Website and Twitter reminders/ prompts around EHWB during school closure



https://youthworksupport.co.uk/wp-content/uploads/2020/03/Covid-19-Young-people-final1.pdf

Coronavirus support for young people

Keep calm, stay connected, be safe



Information sharing

- There will be lots of stories and information being shared about coronavirus, make sure you only
 follow official sources and share medical advice from the NHS. Sharing or following advice from
 other sources could put you and others around you at more risk.
- If the 24-hour news is making you anxious, think about only reading a few headlines a day and limiting how much you see.
- Social media is great for staying connected but remember not to give out your personal details to people you don't know.

Bullying and harassment

Some young people are experiencing bullying, street harassment and even assaults because of
their perceived ethnicity and myths around the spread of Coronavirus. If you witness this taking
place and think it is safe to do so, check that the person is okay. If they want to report it to the
police, you can act as a witness.







https://www.who.int/docs/default-source/coronaviruse/helpingchildren-cope-with-stress-print.pdf?sfvrsn=f3ao63ff_2



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reasure them.







Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g., hospitalization) ensure regular contact (e.g., via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.





Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).















DO WHAT YOU CAN, ENJOY WHAT YOU DO. MOVE YOUR MOOD REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Your time, your words, your presence



https://4123n13bqnypihxzs1aprwwe-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/Managing-Anxiety.png



as you move downwards.



Mind your 5- great link to Tweet to students

https://stem4.org.uk/mindyour5-for-teenagers/



Positive Emotions

Knowing what you feel and being able to express and manage emotions is very helpful.

For example, when you watch a movie, observe what emotions this brings about in you. Talk with someone else who has also watched it and share what you experienced. See what you have in common and how you differ.



Your Connections

Friends, family and relationships are really important to help us feel happy. Leaving some time every day to spend a little face to face time with some or all of them can be very good for positive mental health.

Tip: Connections are not only about being with others. Try and connect to nature every day - go for a walk or do some work in the garden instead of in your room.

Think of different activities that fit each section and try and practice them every day. You can keep a note if you wish.



https://stem4.org.uk/anxiety/anxiety-forteenagers/

Try Dr. Krause's Toothbrush Thought

If you give yourself a chance to think positively about yourself, you will start to behave positively. Then just sit back and notice the positive results that come from this. Take one positive thought about yourself and think about this when you brush your teeth in the morning.



"I am likeable" for example.

"Tessa told me I am a good listener"

"Robbie said I was his friend"

"The old lady on the bus smiled at me"

Test this thought throughout the day. When you brush your teeth at the end of the day, think of the results you've had from testing it.

"It's true - people do like me"





https://www.childline.org.uk/

HOW ARE YOU FEELING?

Excellent Good

0kay

Bad

Horrible Stressed

Depressed

Feeling excellent, great or amazing? Share that positive feeling.

Post on our Good days message board

Be creative with our **Art box**

Get involved in fun stuff



www.childline.org.uk

NEED TO TALK?



Get support

We're here for you on the phone or online. Or try getting support from other young people on our message boards.



Contacting Childline

Call us free on 0800 1111 or find out how to get in touch online. Whatever your worry, we're here for you.



Message boards

Share your experiences, have fun and get support from other young people in similar situations.



About Childline

Find out who we are, what we do - and how we can help you.



www.childline.org.uk

BOOST YOUR MOOD

INSTRUCTIONS

Find new ways to feel better by trying something interesting or fun! Choose what you want to do and then play pinball to get practical ideas to boost your mood.





https://www.childline.org.uk/toolbox/calm

-zone/

CALM ZONE

There are lots of way to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

On this page

Activities and tools

Breathing exercises

Expressing yourself

Yoga videos

Play games

Ways to cope videos





Samaritans advice via You Tube https://youtu.be/koYiTC8fJn4







https://www.actionforhappiness.org/copin g-calendar



Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-to

https://www.actionforhappiness.org/copin

g-calendar

COVID-19: Our Response

These are our 3 key principles for responding constructively to the COVID-19 pandemic:

- 1. Listen to the experts
- 2. Keep calm (but don't carry on)
- 3. Make wise & kind choices

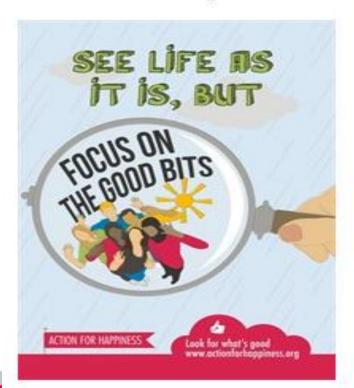




https://www.actionforhappiness.org/poste r-7-resilience

POSTER #8: EMOTIONS

Look for what's good





https://t.co/coOhQneQ6O?amp=1



https://www.bbc.co.uk/newsround

Follow Newsround on Twitter:





Apps

- Headspace
- Calm
- 7 cups
- Smiling mind
- Calm harm
- Clear Fear
- Combined minds

Find more apps through:

https://www.orcha.co.uk/



