

EMOTIONAL WELLBEING SUPPORT FOR PRIMARY SCHOOL AGED CHILDREN - COVID19

Department of Education

Updated guidance for schools on remotely supporting pupil and staff wellbeing The full guidance can be found [here](#)

[Other national Guidance includes:](#)

- [Pastoral care in the curriculum](#)
- [Teaching about mental wellbeing](#)

The DfE have also produced a leaflet with advice and links to resources to help teachers planning on having a wellbeing 'check-in' with their pupils
[Preview/download](#)

ARE you Worried or sad about something? Sometimes talking makes it easier.

Your Head Teacher or any adult in your education setting will have access to resources that might help – talk to them.



offers a fun, engaging and interactive way for children to learn about health. [Find games, articles and lots more right here.](#)

You can contact [Childline](#) about anything. Whatever your worry, it's better out than in. We're here to support you. **08001111**

ONLINE SAFETY

This resource is designed to provide information, fun activities and things to do with the family or a member of school staff during the Coronavirus Lockdown.

It is not intended for children to access the sites contained on these pages on their own.

[PLACE2BE](#) provides wellbeing activities that your family could do
[FAMILY VIRTUAL DAYS OUT DURING CORONAVIRUS](#) – awesome things you can do.

SCHOOL PUBLIC HEALTH SERVICE and [COVID-19 FAQs for parents](#) including guidance on supporting children and young peoples' understanding of corona virus. Also taking emotional health referrals, with access to [counselling](#) where needed for 4-19 year olds as well as providing bereavement counselling olds

Show these videos of various mindfulness practices to your parent/carer and do them together?

EVERY MIND MATTERS - [progressive muscle relaxation](#)

HEADSPACE – Sunday Scaries – [Take a Mindful Walk](#)

HEADSPACE – Sunday Scaries – [A Mini-Meditation on Self-Care](#)

HEADSPACE – Sunday Scaries – [A Mini-Meditation for our Wellbeing this week](#)

HEADSPACE – [STRESSED?](#) – Learn to reframe stressful situations with this short meditation.



FIND OUT MORE ABOUT CORONAVIRUS

[An easy to read leaflet](#)

[A short story](#)

[A friendly explanation](#)

[Explore and organise good days in unusual times](#)

- [Children and Young People’s Counselling Services](#) offer up to six counselling sessions for young people aged 4-19 for support with feelings of anxiety/stress, low mood, behavioural issues, emotional health and well-being, self-harm, or anger. Can also provide up to 12 sessions of counselling for a student who has been bereaved as a result of COVID-19.
- **Bereavement – The School Public Health’s, children and young people’s counselling service** is offering up to 12 sessions of counselling for those bereaved as a result of the COVID-19 pandemic. Access through the Single Point of Access (03001234496) or via the [online portal](#)

YOUNG CARERS

Kent Young Carers provide support to young carers and is run by the charity Imago



[IMAGO](#)

A **young carer** becomes vulnerable when the level of care given and responsibility to the person in need of care becomes excessive or inappropriate for that child, risking impacts on his or her emotional or physical well-being, educational achievement or life chances. This will have been exacerbated by the lockdown.

Supporting young carers in schools: [TOOLKIT](#)

Therapeutic stories to support primary-age children in exploring strong emotions linked to the coronavirus pandemic.

[THE LITTLE ELF WHO MISSED HIS BIRTHDAY PARTY](#)

[THE LITTLE ELF AND THE FLOWERS OF HOPE AND BRAVERY](#)

Shared with thanks and the permission of Principal Education Psychologist - Nottinghamshire



Coram Life Education has launched a free teaching toolkit to support children’s health and wellbeing when they return to school. The toolkit is designed to build children’s resilience, self-esteem and kindness and includes practical resources in line with new government guidance, such as lesson ideas for smaller class sizes and to use outdoors.

[Read the news story](#)

[Access the Toolkit](#)

BACK TO SCHOOL WITH



[Read the news story](#)

[Access the Toolkit](#)

The following guidance offers suggestions on how to support an anxious pupil with successfully transitioning back into school, particularly after the Coronavirus Pandemic.

[Supporting anxious pupils in a primary setting](#)

Short films to highlight use of play to regulate children’s Emotions (British Psychological Society (BPS)) two short films to help parents, carers and education professionals use play to support children to make sense of the changes happening in their lives. The **first film** is for families and highlights the benefits of using play to help children understand the changes they are experiencing and gives tips on using play to support wellbeing. The **second film** offers professionals expert advice in play about its role in supporting learning and promoting children’s wellbeing

GOOD MENTAL HEALTH MATTERS

developed by the NHS in Kent, Good Mental Health matters is a free resource for Primary and Secondary school teachers. Online resources are available to schools in addition to:

THE FANTASTIC FRED EXPERIENCE – a memorable live performance to teach children how to look after their own mental health.

F.R.E.D is an acronym for the four practical ways in which children can help to look after their own good mental health:

Food – Rest – Exercise – Digital Devices

Fantastic FRED and his professor will teach children how to look after their own mental health in a positive and memorable way.

NEED TO TALK TO SOMEONE?



offer online support and counselling for ages: 10 – 16.

[Online-based conversations](#) with counsellors available from 12 noon to 10.00pm.

Other Resources supporting Emotional Wellbeing

[Staff Wellbeing](#)

[Emotional Wellbeing Vulnerable Pupils](#)

[CYP Kent Emotional Wellbeing flow chart](#)

[Emotional Wellbeing in Schools; including Universal and Transitions](#)

[Emotional Wellbeing Support for Primary School Aged Children](#)

[Practical Resources for parents and carers](#)

[Emotional Wellbeing – Highly Anxious Students](#)

[Emotional Wellbeing – Young People](#)

[Emotional Wellbeing - SEND](#)

All the resources above are updated weekly and are also hosted on [Kent Resilience hub Covid 19](#) pages and young people can access content at [Moodspark](#)