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**Headteacher**

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## ELSA Newsletter – Monday 4<sup>th</sup> May 2020



### How can children help themselves with feelings of worry and anxiety?

All this talk about the Coronavirus may create an atmosphere of anxiety and worry for our children. Lack of information can increase any feelings of Anxiety and worry. Below are three short stories related to the coronavirus that may help you explain the present situation we are in.

The Coronavirus Story

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

Our school is closing for a while

<https://www.elsa-support.co.uk/our-school-is-closing-for-a-while/>

We are at home right now

<https://www.elsa-support.co.uk/we-are-at-home-right-now/>

### These are a few suggestions that may help a child who is showing signs of worry or anxiety

**Share a worry by talking to someone;** a parent, a friend, or a trusted adult.



This story is all about sharing worries. The Huge Bag of worries by Virginia Ironside and Frank Rodgers.

### Relaxation:

Take some deep breathes while counting to ten and Star breathing.

<https://www.elsa-support.co.uk/wp-content/uploads/2019/12/Star-breathing.pdf>

Blowing bubbles.





Mindfulness Colouring <https://www.elsa-support.co.uk/bee-colouring/>

**Distraction:**



Listen to music or a story.  
Read or look at a book.  
Sing a song.  
Play a game or with some toys,

Play Dough Recipe (Hopefully you can find a small amount of flour for this activity)  
<https://www.youtube.com/watch?v=oAIAm6BF0fs>

**Express feelings:**

Paint or draw my feelings

<https://www.elsa-support.co.uk/wp-content/uploads/My-Emotions-Booklet-1.pdf>

Have some fun designing a worry monster.

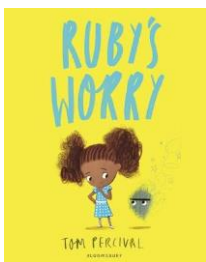
<https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Design-a-worry-monster.pdf>

Think happy thoughts, create a box of things that make you smile, giggle and laugh such as jokes, funny pictures, photos of special people or animals.

Here are some other ideas that can help your child(ren) reduce his/her worry or anxiety.

A Calming Strategy

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Take-a-coping-strategy.pdf>



Ruby's Worry by Tom Percival.

Take care and kind regards,  
Karen Sutton  
Home School Link Worker  
Moss Lane School