

# Website and Twitter reminders/ prompts around EHWB during school closure

# Coronavirus support for young people

Keep calm, stay connected, be safe



## Information sharing

- There will be lots of stories and information being shared about coronavirus, make sure you only follow official sources and share medical advice from the NHS. Sharing or following advice from other sources could put you and others around you at more risk.
- If the 24-hour news is making you anxious, think about only reading a few headlines a day and limiting how much you see.
- Social media is great for staying connected but remember not to give out your personal details to people you don't know.


## Bullying and harassment

- Some young people are experiencing bullying, street harassment and even assaults because of their perceived ethnicity and myths around the spread of Coronavirus. If you witness this taking place and think it is safe to do so, check that the person is okay. If they want to report it to the police, you can act as a witness.




Education

# [https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

 World Health Organization

## Helping children cope with stress during the 2019-nCoV outbreak


 Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.


Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.


If possible, make opportunities for the child to play and relax.

 Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

 Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).





TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

<https://4123n13bqnyphxz1aprwwe-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/Managing-Anxiety.png>

Dr Krause's Tips for Teens To Manage Anxiety  
Surrounding the Coronavirus Outbreak



Minimise what you watch and read on the news & social media. Being on the receiving end of repeated news can be overwhelming.



You can effectively reduce the risk of passing on an infection by washing your hands with soap and water.



Aim for a balance in safety behaviours. Though it is not effective to ignore activities (like handwashing), overdoing anything traps you in a negative spiral.



Aim to get adequate rest. Sleep is important for maintaining positive mental health.



Make a list of fun indoor plans, ensuring some of them include things you can do on your own - in case you need to self distance.



Eat well and regularly. We use more energy when we are anxious.



Remember, parents get anxious too but that doesn't mean the world is unsafe – it just means that they may need to read and apply some of these tips too!



'Take Five' to manage the physical symptoms of anxiety. Stretch out your hand and trace your thumb with a finger from the other hand. Breathe in as you move upwards and out as you move downwards.



Focus on the facts rather than on any 'catastrophic' thoughts you may have. The health risk of Coronavirus is very low for most teens.

## Mind your 5- great link to Tweet to students <https://stem4.org.uk/mindyour5-for-teenagers/>



### Positive Emotions

Knowing what you feel and being able to express and manage emotions is very helpful.

For example, when you watch a movie, observe what emotions this brings about in you. Talk with someone else who has also watched it and share what you experienced. See what you have in common and how you differ.



### Your Connections

Friends, family and relationships are really important to help us feel happy. Leaving some time every day to spend a little face to face time with some or all of them can be very good for positive mental health.

Tip: Connections are not only about being with others. Try and connect to nature every day – go for a walk or do some work in the garden instead of in your room.

Think of different activities that fit each section and try and practice them every day. You can keep a note if you wish.

# <https://stem4.org.uk/anxiety/anxiety-for-teenagers/>

## Try Dr. Krause's Toothbrush Thought

If you give yourself a chance to think positively about yourself, you will start to behave positively. Then just sit back and notice the positive results that come from this. Take one positive thought about yourself and think about this when you brush your teeth in the morning.

**"I am likeable"** for example.

**"Tessa told me I am a good listener"**

**"Robbie said I was his friend"**

**"The old lady on the bus smiled at me"**

Test this thought throughout the day. When you brush your teeth at the end of the day, think of the results you've had from testing it.

**"It's true - people do like me"**



TOOTHBRUSH  
THOUGHT

<https://www.childline.org.uk/>

## HOW ARE YOU FEELING?

Excellent

Good

Okay

Bad

Horrible

Stressed

Depressed

Feeling excellent, great or amazing? Share that positive feeling.

Post on our **Good days message board**

Be creative with our **Art box**

**Get involved** in fun stuff



# [www.childline.org.uk](http://www.childline.org.uk)

## NEED TO TALK?



### Get support

We're here for you on the phone or online. Or try getting support from other young people on our message boards.



### Contacting Childline

Call us free on 0800 1111 or find out how to get in touch online. Whatever your worry, we're here for you.



### Message boards

Share your experiences, have fun and get support from other young people in similar situations.



### About Childline

Find out who we are, what we do - and how we can help you.

# [www.childline.org.uk](http://www.childline.org.uk)

## BOOST YOUR MOOD

### INSTRUCTIONS

Find new ways to feel better by trying something interesting or fun! Choose what you want to do and then play pinball to get practical ideas to boost your mood.



# <https://www.childline.org.uk/toolbox/calm-zone/>

## CALM ZONE

There are lots of way to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

### On this page

- Activities and tools
- Breathing exercises
- Expressing yourself
- Yoga videos
- Play games
- Ways to cope videos



# Samaritans advice via You Tube

<https://youtu.be/koYiTC8fJn4>

SAMARITANS

Pay attention  
to what you're  
feeling



# <https://www.actionforhappiness.org/coping-calendar>

  **COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND**  

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	 <b>“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl</b>				
<b>ACTION FOR HAPPINESS</b>     						

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

# <https://www.actionforhappiness.org/copin-g-calendar>

## COVID-19: Our Response

These are our 3 key principles for responding constructively to the COVID-19 pandemic:

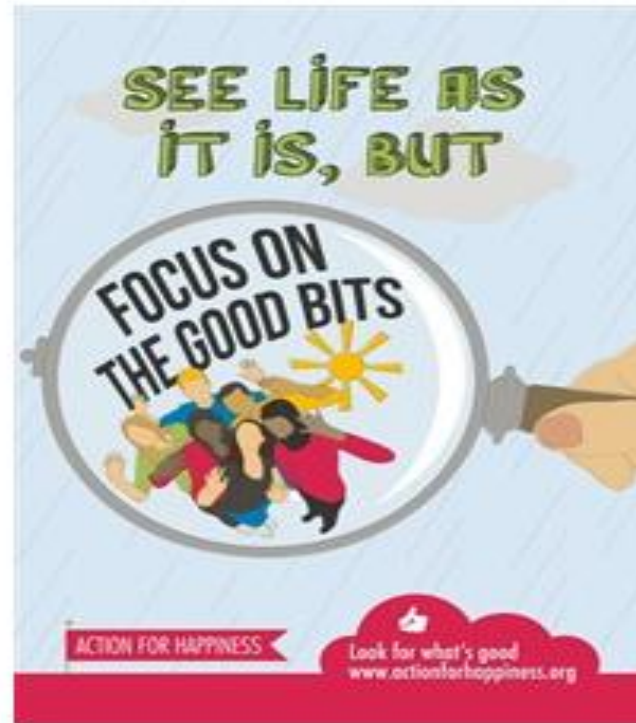
1. Listen to the experts
2. Keep calm (but don't carry on)
3. Make wise & kind choices



# <https://www.actionforhappiness.org/poster-r-7-resilience>

POSTER #8: EMOTIONS

Look for what's good



<https://t.co/coOhQneQ6O?amp=1>





<https://www.bbc.co.uk/newsround>

Follow Newsround on Twitter:



# Apps

- Headspace
- Calm
- 7 cups
- Smiling mind
- Calm harm
- Clear Fear
- Combined minds

Find more apps through:

<https://www.orchha.co.uk/>

