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.

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.

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.
Understanding anxiety illustration - Priory Group

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.

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

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

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 0800 562 561 or text 07909 341229 for 24/7 help and advice