

Here is a list of links to resources that you may find useful at this time.
It has been forwarded to us from the Educational Psychology Service – Cheshire East.

Talking to Children about COVID-19

Resources for Schools, Parents, Children and Young People

We understand how difficult it can be trying to talk to children and young people about global crises. As psychologists we are often asked about how much to tell children, how and when to talk to them, and how we can feel prepared for challenging conversations. We have therefore started to compile a list of resources and helpful websites for you to use over the coming weeks.

[ChildMind: Talking to Children](#)

[CBBC: Video and Questions](#)

[Young Minds: Feeling Anxious about Coronavirus](#)

[Smiling Mind](#) is a great mindfulness app/website for the whole family (Age 7+). Many children use Smiling Mind in class as a way to help calm and focus their brains and bodies.

[Cosmic Kids](#) combines Yoga and mindfulness for children aged 3+. This is a great resource and many children have experience of using it in UK classrooms.

The following documents can be downloaded from the Nurture page on the school website:

Coronavirus Workbook for Children

Coronavirus Social Story

BPS Talking to Children about Coronavirus

Children's Story about Coronavirus