

Useful resources for Well Being

- **Anna Freud – Schools in Mind** have created a new page on their website to help provide clear, simple advice to all those supporting children and young people, including the young people themselves: <https://www.annafreud.org/coronavirus/>
- **The PSHE Association** have set up a Coronavirus Support Hub which contains guidance about teaching PSHE education remotely including what topics to avoid. This Hub can be accessed here: <https://www.pshe-association.org.uk/content/coronavirus-hub>
- **British Red Cross** have published ‘Coronavirus teaching resources’: for teachers and parents of children aged 11+, <https://www.redcross.org.uk/get-involved/teaching-resources/coronavirus-newsthink>
- **Place2Be** – Guide to helping parents answer questions from their children and to support family wellbeing, can be found: https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/?dm_i=43MR,SZ24,5QMZYG,3HKE4
- **MIND** – Coronavirus and Your wellbeing- general care advice and resource: https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?dm_i=43MR,SZ24,5QMZYG,3HKEA,1