

## Take care of yourself

It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

Here are some things you can do to help keep yourself healthy:

- **Connect with others** – maintain relationships with people you care about through phone and video calls
- **Exercise** – take some time every day to move. You could go for a walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good
- **Eat healthy meals** – try to keep a well-balanced diet and drink enough water
- **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly
- **Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is
- **Do things you enjoy** – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or gardening or learning to knit. These are also great activities we can share with our children
- **Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book
- **Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book
- **Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack

## Supporting your child during the coronavirus outbreak

**Government guidance on supporting children and young people's mental health during the coronavirus**

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

**'Many ways to share a hug' - Social Story**

[https://www.childhood.org.au/app/uploads/2020/04/hug\\_HR.pdf](https://www.childhood.org.au/app/uploads/2020/04/hug_HR.pdf)

**Ten tips for talking to your child**

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/#ten-tips-from-our-parents-helpline>

### **How to tell children and young people that someone is seriously ill**

<https://www.winstonswish.org/telling-children-young-people-serious-illness>

### **A lovely, printable 14 day mindfulness activity challenge**

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-home-challenge.pdf>

### **My 2020 Covid-19 Time Capsule**

<https://www.dropbox.com/s/po5rmhnau24vcg4/2020%20Covid-19%20time%20capsule%20sheets.pdf?dl=0>

A great printable resource for children

### **A coronavirus story**

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-story-for-children-1.pdf>

**Dr Chris and Dr Xand are here to tell you why the coronavirus might not be as scary as it sounds.**

<https://www.bbc.co.uk/newsround/51342366>

### **Action for Happiness - Coping Calendar**

<https://www.actionforhappiness.org/calendars>

## **Calming Activities, Mindfulness, Breathing, Yoga Videos and More...**

### **Childline Calm-Zone**

<https://www.childline.org.uk/toolbox/calm-zone>

### **An activity for grounding and calming**

<https://kristinamarcelli.wordpress.com/2015/07/14/hold-a-sense-of-inner-peace-with-you-wherever-you-go/>

### **Just Breathe**

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

A video aimed at children to help them feel calmer

### **150 Sensory Learning Ideas**

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas>

### **'100 positive things every kid needs to hear'**

<https://raising-independent-kids.com/100-positive-things-every-kid-needs-hear>

