



# Supporting Children Through COVID-19 Factsheet

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## *Tips for supporting children*

We are all facing unfamiliar times as result of the coronavirus outbreak and children may notice that there has been change occurring lately. Whether they are asking lots of questions, feeling anxious or they're confused about their new routine outside of school , it's important to communicate effectively and regularly. Here's some tips to help you:

### Top Tips:



**Keep routines in place.** Try to stick to a schedule even when you're home all day. Keep bed times and meal times the same.



**Be creative with new activities.** Write a list of activities on paper and put them in a jar. Each day pull an activity out and have some fun



**Manage your own emotional state.** The emotions that we portray can effect children and worry them. If you do feel worried, try and give yourself time out in private



**Limit News or Social Media Usage.** Staying informed is important but it's a good idea to limit the amount your children are reading to reduce any anxiety

### What to say to an anxious child:

1. I'm here with you. You're Safe
2. Do you want to do some dancing and shake away the worry?
3. Tell me what you're thinking about
4. Would you like to say anything to your worry?
5. Shall we draw what the worry looks like
6. What does the worry feel like in your body, where is it and can you picture it
7. Let's do some breathing at the same time
8. Let's write down what we would like the ending to our worry to be
9. What's something that we could do to help you feel better?

### The three R's to help emotional children:

**Regulate:** Focus on soothing, creating a calm, safe and loving environment

**Relate:** Validate their feelings with your words and tone of voice. Use this time to really connect in order for them to listen to you

**Reason:** Once everyone is calm, it is now time to talk about alternatives to behaviours and setting boundaries to difficult behaviour.



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## *Learning & Activity Ideas*

As we are now staying at home much more which limits the activities we can do, it can be difficult to think of new ideas to keep children busy and learning. Below are some e-learning and virtual classes that you might want to get your children to try:

### **For Learning:**

**English:** Literacy Shed Educational reading materials for all ages  
<https://www.literacyshedplus.com/>

**Maths:** Educational website called The Maths Factor with presenter and mathematician Carol Vorderman  
[themathsfactor.com/](http://themathsfactor.com/)

**Phonics:** Online Phonics Games  
<https://www.phonicsplay.co.uk/>

**History:** 'The History Guy' Dan Snow is live on YouTube with 'History Hit' at 4pm daily  
<https://www.youtube.com/watch?v=ozx8E8CJHzs>

**Music:** Live with musician Myleene Klass teaching music at 10am Mon-Fri  
<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ/>

**Primary School Resources:** Twinkl has resources for all ages and subjects to download and/or print  
<https://www.twinkl.co.uk/>

**Special Educational Needs lessons:** Learning activities for children with SEN  
<https://senresourcesblog.com/2020/03/16/weve-launched-home-learning-videos-on-youtube-to-help-if-schools-close-due-to-coronavirus>

### **For Keeping Busy and Active:**

**Physical Education:** Live PE Lessons with fitness coach Joe Wicks at 9am Monday - Friday  
<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

**Edinburgh Zoo Live Webcams:** Live footage of animals, plus feeding demos  
<https://www.edinburghzoo.org.uk/webcams/panda-cam/>

**Scouts The Great Indoors:** Scouts UK are providing resources and ideas for activities you can do indoors – keep checking the website as they regularly upload  
<https://www.scouts.org.uk/the-greatindoors/>

**Story Time:** Listen to extracts from David Walliams' books read by him at 11am everyday  
<https://www.worldofdavidwalliams.com/elevenses/>

**Dance:** A daily dance workout with dancer Darcey Bussell at 1:30pm daily  
<https://www.facebook.com/diversedancemix/>

**Educational Gaming:** BrainPOP makes learning fun through games and videos  
<https://www.brainpop.com/>

**Arts & Crafts:** The Queen has launched 'Crafty Mondays' on the Royal Families Twitter Page, sharing fun art ideas to try at home  
<https://twitter.com/RoyalFamily/>

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