RCT Wellbeing Pack 1

Information about Coronavirus for Children

The Educational Psychology Service in RCT and Merthyr Tydfil know how worrying and difficult this time is for us all.

That is why we want to provide you with helpful information, advice and guidance to support people's psychological wellbeing.

In this pack we have put together some of the best information we could find to help children and young people find out about and better understand the coronavirus and its impact on our lives.

BBC Newsround

The BBC Newsround site has a great section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means.

Young Minds UK

The YoungMinds UK advice on what to do if you're anxious about coronavirus might be more useful for teens and young adults. The main focus is on self-care and they provide further information about how young people can look after their mental health if self-isolating.

MenCap Easy Read

MenCap have produced an excellent Easy read information sheet about coronavirus. This would be particularly useful for children, young people or adults whose understanding is improved with visuals and when information is given in bite size chunks.

Carol Gray - Coronavirus Social Story

Carol Gray has produced a social story about coronavirus and pandemics. The social story uses large print pictures and provides contextual information about pandemics and viruses in general.

Mindheart Covibook – A story about Coronavirus

This excellent MindHeart information and activity book about coronavirus would be an excellent way to open up a conversation about children's concerns. The book is available in 18 languages and it encourages children to label their current feelings and offers specific advice on things they can do to stay healthy.

The Autism Educator - Coronavirus Social Story

This is an excellent social story about coronavirus that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite places.

Wellbeing Challenge

The following challenges may help support the psychological wellbeing of you and your family at this time. Give them a go and see...

1. Write 5 positive words to describe yourself
2. Find out 3 new interesting facts
3. Write down 3 things you are Grateful or Thankful for
4. Create list of things you can do when you are bored
5. Challenge yourself to learn something new this week