



# 5 RESOURCES FOR SCHOOL STAFF

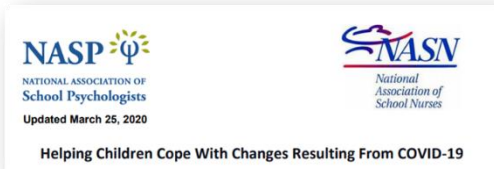
CLICK ON THE IMAGES TO OPEN

READ



## QUICK READ (ONE SIDE)

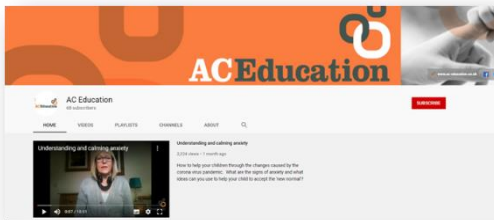
5 TOP TIPS ABOUT TALKING TO CHILDREN FROM THE BRITISH PSYCHOLOGICAL SOCIETY



## EXTENDED READ (FOUR SIDES)

9 MORE TIPS FROM THE AMERICAN NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS ON HELPING CHILDREN COPE WITH CHANGES RESULTING FROM COVID-19

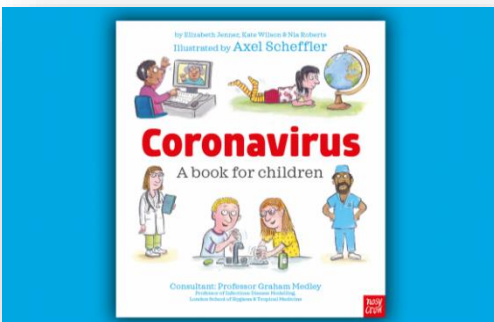
WATCH



## HELPFUL SHORT VIDEO (18 MINS)

UNDERSTANDING AND CALMING ANXIETY: HOW TO HELP CHILDREN THROUGH CHANGES CAUSED BY THE CORONA VIRUS PANDEMIC

REFER TO



## WONDERFUL CHILDREN'S GUIDE

A FREE INFORMATION E-BOOK EXPLAINING THE CORONAVIRUS TO CHILDREN, ILLUSTRATED BY GRUFFALO ILLUSTRATOR AXEL SCHEFFLER



WIDE RANGE OF VERY HELPFUL RESOURCE ADVICE FOR SCHOOLS, PARENTS AND YOUNG PEOPLE FROM ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES

5 MORE LINKS

[SAFER SCHOOLS](#): EASILY ACCESSIBLE CORONAVIRUS RELATED RESOURCES

[NSPCC](#): WEALTH OF CORONAVIRUS ADVICE AND SUPPORT FOR PARENTS AND CARERS

[SAVE THE CHILDREN](#): RESOURCES TO HELP YOU KEEP CHILDREN CALM AND CONNECTED

[BEACON HOUSE](#): WINDOW OF TOLERANCE ANIMATION ON HOW A TRAUMATISED CHILD SWINGS FROM FIGHT/FLIGHT TO FREEZE/COLLAPSE; AND WHAT ADULTS CAN DO TO HELP BRING THE CHILD BACK INTO THEIR WINDOW OF TOLERANCE SO THEY CAN BE AT THEIR PERSONAL BEST

[ANXIETY CANADA](#): FIGHT FLIGHT FREEZE – A GUIDE TO ANXIETY FOR KIDS