

Covid-19 recovery and return to school: documents that children and young people may find helpful

The table below contains a list of documents about the Covid-19 pandemic and related issues that children and young people may find helpful. So that you can find what you need as quickly as possible, the following information has been provided about each document:

Age range for which the document has been written:

- Children at primary school
- Young people at secondary school or college
- Children or young people in specific year groups (Year 6 or Year 11)

Type of resource:

- Information – these resources will help you understand what Covid-19 is and what we must do to keep ourselves and others safe.
- Tips and activities – these resources will contain one or more activities that you can use to help you through this difficult time (e.g. things that you can do to stay fit and healthy, or things that you can do to help you cope with any worries that you may have).

Themes/issues covered:

- **Wellbeing** – how to stay physically and mentally healthy (e.g. getting a good night's sleep; keeping to a daily routine; getting enough exercise; staying in touch with friends and family).
- **Facts about coronavirus** – e.g. what the illness is, symptoms, testing, self-isolating, things we must do to protect ourselves and others.
- **Loss, resilience, recovery** – dealing with sadness about missing the activities that normally happen as you are about to leave your school (e.g. your SATs; your final exams; your school prom; your leavers' assembly), drawing upon your happy memories to feel better, finding creative ways to mark the transition and planning for the future.
- **Stress and worry** – what you can do to help yourself and who else can help you if you are worried about issues connected with the pandemic (e.g. health of family members; being out of school; returning to school).
- **Learning** - interesting resources to help with learning at home.

Covid-19 recovery and return to school: resources for the use of children and young people

The colours will tell you what each resource can help with:	Wellbeing	Facts about coronavirus	Loss, resilience, recovery	Stress and worry	Learning
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Resources for primary school pupils:

Themes/issues covered	Resource name and source	Target age-range	Type of resource
Wellbeing	While we can't hug https://www.youtube.com/watch?v=2PnnFrPaRgY	4-7	Story
Facts about coronavirus	Story 'My hero is you' (available in 50 languages) https://en.unesco.org/news/my-hero-you-childrens-book-cope-covid-19	6-11 (to read with an adult)	Story
Stress and worry			
Wellbeing	5 ways to wellbeing postcards https://www.childrenssociety.org.uk/sites/default/files/u130/Ways%20to%20well-being%20postcards%20FINAL%20%282%29.pdf	7-11	Information
Facts about coronavirus	Children's Commissioner's Guide to Coronavirus https://www.childrenscommissioner.gov.uk/coronavirus	7-11	Information
Stress and worry			Tips and activities
Wellbeing			
Facts about coronavirus	Children's coronavirus story (ELSA Support) https://www.elsa-support.co.uk/category/free-resources/coronavirus-support	7-11	Information
Stress and worry			
Facts about coronavirus	A guide to coronavirus for younger children (Middlesbrough Psychology Service) https://search3.openobjects.com/mediamanager/middlesbrough/fsd/files/coronaviruss_advice_for_children_aged_7-11.pdf	7-11	Information
Stress and worry			Tips and activities
Wellbeing			

Themes/issues covered	Resource name and source	Target age-range	Type of resource
Facts about coronavirus	Social Story Coronavirus https://www.ppmid.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf	7-11	Tips and activities
Wellbeing	Therapeutic Story: Little elf and the flowers of hope and bravery http://www.em-edsupport.org.uk/Page/7730	7-11 (to read with an adult)	Information
Loss, resilience, recovery			Tips and activities
Stress and worry	Therapeutic Story: the little elf who missed his birthday party http://www.em-edsupport.org.uk/Page/7730	7-11 (to read with an adult)	Information
Loss, resilience, recovery			Tips and activities
Wellbeing	Time Capsule sheets https://www.kiddycharts.com/assets/2020/04/Covid-19time-capsule.pdf	7-11	Tips and activities
Facts about coronavirus	When can we hug our friends again? https://www.bbc.co.uk/news/av/health-52776441/coronavirus-when-can-we-hug-our-friends-and-family-again	7-11	Information Videos
Facts about coronavirus	What will be different when we go back: https://www.bbc.co.uk/news/av/education-52842040/coronavirus-we-answer-kids-questions-about-going-back-to-school	7-11	Information Videos
Facts about coronavirus	How to wash your hands: https://www.bbc.co.uk/newsround/51698180	7-11	Information Video
Stress and worry	Worry plan http://www.starsteam.org.uk/media/Simple%20Worry%20Plan.pdf	7-11	Tips and activities
Stress and worry	Worry (picture book 'Everybody Worries' for primary age children) https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx	7-11	Story
Stress and worry	Tips if you're worried about coronavirus (primary): https://www.bbc.co.uk/newsround/51204456	7-11	Information Video
Loss, resilience, recovery	Lockdown journal (final 2 pages focused on considering feelings about coming out of lockdown and returning to school) http://www.starsteam.org.uk/media/Lockdown%20Journal.pdf	7-11	Tips and activities
Loss, resilience, recovery	Year 6 Coronavirus support resource (Darlington Educational Psychology Service) https://mail.google.com/mail/u/0/?tab=wm&ogbl#search/darlington+eps?projector=1	Year 6	Information Tips and activities

Resources for primary and secondary school pupils:

Themes/issues covered	Resource name and source	Target age-range	Type of document
Wellbeing	Supporting home learning routines – planning the day https://www.spjs.org/static/homelearning_files/Supporting_home_learning_routines_-_Planning_the_day.pdf	7-14	Tips and activities
Wellbeing	Engage in random acts of kindness https://www.mentalhealth.org.uk/coronavirus/random-acts-kindness	All	Tips and activities
Learning from home	Links to a wide range of resources for those still learning from home: https://www.point-send.co.uk/at-home-resources	All	Tips and activities

Resources for secondary school pupils:

Themes/issues covered	Document name and source	Target age-range	Type of document
Stress and worry	What to do if you're worried about coronavirus https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/	11-18	Information
Loss, resilience, recovery	Young Minds grief and loss https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/#what-is-grief?	11-18	Information
Facts about coronavirus	A guide to coronavirus for older children and young people (Middlesbrough Psychology Service)	11-18	Information
Stress and worry	https://search3.openobjects.com/mediamanager/middlesbrough/fsd/files/coronaviruses_advice_for_young_people_aged_11-18_2_1.pdf		Tips, activities and resources
Wellbeing			
Stress and worry	Coping with coronavirus (older students) https://www.mentalhealth.org.uk/coronavirus/coping-coronavirus-guide-young-people	Year 10+	Information
Loss, resilience, recovery	Year 11 Coronavirus support resource (Darlington Educational Psychology Service) https://mail.google.com/mail/u/0/?tab=wm&ogbl#search/darlington+eps?projector=1	Year 11	Information Tips, activities and resources

Further support

You might want to talk to someone outside the family. Below is a list of online or telephone services for you to talk to someone.

YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Childline

- Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
- Phone 0800 1111 (24 hours)
- [Chat 1-2-1 with a counsellor online](#)

The Mix

- Information, support and listening for people under 25.
- Phone 0808 808 4994 (24 hours)

Samaritans

- 24 hour confidential listening and support for anyone who needs it. (Adults included.)
- jo@samaritans.org
- Phone 116 123 (24 hours)