

EWB Resource Links

Children/Young People

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus-and-your-wellbeing> - Coronavirus and your wellbeing

<https://www.mindheart.co/descargables> - Coronavirus child resource workbook

<https://www.healthyyoungmindsinherts.org.uk/sites/default/files/publications/term%3Avocabulary%3Aavid/five-ways-to-wellbeing-toolkit.pdf> - Five ways to wellbeing tool kit.

https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero_object_id=su_eWE1de2opeEQMZhT61XBFMVm - Tools to take care of the mind

<https://www.bbc.co.uk/newsround/51861089> - Newsround Coronavirus Video - Your Questions Answered

<https://young.scot/campaigns/national/coronavirus> - Updates, support and advice for young people around Coronavirus.

<https://www.mindmate.org.uk/> - Mindmate, emotional support and advice for young people

www.Kooth.com - Free, safe and anonymous online counselling and support. You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>.

<https://www.lslcs.org.uk/services/connect-helpline/teen-connect/> - Teen Connect, emotional support and resources for young people in Leeds.

<https://en-gb.facebook.com/barca.leeds> - Virtual drop-in sessions for young people, send a facebook member of staff will reply.

<https://barca-leeds.org/youthworkresources/> - Barca Youth Work recommended resources

<https://youthworksupport.co.uk/young-people/> - Links and resources to support young people

https://youthworksupport.co.uk/wp-content/uploads/2020/03/IMG_20200323_195451.jpg - Websites and apps to help support young people with their emotional health and wellbeing

<https://www.therapistaid.com/worksheets/relaxation-techniques.pdf> - Relaxation techniques

Youtube – Search ‘Peace Out’ for stories help you relax and sleep. Search ‘Cosmic Kids’ for yoga and stretching activities. Search ‘Go Noodle’ for breathing, dancing and singing fun.

Adults

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf> - Talking to children about Coronavirus

<https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty> - How to talk to your child about this uncertain time.

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/> - NHS guidance, talking to children about their feelings.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing> - COVID-19: guidance on supporting children and young people's mental health and wellbeing

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/> - Supporting kids during the Coronavirus Crisis

<https://www.unicef.org/coronavirus/how-teachers-can-talk-children-about-coronavirus-disease-covid-19> - How to talk to your child about Coronavirus

<https://www.mindmate.org.uk/im-a-parent-or-carer/> - Mindmate, resources to help parents and carers support the children and young people.

<https://3pppsychologies.com/2020/03/13/resources-48-covid-19-survival-tips-for-parents-10-activities-for-home/> - Tips for parents, 10 activities whilst self-isolating at home

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips> - Every Mind Matters, mental wellbeing whilst staying at home.

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak> - Looking after your mental health during the Coronavirus outbreak.

<https://www.doctorsoftheworld.org.uk/coronavirus-information/> - Coronavirus advice for patients

<https://www.mind.org.hk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020.pdf> - Managing our mental health and staying well during a virus outbreak.

<https://www.mencap.org.uk/sites/default/files/2020-03/24th%20March%20Cv19%20UpdateCU.pdf> - Mencap Coronavirus update and advice.

Home learning

<https://nationalonlinesafety.com/guides/10-top-tips-remote-learning-for-parents> - 10 Top Tips for remote learning

<https://www.childnet.com/parents-and-carers/parent-and-carer-toolkit> - Parent and carers toolkit for keeping children safe online.

<https://home.oxfordowl.co.uk/> Free resources for primary children

<https://www.bbc.co.uk/bitesize-> Learning and revision for all ages

<https://www.twinkl.co.uk/resources/parents> - Home Learning Hub resources

<https://www.britishcouncil.org/school-resources/find> - English language resources

<https://ed.ted.com/> - Engaging educational videos

<https://theimaginationtree.com/> Creative arts and crafts for young children

<http://toytheater.com/> Educational online games

<https://thekidshouldseethis.com/> Wide range of cool educational videos

<https://mysteryscience.com/> - Free science lessons

<https://www.tinkercad.com/> - Free design app, imagine, design and make

<https://www.earthcam.com/events/animalcams/> - Watch animals live

<https://animals.sandiegozoo.org/live-cams> - Watch animals live

<https://explore.org/livecams/african-wildlife/african-animal-lookout-camera> - Watch animals live

<https://www.themathsfactor.com/> - Temporarily FREE Maths Factor resources from Carol Vorderman

<https://www.worldofdavidwalliams.com/> - Free access to David Walliam's audiobooks at 11am each day

<https://www.historyhit.com/podcasts/dan-snows-history-hit/> - Dan Snow's History Hit

<http://www.primaryresources.co.uk/> - Free lesson plans, activities and resources

<https://www.jumpstart.com/parents/resources/school-resources> - School resources for kids of all ages.

<https://www.5minutefun.com/> - Kids activities – Fun, fast and free,

<https://www.bbcgoodfood.com/writer/rachel-beckwith> - Crafts and cooking with Rachel Beckwith

<https://blockly.games> – Learn computer programming skills

<https://scratch.mit.edu/explore/projects/games/> - Computer programming

<https://natgeokids.com/uk> - National geographic activities and quizzes

<https://www.duolingo.com> – Learn languages for free – web and app

<https://www.crestawards.org> – Science awards you can complete from home

<https://idea.org.uk> – Digital enterprise award scheme you can complete online

<https://pawprintbadges.co.uk> – Free challenge packs and other downloads

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives>

<https://bighistoryproject.com/home> - Aimed at secondary age

<https://world-geography-games.com/world.html>

<https://redtedart.com> – Easy arts and crafts

Additional Available Resources (Shortly to be added to our website: tncp.co.uk)

My wellbeing book

BARCA self-care pack

Rainbow pack of feelings

Cosy Time Story

COVID19 Social Story

Staying home social story