



Well-being support for children

Child Line - a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small. Telephone: 0800 1111

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

ELSA support - for free printable resources.

<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

Young minds - a national charity committed to improving the mental health of children and young people. It has a number of resources available online.

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

Mind heart - have written a short story aimed specifically at KS1 children to explain the current pandemic.

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

Children's Commissioner - have a child friendly explanation of the current pandemic.

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Twinkl - for free printable resources.

<https://www.twinkl.co.uk/search?term=emotional+wellbeing>

Go Noodle - keeping active.

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>