



Early Years Story Box

This wonderful lady - artist and author makes our 'Welcome to School' books that we give out in EYFS. She's created a downloadable book to explain the epidemic to young children.

<https://www.earlyyearsstorybox.com/corona/>

50 calm down ideas to try with kids of all ages

Navigating childhood challenges can be stressful, and sometimes deep breathing isn't the solution that works for your child.

<https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

40 things to put in a calm down kit for kids

Help your child develop their own coping skills

<https://www.andnextcomes1.com/2016/04/what-to-put-in-a-calm-down-kit-for-kids.html>

Calming anxiety - coping skills for kids

Kid tested strategies used by child therapists for calming anxiety, including ideas to calm down, books to read and videos that can help

<https://copingskillsforkids.com/calming-anxiety>

Talking to your kids about Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Newsround

Encourage children to watch newsround and hear the parts of Boris Johnsons speeches which are relevant to them

<https://www.bbc.co.uk/newsround>