

Looking after yourself and your child/children:

<https://www.youtube.com/watch?v=8GmQijmUrkk>

I found this useful for both adults and children in re-framing anxiety

<https://www.kooth.com/> Free online support for young people looking for advice or help if you are not feeling your best. Good videos to watch.

<https://www.giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

<https://youngminds.org.uk/>

Leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

www.harmless.org.uk

Harmless is a user led organisation that provides a range of services about self-harm and suicide prevention including support, information, training and consultancy to people who self-harm, their friends and families and professionals and those at risk of suicide.

<https://www.winstonswish.org/> Helping children and young people through bereavements. Great Resources.

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

For Adults; Practical advice for staying at home, eating well and staying hydrated.

Connect with people

Find and routine

Keep active

Ways to relax and create

Ways to help if you are worried; games

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

<https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/>

Helpful games for adults to keep your mind from over thinking.

<https://www.mind.org.uk/information-support/guides-to-support-and-services/housing/useful-contacts/>

Helpful advice around housing and money problems.

https://england.shelter.org.uk/housing_advice/coronavirus

Financial support/help

Ways to keep calm, when feeling overwhelmed

<https://www.headspace.com/>

Mindfulness; Stress less. Move more. Sleep soundly.

- Hundreds of guided meditations on everything from stress to sleep
- Over 40 mindfulness exercises for cooking, eating, commuting and more
- Super-short meditations you can do anytime.
- Expert guidance from former monk, and Headspace co-founder, Andy Puddicombe
- Sleep Sounds to ease the mind into a truly restful night's sleep
- Fun, simple animations to help you with your meditation practice and answer any questions you might have

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

Medication for Adults and children. Apps and YouTube videos to watch.

- Relief of Stress and Anxiety
- Supports Healthy and Emotional Development
- Increased Focus and Concentration



- Increased Creativity
- Feeling Calmer and More Relaxed
- Restful Night's Sleep

<https://millpondsleepclinic.com/sleep-advice/baby-child-sleep-advice-videos/>

Helpful videos on sleep for babies which also helpful to think about our children/teenagers and adults. Going back to the basics.

- Early Rises
- Bedtime Routine
- Sleep advice videos

Exercise at home with the family, Fun, exhausting, but good for mind and body, do as much as you can.

<https://www.youtube.com/watch?v=-TGEdzRzSbw>

Joe Wicks has a live PE lesson every morning at 9am. The children that are in school have been doing it every morning. It is nice to know their friends are doing it with them at the same time, teacher are doing it as well.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

Why it's important to exercise.

<https://youtu.be/EP0wgVhUC9w>

Zumba Kids lots of great dances to; Old Town Road, Minions.....

<https://www.jumpstartjonny.co.uk/home>

Fun workouts and chill-out videos, lots of free videos.

<https://www.youtube.com/user/GoNoodleGames>

Fun and interesting ways to get active.

<https://www.youtube.com/watch?v=SmBa-0bJYXQ>

Gentle exercises for lower back pain

<https://www.youtube.com/watch?v=njeZ29umqVE>

Gentle ways to move

<https://www.cosmickids.com/>

Yoga, storytelling and meditation.

<https://www.youtube.com/watch?v=X655B4ISakg>

Yoga – Breathing and moving for children and parents.

Creative and interactive ways for you all:

https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more_35765?c=15

Links to zoos that offer live web-cams of animals

<https://biglifejournal-uk.co.uk/pages/podcast>

'Big Life Kids' Mindfulness podcast

https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg

'Draw with Rob', drawing together with illustrator Rob Biddulph

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

English children's novelist, poet, and the author of 140 books, this website will give you video links to some funny and interesting poems he has written.

<https://www.bbc.co.uk/cbbc/shows/art-ninja>

He is an animator with amazing art skills. He loves to teach his secrets and get you to create your own art. Great ideas and YouTube videos to watch.

<https://littlebinsforlittlehands.com/lego-challenge-calendar-ideas-kids/>

Lego challenges, Coding and lots of other indoor fun ideas.

<https://www.futurelearn.com/>

Explore online courses to continue studying, build professional skills, and connect with experts.