

PSHE and SEMH Resources for Teachers

In light of school closures, below is a collection of advice and resources for schools, as well as a resource to pass on to parents/carers in your school at this very challenging time. There are tools and resources to support children's wellbeing and education over this period of uncertainty.

This is to signpost schools and settings to resources that start valuable conversations with pupils and students.

Included are some resources which support pupils and students to continue learning at home as well as supporting emotional health and wellbeing.

Nation Advice and information:

NHS Information and Advice

<https://www.nhs.uk/conditions/>

NHS Self-Isolation Information and Advice

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

Great Ormond Street Hospital COVID-19: Information for Children, Young People and Families

<https://www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families>

GOV.UK COVID-19 Guidance for Educational Settings

<https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19>

Department of Health & Social Care: Coronavirus

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Coronavirus Health Advice for People with Asthma

<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19>

General Mental Health information:

Mind: Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Information from Mind to help you cope if:

- you're feeling anxious or worried about coronavirus
- you're asked to stay at home or avoid public places
- you have to self-isolate

Time to Change Teacher Resource Page

<https://www.time-to-change.org.uk/>

If you want to work with young people to create an open, supportive culture around mental health, Time to Change have the resources to help you. These could be particularly vital resources to implement into school after the closure has lifted.

PSHE and SEMH Resources for Teachers

Mental Health information and advice for Children and Young People:

Young Minds: Talking to Your Child About Coronavirus

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

A parent helpline expert's advice on what you can do if your child is worried about coronavirus.

Anna Freud Self-Care Strategies

<https://www.annafreud.org/on-my-mind/self-care/>

Anna Freud consulted with a wide range of young people to create a portal of self-care strategies to help young people to manage their wellbeing. Advice to give to young people: It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. And you can help Anna Freud build an evidence-base for these activities by letting them know what works by clicking on the 'Did this activity help your mental wellbeing' button on each page. This will help them decide which ones to research further.

Helplines, online chats and referral for Children and Young People:

Kooth

www.kooth.com

Free, safe and anonymous online counselling platform for children and young people aged 10 – 18 years.

Samaritans – 01472 353111 or 116 123

www.samaritans.org/

Take to someone in vulnerable times.

Childline - 0800 111

www.childline.org.uk/talk

Support, information and advice on anything that is worrying.

BEAT

<https://www.beateatingdisorders.org.uk/>

The BEAT website has lots of advice and resources around eating disorders including a helpline (0808 801 0677) and a Youthline (0808 801 0711), the link above will take you to their advice around eating disorders and coronavirus.

Mental Health First Aid England

<https://mhfaengland.org/>

Helpful Resources for Young People's Mental Health

Mental Health First Aid England have compiled a variety of helpful resources for children and young people's mental health which includes national helplines.

PSHE and SEMH Resources for Teachers

Free online tours of the best art galleries in the world:

Free online tours of the best art galleries in the world

https://hellogiggles.com/news/museums-with-virtual-tours/?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200314&utm_term=2627516&sfns=mo

Google Arts & Culture teamed up with over **500 museums and galleries** around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.

National Trust

<https://www.nationaltrust.org.uk/>

The National Trust are working hard to open as many spaces as they can free of charge, with no parking fees, whilst closing all cafes and gift shops, to ensure people still have access to nature in order to support wellbeing. This will vary from site to site in terms of whether they are spacious enough to allow for social distancing.

Healthy eating:

Change4life

<https://www.nhs.uk/change4life>

Fun and family friendly information for eating well and keeping active. Tips, ideas, recipes and games to help keep kids and adults happy and healthy. You can also encourage parents and pupils to download the free app and food scanner to find out what's really in food and drinks.

Food a Fact of Life

<https://www.foodafactoflife.org.uk/>

Lessons and curriculum resources that parents could use at home to help educate pupils about healthy eating, cooking and where food comes from.

NHS Choices Eat well

<https://www.nhs.uk/live-well/eat-well/>

Information and advice on food, nutrition and the Eat well Guide. This website also provides advice on digestive health and recipes ideas.

British Heart Foundation

https://www.bhf.org.uk/?gclid=EAIaIQobChMI_8zR6s-o6AIVDbDtCh2LYgRSEAAAYASAAEgJ34fD_BwE&gclsrc=aw.ds

Advice on keeping healthy and eating a balanced diet for heart health.

PSHE and SEMH Resources for Teachers

Physical activity:

Youth Sport Trust Free Home Learning Resources

<https://www.youthsporttrust.org/free-home-learning-resources>

BBC Children in Need Workout Videos

<https://www.youtube.com/watch?v=YEt6RHJk64U>

Jump Start Jonny

<https://www.youtube.com/watch?v=d3LPrhIOv-w>

TAGTIV8 Active Learning Games

<https://tagtiv8.com/>

Cosmic Kids - Yoga and mindfulness

<https://www.youtube.com/user/CosmicKidsYoga>

Resources and Advice Specific to Children and Young People with SEND:

Young Minds – COVID-19 and families with disabled children

<https://youngminds.org.uk/search-results/?terms=COVID-19+and+families+with+disabled+children>

Easy-read guide to coronavirus from Mencap

<https://www.mencap.org.uk/advice-and-support/health/coronavirus>

Dealing with COVID-19: Resources for Special Educators, Therapists & Families

<https://www.apsva.us/special-education/parent-resource-center/office-special-education/covid-19-school-closure-resources/>

COVID-19 Information for Parents and Carers – WellChild

<https://www.wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers/>

WellChild calls on Government and society to step-up for vulnerable children with serious health needs in light of COVID-19

<https://www.wellchild.org.uk/2020/03/11/wellchild-calls-on-government-and-society-to-step-up-for-vulnerable-children-with-serious-health-needs-in-light-of-covid-19/>

PSHE and SEMH Resources for Teachers

Resources to support home learning:

It is recommended you/families read through/watch all content prior to sharing with children and young people.

BBC Teach PSHE Resources

http://www.bbc.co.uk/schools/websites/11_16/site/pshe.shtml

Children's Mental Health Playlist – BBC Teach

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week-2019/zk37bdm>

COVID-19 Support Resources: Google for Education

https://edu.google.com/intl/en_uk/latest-news/covid-19-support-resources/?modal_active=none

Twinkl teaching resources

<https://www.twinkl.co.uk/>

To support during this period, Twinkl is offering every teacher in England access to all resources with a One Month Ultimate Membership, totally free of charge. They're also extending this to every parent and carer in schools so pupils can still have access to learning materials. This can be accessed at <https://www.twinkl.co.uk/offer> and enter code UKTWINKLHELPS.



The information and materials that this information sheet contains is provided by North East Lincolnshire Council in good faith. All information and materials in this document are for your general information and use only, they do not constitute any advice, recommendation or endorsement. North East Lincolnshire Council does not guarantee the accuracy or validity of the information and materials contained in this email, nor does it guarantee the quality or fitness for purposes of any works, goods or services that may be provided by any third party. To avoid doubt, no liability is accepted in this regard.