

## Elsa-support.co.uk

Free resources to download to help children (ages 4-11) talk about feelings and develop a positive mindset and suggestions to help with relaxation and calming strategies



## Young Minds.org.uk

Tips, advice and where to get support for your child's mental health during the coronavirus pandemic

- Supporting your child if they're feeling worried
- Supporting your family's wellbeing during isolation

## Providing Emotional Support to your child at home

## Actionforchildren.org.uk

For young people aged 11-18 years old, toolkits with activities and ideas to print off to get young people express their feelings in writing

Other helpful links to help you talk to your child about Coronavirus:  
<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>  
<https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/>