Virginia-Ironside/dp/0340903171>

- How are you feeling today?

For older children/adolescents

- Coronavirus and your wellbeing
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#PlanForStayingAtHomeOrIndoors>
- Self-care strategies
<https://www.annafreud.org/selfcare/>
- Tips to look after your mental health
<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- What to do if you're feeling anxious?
<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- Weekly well-being check-up
<https://mhfastorage.blob.core.windows.net/mhfastoragecontainer/9ebed09d2a1cea11a811000d3ab8de34/wellbeing%20checkup.pdf?sv=2015-07-08&sr=b&sig=wm6MwgnujL6sMtAlxAZXqDqwCWFOXmAV9sTYsuBXcd4%3D&se=2020-03-18T19%3A15%3A03Z&sp=r>
- Dr Dan Siegel has some mental health tips in the form of The Healthy Mind Platter-
https://www.drdansiegel.com/resources/healthy_mind_platter/
- Dr Russ Harris author of The Happiness Trap shares his FACE COVID mnemonic to help us stay healthy
<https://coronadosafe.org/blog/face-covid/#.XneDZCWnyEc>

For adults

- Supporting yourself during the coronavirus outbreak
<https://www.mind.org.hk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>
- https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

HOME LEARNING

Advice for schools

- A Strategic Approach for K-12 Schools
https://www.iss.edu/community/online-learning?utm_campaign=FY20-Extended%20School%20Closure&utm_source=hs_email&utm_medium=email&utm_content=83673074&hsenc=p2ANqtz-9UVt0QHdFKUs-BbDiQR8hrncu5vI0kil0XvPyg1yksUK4Eb4B4b-i5WMwZHQNxLrY_ZOvjKYmXoaP-cgBz7ucdFllx6w&hsmi=83673074
- Safeguarding Implications for Online Learning
<https://www.cois.org/about-cis/news/post/~board/perspectives-blog/post/safeguarding-implications-for-online-learning>

General home learning resources for children

- Free home learning resources for families and schools (excellent resource)
<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>
- Free learning packs for Year 1 to 6
<https://www.plazoom.com>
- Survival tips for parents
<https://3pppsychologies.com/2020/03/13/resources-48-covid-19-survival-tips-for-parents-10-activities-for-home/>
- 0-3 activity guide
<https://www.zerotothree.org/resources/3264-at-home-activity-guide>
- Lots of virtual school activities on this site <https://virtualschoolactivities.com/>
- Animals, science, history and geography <https://kids.nationalgeographic.com/>
- This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals. <https://climatekids.nasa.gov/>
- Day to day projects <https://classroommagazines.scholastic.com/support/learnathome.html>
- All subjects <https://www.breakoutedu.com/funathome>
- Twinkl is offering free resources for a month
<https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>
- A wide range of on-line activities to develop learning skills across the curriculum available at <https://uk.ixl.com/>
- BBC bite-size has a wide range of resources, games and ideas <https://www.bbc.co.uk/bitesize>
- 300,000+ FREE printable worksheets from toddlers to teens
<https://www.123homeschool4me.com/home-school-free-printables/>

Resources for children with additional needs

<https://chatterpack.net/blogs/blog/list-of-free-speech-language-communication-and-send-resources-for-schools-and-parent-carers>

Subject-specific resources

Reading

- Favourite kids' books read by famous people <https://www.storylineonline.net/>
- Free Audio books for children <https://stories.audible.com/discovery>
- Reading games <https://www.funbrain.com/>

Math activities

- <https://www.myhomeschoolmath.com/visualperception.html>
- <http://www.amathsdictionaryforkids.com/>
- <https://www.10ticks.co.uk/>
- Key Stage 1 <https://www.planbee.com/ks1-home-learning-pack-maths>
- Math games <https://www.funbrain.com/>

Creative writing exercises

- http://www.expressempoetics.org.uk/wpcontent/uploads/2016/07/04_creative_writing_exercises.pdf

Creative and Fun Learning Opportunities

- Paper and pencil type activities
<https://www.playworks.org/resource/fun-paper-and-pencil-games-to-play/>
- Story line Online
<https://www.storylineonline.net/>
- Free mindfulness colouring
<https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/>
- Mindfulness games cards
<http://www.unm.edu/~unmvclib/gamification/cards/mindfulgamescards.pdf>
- Learn to knit handout
https://media.craftyarncouncil.com/files/teach/WUA-PTG_Bk_web_5.pdf
- Cheap and easy home crafts
https://wvla.org/downloads/Annual_Conference_2013/craftbookletforwvla.pdf
- Crafts, activities, mazes, dot to dot, etc
<https://www.allkidsnetwork.com/>
- Fun games, recipes, crafts, activities
<https://www.highlightskids.com/>
- Free Weeks of Maker Stations to keep your children creating at home! Each challenge includes simple instructions using materials around the house, QR code video resources, and a student recording sheet. bit.ly/freemakerstations
- For busy toddlers
<https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tJRAzLExpPcJo4rApLsKtqL0AwghzqgnhwOajc4auX6o12xw>

History and Geography

- Online history classes for all ages (preteen through to adults)
<https://school.bighistoryproject.com/bhplive> Educational games K-12
- Digital archive of history
<https://www.bunkhistory.org/>
- An interactive way to learn history which allows students to type in any city, state, or country to view an archive of historical photographs and other documents.
<http://www.whatwasthere.com/>
<https://www.mission-us.org>

Science and Biology

- Kew Gardens <https://www.kew.org/learning/endeavour>
- Science/technology <https://www.clubscikidz.com/>
- Interactive video earth science-based curriculum supplement
<https://www.everyday-earth.com/>
- A human visualization platform that allows students to explore the human body in really cool ways
<https://human.biodigital.com/login?returnUrl=%2Fdashboard>
- Innerbody explores the 11 bodily systems in depth. With interactive models and detailed explanations, this website will help them learn more about the internal mechanics of the amazing human body. <https://www.innerbody.com/html/body.html>
- Play games and learn all about animals <https://switchzoo.com/>
- National Geographic Young Explorers is a magazine designed specifically for kindergarten and first grade students. Children can listen to the magazine being read to them as they follow along with the highlighted text.
<https://ngexplorer.cengage.com/ngyoungexplorer/index.html>

Cooking

- Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science.
<https://www.nomsterchef.com/nomster-recipe-library>

The arts

- Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art
<https://artsology.com/>
<https://www.thewell.world/mindful-music/mindful-poetry-moments>
- Kids Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design
<http://www.kidsthinkdesign.org/>
- Watch Opera and the symphony
<https://concreteplayground.com/melbourne/arts-entertainment/melbourne-symphony-orchestra-live-streaming?fbclid=IwAR1RMu6GhfQ1hPjdFbVKv2hIvGIV-VncG3RCm1->
<https://www.metopera.org/>
- Artist teaching children to draw
<https://www.kennedy-center.org/education/mo-willems/>
<https://www.youtube.com/watch?v=RmzjCPQv3y8&feature=youtu.be>

Additional activities to do with children at home

<https://3ppsycholegies.com/2020/03/23/resources-52-covid-19-10-more-activities-for-home-you-are-not-alone/>

VIRTUAL EXCURSIONS to places like zoos, The Louvre, The Great Wall of China, farms and some cute animals

- Live webcams of animals in zoos and national parks around the world
<https://virtualschoolactivities.com/>
- Museum exhibits
<https://www.pbs.org/newshour/arts/19-immersive-museum-exhibits-you-can-visit-from-your-couch>
- Great Wall of China
<https://www.thechinaguide.com/destination/great-wall-of-china>
- The Louvre
<https://www.louvre.fr/en/visites-en-ligne>
- The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour! <https://kids.sandiegozoo.org/>
- Tour Yellowstone National Park!
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- Tour other national parks in the USA
<https://techcrunch.com/2016/08/25/google-now-lets-you-explore-u-s-national-parks-via-360-degree-virtual-tours/>
- Explore the surface of Mars on the Curiosity Rover
<https://accessmars.withgoogle.com/>
- Live stream of the famous Monterey Bay aquarium
<https://www.thisiscolossal.com/2020/03/monterey-bay-aquarium-live-stream/>
- This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs. <https://www.farmfood360.ca/>
- This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies.
<https://britishmuseum.withgoogle.com/>
- No need to travel to one of the Smithsonian's zoos or museums — this website brings your child everything from live video of the National Zoo to the Smithsonian Learning Lab right to their screen <https://www.si.edu/kids>
- 12 MUSEUMS AROUND THE WORLD YOU CAN VISIT VIRTUALLY
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Museums
<https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/>
- interactive Frida Kahlo exhibition
<https://artsandculture.google.com/project/frida-kahlo>

FREE ONLINE TRAINING COURSES FOR SCHOOL STAFF TO DO AT HOME

- <https://www.futurelearn.com/using-futurelearn>
- <https://www.open.edu/openlearn/science-maths-technology/understanding-autism/content-section-overview?active-tab=content-tab>
- <https://www.open.edu/openlearn/education-development/education/understanding-dyslexia/content-section-0?intro=1>
- <http://www.idponline.org.uk/>
- <https://www.acesonlinelearning.com/>
- <https://www.thecommunicationtrust.org.uk/projects/professional-development/online-short-course/>
- <https://www.minded.org.uk/>
- <https://www.sendgateway.org.uk/whole-school-send/subject-specific-resources.html>

*** Please note that as the situation and sources of information are developing, the above tips and links may be updated***