



On the table below, you will find useful online links to supplement learning at home. This includes sites offering interactive resources, video clips, games or other resources that can be used at home.

Please note that whilst all sites have been checked by school staff, website content can change. Parents should check all sites before they are used by the children and ensure that suitable filters are in place on all devices.

| Website or app | Information and details for parents |
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| https://www.kelsi.org.uk/_data/assets/pdf_file/0010/106687/Covid-19-CCG-Bulletin-Children-and-Young-People-April-2020.pdf | It's important to look after our mental health during this time especially as the measures in place to keep us safe may limit our usual actions to respond to stress. Below is the link to the Kent and Medway NHS Mental Health Needs Bulletin which contains a list of resources to support parents and children during the pandemic. There are also resources to support learning at home as well as to help parents and carers to look after their own wellbeing. |
| Anna Freud National Centre for Children and Families https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/ | Wellbeing advice for all those supporting children and young people. Suitable for EYFS, KS1 and KS2. Registration is not required |
| British Psychological Society (BPS) https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty | Advice on dealing with school closures and talking to children about COVID-19. Suitable for EYFS, KS1 and KS2. Registration is not required |
| MindEd https://www.minded.org.uk/ | An educational resource for all adults on children and young people's mental health. Registration: not required, but registration increases functionality |
| The Child Bereavement Network http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx | Advice on supporting grieving children during the coronavirus outbreak. Suitable for EYFS, KS1 and KS2. Registration is not required |

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| <p>Advice form bereavement charity Cruse for activities to support bereaved children https://www.cruse.org.uk/get-help/for-parents/tips-for-coping-from-children-and-young-people</p> | <p>Advice on some creative activities to support grieving children during the coronavirus outbreak. Suitable for Lower, middle and Upper school.</p> |
| <p>Wellbeing support activities for children https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/</p> | <p>Wellbeing activities for children during the Corona Virus outbreak. Suggested activities for children to complete and blogs for parents to read. No subscription necessary as this is a charity website.</p> |
| <p>Ideas on how to teach Mindfulness to children https://leftbrainbuddha.com/10-ways-teach-mindfulness-to-kids/</p> | <p>This website gives parents some ‘Top Tips’ on how to teach mindfulness to their children in 10 easy steps. Suitable for Lower, middle and Upper school</p> |
| <p>Mindfulness - activities for children https://positivepsychology.com/mindfulness-for-children-kids-activities/</p> | <p>Mindfulness activities for children to help calm and soothe them. Mindfulness activities support children and adults with finding periods of calm, reflection and peace within periods of anxiety, stress or simply the [pressures of a busy life. Suitable for Lower, middle and Upper school</p> |
| <p>https://www.creativitypost.com/article/childrens_emotional_well_being_eight_practical_tips_for_parents</p> | <p>This website has 8 practical tips for parents to help to manage your children’s wellbeing during this period of Covid 19 and beyond. Suitable for Lower, middle and Upper school</p> |
| <p>https://www.pookyknightsmith.com/</p> | <p>Website for Dr. Pooky Knight – Smith who has a PHD in child mental health and is a key speaker about mental health. Through her website she offers advice through the site, blogs and video clips that are posted on youtube. If you search for Pooky on Youtube you will also find other you tube clips created by her that are not linked to her website. Some of these are named below. Topics of the some video clips include: ‘I’M AUTISTIC: Here are 3 ways you can help me’ ‘ANXIETY HACK: Using ‘If...then...’ to reduce worry ‘COVID – 19 ANXIETY: 5 tips for staying mentally well’</p> |

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| | <p>‘BEREVEMENT: Three activities for supporting children.’ Recommended by the specialist teaching service, Ashford.</p> |
| <p>https://www.theschoolrun.com/best-wellbeing-apps-for-kids</p> | <p>This site details some great wellbeing apps that can be downloaded for a small fee, generally no more than £5.99 and most are £2.99. You can sign up for free to be able to download resources and receive notifications. Apps cover areas such as developing self – awareness, sleep and bedtime relaxation, advice for tweens and teens, finding out about how your child is feeling and building resilience through play.</p> |
| <p>https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure</p> | <p>Free confidential support at any time.</p> <p>Free expert advice from trained counsellors is available for every mental health concern, including:</p> <ul style="list-style-type: none"> • anxiety • depression • low self-esteem • money worries • relationship troubles • stress • suicidal thoughts. <p>Links to other organisations and support lines both locally and nationally.</p> |