



Helping children to recover from their loss of routine, structure, friendship, sleep, opportunity and freedom



<https://www.evidenceforlearning.net/wp-content/uploads/2020/04/Recovery-Curriculum-Loss-and-Life-for-our-children-and-schools-post-pandemic-3.pdf>

## Activities and resources for adults

### Mental well-being

- <https://www.actionforhappiness.org/calendars> excellent website for ideas to positive mental well-being, including calendars for simple, daily actions to do as a family
- For adults wanting to support their own resilience: <https://www.thehour.com/lifestyle/article/A-psychologist-s-science-based-tips-for-emotional-15135619.php>
- Ways to look after your own mental health [https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/?fbclid=IwAR3V\\_U4Fm8kBBxdriCADOoo\\_6zpo9roRhgYhybTj7AQb2Q0IJIpUb6WUFUQ](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/?fbclid=IwAR3V_U4Fm8kBBxdriCADOoo_6zpo9roRhgYhybTj7AQb2Q0IJIpUb6WUFUQ)
- Simple tips and actions for self-care <https://www.annafreud.org/selfcare/>
- From Adams Psychology Service <http://www.adamspsychologyservices.co.uk/coronavirus.html> This has been written for any individuals or families having to self-isolate, or those engaging in social distancing (which is hopefully pretty much everyone apart from essential workers right now). It's a **short, practical 5-page document** that can help families plan to maintain their wellbeing during self-isolation, quarantine or lockdown. The pack is informed by positive psychology, Martin Seligman's PERMA model of wellbeing (Seligman, 2011 - see pack for reference).

<https://www.childbereavementuk.org>

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

- **Kooth** is a mental health and wellbeing online platform for young people aged 10 to 16 across the whole of Kent. The service is free and can be accessed at [www.kooth.com](http://www.kooth.com). It's a place to get advice, information and support 24/7. Young people can chat to a friendly qualified counsellor Monday to Friday between 12 noon and 10pm and Saturday and Sunday between 6pm and 10pm.
- Accessing [www.moodspark.org.uk](http://www.moodspark.org.uk) or [www.kentresiliencehub.org.uk](http://www.kentresiliencehub.org.uk) to learn about mental health and find tips and resources to keep emotionally healthy.
- Texting **ChatHealth** for support around physical and mental health on 07520 618850. The number is monitored Monday to Friday, 9am to 5pm.
- Self-referring to the **Children and Young People's Counselling Service** at [www.kentcht.nhs.uk/forms/school-health-service-referral-form](http://www.kentcht.nhs.uk/forms/school-health-service-referral-form)
- Accessing the **Big White Wall** if aged 16+ for anonymous support through <https://www.bigwhitewall.com>

### **Apps**

- Calm is a worldwide app for guided relaxation and mindfulness. They have created free access to support guided relaxation in response to the coronavirus situation

[https://www.calm.com/blog/take-a-deep-breath?utm\\_medium=email&utm\\_campaign=715072-free-mindfulness-resources-from-calm&utm\\_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero\\_object\\_id=su\\_eWE1de2opeEQMZht61XBFMVm](https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero_object_id=su_eWE1de2opeEQMZht61XBFMVm)

- Headspace (mindfulness app) have launched a free section called *Weathering the storm*. This includes meditation, sleep and movement exercises.
- Think Ninja - an app specifically designed to educate 11-18-year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.
- Smiling Mind – an app designed to support with meditation and mindfulness for children, families and schools. Their website (<https://www.smilingmind.com.au/>) provides lots of information and guidance and the app provides guided relaxation / mindfulness sessions. They also have a YouTube channel with lots of informative videos as well as guided meditation sessions also: [https://www.youtube.com/channel/UCSP\\_8\\_QEFYdi0gY2F3CXfA](https://www.youtube.com/channel/UCSP_8_QEFYdi0gY2F3CXfA)

### 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 08000 562 561 or text 07909 341229 for 24/7 help and advice

*"if kindness is shown, kindness will be received"*

