

### **Coronavirus resources for children**

This is a very uncertain time for our children and young people. Worries about themselves and others becoming unwell, changes in routine and reduced contact with friends and family, mean that children often feel confused and anxious. However, with patience, understanding and kindness we can help them to understand what is happening and to reassure them that adults are doing all they can to keep them, and others, safe. Here are some child-friendly resources that parents can use when talking to their children. Some are video and website links and others are printable resources.

#### ***BBC Newsround***

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

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.

#### ***Brainpop***

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Here is a great BrainPop video aimed at children aged 3-7 which gently explains the virus and appropriate hygiene.

#### ***National Public Radio***

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

This printable short comic for children explains the coronavirus and the impact it might have daily life, in a gentle, visual way.

***YoungMinds UK***

**<https://youngminds.org.uk>**

The YoungMinds UK advice on what to do if you're anxious about coronavirus might be more useful for teens and young adults. The main focus is on self-care and they provide further information about how young people can look after their mental health if self-isolating

***MindHeart Covibook – A story about coronavirus***

**<https://www.mindheart.co/descargables>**

This excellent MindHeart information and activity book about coronavirus would be an excellent way to open up a conversation about children's concerns.

***Tumble Science Podcast***

**<http://www.sciencepodcastforkids.com/>**

For young scientists fascinated by the virus and those who are reassured by knowing all the facts, here is an excellent podcast for children, which has the answers to lots of science-related coronavirus questions.

**For children and young people with additional needs**

Children who benefit from familiarity of routine and environment and children with additional needs might find this time particularly challenging. Here are some resources that can be used to offer information and support

***Mencap easy read***

**<https://www.mencap.org.uk>**

Mencap have produced an excellent easy read information sheet about coronavirus. This would be particularly useful for children, young people or adults whose understanding is improved with visuals and when information is given in bitesize chunks.

The easy read version covers what coronavirus is, what to do if you think you have it, and how to help stop the spread.

***Carol Grey coronavirus social story***

**<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>**

Carol Gray has produced a social story about coronavirus and pandemics. The social story uses large print pictures and provides contextual information about pandemics and viruses in general.