

Helpful information to answer children questions about coronavirus - Place2Be

[Go to resource](#)

Talking to your child about the coronavirus - YoungMinds

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Coronavirus and your wellbeing - Mind

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Worries about the world - Childline advice page

This page includes information on what concerns a child might currently have, for example about the coronavirus, and some things to try to address these worries.

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Mood journal - Childline

Children can sign up to Childline's "locker" and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty.

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Calm zone - Childline

A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

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Understanding anxiety illustration - Priory Group

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Coronavirus comic strip - NPR

A comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have.

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Tips for if you're worried about the coronavirus - Newsround video

[Go to resource](#)

How to cope when you can't go to school because of the coronavirus - Newsround video

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Helplines

SHOUT - text 'Shout' to 85258 for 24/7 crisis text support

Childline - under 19s can call 0800 1111 for free, confidential support

Education Support - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice