

**DON'T
PANIC**

COVID-19

WHAT YOU NEED TO KNOW



TABLE OF CONTENTS

INTRO

UNDERSTANDING COVID-19

CHECK YOURSELF!

UNDERSTANDING MENTAL HEALTH & WELLBEING

HELP! I NEED SOMEBODY...

SUPPORT FOR PARENTS, CARERS, GUARDIANS AND THOSE SUPPORTING CHILDREN

IT'S CHILD'S PLAY

ACTIVITIES FOR UNDER 5

KID N PLAY

ACTIVITIES FOR YOUR 5-11 YEAR OLD

PARENTS JUST DON'T UNDERSTAND

ACTIVITIES FOR THE 11+

Introduction

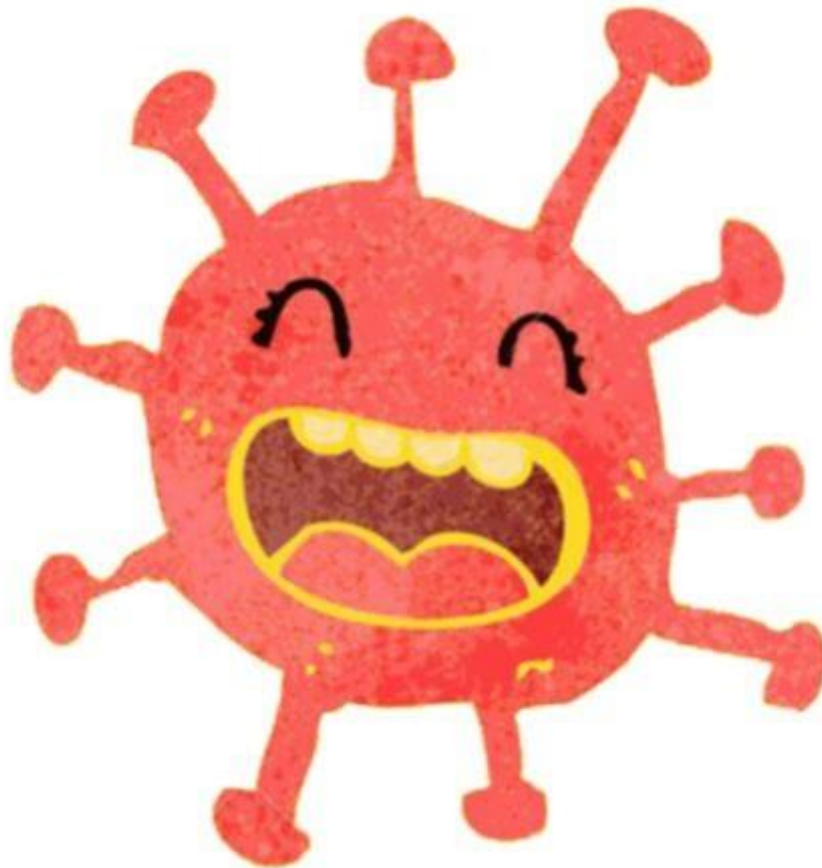
**STAY AT
HOME** 

**PROTECT
THE NHS**

 **save
lives**

HELLO!

**I am a VIRUS,
cousins with the Flu and
the Common Cold**



My name is Coronavirus

I love to travel...



**and to jump
from hand to
hand to say Hi**

**HIGH
FIVE**



Have you heard about me?

YES

NO

And how do you feel when you hear my name?



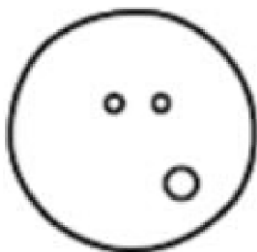
Relaxed



Confused



Worried



Curious

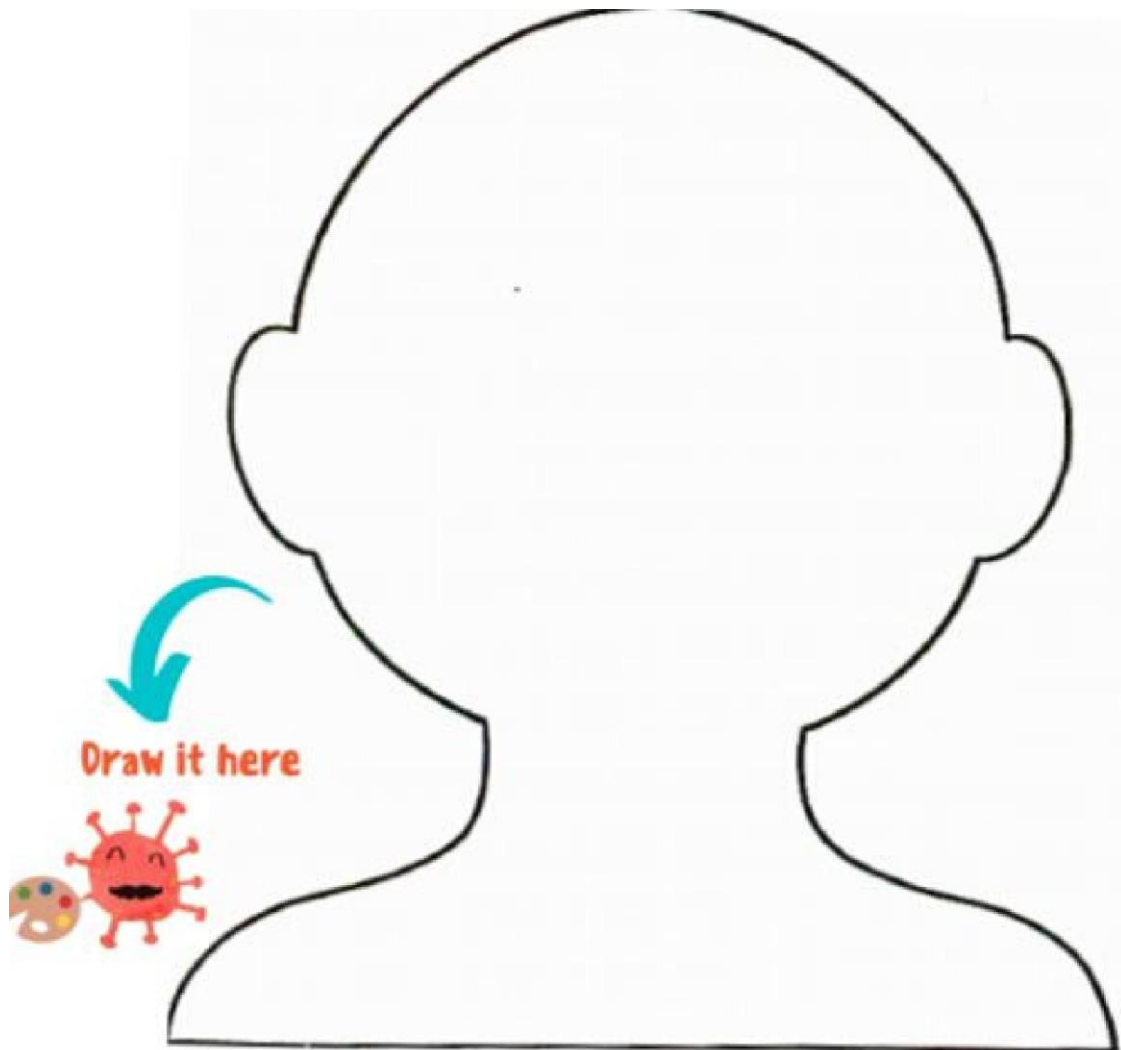


Nervous



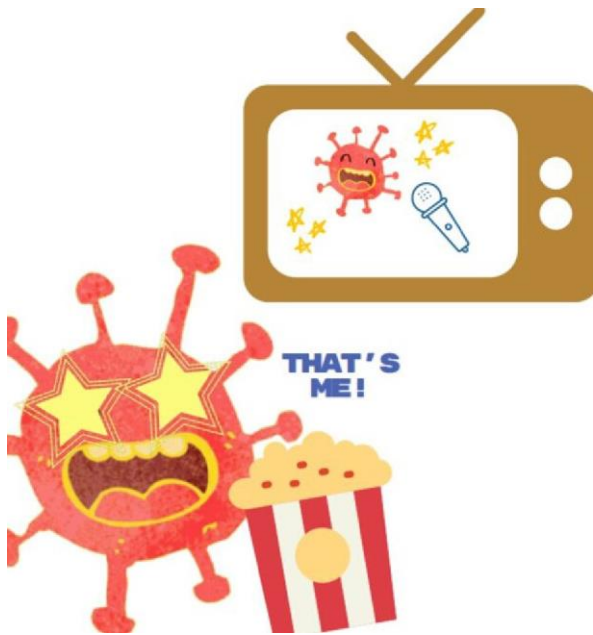
Sad

**I can understand you
feel...**

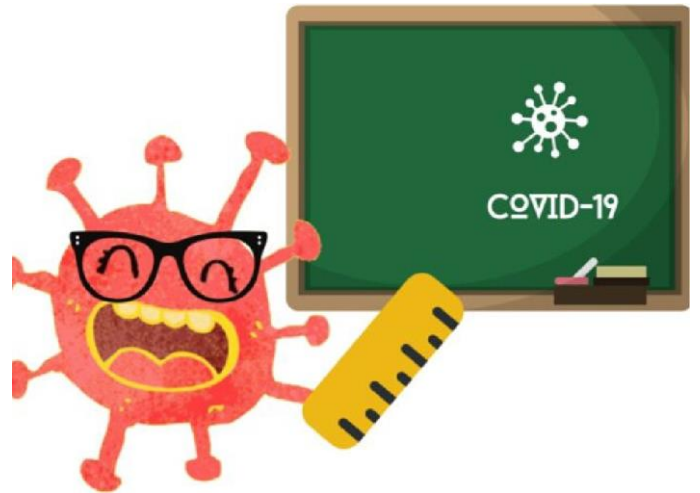


.. would feel the same way

Sometimes adults
get worried when
they read the news
or see me on TV



But I am going to explain
myself...



So you can
understand...

When I come to visit, I bring...



Difficulty breathing



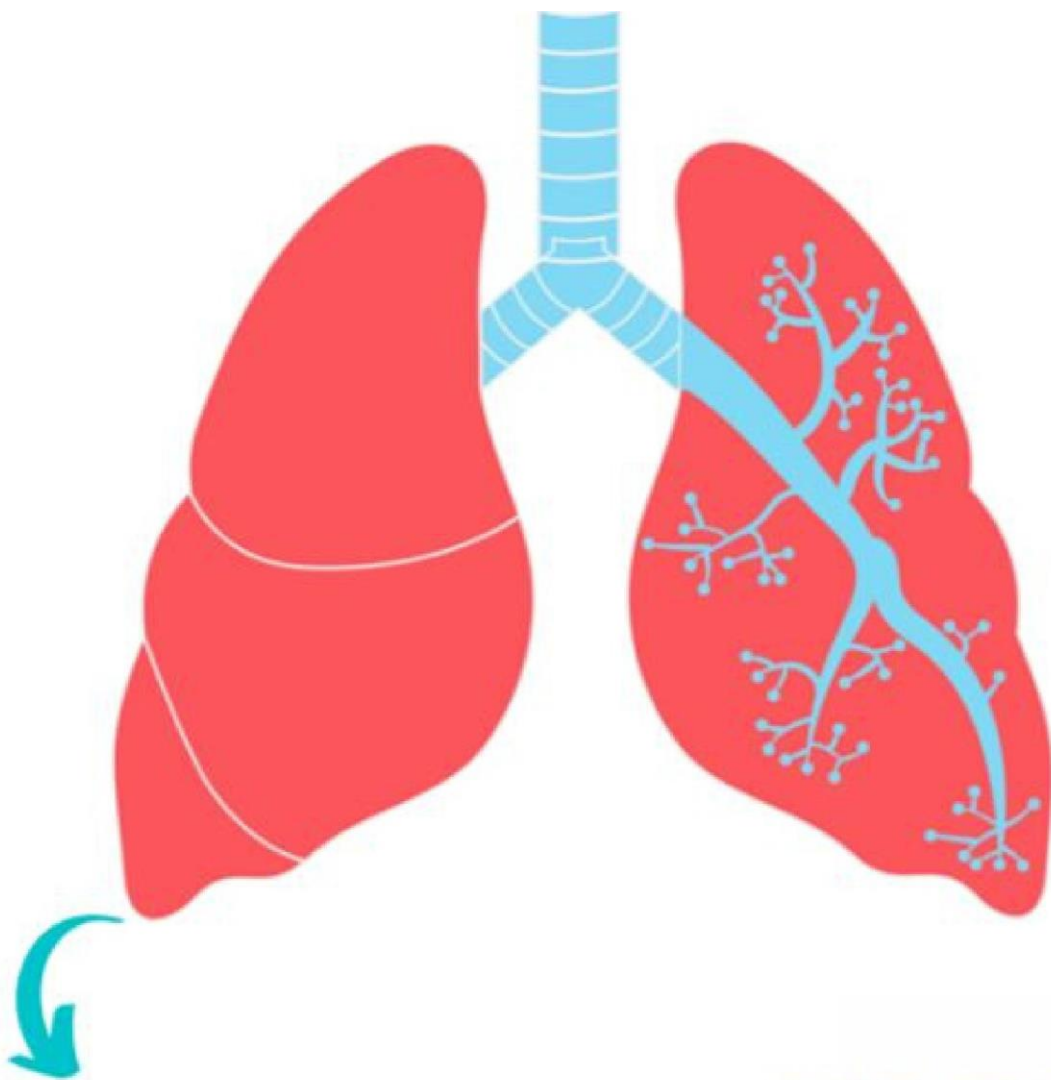
Fever



Cough



But I don't stay with people for long, and almost everyone gets better



Just like when you get a scrape on your knee and it heals

BYE BYE...



And you can help...

1



**By washing your hands
with soap and water
while singing a song**



You can sing your favorite song,
the happy birthday song, or the
alphabet song

2



**By using hand sanitizer
and letting it dry on
your hands**



Without moving them count to 10

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get
back to playing!!

Understanding COVID-19

How can I keep myself safe?

Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ wash your hands as soon as you get home
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin immediately and wash your hands afterwards

Don't

- ✗ do not touch your eyes, nose or mouth if your hands are not clean

Look after your wellbeing by:

- Keep in touch with family and friends over the phone, on social media or sending letters and pictures in the post
- Try to keep yourself busy - try to do some activities like cooking, reading, online learning or watching some films,
- Try to keep active by doing some light exercise at home at least once a day or if you have a garden or local green spaces use these but please remember to follow social distancing guidelines.



SOCIAL DISTANCING

What does it mean?

Social distancing means keeping away from other people.
By keeping away, you are less likely to get sick.



DO:



Do stay at home.



Do only go out for important things like shopping or for exercise.



Do stay away from crowds.



Do stay at least 2 metres away from other people.



DO NOT:



Do not touch other people.



Do not hug, kiss or give handshakes to anyone outside of your household.



Do not go to crowded places.



Do not see your friends or go to groups and activities.

Social distancing rules explained



Stay at home

No unnecessary journeys or social contact



No public gatherings of more than two people apart from those you live with



You can travel to work if absolutely necessary



Only leave home for:

- Essential shopping
- Medical needs
- Exercise once per day



Don't visit other peoples homes or socialise outside your own home



Police can intervene and fine you if you don't follow the rules

Understanding COVID-19

What is Self-Isolation?

Self-Isolation means staying at home away from other people.

You may have received a letter which recommends that you self isolate - this means you have been asked to stay at home for the next 12 weeks

You must NOT leave your house if you need to self-isolate!

If you start to feel poorly or show signs of the virus then *you must also stay at home!*

What about getting food and essential items?

- *Why not ask a family member, friend or neighbor to help with your essentials and food items?*
- *Have you tried online delivery with any of these supermarkets?*



ASDA **TESCO**

Sainsbury's



Waitrose

MORRISONS



SELF-ISOLATION



What does it mean?



Self-isolation means staying at home away from other people.



If there is a chance you could get really poorly, or are over the age of 70, you have been asked to stay at home for the next 12 weeks.

If you have not been told to stay home for 12 weeks, but start to feel poorly, **you must stay at home...**



- **If you live on your own you must stay home for 7 days, this is the same as one week.**

- **If you live with other people, you and the people you live with must stay in for 14 days, this is the same as two weeks.**

You must not leave your house if you need to self-isolate.



You can order food deliveries to your home, or ask neighbors, family and friends to deliver food, medicines or anything you need, to your door.



If you are unwell you should not go to your Doctors, Pharmacy or A&E.

If you are worried about how you are feeling, you can call us on the details below or visit 111.nhs.uk



Symptoms of Coronavirus:

A high temperature



A new, continuous cough, this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24hrs

Call 111 or your GP surgery if your child:

- is under 3 months old and has a temperature of 38C or higher, or you think they have a fever
- is 3 to 6 months old and has a temperature of 39C or higher, or you think they have a fever
- has other signs of illness, such as a rash, as well as a high temperature (fever)
- has a high temperature that's lasted for 5 days or more
- does not want to eat, or is not their usual self and you're worried
- has a high temperature that does not come down with paracetamol
- is dehydrated – for example, nappies are not very wet, sunken eyes, and no tears when they're crying

If you have coronavirus symptoms and:

- *You live on your own you must stay at home for 7 days*
 - *You live with other people you must ALL stay at home for 14 days*

Chapter 1: Health & Wellbeing

As parents and carers it is equally important for us to make sure we look after our own well being to enable us to best support those we care for. Some helpful things to consider:

Be safe and stay connected - It's more important than ever to talk and listen to each other, to share stories, grumbles and advice, and stay in touch with the people who matter to us. Talk with a partner if you have one and it feels appropriate, to get support and share how YOU are feeling.

If you are on your own or you cannot talk with your partner, find someone to talk to - a friend, colleague or a professional. Lots of services are offering online support at the moment, or contact your GP.

Take notice of things that make you feel good - such as eating healthy food and/or a treat, birdsong, flowers, painting, music, putting make up on, lighting a candle, baking, singing, using a nice soap in the shower, having a bath, laughing at a comedy show; and try and build those things into your day - EVERY day!

Keep moving - by going out for walks, cycling or exercising indoors

Have an information break - the endless updates from news outlets and people on social media can be completely overwhelming. Pick one trusted source of information and visit it once a day only.

Stick to a routine - this sounds dull but it will help you get through each day. Go to sleep and wake up at the same time, eat regularly, shower, change your clothes, get some fresh air (whilst of course adhering to social distancing), book in video-chats with colleagues or friends, do your chores. Make time for fun!

Find ways to relax and distract - you can't be emotionally generous to anyone else when you're not looking after yourself. Breathe deeply, consciously setting your worries aside or focusing on the moment to recharge can be helpful. Distracting yourself by watching films or TV programmes, reading or listening to music may help you to set things in context and provide relief from anxious feelings.

It may seem like this is lasting forever, but this crisis will pass

And finally, remember - none of us are perfect it is about doing your best.

Please see below some useful links that you might find helpful to access:

<https://www.warwickshire.gov.uk/mental-health-wellbeing>

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

<https://wakefield.mumbler.co.uk/>

<https://www.warwickshire.gov.uk/fis>

<https://rochester.kidsoutandabout.com/content/master-guide-covid-19-online-activities-kids-teens-families-and-adults>

Children's Mental health and Wellbeing:



Support from the school nurse team is still available:

- Parents/carers can call the service on 03300 245 204 or text Parentline on 07520 619 376.
- Young people aged 11-19 can text ChatHealth on 07507 331 525.
- These services are available Monday-Thursday 9am-5pm and Friday 9am-4.30pm.



Crisis support:

A 24/7 crisis line has been established to support children and young people's mental health.

- Telephone Number - 024 7696 1151 (Hours of operation: 8am to 8pm, seven days a week).
- Telephone Number - 0300 303 3664 (Hours of operation: 8pm to 8am)

Substance misuse support:

Compass (Children and Young People's drug and alcohol provider)



- Young People can contact the service confidentially by calling 0800 0887248, texting Chathealth on 07507 331525, or visiting their webpage
- Parents/carers can call the service on 01788 578227, text Parentline on 07520 619376.

Useful links:

<https://www.compass-uk.org/help-and-support/parents-carers/parents-carers-emotions/coronavirus-mental-health-wellbeing/>

<https://www.covwarkpt.nhs.uk/urgent-advice>

<https://www.compass-uk.org/services/warwickshire-cypdas/>

Guidance and Support Services - Children and Young Adults

Coronavirus (COVID-19) is impacting all our lives, and the usual advice might not quite apply. We know that some ideas for looking after yourself may feel unrealistic right now.

If you feel unsafe at home, or feel worried about a friend or sibling during the current situation, here are some things you may be able to do to get the help you need:

- Text a trustworthy family member or safe adult who may be able to help you
- Call **Childline 0800 1111** and talk through how you are feeling and your concerns 9am-12pm

The logo for Childline, featuring the word "childline" in white lowercase letters on a blue rectangular background.The logo for Samaritans, with the word "SAMARITANS" in white uppercase letters on a green rectangular background.

Samaritans www.samaritans.org.uk open 24hrs - 7days a week. Call 116123

- **Young Minds** www.youngminds.org.uk, crisis messenger text YM to 85258
- **Shout** www.giveusashout.org, open 24hrs - 7days a week. Access help by texting SHOUT to 85258
- **KOOTH** www.kooth.com, free confidential support and messaging service.
- Email one of the Designated Safeguarding Leads at school (these can usually be found on your school website)
- Call the police in an emergency (999) or a non emergency (101)

The logo for Young Minds, with the word "YOUNGMINDS" in yellow and grey uppercase letters.The logo for Warwickshire Young Carers, with the text "WARWICKSHIRE YOUNG CARERS" in grey uppercase letters.

Speak to **Young Carers** if you are looking after someone at home **02476 217740**

- Look online at support from the **Family Information Service** www.warwickshire.gov.uk/childrenandfamilies If you feel unsafe or in danger call the council's helpline on 01926 414144

The logo for Family Information Service Warwickshire, with the text "family information service warwickshire" in blue and green lowercase letters, accompanied by colorful dots.

Bereavement Support and Services:

If you have experienced bereavement or loss and would like some support try to talk to the people around you. Talk to people at home, your friends, other people that you know can support you and care for you.

You may have professionals in your life that offer you extra support when you need it, make contact with them, drop them a message or ring them for a chat.

Although we might not be able to physically be in the same space as those we need support from the support they can support us just as well virtually through face time or a telephone call / message, whatever works best for you at this time.

Here are some other helpful sites you could visit:

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

<https://www.warwickshire.gov.uk/mental-health-wellbeing/counselling-bereavement-service/1>

<https://www.lullabytrust.org.uk/bereavement-support/>

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/>

Activities for Under 5s



www.facebook.com/moomusicinchester



Mini me time activities for 0-5s including massage yoga music, sign and much more www.facebook.com/minimetimerossendale



adventure babies
Sensory storytelling

www.adventurebabies.co.uk



Preschool ages 2-4yrs, eyfs and ks1 hands on science classes (now online, live and interactive). https://www.facebook.com/miniprofessorshuddersfield/?hc_location=ufi



Music Bugs Online music sessions for babies up to KS1

www.bookwhen.com/musicbugssouthampton



Music Classes for children aged 18 months to 5 years:

www.facebook.com/musicclasseswithhelen
Lessons via Zoom.



Boogie Beat sessions are based on traditional stories with a lively and active dance twist! Suitable for babies and children up to 6 years.

<https://www.facebook.com/BoogieBeatScottishBorders/>



We are about providing children the opportunity to get messy and explore exciting new sensory activities. With lots of activities to explore, including our famous painting wall, the little ones can squelch, pour, mix and get messy to their hearts content.

https://www.facebook.com/pg/MessAroundLtd/about/?ref=page_internal



10 free 30 minute sessions suitable for the under 5's and also to two 10 minute sessions particularly suitable for the under 1's. A new 30 minute session is uploaded every weekday. I am offering this to anyone for free to help during this time we are stuck at home and looking for things to entertain the children.

https://www.youtube.com/channel/UC6OHsHUWgc1RtybRXGrt43g?fbclid=IwAR31hnQrc2H3LxRPRveg4L2h3ec6e2t4FHrOjnlQ6jZsMMHsplYGvk_p6kKM&app=desktop



Babyballet Stratford Upon Avon, Knowle and Solihull have online classes for children aged 6m - 6yrs. For more information see our website: <https://babyballet.co.uk/.../stratford-upon-avon-knowle.../>

Activities for 5-11year olds

Exercise links you can do indoors



https://www.sportengland.org/stayinworkout#get_active_at_home



<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos>



www.facebook.com/JaneMiddletonArt or
www.janemiddletonart.co.uk



Free Early Years and KS1 resources
<https://sellfy.com/r/jsherratt721/>



NGA Northampton Gymnastics Academy

New class every Monday , daily stretches and coach v gymnast challenge every other day.

https://www.facebook.com/northamptongymnasticsacademy/?hc_location=ufi



Nature and gardening related activities to do with kids.

https://www.facebook.com/larissasgarden/?hc_location=ufi



Running online dance classes for children of all ages, in lots of different styles of dance.

https://www.facebook.com/RhythmxDanceStudio1/?hc_location=ufi

Local Groups Going Online

Aspire in Arts: <https://www.facebook.com/aspireinarts/>

Guitar Lessons

Online Arts Award qualification

Links to free resources, eg Audible

An online virtual youth club via Zoom



Leys Youth Group (Arley & Ansley

Big Local):

<https://www.facebook.com/leesyouthproject/>

Sharing online activities

Also considering virtual youth club

Three Village Youth Project:

<https://www.facebook.com/3villagesyouthproject/>

Sharing online activities

Telephone chat support

<https://youthworksupport.co.uk/>

<https://houseparty.com/>

<https://zoom.us/>

<https://kahoot.com/>

<https://www.sporcle.com/>

<https://skribbl.io/>



Rainbow Trail: <https://news.sky.com/story/children-stick-rainbow-drawings-in-their-windows-to-boost-morale-during-coronavirus-crisis-11961870>

Linking Futures: https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR3_aErEnOajB25g523KayYeBIRPAJPJorQmMbc bPxTjno9Vx5GIj5BHV9w

Activities for 11yr+



<http://www.bradby.org.uk/>

www.quintillion.io a free app for 12-18 year olds to help with learning, stress, wellbeing, careers and more



Come join us over at Tinker Minds where you can learn through 3D design. We will learn about loads of interesting topics ranging from plants to animals to space and beyond. We will then create a new object using a free 3d designing software based around the topic we just learnt.

<https://www.facebook.com/groups/1400231610159088>

There are also loads of free online tours available for children and young people of all ages, heres some suggestions:

The Pyramids - <https://my.matterport.com/show/?m=d42fuVA21To>

Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

The Louvre: <https://www.louvre.fr/en/visites-en-ligne#tabs>

Getty museum: <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

Houston Space Centre: <https://spacecenter.org/app/>

Longleat Safari park: <https://www.longleat.co.uk/news/longleat-launches-virtual-safari>

Edinburgh zoo: https://www.edinburghzoo.org.uk/animals-and-attractions/scifest_360/

