## Some links you may find useful re. emotional wellbeing



https://news.sky.com/story/coronavirus-homeschooling-five-ways-to-keep-your-kids-learning-happy-and-healthy-11959988



https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/



https://www.priorygroup.com/blog/how-to-help-an-autistic-child-during-thecoronavirus-outbreak

Hoppy teb  Tosklet  Low of the first Brigh, yas out as each six to comp you first happen. Developing testimizing with offers, tot be doze to templone or yallow dust to the doze to writing a other or the hosting a other to the hos	Jer of Courage with tag those or adult for the tasks on year or off it is ye will tay positive quates. Take one and each day one result it demand of	Rog is a King that stay that a hop, is a map its most the map and cold of the through that man you free happy in the person of man highly in the person of man highly in the person	Ster Breething Lean line to do one propriet from the do one propriet from when you had eithe consum, supply or goest is that you could draw your own that from Joseph draw one that you could draw you com only the Joseph ded draw your lean	Self-esteen Bookmark Coox your own self esteen soomen soone I sorn stop soon to et soone soonen soon on to oo oo oo et your mee your mee you and oo oo oo oo et an oo oo oo oo oo an oo oo oo an oo oo oo an oo oo oo an oo oo oo
Hindral Flig Flag Some levely months! 000x10g 100x, I somer if you sell therapy to closer at the surface, and then close fire wints, date you had been a ready reaso today? Copty spening cell coding your tip (tig).	Mappiness Chalfeage There are fair digit wants of attrition here that her you can't do them as no star if you are need to. It come of today traggment date	Mandale Wishes Their year word to show your parture in the contre of the residuo and their fine does not not works, which word in the person and fine do set, of youry worder cooking	Modfal Rainbow  Molk  Tay help's any on gent to go this see gorden if you have seen say you cleat to the uname year receiped to seeing through the sentitive, which do you  serotive, which do you	Ar Z of Self-ear what can you do to low strong hardyn are through the poster out then make your sen e.2 o service.
Toodle & Bay Reading is religion; Try Sing this or in today, what streeting disables also you apply	20 Faces Ozn you fill in all the floors with offerent agreement take about at the encoun- entity you may use thy and you fill from to egypt one.	211	Plicated Challenge There are fine dops of solutions here not not not on do them of one dos of you set your nines to it may claimly themed. Not	By Perfect Pay wher would your perfec- day-took step-wife or the states they wish so the frequiries would reper best perfect

ELSA website has some great resources for assisting children with their wellbeing at home.



Easy ways for kids to keep active if you cannot get outdoors. https://www.nhs.uk/change4life/activities/indoor-activities



Supporting your mental health while working from home

## Mental Health First Aid England

https://mhfastorage.blob.core.windows.net/mhfastoragecontainer/ff373e6e6c68e a11a811000d3ab824df/Supporting%20your%20mental%20health%20while%20work ing%20from%20home.pdf?sv=2015-07-

08&sr=b&sig=Ne6dJ%2FYpqUkU%2FMwt2EyisZf9OEpkrurtjXRgae8%2Bino%3D&se =2020-03-25T00%3A49%3A38Z&sp=r



## Self-care support

Our <u>self-care resource</u> for On My Mind has many simple self-care activities which you can do at home. Written by young people to help other young people who are feeling low or anxious. The strategies should also be useful to adults.



Anna Freud National Centre for Children & Families - includes advice for young people feeling anxious; for parents to offer reassurance and families working together; guidance for professionals supporting young people.



Pooky Knightsmith's short video -5 Top Tips for Staying Mentally Well is useful guidance for children/young people, parents and professionals.