

# Coronavirus: resources for managing anxiety and improving wellbeing

30/04/20

At this time of uncertainty, disrupted routine and restricted freedom, it's understandable to be feeling anxious. This toolkit includes resources for school staff, parents and carers and children to help manage anxiety and improve wellbeing during the coronavirus crisis.

You will find practical activities such as mindful crafts, breathing exercises and other self-care ideas, informative videos, emotional expression worksheets and helpful strategies to address anxiety.

## Resources for children

### **Relaxation activities for children - Save the Children**

Six simple activities for relaxation at home.

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### **Emotion wheel - Mentally Healthy Schools**

The emotion wheel can be used with children of all ages who are struggling to express their current feelings. By identifying an image, they can convey their current feelings. Using the wheel regularly throughout the day will help children and young people see the changing nature of their feelings and can help reduce anxiety around feeling a certain way.

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### **Relax like a cat relaxation exercise - Moodcafé**

A guided relaxation, using the analogy of a cat, to ease any anxiety and create a sense of calm for children.

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## **Emotional check-in - Mentally Healthy Schools**

This resource supports children and young people to not only express their feelings but identify why they are feeling a particular way.

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## **Seven techniques for helping kids keep calm - CBeebies**

Simple relaxation and mindfulness activities to do together with your children and help them learn to calm down when they feel stressed or anxious.

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## **Self-care kit - NHS**

This kit has lots of ideas for self-care for children, including mindful colouring, laughing out loud, breathing exercises, ways to express thoughts, a self soothe box and more creative activities.

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## **Depression, anxiety and mental health - NSPCC**

Advice on talking to a child worried about coronavirus, as well as noticing signs of depression or anxiety in children and how to help or get mental health support.

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## **Anxiety thermometer - Mentally Healthy Schools**

Using a feelings thermometer is a great tool to help children recognise what feelings they might be experiencing in any given moment.

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## **Coronavirus 14-day self-isolation activities – ELSA Support**

A 14-day calendar of activities, including mindfulness, crafts and positive thinking, that can help boost wellbeing and keep children occupied in a proactive way.

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## **Sentence starters – Mentally Healthy Schools**

Sentence starters can be useful prompts for children who are struggling to order their thinking or express the way they feel. Children and young people can use them to communicate verbally or to write down their thoughts and feelings. They can also be used to encourage students to identify actions they can take to support their wellbeing.

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## **MindUp For Families support pack - MindUp**

MindUp have made some of the resources from their MindUp for Families course available, to help to support you and your family. These practices allow parents to develop a greater understanding of the brain, emotions and actions, and learn techniques and activities that can enhance the wellbeing of the whole family.

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## **Wellbeing Through Sport activity programme - Team Mental Health**

Team Mental Health and EdStart Sports Coaching have partnered to produce a range of fun 'Wellbeing Through Sport' activities to do at home. These can also be adapted for use in the schools supporting children who remain in education at this time.

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## Resources for adults

### **Helping children and young people to manage anxiety booklet - Anna Freud Centre**

This guide offers approaches for school staff or parents and carers to help children and young people manage anxiety during this period.

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### **Anxiety self-help guide - NHS Scotland**

An online self-help guide for adults, using CBT to work through anxieties.

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### **Five tips to look after yourself during coronavirus: teachers & education staff - Education Support**

Education Support have developed five tips for teachers and education staff to maintain good wellbeing during this time.

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### **Q&A video: Helping children and young people manage anxiety - Anna Freud Centre**

An expert panel answer questions from school and college staff about how to help children and young people manage anxiety related to coronavirus.

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### **Seven strategies for managing anxiety video - Education Support**

- This short video outlines seven key strategies to help teachers and education staff to manage anxiety during the coronavirus crisis.

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## Helping your child with anxiety - YoungMinds

An article and video with tips for parents on supporting their children with anxiety.

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## Resource for APs

### Running an Alternative Provision (AP) during lockdown: a practical guide - Pears Family School

This practical guide for APs offers an example of how to assess which students can be safely cared for at home; how to support vulnerable children and families; and how to work with families and deliver a balanced curriculum, structure and routine at home.

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## Helplines

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**SHOUT - text 'Shout' to 85258 for 24/7 crisis text support**

**Childline - under 19s can call 0800 1111 for free support**

**Education Support - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice**

**YoungMinds Parents Helpline - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm**

**Sign up for Mentally Healthy Schools coronavirus toolkits.**

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**Go to the Mentally Healthy Schools coronavirus page for more toolkits.**