Dear SENCos,

These are challenging times with a great deal of uncertainty, so as a service we wanted to help by signposting you to resources that are available in regards to:

- How to explain Coronavirus to children and young people (including those with SEND).
- Mental health resources, particularly in regard to anxiety around Coronavirus.
- Home learning resources for parents.
- Training for school staff e.g. those in isolation.

Many of the links have downloadable pdfs and printable resources. Some have further lists of resources.

Educational Psychologists and Teacher Advisors are still available to offer support and advice. You can contact them via email or over the phone if a visit is not appropriate.

More generally, the UK Government Covid-19 pages are frequently and rapidly updated with advice and guidance in line with advice from Public Health England:

https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response

Best wishes,

Integrated Support Service

Explaining Coronavirus to children and young people
- Child-friendly information and activity book, available in several languages: https://www.mindheart.co/descargables
- Child Mind Institute guidance: https://childmind.org/article/talking-to-kids-about-the-coronavirus/
- How to support children with anxiety around coronavirus, including an easy-read explanation for children and adults with learning difficulties: https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/#Update
- A social story: https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf
- Another social story: https://carolgraysocialstories.com/wp-content/uploads/2020/03/Learning-About-the-Corona-Virus-by-Dr.-Siobhan-Timmins.pdf
- https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus
- Tips for parents of young children including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing: https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus
- An informative animation for older children and young people: https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/

- A comic exploring coronavirus to help young people understand: https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506
- Handwashing: https://www.who.int/gpsc/clean_hands_protection/en/
- The BBC Newsround site 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: https://www.bbc.co.uk/newsround/51204456

Mental health resources

- Young Minds: https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/
- Protecting your mental health in uncertain times (specific to Coronavirus): https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3ScDBfuhV5INKyutAG9IPNm4JnjjLOmHxv5w8SR9pBbDDU-8Hhy1QH-L8
- About social distancing: https://www.apa.org/practice/programs/dmhi/research-information/social-distancing
- Mind guides to planning for staying at home or indoors, taking care of your mental health and wellbeing and a checklist re: are you ready to stay at home? https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/
- Advice for young people, parents, carers, schools and colleges about what each one of us can do to support the wellbeing of those in our lives. Includes self-care activities which you can do at home: https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/
- Autism and the Corona virus- 20 tips: https://petervermeulenblog.wordpress.com/2020/03/16/autism-and-the-corona-virus-20-tips/

Home learning resources

- 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
- There is a wide range of on-line activities to develop learning skills across the curriculum available at: https://uk.ixl.com/
- BBC bitesize has a wide range of resources, games and ideas: https://www.bbc.co.uk/bitesize
- Southend Educational Psychology Service has compiled a number of resources to help children, young people, parents/carers and professionals. This includes an extensive list of learning, arts and crafts activities for children and young people at home: http://www.southendlearningnetwork.co.uk/educationalpsychology
- For young children: https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus
- A head-teacher reading stories for children: https://m.youtube.com/channel/UCl2TwsSzSXvEOi8C1wWrylA/videos
- Free Read Write Inc (phonics) e-books (primary-aged children): https://www.oxfordowl.co.uk/home/reading-site/find-a-book/library-page?view=image&series=Read+Write+Inc.

Staff training for those in isolation

- List of links near the end of the page here:
  http://www.southendlearningnetwork.co.uk/educationalpsychology
- Open University, nearly 1000 free courses across 8 different subject areas:
  https://www.open.edu/openlearn/free-courses/full-catalogue
- Dyslexia: http://addressingdyslexia.org/free-online-learning-modules
- Introduction to Adverse Childhood Experiences, early trauma online learning:
  https://www.acesonlinelearning.com/
- ADHD: https://www.futurelearn.com/courses/understanding-adhd
- SEND (bronze membership is free): https://nasen.org.uk/training-and-cpd/online-learning.html