**Information on coronavirus for children**

[The BBC Newsround site](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=8c7f056d62&e=457a786c71) has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means.

Covibook – Supporting children and families around the world – Available in 18 different languages
[https://www.mindheart.co/descargables](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=7d8b10a650&e=457a786c71)

Hello I’m a virus
[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\_319c5acf38d34604b537ac9fae37fc80.pdf](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=f6e153dc34&e=457a786c71)

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\_319c5acf38d34604b537ac9fae37fc80.pdf](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=d14159bfc8&e=457a786c71)

Storybooks for children about the virus

[https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=51ba0ab130&e=457a786c71)

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\_319c5acf38d34604b537ac9fae37fc80.pdf?fbclid=IwAR1kyx04OhUw9oB2rCNvfk02qaYy12dIN\_uh5qp2bwZ99TV\_SLvUZTZzFeQ](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=8857ccf8d4&e=457a786c71)

Carol Gray has produced a [social story about coronavirus](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=a2b97abef1&e=457a786c71) and pandemics. The social story uses large print pictures and provides contextual information about pandemics and viruses in general.

**Information for parents of how to support children through COVID19**
[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\_2](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=dc6a319e1d&e=457a786c71)

[https://childmind.org/article/talking-to-kids-about-the-coronavirus/](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=9a6c7710a6&e=457a786c71)

[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\_2](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=3a6c9f7bdc&e=457a786c71)

[https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=3e517ea9b2&e=457a786c71)

[http://www.incredibleyears.com/parents-teachers/articles-for-parents/](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=1310a40d85&e=457a786c71)
**Place2Be** – Guide to helping parents answer questions from their children and to support family wellbeing: [https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=f122fd4420&e=457a786c71)
**Young Minds** - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: [https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=71ee19d3d3&e=457a786c71)
**Covibook** – an interactive resource designed to support and reassure children aged 7 and under to help children explain and draw the emotions that they might be experiencing during the pandemic: [https://www.mindheart.co/descargables](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=90919a87a4&e=457a786c71)
**Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety**
[https://www.youtube.com/user/CosmicKidsYoga](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=f2fff1ce55&e=457a786c71)
[https://www.headspace.com/meditation/kids](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=2302cec417&e=457a786c71)

**Managing anxiety about the virus as adults**

[https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse1644b](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=d778a56d2b&e=457a786c71)

[https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR01ug03efw0BQAxTOrrm-zrte5gI7jSAHOA-cpgM7BPaDjmoqN7pRwotNE](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=4f2f66f574&e=457a786c71)

[https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=88a74040dd&e=457a786c71)
**Special Education Needs and Disability**
**National Autistic Society** – guidance and helpline for parents’, young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=d43383695f&e=457a786c71)
**Mencap - Easy Read guide to Coronavirus:** [https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=f23a462f14&e=457a786c71)
**The Autism Education – A social story**
A [social story about coronavirus](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=dc539268d6&e=457a786c71) that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite places.
**CarersUK - Guidance for carers**: [https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=6f2a24d21c&e=457a786c71)
**Amaze - information pack for parents** [https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=86d5907da5&e=457a786c71)
[**Public Health England**](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=883c9b6c78&e=457a786c71) has produced an easy read version of their [Advice on the coronavirus for places of education](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=97a28d49ae&e=457a786c71).  You can download it [here](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=e19eee3b05&e=457a786c71).
**Information for those struggling with OCD**
[https://www.ocduk.org/ocd-and-coronavirus-survival-tips/](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=3897a824f9&e=457a786c71)

**General information for young people about managing their mental health**
[https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=fb4eb0ff65&e=457a786c71)

**Information for those with sensory difficulties who struggle with handwashing**
[https://www.sensoryintegration.org.uk/News/8821506](https://network.us3.list-manage.com/track/click?u=612176ef52c889c40ba7f42f2&id=23fe251505&e=457a786c71)