



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/>

Other organisations

- <https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>