

Let's

talk

## Wellbeing: Resources to support children and their families during Coronavirus

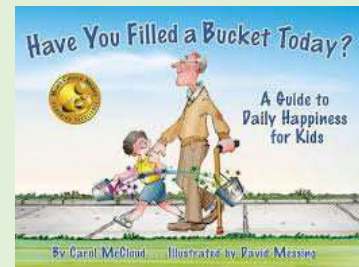
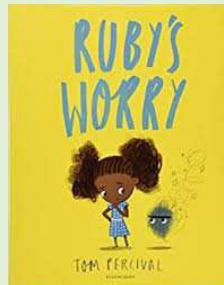
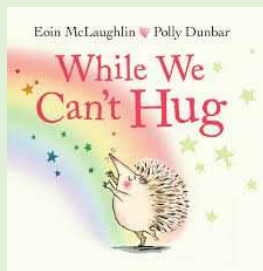
This week's update provides a selection of resources that are being shared for free by organisations to support children and their families during Coronavirus.

National Literacy Trust

### Books that address Covid-19, anxiety and separation

The National Literacy Trust provide a comprehensive list of books that can support your information sharing with your children especially if they are finding separation difficult after being together during lockdown.

<https://literacytrust.org.uk/family-zone/birth-4/childrens-wellbeing-booklist>



MENTALLY HEALTHY SCHOOLS

### Resilience

Mentally Healthy Schools and the Anna Freud Centre have compiled several coronavirus toolkits - this particular one is full of resilience-building resources for children, parents and carers.



Anna Freud  
National Centre for  
Children and Families

Visit:

<https://mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-building-resilience-toolkit-6/>

## Emotional Literacy resources

### Helping children to see the positives

This gratitude jar resource will help children look for the positives in their lives. Gratitude according to Positive psychology is strongly linked to being happy. Visit:

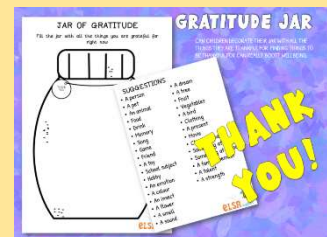
<https://www.elsa-support.co.uk/gratitude-jar/>



### Positive mental health ideas

This resource shares lots of ideas for wellbeing after lockdown.

Visit: <https://www.elsa-support.co.uk/a-to-z-of-wellbeing-after-lockdown/>



### Mapping out feelings

If you would like to support your child to recognise and talk about the feelings they are having each day, this booklet-style resource can help. <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Feelings-tab-booklet.pdf>



**More information?** If you have any concerns about your child's emotional wellbeing, please don't hesitate to contact Lorraine Watkins, our school ELSA (Emotional Literacy Support Assistant), at [wellbeing@emmanuel.camden.sch.uk](mailto:wellbeing@emmanuel.camden.sch.uk).