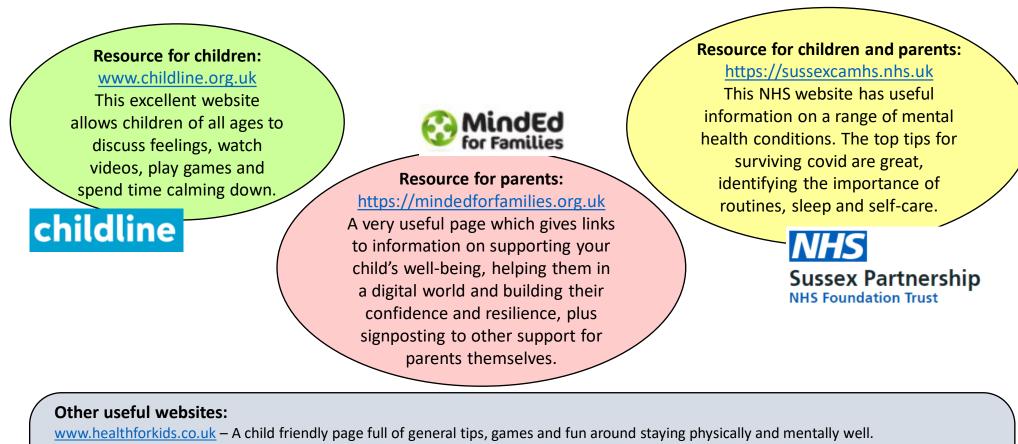
Emotional Well-Being Resources and Links

We know that the coronavirus pandemic and accompanying lockdowns have had an impact on children's mental well-being. Here are some useful resources and links that children and parents can access to help unpick feelings around the disruption to normal school routine and use to find additional information and support.



<u>www.kooth.com</u> – A resource for children in upper KS2. The daily 'feelings journal' is a great idea. <u>www.westsussexwellbeing.org.uk/campaigns/69/look-after-your-emotional-health-wellbeing</u> - A resource list of support in our local community. <u>https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/</u> - A free ebook exploring the worries around coronavirus which can be read together.

<u>www.bbc.co.uk/bitesize/articles/zh9v382</u> - A really helpful hub of supporting mindfulness, especially for children with SEND. <u>https://axelscheffler.com/books-for-older-children/coronavirus</u> - Another free ebook aimed at primary school children outlining the key information around covid.