

## Some links you may find useful re. emotional wellbeing



<https://news.sky.com/story/coronavirus-homeschooling-five-ways-to-keep-your-kids-learning-happy-and-healthy-11959988>



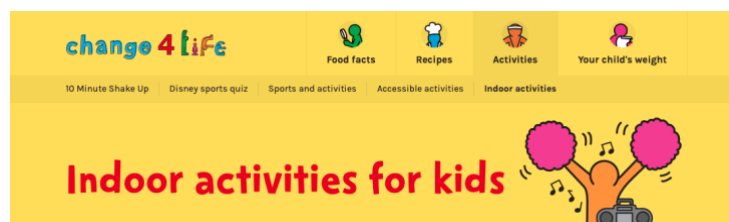
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



<https://www.priorygroup.com/blog/how-to-help-an-autistic-child-during-the-coronavirus-outbreak>



[ELSA website](#) has some great resources for assisting children with their wellbeing at home.



Easy ways for kids to keep active if you cannot get outdoors.  
<https://www.nhs.uk/change4life/activities/indoor-activities>



Supporting your mental health while  
working from home

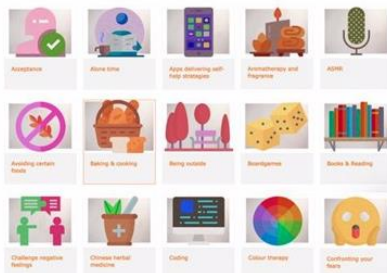
Mental Health First Aid England

<https://mhfastorage.blob.core.windows.net/mhfastoragecontainer/ff373e6e6c68ea11a811000d3ab824df/Supporting%20your%20mental%20health%20while%20working%20from%20home.pdf?sv=2015-07-08&sr=b&sig=Ne6dJ%2FYpqUkU%2FMwt2EyisZf9OEpkrrtjXRgae8%2Bino%3D&se=2020-03-25T00%3A49%3A38Z&sp=r>



### Self-care support

Our [self-care resource](#) for On My Mind has many simple self-care activities which you can do at home. Written by young people to help other young people who are feeling low or anxious. The strategies should also be useful to adults.



[Anna Freud National Centre for Children & Families](#) - includes advice for young people feeling anxious; for parents to offer reassurance and families working together; guidance for professionals supporting young people.



Pooky Knightsmith's short video [-5 Top Tips for Staying Mentally Well](#) is useful guidance for children/young people, parents and professionals.