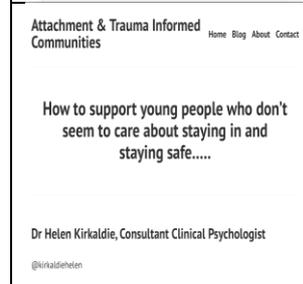
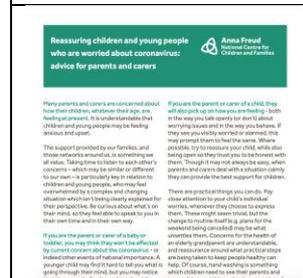


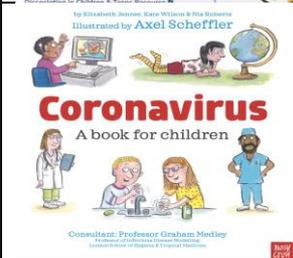
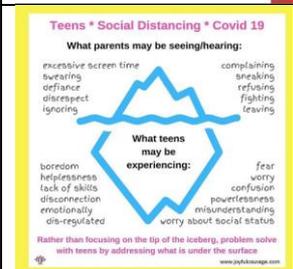
# COVID-19: THERAPEUTIC RESOURCES & INFORMATION

## Resources for Parents/Carers, Children & Young People:

(Click on images or links to open web pages)

	<p>Information on regressed behaviours in young children. Remember your children may present as much younger than their years:</p> <p><a href="https://www.today.com/today/amp/tdna177861?_twitter_impression=true">https://www.today.com/today/amp/tdna177861?_twitter_impression=true</a></p>
	<p>Multiple resources to support children, young people and adults around Covid-19, anxiety and stress:</p> <p><a href="http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links">http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links</a></p>
	<p>An online forum about dealing with anxiety in uncertain times:</p> <p><a href="https://asli.org.uk/forums/topic/dealing-with-anxiety-during-uncertain-times/">https://asli.org.uk/forums/topic/dealing-with-anxiety-during-uncertain-times/</a></p>
	<p>A helpful blog about supporting vulnerable young people who may be struggling to help themselves:</p> <p><a href="https://helenkirkaldie.wordpress.com/2020/04/09/how-to-support-young-people-who-dont-seem-to-care-about-staying-in-and-staying-safe/">https://helenkirkaldie.wordpress.com/2020/04/09/how-to-support-young-people-who-dont-seem-to-care-about-staying-in-and-staying-safe/</a></p>
	<p>Advice for parents and carers about supporting children and young people who are worried about coronavirus:</p> <p><a href="https://www.annafreud.org/media/11245/option-3-covid-advice-parents.pdf">https://www.annafreud.org/media/11245/option-3-covid-advice-parents.pdf</a></p>

# COVID-19: THERAPEUTIC RESOURCES & INFORMATION

 <p>Beacon House is passionate about developing freely available resources so that about the region of trauma and adversity is in the hands of those who need it. First to use our resources is your home or work setting.</p> <p>All we ask is that you credit our team for the information and design using this credit: Image or information courtesy of Beacon House Therapeutic Services &amp; Training   www.beaconhouse.org.uk</p> <p><b>COVID-19 Support Resources</b> Click here to see all our COVID-19 Support Resources including our Beacon House #StayingConnected Home advice.</p> <p><b>Developmental Trauma</b> Developmental Trauma Close Up Article   Released January 2020</p>	<p>Multiple free resources on Covid-19 support, developmental trauma and attachment:</p> <p><a href="https://beaconhouse.org.uk/resources/">https://beaconhouse.org.uk/resources/</a></p>
 <p>Coronavirus A book for children</p> <p>Consultant: Professor Graham Medley Illustrated by Axel Scheffler</p>	<p>A lovely children's book on Coronavirus:</p> <p><a href="https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf">https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf</a></p>
 <p><b>Teens * Social Distancing * Covid 19</b></p> <p>What parents may be seeing/hearing:</p> <ul style="list-style-type: none"> <li>excessive screen time</li> <li>sweating</li> <li>defiance</li> <li>glare/stare</li> <li>ignoring</li> <li>complaining</li> <li>sneaking</li> <li>refusing</li> <li>fighting</li> <li>leaving</li> </ul> <p>What teens may be experiencing:</p> <ul style="list-style-type: none"> <li>boredom</li> <li>helplessness</li> <li>lack of skills</li> <li>disconnection</li> <li>emotionally dis-regulated</li> <li>fear</li> <li>worry</li> <li>confusion</li> <li>powerlessness</li> <li>misadventures</li> <li>worry about social status</li> </ul> <p>Rather than focusing on the tip of the iceberg, problem solve with teens by addressing what is under the surface.</p> <p><a href="http://www.joyfulcourage.com">www.joyfulcourage.com</a></p>	<p>A helpful reminder to think about young people's behaviour as a communication:</p> <p><a href="https://www.joyfulcourage.com/corona">https://www.joyfulcourage.com/corona</a></p>
 <p>I'm a young person who is worried about the coronavirus what advice can you give me?</p> <p>Anna Freud Therapeutic Centre for Children and Young People</p>	<p>Advice for young people who are worried about Coronavirus:</p> <p><a href="https://www.annafreud.org/media/11244/option-3-covid-advice-young-people-with-image.pdf">https://www.annafreud.org/media/11244/option-3-covid-advice-young-people-with-image.pdf</a></p>
 <p><b>CORONAVIRUS: RESOURCES FOR MENTAL HEALTH AND WELLBEING TOOLKIT #2</b></p> <p>A free toolkit with resources and tips to help support the mental health and wellbeing of school staff, parents, carers and children.</p> <p>Download Resources   See Resource ID</p>	<p>A resource kit for schools which contains some useful advice and information (e.g. about vulnerable children at this time):</p> <p><a href="https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-2/?utm_source=social&amp;utm_medium=facebook&amp;utm_campaign=coronavirus2&amp;utm_content=toolkit">https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-2/?utm_source=social&amp;utm_medium=facebook&amp;utm_campaign=coronavirus2&amp;utm_content=toolkit</a></p>

## Wellbeing and enrichment resources

### **A list of free activities that provide wellbeing and enrichment during the isolation period. A mixture of websites, activities, and documentaries.**

This list has been collated from a mixture of sources, so please excuse any links which don't work!

- ✓ Audible app now has thousands of free audiobooks for livestreaming – subscription free during the isolation period <https://stories.audible.com/start-listen>
- ✓ Live PE lessons with Joe Wicks at 9am Monday to Friday on this YouTube channel for children of all ages. <https://www.youtube.com/playlist...>
- ✓ Live natural world talks from Steve Backshall at 9.30am daily (this week) on YouTube/Instagram/Facebook
- ✓ Regular updates for things to do <https://www.superweeks.co.uk/team-isolate/>
- ✓ For excellent free mindset resources for kids, sign up to emails from Big Life Journal
- ✓ Headspace is a mindfulness app – free during the isolation period <https://www.headspace.com> or find it on AppStore
- ✓ Check out the John Muir Discover booklets on the John Muir website; great for exploring the environment
- ✓ The Scouting website has excellent resources for active learning and helping others in the community.
- ✓ Pete McKee is offering free cartoon workshops for beginners on YouTube <https://www.youtube.com/channel/UCjpNMIjkGJ-vxuOhsN2xxTA>
- ✓ Live Spanish lessons Tues/Weds/Fri at 5pm <https://vimeo.com/event/28458>
- ✓ Virtual Field Trips- <https://docs.google.com/.../1SvldgTx9djKO6SjyvPDs.../mobilebasic>
- ✓ Visit museums. Google Arts and Culture partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces. Some of the options include New York's Museum of Modern Art and Amsterdam's Van Gogh Museum- <https://artsandculture.google.com/partner?hl=en>  
The Louvre, based in Paris, is also offering its own virtual tour online for free- <https://www.louvre.fr/en/visites-en-ligne>
- ✓ The San Diego Zoo has a live webcam for animals- <https://zoo.sandiegozoo.org/live-cams>

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- ✓ Melbourne Zoo also has live webcams <https://www.zoo.org.au/animal-house>
- ✓ Explore the surface of Mars on the Curiosity Rover- <https://accessmars.withgoogle.com/>
- ✓ The British Museum- located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies- <https://britishmuseum.withgoogle.com/>
- ✓ Geography with National Geographic- <https://kids.nationalgeographic.com/>
- ✓ Children's books read by famous people- <https://www.storylineonline.net/>
- ✓ Crafts and activities- <https://www.allkidsnetwork.com/>
- ✓ Fun games, recipes, crafts, activities- <https://www.highlightskids.com/>
- ✓ Online history classes for all ages preteen through adults- <https://school.bighistoryproject.com/bhplive>
- ✓ Educational games - <https://www.breakoutedu.com/funathome>
- ✓ 35,000 pages of online content on the different cultures and countries of the world- <https://www.countryreports.org/>
- ✓ Illustrated recipes designed to help kids age 2-12 cook. Recipes encourage culinary skills, literacy, maths and science- <https://www.nomsterchef.com/nomster-recipe-library>
- ✓ Young Explorers is a magazine designed specifically for young children. Children can listen to the magazine being read to them as they follow along with the highlighted text- <https://ngexplorer.cengage.com/ngyoungexplorer/index.html>
- ✓ Type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help children learn about history- <http://www.whatwasthere.com/>
- ✓ Help children learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art- <https://artsology.com/>
- ✓ Live video of the National Zoo and Smithsonian Learning Lab- <https://www.si.edu/kids>
- ✓ This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals- <https://climatekids.nasa.gov/>
- ✓ Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design- <http://www.kidsthinkdesign.org/>
- ✓ Movement and mindfulness videos created by child development experts- <https://www.gonoodle.com/>

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- ✓ Child-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout- <https://app.sworkit.com/collections/kids-workouts>
  
- ✓ Mo Willems, the author of ‘Don’t let the Pigeon Stay up Late’ is uploading daily drawing lessons- <https://youtu.be/MjaYnyCJDdU>
  
- ✓ Maths as a fun part of your daily family routine- <http://bedtimemath.org/>
  
- ✓ Music is for everyone- <https://musiclab.chromeexperiments.com/Experiments>
  
- ✓ Projects to keep kids reading, thinking, and growing- <https://classroommagazines.scholastic.com/.../learnathome.html>
  
- ✓ Learn a language- <https://www.duolingo.com/>
  
- ✓ Yoga and mindfulness for kids- <https://youtu.be/0ImHIWzP49M>
  
- ✓ All sorts of online classes for kids- <https://outschool.com/#abk7vott3k>
  
- ✓ Short videos and texts that answer various burning questions for children. There are vocabulary challenges and comprehension questions- <http://wonderopolis.org/>
  
- ✓ Learn to code- <https://www.codecademy.com/>
  
- ✓ Listen to astronauts read stories from space- <https://storytimefromspace.com/library/>
  
- ✓ Maths games galore- <https://gridclub.com/>
  
- ✓ Lots of science experiments that you can do at home- <https://www.stevespanglerscience.com/lab/experiments/>
  
- ✓ Grammar- Work on the 8 parts of speech- <https://www.grammaropolis.com/>
  
- ✓ Google Earth. All sorts of incredible learning here- <https://www.google.com/earth/>
  
- ✓ Scratch teaches students all about coding- <https://scratch.mit.edu/>
  
- ✓ A wonderful detailed way to get children engaged in the world of art- <https://www.metmuseum.org/art/online-features/metkids/>
  
- ✓ Tests children’s geography skills. Using images from Google’s Street View, it puts players down in the middle of the street and asks them to figure out where they are- <https://www.geoguessr.com/>
  
- ✓ Lets kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos- <https://www.virtualmusicalinstruments.com/>
  
- ✓ For budding Marine Biologists- take a deep dive into ocean life. <https://ocean.si.edu/>

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- ✓ Science podcasts to listen to- <https://medium.com/.../19-great-science-podcasts-you-can-list...>
- ✓ Red Tent Art- step by step instructions on art projects including origami, 3D cards, clay pots, etc- <https://www.youtube.com/user/redtedart>
- ✓ Make your own animated videos with Go Animate- <http://goanimate.com/>
- ✓ Create interactive avatars to showcase children's learning- Voki: <http://www.voki.com/>
- ✓ Go Geocaching- <https://geocaching.com>
- ✓ Lady Gaga's former backup dancer, Mark Kanemura, is hosting virtual dance sessions on his Instagram page- <https://instagram.com/mkik808?igshid=xp9gywx8gc02>

## **FREE Pre-recorded Theatre Productions.**

- ✓ Wind in the Willows  
<https://www.willowsmusical.com/>
- ✓ The Play That Goes Wrong (performing at The Royal Variety 2015) – under 10 mins long.  
<https://www.youtube.com/watch?v=DOWO4gq-whg>
- ✓ Matilda The Musical  
[https://www.youtube.com/watch?v=Fk0ubU-lqHM&list=RDFk0ubU-lqHM&start\\_radio=1&t=79](https://www.youtube.com/watch?v=Fk0ubU-lqHM&list=RDFk0ubU-lqHM&start_radio=1&t=79)
- ✓ The Shows must go on. Andrew Lloyd Webber Musicals (new show screened every Friday at 7pm)  
<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag/featured>
- ✓ Everyone's Talking About Jamie (recommended age 14+)  
<https://www.youtube.com/watch?v=4Yd6iF0mCCQ&feature=youtu.be&fbclid=IwAR1-YdA9GQplmF2CaOjQqg0o8EDB3pAcBFhC4OJYSEggMWD0EVI6dOR15k>
- ✓ Girls Like That (recommended age 13+)  
<https://www.youtube.com/watch?v=Cx2KDNusk9E&fbclid=IwAR0fLhesZeLSpCQ5hC2Z2d-xnL-iJouuFtfU04spFuFO7KRdsay4UESkMck&app=desktop>