HOW ARE YOU FEELING? Excellent Good Okay Bad Horrible Stressed Depressed

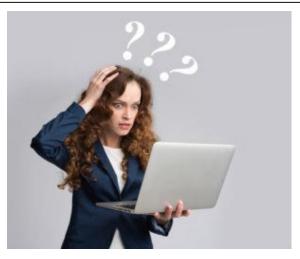
Childline- 0800 1111

<u>Childline</u> has updated its website to include information to support children and young people. It includes:

- Hearing things in the news about Coronavirus
- Children and young people should read news sources they can trust, such as Newsround
- Children and young people should ask a trusted adult questions when they're not sure OR talk to Childline 0800 1111

Young Minds

Help reduce anxiety of children by sharing this site. It has supportive materials for what to do if you are anxious about coronavirus.



Found yourself suddenly 'home schooling'? Looking for more resources to give some structure to your child's day? Overwhelmed by the online resources and events on offer? Help is at hand!

In the light of Covid-19 and the closure of schools, there is a wealth of free online resources, games and live lessons hosted by celebrities, authors, athletes and experts. With so much available, it can be overwhelming. Common Sense Media have gathered and ordered resources and events into a manageable list that is updated regularly. It's a great place to find materials to engage your child in the safety of your home.

parentzone The experts in digital family, life

Parent Zone has pulled together approved **activities** that parents and carers can enjoy with their children as they prepare to spend lots of time at home with their families. Parent Zone's '10 ways to safely entertain your children at home' includes:

- Become an <u>Internet Legend</u>—online activities for the whole family
- Get creative in <u>Minecraft</u>—expert guide for parents/carers
- Train your kids to spot fake news— <u>parent's guide</u>
- Watch some movie and TV classics— everything you need to know about <u>Netflix</u> and parent 's guide to <u>Amazon Prime</u>

Dot Com Digital

 Dot Com has produced a simple resource for children to read and to communicate how they feel. Download the resource here.



Help your family to de-stress with hints and tips from Common Sense Media including:

- Meditate. Common Sense media has several <u>apps for kids and families</u> that can help you visualize a more peaceful setting, align your breath with your yoga poses, or focus on what you're grateful for
- Get help. Common Sense media's collection of mental health apps might be the answer to a tween or teen who is really struggling but can't get face-to-face help right away
- Get the blood flowing and elevate the mood with <u>25</u> <u>dance games</u> (NB. you might need to buy a special control from Amazon)
- Check out <u>Apps, websites, and video games</u> that inspire running, jumping, and more to stay active.

 $\underline{\text{https://bidwellbrook.devon.sch.uk/wp-content/uploads/2020/03/OLS-Newsletter-parents-Maracozo.pdf}$

Digiworld

Why not spend some time with your child in Digiworld. It's a curriculum designed for 5-16 year olds to learn and refine the knowledge and skills to navigate the online world in a safer and more enjoyable way. There are lots of games and activities to keep them entertained.

