

# Coronavirus: resources for dealing with the effects of lockdown

14/05/20

There are lots of new situations and emotions that children may be experiencing during the lockdown. There may be more conflict at home, increased levels of loneliness and isolation, or even difficulty sleeping.

We've rounded up guidance, videos and practical activities to support children and families with the different effects the lockdown may be having on them.

## Family problems

### **Keeping in mind the children of high conflict separated parents – Anna Freud Centre**

An expert blog by Dr Emma Morris on the challenges facing children of separated parents during lockdown and tips for professionals on how to support them.

[Go to resource](#)

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### **How can you cope with feeling angry? – BBC Bitesize video**

In this short video, a group of children describe what they do when they feel angry and how these strategies help them to calm down.

Teachers should note that this video contains images of bullying and physical aggression, so this may not be suitable for more vulnerable children.

[Go to resource](#)

## **Family problems guidance – Mentally Healthy Schools**

Information on how family problems can affect children and guidance for spotting the signs and supporting pupils.

[Go to resource](#)

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## **Seven days of kindness calendar – Mentally Healthy Schools**

In celebration of Mental Health Awareness Week 2020 and the theme of kindness, we have produced a calendar which encourages pupils to do two acts of kindness each day – one for someone else and one for themselves.

[Go to resource](#)

## **Loneliness**

### **Are you or your child lonely? Tips for parents – Action for Children**

Tips for parents on how to support a lonely child and talk to them about loneliness.

[Go to resource](#)

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## **'Under the Same Sky' bedtime story – Cbeebies**

Actor Tom Hardy reads a bedtime story about two friends who find a new way to keep in touch despite being far apart. If your child is finding it hard being apart from friends and family, they may find this story and its message comforting.

[Go to resource](#)

## [Sleep disturbance](#)

### **Coronavirus sleep tips for families – Evelina London**

Dr Shreena Unadkat, a sleep expert at Evelina London Children's Hospital, shares her tips for good sleep during the coronavirus pandemic.

[Go to resource](#)

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### **11 ways to get a good night's sleep – Sleep Scotland**

Simple, clear advice for parents and carers on how to help children get a good night's sleep.

[Go to resource](#)

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### **Good sleep hygiene booklet – Mental Health Foundation**

A detailed booklet on what contributes to good sleep. It features lots of useful guidance for both adults and children.

[Go to resource](#)

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### **Good sleep hygiene checklist – ADHD Foundation**

A checklist created for children to encourage good sleep practice. While it was created for children with ADHD, it can be helpful for all children.

[Go to resource](#)

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### **Calming sounds – CBeebies Radio**

Help your child settle down, relax and fall asleep to these relaxing, calming sounds from CBeebies Radio

[Go to resource](#)

## [Increased internet and screen usage](#)

### **Online safety guidance - Thinkuknow**

A useful resource website for children, parents and teachers, focused on internet safety.

[Go to resource](#)

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### **What is cyberbullying? – NSPCC**

Advice for parents and carers to help keep children safe from bullying online.

[Go to resource](#)

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### **Netaware – NSPCC**

Reviews of the most popular apps, games and social media platforms that children use, providing useful information and advice for parents on how appropriate they are and any potential risks to be aware of.

[Go to resource](#)

## [Boredom](#)

### **Brain breaks – Mentally Healthy Schools**

Children may find completing school work at home difficult and have trouble focusing. Parents can try out some of these brain break activities with their children to break up a period of concentration.

[Go to resource](#)

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### **Creating a routine – Partnership for Children**

A simple cut-and-stick activity sheet to help children plan out their daily routine.

[Go to resource](#)

## Toolbox – Childline

An online 'toolbox' of games and activities to keep children entertained and help them articulate how they are feeling.

[Go to resource](#)

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## Activities and conversation starters during the coronavirus pandemic – Young Minds

Suggestions for activities parents can do with their child during lockdown, and how to use this time to start a conversation with them about their mental health.

[Go to resource](#)

## Helplines

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**SHOUT** – text 'Shout' to 85258 for 24/7 crisis text support

**Childline** – under 19s can call 0800 111 for free support

**Education Support** – school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice

**YoungMinds Parents Helpline** – Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm

**Sign up for Mentally Healthy Schools coronavirus toolkits.**

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**Go to the Mentally Healthy Schools coronavirus page for more toolkits.**