

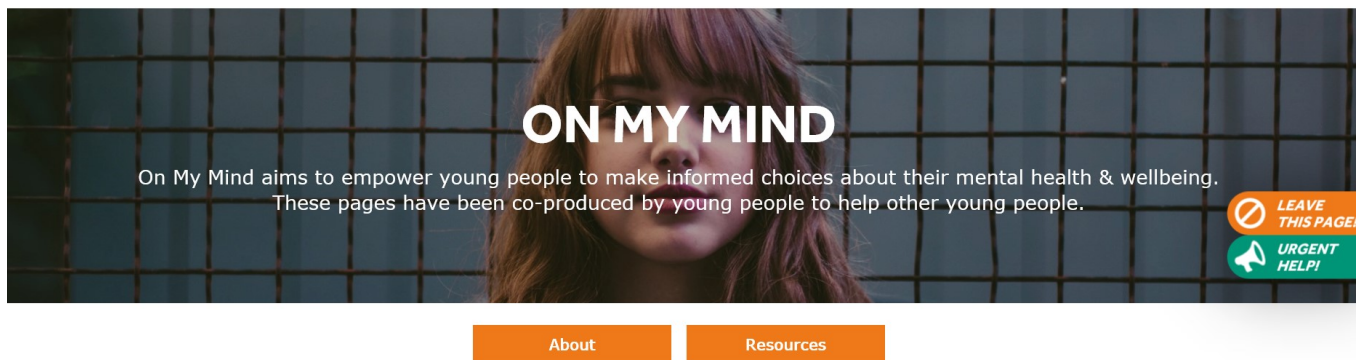
Please take a look at these 3rd party resources that have been identified by HeadStart Wolverhampton's School Support Coordinators as helpful tools for young people, parents and schools during the Coronavirus situation. The wellbeing of everyone is especially important during the current climate, so please do take a look at these resources to help with your wellbeing.

Please note, we do not own any of the content featured.

The Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years' experience of caring for young people and their families. Follow this link to find helpful advice on coronavirus for young people, parents/carers and for schools and colleges: <https://www.annafreud.org/coronavirus/>



The second link, called, 'On My Mind' : <https://www.annafreud.org/on-my-mind/> is also from the Anna Freud Centre and gives general advice for young people to look after their wellbeing and mental health. This has been co-produced with young people, for young people.



Healthy eating for teens

Eat well

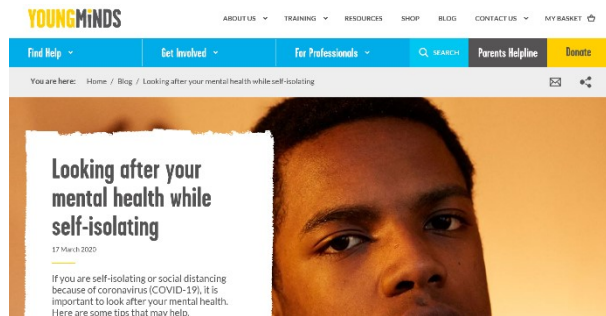
Food and diet + Recipes and tips + Digestive health +



It is really important to eat well, not only during coronavirus, but at all times follow this link for healthy eating advice:

<https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>

The Young Minds website also has some good advice and tips regarding looking after your mental health whilst at home: https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/?gclid=EA1aIQobChMIh7ur0YLC6AIVCLDtCh0-mATREAYASAAEgJkOPD_BwE

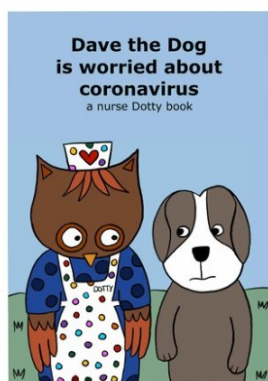


With regards to the importance of social distancing, this website shows a good pictorial example of how it works. It shows the importance of adhering to social distancing: <https://www.visualcapitalist.com/the-math-behind-social-distancing/>

For factual advice on coronavirus for young people, see attached link to National Geographic: <https://www.natgeokids.com/uk/discover/science/general-science/what-is-coronavirus/>



A Southampton intensive care nurse has created a book to help reduce anxiety in children caused by the Coronavirus outbreak. The free online publication, entitled 'Dave the Dog is worried about coronavirus', has already been downloaded 15,000 times and has received plenty of positive feedback. The book was written by Molly Watts, a staff nurse on the paediatric intensive care unit (PICU) at Southampton Children's Hospital, who penned it after a nightshift last week. Download a copy here: <https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>



Wolverhampton Wanderers have produced a mindful colouring pack for young people, download your copy here: <https://www.wolves.co.uk/news/junior-fans/20200402-download-your-free-wolves-colouring-pack/>

