

Please find below some website links to support your child (ren) and family during COVID 19.

A website with activities to boost your child’s wellbeing during this difficult time-
<https://www.partnershipforchildren.org.uk/what-we-do/resources-for-parents.html>

See example of packs below:

Download your FREE Covid-19 children's wellbeing activities for teaching staff and families here:

Pack 1:



Pack 2:



Pack 3



Pack 4 - Talking to children about death



<https://www.kindness-school.org/kindness-calendar>

Each Wednesday a new Kindness Calendar will be released for the next week. The activities are designed with a focus on pupil and family wellbeing. Activities are structured into i) kind to me, ii) kind to others and iii) kind to the planet and includes: One activity per day, one theme per week and links to relevant website. See below for an example.



Kindness Calendar

15 June – 19 June



Weekly theme: Healthy Eating

Monday	<i>Kind to me</i>	What does it mean to eat healthy? Although we know that certain foods are good for us, and other foods are bad for us, how much do we really understand? Today, take a look at the NHS Eatwell Guide to learn more about a healthy, balanced diet.
Tuesday	<i>Kind to the world</i>	Whether because of allergies, ethical concerns, sustainability, culture, and many other reasons, all over the world, people eat different kinds of food. Look into at least three alternative diets (vegan, dairy-free, paleo, or anything else) and write down three things that make the diet unique.
Wednesday	<i>Kind to me</i>	Fast food is amazingly convenient and is usually very tasty. But do you know that eating it more than once a week is considered bad for you? Today, google your favourite fast food meal and find out how it compares to the Eatwell Guide you looked at on Monday.
Thursday	<i>Kind to me</i>	Healthy eating has an enormous effect on your mental wellbeing. If you eat healthy, your mood and energy levels improve, and you think much more clearly. Today, record everything that you eat and drink to see if you're getting all the nutrition you need from the Eatwell Guide. Make sure you don't miss anything, even if it is a little snack or a glass of water.
Friday	<i>Kind to me</i>	What did you learn from recording your food and drink yesterday? Did you miss out on anything important? Did you eat too much of something? For today, improve your diet based on what you learned yesterday. You do not need to achieve this balance with every meal, but try to get the balance right over the whole day.

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/> This is a list of recommended resources for families. Some of these ideas will help you start conversations with your child, keep them entertained and inspired whilst at home, and encourage you to enjoy quality time together as a family. All of which are important for your wellbeing.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/> A website with tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic.