**Here’s a little collection of resources and links that can help during this uncertain time for families.**

I’d like to begin by sharing a short little poetic video from <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week> It’s called Kindness Matters.

<https://youtu.be/Qcyc68d6OAk>

The **NHS: Every Mind Matters** website links to some very helpful resources including those specifically aimed at supporting us through Coronavirus and improving our wellbeing:

* [10 tips to help if you're worried about coronavirus](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/)
* [Looking after children and young people](https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/)
* [7 simple ideas to tackle working from home](https://www.nhs.uk/oneyou/every-mind-matters/7-simple-tips-to-tackle-working-from-home/)
* [Mental wellbeing while staying at home](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/)

As we approach the phased return to school News is everywhere. In the digital age, it is no longer possible to control the news that we are exposed to, or to shield children from upsetting information.

What you *can* do is help to minimise the negative impact it has on your children. You can do this through open and honest conversations at home. Here are some top tips:

<https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

The **NSPCC** has Coronavirus (COVID-19) advice and support for parents and carers

Whether you're working from home with your kids for the first time or supporting children with anxiety due to coronavirus, they've got tips and advice for you.

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/>

There's a lot of uncertainty in the world at the moment. And there won't always be answers to the questions your children are asking. But we can help you have these conversations in a safe and open way.

* [Talk about feelings and worries](https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/)
* [Keep in touch with family and friends and balance screen-time](https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/)
* [Try to create structure and routine](https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/)
* [Help give children a sense of control](https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/)

**FREE MINDUP ACTIVITIES AND RESOURCES** [**https://mindup.org.uk/mindup-activities/**](https://mindup.org.uk/mindup-activities/)

Above is an activities page created to help bring mindful, positive and happy moments into your home. **MindUP** is designed to help your child develop an understanding of their brain, emotions and actions. These activities help build their focus and awareness, and form positive relationships with others. Doing MindUP activities and practices together will support wellbeing and help encourage a calmer, happier and more optimistic home.

As well as some fab activities MindUP are sharing a Support Pack to help families develop a greater understanding of the brain, emotions and actions, and you will learn techniques and activities that can enhance the wellbeing of the whole family.

<https://mindup.org.uk/families/>

One of my favourite links encourages us to all practice the art of Optimism

<https://mindup.org.uk/wp-content/uploads/2020/03/4-Practices-for-you-and-your-child-.pdf>

This link below will take you to a website sharing some lovely Free videos by Dr Karen Treisman to support relaxation and emotional regulation

<http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>

Lastly, **Childline**: are sharing the idea that we should all ‘Play a game to take your mind off difficult things and have some fun.’

<https://www.childline.org.uk/toolbox/games>