



**Online resources for parents/carers and professionals working with children and young people during the COVID-19 “stay at home” measures**

## Talking to children and young people about Coronavirus (COVID-19)

Your child may understandably be concerned or worried by what they see, read or hear in the news, online or at school regarding coronavirus (covid-19). As a parent or carer, it's good to talk to them honestly but calmly about what is happening, and to not ignore or shield them from what is going on in the world. Children look to adults in their life for comfort when they are distressed and will take a lead on how to view things from you.

Remember, you don't have to have all the answers, but it is better to have a gentle conversation to reassure your child that they can talk to you so they don't feel like they're on their own. Hopefully the below resources will help.

<p><a href="#"><u>Talking to your pre-schooler about coronavirus</u></a></p>	<p>Schools and nurseries are closed and lots of children are now being cared for at home by their parents or carers.</p> <p>The site provides tips for helping under 5s cope with the changes.</p>
<p><a href="#"><u>Explaining coronavirus using Makaton</u></a></p>	<p>Watch Holly Rankin, a Special Educational Needs Advisor, explain Coronavirus using Makaton.</p>
<p><a href="#"><u>Talking to your child about coronavirus</u></a></p>	<p>Ten tips for parents and carers, from Young Minds, on having honest conversations with children and young people about COVID-19.</p>
<p><a href="#"><u>Guidance on addressing mental health and wellbeing concerns for parents and carers of CYP during Covid-19</u></a></p>	<p>This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.</p> <p>An easy-read version is also available through the same link.</p>
<p><a href="#"><u>Supporting schools &amp; colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption</u></a></p>	<p>Anna Freud National Centre for Children and Families have put together some general tips to support education staff throughout this challenging period.</p> <p>There are also three videos, one for <a href="#"><u>school staff</u></a>, one for <a href="#"><u>parents</u></a> and one for <a href="#"><u>children and young people</u></a> which may be useful.</p>

It's important during this period of change and uncertainty that families remember to **connect**, **be active** and **keep learning**. Below are some online resources that might help.

## Connect with your feelings and emotions, with others and the world

Make the most of online opportunities during this time when we have to distance ourselves from others - but remember to do so safely.

### Some resources to help you -

#### [Internet Matters in partnership with BBC](#)

A wide range of resources and ideas to safely use the internet for learning, fun and communication by the whole family.

#### [The Adventures of Kara Winston and the Smart Crew](#)

Online Safety film and activities.

#### [BBC Bitesize Fact or Fake](#)

A set of resources to help question how reliable information shared online is. Includes myth busting about COVID-19.

#### [Cove App – find this in the \[NHS App Library\]\(#\)](#)

Create music to capture your mood and express how you feel. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal or send them to someone and let the music do the talking.

#### [Meetwo App](#)

A safe and secure forum for teenagers to get advice from experts and peers.

#### [Mindspace](#)

Local website offering a range of emotional health and wellbeing resources.

## Be Active

Children and young people aged 5 to 18 should aim for at least 60 minutes of moderate intensity physical activity every day. This is activity that makes you breathe faster and feel warmer. All the listed activities can be done at home. You

can spread the activities throughout the day to do different things.

Please share what you are doing by tweeting @BarnsleyMoving

### Some resources to help you -

#### [Change4Life 10 minute shake ups](#)

Change4Life and Disney have teamed up once again to bring you new 10 minute Shake Up games inspired by Disney and Pixar's Toy Story 4 and Incredibles 2, and Disney's The Lion King and Frozen.

#### [Disney dance-a-longs](#)

Earlier this year This Girl Can also partnered with Disney to create fun dance routines that you can follow, including The Jungle Book's 'I Wanna Be Like You', Moana's 'You're Welcome', The Little Mermaid and more.

#### [Cosmic Kids Yoga](#)

Yoga, mindfulness and relaxation designed especially for kids aged three or over. Used in schools and homes all over the world.

#### [Nike - Active Kids Do Better](#)

It can be great fun for families to get active together. Sometimes, even grown-ups need a bit of support. Check out Nike's Active Home family-friendly activities.

#### [Jump Start Jonny](#)

Fun workout videos to get kids moving, age 5-11.

#### [BBC Super Movers](#)

Fun curriculum-linked resources for 9-11 year olds, to get you moving while you learn.

#### [Premier League Primary Stars](#)

Activities to help 5-11 year olds develop skills in everything from balance and coordination to athletics and throwing.

#### [Accessible activities for kids](#)

There are lots of ways that children and young people with a disability can keep active. Start off by choosing activities you're interested in and adapt them. (Please note, not all of these activities are recommended during this time of physical distancing).

#### [imoves](#)

Teaching resources design to get kids active. Free during the coronavirus pandemic.

[Go Noodle Movement and Mindfulness videos](#)

Videos created by child development experts

[Go Noodle Games app](#)

Use your actions to control a load of fun movement mini-games designed to wake up your bodies, engage your minds, and let you have tons of fun

[Oti Mabuse dance classes](#)

Great dance sessions from one of the stars of Strictly Come Dancing.

[PE with Joe Wicks](#)

At 9am every weekday for 30 minutes live on YouTube. No special equipment needed.

## Keep Learning

It's really important that families have the right resources to make sure that children and young people can continue to learn.

### Some resources to help you -

[Hungry Little Minds](#)

Simple fun activities for under 5s.

[Premier League Primary Stars worksheets](#)

Fun videos, games and worksheets for 5-11 year olds in Maths, English and Health and Wellbeing.

[Hit the Button](#)

Online maths learning games for 6-11 year olds.

[Audible stories](#)

For as long as schools are closed, Audible are making many stories free to listen to. They include children's books and literary classics. Free to stream on desktop, laptop, phone or tablet.

[Histrionics](#)

Free history videos for home learning, schools, families and history fans. Available

on YouTube and Facebook:  
YouTube Channel: Histrionics Entertainment  
Facebook: @allthehistory

#### [South Yorkshire Safer Roads](#)

Downloadable colouring sheets to help learn about the Green Cross Code.

#### [STEM Learning: activities to do at home](#)

A range of fun, hands-on activities for families to use at home. Suitable for ages 4 – 16years.

#### [BBC Bitesize](#)

Daily content to help you learn and revise. Includes Primary, Secondary and Post-16.

#### [Rise Above](#)

You'll find inspiring and useful stories, videos, games and advice linked to Personal Social and Health Education.

#### [TES Home Learning resources](#)

To support parents and guardians with structuring and delivering home learning for children, TES have gathered a collection of teacher-created learning resources designed to engage both primary and secondary students and help them learn and study outside of their usual classroom environment. All of these resources are completely *free to download and use* and include lessons, worksheets, workbooks and activities across a multitude of subject disciplines, ranging from [EYFS](#) to [KS4 \(GCSE\)](#).

**Finally, although local services are having to reduce their face-to-face contacts during this time, they are still offering support in different ways. See below -**

#### [Barnsley Public Health Nursing Service \(0-19\)](#)

Health Visitors and School Nurses are still providing support and advice to children, young people and families (with limited face-to-face contact)

The Service's [Facebook page](#) is updated regularly and from Monday 6<sup>th</sup> April you will be able to contact the service by Facebook Messenger and expect a response within 2 hours.

Anyone who has concerns about a child or young

	<p>person can contact the Service by-</p> <p>Telephone: 01226 77 44 11 Lines open Monday to Thursday 8.45am to 4.45pm and Friday 8.45am to 4.15pm</p> <p>E-mail: <a href="mailto:0-19healthteam@barnsley.gov.uk">0-19healthteam@barnsley.gov.uk</a></p> <p>In writing: 0-19 Public Health Nursing Service, PO Box 634, Barnsley S70 9GG</p> <p>The Infant Feeding Team also has a <a href="#">Facebook page</a>.</p>
<b>Family Centres</b>	<p>Family Centre updates are <a href="#">available here</a>.</p> <p>Facebook pages -</p> <p><a href="#">Central Family Centre</a></p> <p><a href="#">South and Penistone Family Centres</a></p> <p><a href="#">Dearne and Thurnscoe Family Centres</a></p> <p><a href="#">Grimethorpe Family Centre</a></p>
<b>Family Lives</b>	<p>Pregnant women and new mums living in the Central area can be supported by family lives via telephone and video calls.</p> <p>Family Lives Support Helpline: 0808 800 2222 Email address: <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a></p>
<b>Targeted Youth Support</b>	<p>Service updates are <a href="#">available here</a>.</p> <p>The Services <a href="#">Facebook page</a> is updated regularly.</p>