



Resources to support children receiving ELSA

In a time of uncertainty, it is to be expected that children will have worries about not just Coronavirus but also the implications for their family and friends. In addition to this, the change in routine can certainly be unsettling. For children receiving ELSA support, their worries and anxieties may be heightened and with this in mind, for any child who has accessed ELSA support this academic year, we have listed below some resources for you so that as parents, you have some support and are equipped with some useful and informative advice, ideas, activities and games.

<https://myhappymind.org/parents>

Firstly, if you have not downloaded the MyHappyMind app, click the link above. The children use this programme in school on a weekly basis and there are many tools and activities to help support your child.

https://www.senresourcesource.co.uk/?fbclid=IwAR08_IW98hRds96BYD417gleKwdmhrV_2vgDyyX8Cdz9xCmfgzvhaHIE

Click this link to download a social story to help your child understand the Coronavirus in an age appropriate way.

<https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/>

On the website, click on 'You can download the PDF here' to access an interactive 14-day home challenge. Once you have the PDF open, you can click on each day's title and you will be taken to the activity which you can print off, view or interact with. There are also additional support resources on this website so do take a look.

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-duringcoronavirus-outbreak>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

The three websites above give advice on how to look after your family's mental health during the Coronavirus outbreak

In addition to the above, we have compiled some activities that can be carried out:

- **Breathing Buddies** – Children (and adults?!) lay down on the floor with a teddy on their stomach. In silence, breathe in and out for one minute, quietly taking note of how the teddy (The 'Breathing Buddy') moves up and down. Imagine that the thoughts that come into their minds turn into bubbles and float away.
- **The Heartbeat Exercise** - Have the children jump up and down in place for one minute. Then have them sit back down and place their hands on their hearts. Tell them to close their eyes and feel their heartbeats, their breath, and see what else they notice about their bodies.
- **Breathing Shapes**
Square breathing - <https://www.youtube.com/watch?v=YFdZXwE6fRE>
Finger breathing - <https://www.youtube.com/watch?v=sh79w9pn9Cg>
- **Mindfulness Colouring** – Google mindfulness colouring pages.
- **Meditation for children** - <https://www.headspace.com/meditation/kids>
- **Cosmic Kids** - <https://www.youtube.com/user/CosmicKidsYoga>

If you require any further support, please do contact your child's class teacher.