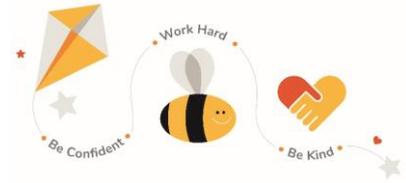


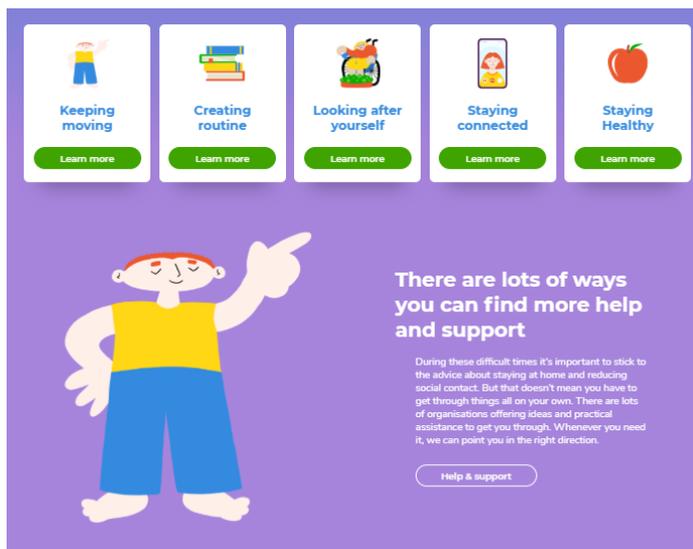


## Support for Families During Lockdown



### Support Websites

- Scottish Government campaign to help people look after their mental health during and after lockdown: <https://clearyourhead.scot/>



- Parent Club <https://www.facebook.com/ParentClubScotland/videos/1633629763456207>  
Parent Club have a social media film which focuses on sharing tips from parents around Scotland, that helps reinforce the idea that we're all facing challenges and can help each other. It is hoped this will help put parents at ease and remind them that there is no right way to be dealing with the current situation.
- BBC Newsround informs children about the corona virus in a child-friendly way:  
<https://www.bbc.co.uk/newsround/51204456>  
<https://www.bbc.co.uk/newsround/51656718>
- Save the Children have some brilliant ideas for relaxation activities to do with children at home:  
<https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>



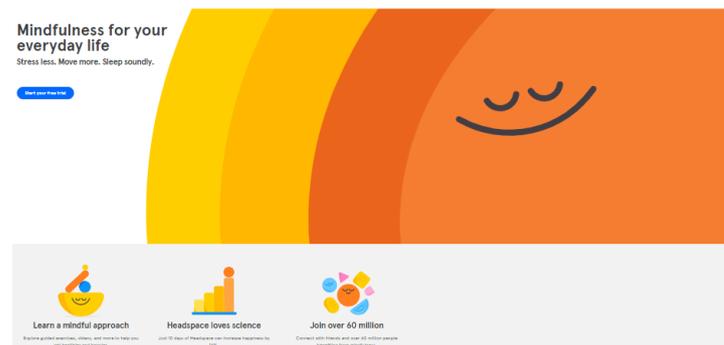
- The Mental Health Foundation have a range of resources for families specific to looking after ourselves during lockdown and coping with the pandemic.

<https://www.mentalhealth.org.uk/coronavirus>



- Headspace offers fantastic free meditation recordings and podcasts to help with anxiety and stress

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



- Youngminds have some great ideas for activities to do at home with children during lock down

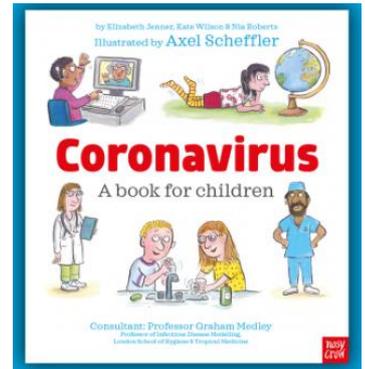
<https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/>

- Mindful monsters have fun and exciting ways to introduce children to mindfulness: <https://mindfulmonsters.co.uk/>



## Stories

- <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>



- <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>
- <https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>



- [file:///C:/Users/HP/Downloads/Coronavirus Social Story.pdf](file:///C:/Users/HP/Downloads/Coronavirus%20Social%20Story.pdf)



Coronavirus

- <https://www.booktrust.org.uk/news-and-features/features/2020/april/the-gruffalo-stick-man-and-the-smartest-giant-in-town-lend-a-paw-a-stick-and-a-hand-to-help-with-the-coronavirus-effort/>

'The Gruffalo' creators Julia Donaldson and Axel Scheffler have shared twelve beautiful illustrations depicting their famous characters adjusting to social distancing, home-schooling and helping others during the COVID-19 crisis



## Videos

- <https://www.bbc.co.uk/iplayer/episode/m000hsff/cbeebies-bedtime-stories-750-tom-hardy-under-the-same-sky>

Actor Tom Hardy reads a story 'Under the same Sky' about 2 friends who find a new way to keep in touch despite being far apart.

## Audio

- <https://www.bbc.co.uk/cbeebies/radio/calming-sounds?collection=cbeebies-bedtime#playlist>

CBeebies have produced a series of calming sounds to help children relax

